

STUDY OF USE OF AMRUTRAPRASH LEH, DADIMADI GHRUT, KALYANAK GHRUT AND BALA TAIL IN INFERTILITY

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ABSTRACT

In this present era number of infertility patient are increasing day by day. It is becoming a big health issue. Improper and indiscipline way of lifestyle, bad habits about food, sleep and other daily regimen are reason for this issues. Because of such disturbed lifestyle normal function of all *Dhatu* gets affected. As the *Ras Dhatu* is first *Dhatu* in chain of *Dhatu* formation. Once it gets affected all *dhatu* upto *Shukra* or *Streebij* get disturbed and also lead to many disease like *Pandu*, *Vatvyadhi* etc and leads to infertility. In this paper we are going to discusses infertility beyond *Yonivyapad Chikitsa*. We need to think apart from classical *Yonivyapad Chikitsa* and *Vandhyatv chikitsa*

(infertility)Chikitsa. How infertility comes from different disease like, *Pandu*, *Vatvyadhi* etc. In *Ashtanghruday Samhita* there are 16 *Adhyay*(Chapter) in *Nidansthan*, We are going to think how these diseases leads to infertility and different way to its treatment. As the *Samprapti* of infertility caused by different diseases Acharya had mentioned medicine for infertility in the *Chikitsa* of such disease. In such condition we have to choose a medicine which can help to treat infertility along with infertility causing disease like *Vatvyadhi* and *Pandu*. In *Ashtanghruday Chikitsa Sthan* we get some Formulations which are actually mentioned in *Chikitsa Sthan* under *Chikitsa* of *Pandu*, *Jwar* etc. but the *Vandhyatv* is also indicated in that Formulation. This paper will focus on such formulation in *Ashtanghruday Samhita* which is work infertility along with systemic disease like *Pandu*, *Vatvyadhi* etc.

KEYWORDS: Vandhyatva, Artav, Shukra, Pandu, Vatvyadhi, Kshay.

INTRODUCTION

Infertility is mean for not getting pregnant, despite having carefully timed, unprotected sex for a year. More than 1 million cases of infertility are found in India per year. Day by day infertility is becoming a bigger health issue. Cause of such a increasing number of infertility patient is disturbed, undisciplined lifestyle and food. As the people are not following ideal way of daily regimen, normal function of *Dhatu and Dosh* in body gets affected, pathology of different diseases in developing the patients. These different diseases like *Vatvyadhi*, *Pandu*, Stress disorder indirectly leads to infertility. In this paper we are going to think how infertility comes from these different diseases. In such patients we can't only think about classical *Yonivyapad chikitsa* or classical *Vandhyatva Chikitsa*. Here we need to find different ways of infertility pathology from different diseases, and need to choose a medicine which will work on systemic disease as well on infertility. For ex- *Dadimadi Ghrut* comes under *Pandurog Chikitsa Adhyay* but Infertility (*Vandhyatva*) is also indicated in list of uses. It means that *Acharya Vagbhat* wanted to say that *Pandurog* pathology can lead to infertility and its medicine is *Dadimadi Ghrut*. Such type of formulations we are going to discuss in this topic which are useful in Infertility along with systemic diseases. Acc to Ayurveda to conceive a infertile patient is not only the motive but *Supraja Nirmiti* (Good Progeny) Is also need to achieve. These formulation will help in *Supraja Nirmiti* or in giving a healthy baby.

MATERIAL AND METHOD

I. Amrutprash Avaleha/ Ghrut^[1]

Sr.no.	Drug name	Latin Name	RAS	Virya	Vipaka
1.	Jivanti	Leptadenia reticulate	Madhur	Sheet	Madhur
2.	Kakoli	Roscoca procera	Madhur	Sheet	Madhur
3.	Ksheerkakoli	Roscoca procera	Madhur	Sheet	Madhur
4.	Meda	Polygonatum airrhifolium	Madhur	Sheet	Madhur
5.	Mahameda	Polygonatum airrhifolium	Madhur	Sheet	Madhur
6.	Mudgaparni	Phaseolus tribulus	Madhur	Sheet	Madhur
7.	Mashparni	Teramnus labialis	Madhur	Sheet	Madhur
8.	Rushabhak	Microstylis wallichii	Madhur	Sheet	Madhur
9.	Jivak	Microstylis musifera	Madhur	Sheet	Madhur
10.	Yasthimadhu	Glycyrrhiza glabra	Madhur	Sheet	Madhur
11.	Sunthi	Zinziber officinale	Katu	Ushn	Madhur
12.	Shatawari	Asparagus racemosus	Madhur	Sheet	Madhur
13.	Punarnava	Boerhavia diffusa	Madhur	Ushn	Katu
14.	Bala	Sida Cordifolia	Madhur	Sheet	Madhur
15.	Bharangi	Clerodendrum serratum	Tikta	Ushna	Katu
16.	Kapikacchu	Mucuna Prurita	Madhur	Sheet	Madhur
17.	Ruddhi	Habenaria intermedia	Madhur	Sheet	Madhur

