

Successful Treatment of Primary Infertility w.s.r. to Dysmenorrhoea by Ayurveda: A Single Case Study

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ABSTRACT:

Severe menstrual cramps, also known as dysmenorrhea can cause infertility in a few different ways. It can cause the uterus to contract too strongly. This can make it difficult for an embryo to implant in the lining of the uterus. Additionally, the strong contractions can dislodge an implanted embryo, leading to miscarriage. This is a case report of a couple who presented primary infertility associated with *Kashtartava* (Dysmenorrhoea) after 7 years of marriage. On clinical evaluation and investigations, the wife, aged 30 years, was found to have severe pain during menstruation, low backache, nausea and vomiting without having any changes related to secondary dysmenorrhea since last 7 years She took various treatments including hormonal therapies and multiple attempts of Assisted Reproductive Techniques of IUI (Intrauterine insemination) and IVF (In Vitro Fertilization) but she didn't get result. In Ayurvedic terminology that case was diagnosed as *Vandhyatva* due to *Vatiki Yonivyapad* associated with *Udavarta yoni*. Internal medicines and *Shodhana* (bio-cleansing therapy) therapies which included *Virechana* (Therapeutic Purgation), *Basti* (Therapeutic enema), and *Uttarabasti* (intra uterine douching) were the treatment modalities done with the aim of providing *Vatanulomana*, *Lekhana* (Therapeutic Scraping), *Srotoshodhana* (cleansing of functional channels) and *Garbhasthapana* (proper implantation and stability of embryo). Her 2 years of *Ayurvedic* intervention resulted in the conception and she delivered a full-term female baby weighing 3.2 kg through lower segment caesarean section.

KEYWORDS: *Basti*, Dysmenorrhoea, Infertility, *Udavarta yoni*, *Uttarabasti*, *Virechana*

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INTRODUCTION:

Menstruation is one of the hallmark events of womanhood- a glorious dismantling of a delicately designed architecture. It is a physiological process and should not cause severe discomfort. Dysmenorrhoea which can be correlated with *Udavartini Yonivyapad* in *Ayurveda*. It occurs in 50% post pubescent females [1] Recurrent obnoxious cramps that last for days, drastic fatigue, abdominal distress, nausea, vomiting, pain radiating to thigh and calf from lower back, pelvic ache, muscle soreness, dysmenorrhea could be the problem. Dysmenorrhoea is a medical condition of pain during menstruation but more realistic definition includes cases of sufficient magnitude so as to incapacitate daily activities. [2] During a severe attack the patient looks drawn and pale and may sweat; nausea and vomiting are common; there may be diarrhoea and rectal and bladder tenesmus. [3] While primary dysmenorrhea has no known cause, secondary dysmenorrhea is sure to have an underlying pathology, mostly related to reproductive organs. Primary dysmenorrhea is caused by uterine muscle contractions stimulated by prostaglandins. Uterine fibroids, endometriosis, adenomyosis, polycystic ovarian syndrome, certain IUDs and medications, cancer, and pelvic inflammation can lead to secondary dysmenorrhea. Demographics say that about 15% of the global women population from age 15-30 suffer from dysmenorrhea.

Dysmenorrhea can cause infertility in a few different ways.

- Severe menstrual cramps can cause inflammation in the pelvis. This inflammation can damage the fallopian tubes, which makes it difficult for sperm to reach the egg or for the fertilized egg to travel to the uterus.
- Severe menstrual cramps can cause the uterus to contract too strongly. This can

make it difficult for an embryo to implant in the lining of the uterus. Additionally, the strong contractions can dislodge an implanted embryo, leading to miscarriage.

- Severe menstrual cramps can cause pain and discomfort during intercourse. This can make it difficult for couples to have sex, which can reduce their chances of conception.

