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TO EVALUATE THE EFFECTIVENESS OF AYURVEDIC MANAGEMENT IN A CASE OF UNEXPLAINED INFERTILITY ATTRIBUTED TO *GARAVISHA* AND *DUSHIVISHA*: A CASE REPORT

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ABSTRACT

Background: Unexplained infertility accounts for nearly 10–15% of infertility cases, where conventional investigations reveal no identifiable cause. Ayurveda emphasizes the role of *Garavisha* and *Dushivisha*—subtle cumulative toxins arising from incompatible diet (*Viruddha Ahara*), processed foods, environmental pollutants, and unhealthy lifestyle—as potential contributors to reproductive dysfunction through *Agnimandya*, *Ama* formation, and *Artava Dushti*. **Objective:** To evaluate the effectiveness of Ayurvedic management in a case of unexplained infertility attributed to *Garavisha* and *Dushivisha*. **Case Presentation:** A 28-year-old married woman presented with primary infertility of three years' duration, irregular menstrual cycles, scanty menstrual flow, and mild dysmenorrhea. Hormonal profile, pelvic ultrasonography, and other routine investigations were within normal limits, leading to a diagnosis of unexplained infertility. Detailed dietary and lifestyle assessment revealed frequent consumption of processed and reheated foods, *Viruddha Ahara*, disturbed sleep, and chronic passive exposure to cigarette smoke and environmental pollutants. **Intervention:** The patient received Ayurvedic management for three consecutive menstrual cycles, comprising *Nidana Parivarjana*, *Deepana-Pachana* (Chitrakadi Vati), *Visha Shamana* (Guduchi Ghana Vati), *Artava Shodhana* (Rajahpravartini Vati), *Artava Poshana* (Kumaryasava), *Vata*

Shamana (Dashmoolarishta), *Garbhasthapana* (Phala Ghrita), and *Rasayana* therapy (Shatavari Churna). **Results:** Following treatment, menstrual cycles became regular with adequate flow, dysmenorrhea decreased (VAS score: 3 to 1), digestive function improved, symptoms of *Ama* reduced, and appetite and energy levels improved. The patient subsequently achieved spontaneous natural conception. **Conclusion:** This case suggests that *Garavisha* and *Dushivisha* may represent overlooked etiological factors in selected cases of unexplained infertility. A comprehensive Ayurvedic approach focusing on elimination of causative factors, correction of *Agni*, detoxification, and restoration of reproductive health demonstrated favorable clinical outcomes. Further well-designed clinical studies are warranted to validate these findings.

KEYWORDS: Unexplained infertility, Ayurveda, Garavisha, Dushivisha, Artava Dushti, Deepana-Pachana, Visha Shamana, Case Report.

INTRODUCTION

Infertility affects approximately 10–15% of reproductive-age couples worldwide. A considerable proportion of cases remain unexplained despite normal hormonal profiles, ovulatory function, tubal patency, and semen parameters. Contemporary lifestyle factors such as consumption of processed foods, incompatible dietary habits (*Viruddha Ahara*), environmental pollutants, and chronic toxin exposure are increasingly recognized as contributors to reproductive dysfunction[1] According to Ayurveda, successful conception depends upon the proper functioning of *Ritu* (fertile period), *Kshetra* (reproductive organs), *Ambu* (nutrition), and *Beeja* (gametes).[2] Long-term exposure to incompatible foods and environmental toxins may lead to the formation of *Garavisha* and *Dushivisha*, resulting in *Agnimandya*, *Ama* formation, *Artava Dushti*, and ultimately infertility.[3-4] This case report evaluates the effectiveness of Ayurvedic management in a patient with unexplained infertility attributed to *Garavisha* and *Dushivisha.*

Methods

Case Presentation

A 28-year-old married female attended the Outpatient Department of Prasuti Tantra and Stree Roga with complaints of:

- Primary infertility for 3 years despite regular unprotected cohabitation.
- Irregular menstrual cycles.

- Scanty menstrual flow lasting only 2 days (approximately one pad/day).
- Mild dysmenorrhea.

History

The patient reported frequent consumption of junk foods such as pizza, burgers, and chips, along with reheated meals and incompatible dietary combinations including milk with salty foods, curd at night, and milk with sour fruits. She also had disturbed sleep and chronic passive exposure to cigarette smoke and environmental pollutants.

Clinical Evaluation

- No significant past medical or surgical history.
- Hormonal profile: Within normal limits.
- Pelvic ultrasonography: Normal findings.

Based on normal investigations and inability to conceive for three years, the case was diagnosed as unexplained infertility.

Ayurvedic Assessment

The pathogenesis was understood as:

Viruddha Ahara and unhealthy lifestyle leads to *Agnimandya* → *Ama* formation → *Dushivisha* accumulation → *Artava Dhatu Dushti* → Hormonal imbalance → Infertility

Intervention

The treatment protocol was administered for three consecutive menstrual cycles.