As per *Ayurvedic* classics, pain occurred in the any part of the body due to aggravation of *Vata dosha* and the main two reasons for it are obstruction in the passage (*Margavarodha*) or loss of body tissues (*Dhatukshaya*). In certain conditions or gynecological disorders (*Yonivyapad*) like *Vataj Rajodushti*, *Udavarta* or *Udavartini*, *Antarmukhi* and *Suchimukhi Yonivyapad* pain occurred during menstruation. According to *Maharshi Charaka*, in *Udavartini yonivyapad*, menstrual blood is pushed in upward direction by the aggravated *Apana vayu* due to obstruction in its normal flow in *Pakwashaya*. On the basis of the symptoms 'immediate relief of pain following discharge of menstrual blood' mentioned by *Charaka*, it appears to be the nearer to primary or spasmodic Dysmenorrhoea. [4],[5] Hence it is essential to understand the role of *Vata Dosha* in *Vandhyatva*.

CASE REPORT:

A couple presented primary infertility since last 7 years in which a 30 years old lady complained with severe pain during menstruation, low backache, nausea and vomiting without having any secondary pathology in uterus since marriage consulted in the OPD of *Prasooti Tantra* and *Stree Roga* with OPD registration no. 10557 on 25/10/2021.

They had undergone various modern infertility treatments including Artificial

Reproductive Techniques of IUI (Intrauterine insemination) and IVF (In vitro Fertilization), in the past 7 years but she was not found result. Patient was also psychologically upset since last 3 years so they were opted to explore a cost-effective alternative treatment for the conditions and started Ayurveda treatment.

Ultrasonography (USG) suggested no any abnormality in uterus. Hystosalpingoraphy (HSG) suggested bilateral fallopian tubal patency. The semen analysis of the partner was normal. She had no previous medical or surgical illness. On examination, it was found that she was belonging to *Vatakaphaja Prakriti* and there was no abnormal finding seen in general and systemic examination. Menstrual history was 3 to 4 days per 25 to 28 days, regular, moderate, painful, Lower abdominal pain – Grade III (VAS -10/10)^[6], Low back ache - Grade II (VAS -5/10) with nausea & vomiting before treatment. During per speculum examination, no abnormality found. As per vaginal examination, uterus was Anteflex Anteverted and no tenderness was found in cervix. BP was 120/78 mmHg, pulse was 80/min, weight was 49 kg and height was 156 cm.

Investigations:

- Haematology and Urine (R/M) parameters were found within normal limit.
- Blood sugar as well Thyroid function tests were also in normal range.
- In Hormonal study, S. FSH, S. LH, S. Prolactin and AMH during follicular phase were found absolutely in normal limit.
- In USG, TVS (UT & Ad), was also found normal.

- In HSG- normal finding.
- Seminogram of patient's husband was also found normal.

THERAPEUTIC INTERVENTION:

Patient was treated on IPD basis. **A) Samshodhana B) Samshamana**

A) Panchakarma therapy & its drugs: Panchakarma was selected on the basis of its properties useful in pacifying vitiated *Doshas*.

- *Virechana karma* and 4 courses of *kala basti* in the interval of 2 months.
- 3 courses of *Uttarbasti* in consecutive 2 cycles.

B) Internal Therapy:

Oral medications were selected on the basis of their properties useful as *Vatanulaomana* in this patient.

- *Chandraprabha vati*, *Rajahpravartani Vati*, *Triphala guggulu*, *Lakshmanarishtha* and *Vatanulomana yoga* were selected for oral administration. The details like dose duration anupana are mentioned in Table-4. **Ahara and vihara (diet and mode of life) advised during treatment: Pathya (regimen to be follow):** green gram, ghee, rice, wheat, green vegetables, fruits, nuts, plenty of water, night sleep (8 hours), exercise, asana (siddhasana, dhanurasana, savasana, vajrasana), pranayama (bhramari, anuloma-viloma).

Apathya (regimen to be restricted): bakery items, oily foods, bread, curd, day time sleep, night awakening, stress.

Follow up: Every 15 days

Table-1: Virechana Karma:

Name of the procedure	Days	Drugs used
<i>Deepana – Pachana</i>	15	<i>Chitrakadi Vati</i> 2 BD after food with warm water, <i>Shivaksbar pachan churna</i> 3 gm & <i>Triphala Churna</i> 2 gm after food with warm water
<i>Snehapana</i>	6	<i>Phala ghrita</i> – (starting dose 40 ml then increased gradually up to <i>Samyak Sneha-Siddhi Lakshana</i> 120 ml)
<i>Sarvanga Abhyanga</i> followed by <i>Bashpa Swedana & Ushna Jala snana</i>	3	<i>Dashmoola</i> oil
<i>Virechana Karma</i>		<i>Trivrit Avaleha</i> (100 gm) (<i>Mrudu- Madhyama shudhi</i>

Virechana Vegas – 18 *vega madhyama shudhi (kaphantiki)*, After *virechana*, *Samsarsajana karma* was followed for 6 days.

Table-2: Basti karma:

(Kala basti for 4 consecutive menstrual cycles after menstruation)	
Anuvasana Basti: <i>Dashmoola</i> oil – 90 ml	Asthapana Basti: <i>Madhu</i> - 40gm <i>Saindhava</i> - 5 gm <i>Dashmool</i> oil - 90 ml <i>Shatpushpadi Kalka</i> - 40 gm <i>Dashmoola Kashaya</i> - 300 ml

During whole *Basti* therapy, patient was advised to follow *laghu* and *supachya aahara*.

Table-3: Uttar basti: (Total 3 Uttar basti courses were carried out during the study)

Procedures	Drug used	Timings	Instrument	Direction
Poorva karma: <i>Yoni prakshalana</i>	<i>Panchavalkal kashaya</i> – 800 ml	After the cessation of menstruation	With Infant feeding tube No. 8	The drug was pushed above the level of the internal os with constant force, but quickly to make the drug reached up to the tubes.
<i>Kati pradeshe abhyanga & nadi swedana</i>	<i>Dashmoola</i> oil (Auto claved) as per needed			
Pradhana karma: <i>Uttar Basti</i>	<i>Phala ghrita</i> – 5 ml - Intra Vaginally			

Paschat Karma: Patient's bed was kept with head low for two hours. The lower abdomen was fomented with hot water bag. Patient was asked to avoid very spicy food during treatment. Coitus was prohibited during the course of *Uttar Basti* and proper care was taken to see that patients did not suffer from constipation.

Table-4: Internal Medications:

Medicines	Ingredients	Form	Properties	Dosage	Route of Administration & Anupana
Chandraprabha Vati (<i>Sha.Sam.M.KH.7/40-45</i>)	<i>Karpura, Vacha, Musta, Bhunimba, Guduchi, Triphala, Ativisha, Darvi, Pippalimula, Chitraka, Dhyanaaka, Vidanga, Pipli, Sunthi, Sarji Kshara etc</i>	Tablet	<i>Vata-Kapha Shamaka</i>	500 mg	2BD orally with water after meal
Rajah Pravartni Vati (<i>B.R - Stree roga Adhikar 233-235</i>)	<i>Kanya, Kasisa, Tankana, Hingu, Kumari Swarasa</i>	Tablet	<i>Vata-Pitta Shamaka</i>	250 mg	2BD orally with warm water after meal
Anulomana Yoga (<i>Anubhuta</i>)	<i>Hingvastaka, Ajmodadi and Trikatu</i>	Powder	<i>Vattanulom anakara</i>	5 gm	BD orally with warm water before meal
Lakshamanarishtam <i>B.R. 66/119-121</i>	<i>Laxmana, Guda, Dhataki, Mustaka, Madhuka, Bala, Amalaki, Nisha, Bilva, Chandana, Daruharidra, Triphala</i>	Arishta	<i>Tridoshabar a</i>	25ml	BD orally with equal quantity of warm water after meal
Triphala Guggulu (<i>Sharangdhar Samhita</i>) ^[7]	<i>Triphala Churna, Pippali, Guggulu</i>	Tablet	<i>Tridoshabar a</i>	500 mg	2BD orally with warm water after meal