Therapeutic Principle	**Medication**
Nidana Parivarjana	Avoidance of junk food, reheated food, and *Viruddha Ahara*
Deepana-Pachana	*Chitrakadi Vati* 2 tablets BD
Visha Shamana	*Guduchi Ghana Vati* 2 tablets BD
Artava Shodhana	*Rajahpravartini Vati* 2 tablets BD
Artava Poshana	*Kumaryasava* 40 ml with equal water twice daily
Vata Shamana	*Dashmoolarishta* 40 ml with equal water twice daily
Garbhasthapana	*Phala Ghrita* 2 teaspoonfuls with lukewarm milk
Rasayana	*Shatavari Churna* 3 gm twice daily

Outcome Measures

Assessment was based on

- Menstrual regularity.
- Duration and quantity of menstrual flow.
- Dysmenorrhea (VAS score).
- Digestive function (Agni).
- Presence of Ama symptoms.
- Achievement of conception.

RESULTS

Following three months of Ayurvedic treatment

Parameter	Before Treatment	After Treatment
Menstrual Cycle	Irregular	Regular
Menstrual Flow	2 days, scanty	4–5 days, adequate flow
Dysmenorrhea (VAS)	3	1
Digestive Function	*Mandagni*	*Agni* improved
Ama Symptoms	Present	Reduced
Appetite & Energy	Reduced	Improved
Fertility Status	Unable to concieve	Successful natural conception

DISCUSSION

This case highlights the possible role of *Garavisha* and *Dushivisha* as concealed etiological factors in women presenting with unexplained infertility despite normal hormonal profile, ovulatory function, tubal patency, and pelvic ultrasonography.[5] From an Ayurvedic perspective, prolonged consumption of *Viruddha Ahara*, processed and reheated foods, along with chronic exposure to environmental pollutants and passive smoking, may produce *Garavisha* and *Dushivisha.* These toxic factors gradually impair *Jatharagni* and *Dhatvagni*, leading to *Ama* formation, *Srotorodha*, and *Artava Dushti*, ultimately disturbing normal reproductive physiology and reducing infertility.[5-6] The treatment protocol was designed according to the principles of *Nidana Parivarjana*, *Deepana-Pachana*, *Visha Shamana*, *Artava Shodhana*, *Rasayana*, and *Garbhasthapana Chikitsa*.[7-8] Elimination of etiological factors through dietary and lifestyle modification constituted the first step in interrupting disease progression. *Chitrakadi Vati* enhanced digestive and metabolic functions by correcting *Agnimandya* and digesting *Ama*.[9] *Guduchi Ghana Vati*, recognized for its *Rasayana* and *Visha Shamaka* properties, may have reduced oxidative stress, improved immune modulation, and supported restoration of tissue homeostasis.[11] *Rajahpravartini Vati* helped normalize menstrual cyclicity and *Artava Pravritti*, while *Kumaryasava* promoted

healthy endometrial function and improved *Artava Poshana*.[12-13] *Dashmoolarishta* alleviated *Vata* predominance, thereby improving pelvic circulation and reducing dysmenorrhea. *Phala Ghrita* and *Shatavari Churna*, both classical *Garbhasthapana* and *Rasayana* formulations, may have enhanced endometrial receptivity, reproductive tissue nourishment, and overall fertility potential. The patient exhibited progressive improvement in digestive function, menstrual regularity, menstrual flow, dysmenorrhea, appetite, and general well-being, followed by successful spontaneous conception after completion of therapy. These clinical improvements support the Ayurvedic concept that restoration of *Agni*, elimination of *Ama*, purification of *Artavavaha Srotas*, and nourishment of *Artava Dhatu* create a favourable environment for conception.

CONCLUSION

The present case demonstrates that *Garavisha* and *Dushivisha* may represent important yet frequently overlooked pathogenic factors in women with unexplained infertility. Comprehensive Ayurvedic management based on *Nidana Parivarjana***,** *Deepana-Pachana***,** *Visha Shamana***,** *Artava Shodhana***,** *Rasayana***,** and *Garbhasthapana* principles resulted in marked improvement in digestive health, normalization of menstrual parameters, reduction in dysmenorrhea, enhanced general well-being, and successful spontaneous conception. This case further emphasizes the importance of evaluating dietary habits, environmental toxin exposure, and lifestyle factors in the assessment of unexplained infertility. By addressing the underlying disturbances of *Agni***,** *Ama***,** *Srotorodha*, and *Artava Dushti***,** Ayurveda may offer a holistic and individualized therapeutic strategy for selected patients in whom conventional investigations fail to identify a definite cause. Although encouraging, the findings of this single case report should be interpreted cautiously. Well-designed randomized controlled clinical trials with larger sample sizes, standardized treatment protocols, and objective fertility outcomes are necessary to establish the efficacy, safety, and reproducibility of this Ayurvedic approach.[14] This case nevertheless provides preliminary clinical evidence supporting the potential integration of Ayurvedic principles in the management of unexplained infertility and encourages further interdisciplinary research in this field.

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