Figure-1: 16-6-23- Pregnancy Scan

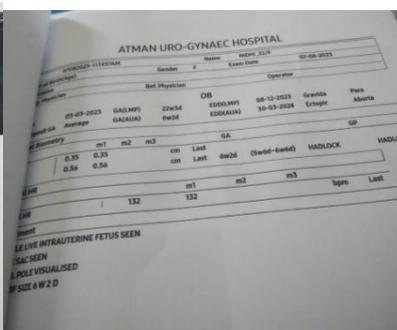


Figure-2: 7-8-23- USG Scan



Figure- 3:
Delivery on 23-3-24
baby girl 3.2 kg

OBSERVATIONS AND RESULT:

- On 16th June, 2023, patient conceived and USG conformation was done on 7th August, 2023.
- Patient had delivered a full-term normal baby girl through LSCS having 3.2 kg weight

- on 23rd March, 2024 without any complications at private hospital in Baroda.
- Baby cried well immediate after delivery with the APGAR score 10/10. Both newborn and mother are stable and excellent in condition now.

➤ Patient had relieved from all psychological upsets during the treatment.

➤ No significant complication is evident during the course of study.

DISCUSSION:

Vandhyatva (Infertility) is the major leading problem which affects the mental and physical health of couples. In *Kashtārtava* there is mainly derangement of *Vāta Dosha* and without *Vāta* there cannot be pain and all disorders of *Vāta* causes pain. The *Chikitsa* adopted was *Vattabara* and *Anulomana*.

Virechana removes the *Avarana* produced by *Kledaka Kapha* and pacifies the vitiated *pratilomavayu*. For conception, it is very necessary for embedding fertilized zygote in the uterine wall, as well as it should have proper elasticity needed for the growth of the Foetus. Keeping this thing in mind *Basti* had given to the patient. *Basti* helps in governing HPO axis through hypothalamus it helps in maintenance of follicular growth. The *Basti* which is given *Uttar marga* (i.e. urinary or vaginal passage) is termed as *Uttarbasti*. It may also stimulate certain receptors in the endometrium.^[8] It helps to remove the cervical stenosis and restore the function of cervix which helps to treat Dysmenorrhoea.

Triphala has analgesic^[9] and anti-inflammatory effect also *Guggulu* has anti-obesity and anti-inflammatory properties.^[10]

In *Ayurvedic* classics, drugs having carminative, laxative, anti-spasmodic properties are indicated in dysmenorrhoea and *Rajahpravartini vati*^{[11], [12]} seems to have all properties which helps to cure dysmenorrhea. *Hingu in that* is reported to have antispasmodic activity.^[13] In one study, it was concluded that Aloe vera seems to reduce the severity of dysmenorrhea and can be a replacement to non-steroid anti-inflammatory tablets.^[14] *Hingvastak*, *Ajmodadi* and *Trikatu* improve the *Agni* (digestive fire)

and helps in the removal of *Ama* (toxins) from the body.^{[15],[16],[17]}

Chandraprabha vati is a potent broad spectrum activity medicine in *Ayurveda* beneficial in metabolic disorders like PCOD and Dysmenorrhoea. Antispasmodic action of *Sunthi* in it relieves spasmodic pain thus helpful in the management of Dysmenorrhoea. *Lakshmanarishta* with *Lakshmana* as its main ingredient, balances the three *doshas* in the body, ensures quality of the sperm and ovum and prepares the womb for pregnancy and child birth.

CONCLUSION:

Primary Dysmenorrhoea affects more than 50% of post pubescent women in the age groups of 18 to 25 years.^[18] Whereas in *Ayurveda* this condition is treated with natural herbal formulation which doesn't cause such side effects to the body and efficiently helps in treating Infertility associated with Dysmenorrhoea with a holistic approach of herbal medications, lifestyle and dietary modifications. All above mentioned *Ayurvedic* therapy and drugs work best for *Vatanuloamana* which show excellent result on Infertility associated with Dysmenorrhoea.

Consent of Patient:

The consent of patient has been taken for publication and procedure without disclosing the identity of patient.

Conflict of interest: The author declares that there is no conflict of interest.

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