18.	Kachora	Curcuma zedoaria	Katu	ushna	katu
19.	Bhumyaamalaki	Phyllanthus niruri	Tikta	sheeta	Katu
20.	Pippali	Piper longum	Katu	Ushna	Madhur
21.	Shrungatak	Trapa bispinosa	Madhur	Sheet	Madhur
22.	Shaliparni	Desmodium gangeticum	Madhur	Sheet	Madhur
23.	Prushniparni	Uraria picta	Madhur	Ushna	Madhura
24.	Bruhati	Solanum indicum	Katu	Ushna	Katu
25.	Kantakari	Solanum xanthocarpum	Katu	Ushna	Katu
26.	Gokshur	Tribulus terrestris	Madhur	Sheet	Madhur
27.	Aamalaki	Emblica officinalis	Amla	Sheet	Madhur
28.	Ikshu	Saccharum officinarum	Madhur	Sheet	Madhur
29.	Vidari	Pueraria tuberosa	Madhur	Sheet	Madhur

Uses

1. Nashtashukra	2. Kshatksheen
3. Durbal	4. Vyadhikarsheet
5. Streeprasakta	6. Varn And Swar heen
7. Krush	8. Kas
9. Hidma	10. Jwar
11. Shwas	12. Daha
13. Trushna	14. Raktpitta
15. Putrad	16. Chardi
17. Murcha	18. Hrudrog
19. Yonirog	

II. Dadimadi Ghrut^[2]

Sr. No.	Drug name	Latin Name	RAS	Virya	Vipaka
1.	Dadima	Punica granatum	Kashya	Usnha	Madhur
2.	Dhanyak	Coriandrum sativum	Kashay	Ushna	Madhur
3.	Chitrak	Plumbago zeylanica	Katu	Ushna	Katu
4.	Pipali	Piper longum	Katu	Ushna	Katu

Uses

1. Hrudrog	2. Pandurog
3. Gulm	4. Arsha
5. Pliha	6. Vat-Kaph Viakar
7. Dipan	8. Shwas
9. Kas	10. Mudhavanulomanam
11. Dukhha Prasava	12. Vandhya

III. Kalyanak Ghrut^[3]

Sr. no	Drug Name	Latin name	Ras	Virya	Vipaka
1.	Aamalaki	Emblica officinalis	Amla	Sheet	Madhur
2.	Bhibitaki	Terminalia bellerica	Kashay	Ushna	Katu
3.	Haritaki	Terminalia chebula	Kashay	Ushna	Madhur
4.	Vishala	Trichosanthes palmate	Tikta	Ushna	Katu
5.	Musta	Cyperus rotundus	Tikta	Sheet	Katu
6.	Ela	Elettaria cardamomum	Katu	Sheet	Katu
7.	Deodar	Cedrus deodar	Tikta	Ushna	Katu
8.	Sariva	Hemidesmus indicus	Madhur	Sheeta	Madhur
9.	Darvi	Berberis aristata	Tikta	Ushna	Katu
10.	Nisha	Curcuma longa	Tikta	Ushna	Katu
11.	Shaliparni	Desmodium gangeticum	Madhur	Sheet	Madhur
12.	Prishniparni	Uraria picta	Madhur	Ushna	Madhura
13.	Priyangu	Prunus mahaleb	Kashay	Sheet	Katu
14.	Tagar	Valeriana wallichii	Katu	ushna	Katu
15.	Kanatakari	Solanum indicum	Katu	Ushna	Katu
16.	Koshta	Saussurea lappa	Madhur	ushna	Katu
17.	Manjishta	Rubia cordifolia	Tikta	Ushna	Madhur
18.	Nagkeshar	Mesua ferrea	Kashay	Ushna	Katu
19.	Dadim	Punica granatum	Kashya	Ushna	Madhur
20.	Vidang	Emblia ribes	Katu	Ushna	Katu
21.	Talispatra	Abies webbiana	Tikta	Ushna	Katu
22.	Jati	Jasmin grandiflorum	Tikt	Ushna	Katu
23.	Kumud	Nymphaea alba	Madhur	Sheet	Madhur
24.	Padmak	Prunus puddum	Tikta	sheeta	Katu
25.	Danti	Baliospermum montanum	Katu	ushna	Katu
26.	Chandan	Santalum album	Tikta	Sheeta	Katu

Uses

1. Bhutgrah	2. Unmad	3. Kas
4. Apasmar	5. Pandu	6. Kandu
7. Vish	8. Shoph	9. Moh
10. Meh	11. Gar	12. Jwar
13. Aretasya	14. Apraja	15. Amedha
16. Alpasmruti	17. Alpa agni	18. Useful in Punsavan

IV. Bala Tail^[4]

Sr.no	Drug Name	Latin Name	Ras	Virya	Vipaka
1.	Bala	Sida Cordifolia	Madhur	Sheet	Madhur
2.	Guduchi	Tinospora cordifolia	Tikta	Ushna	Madhur
3.	Rasna	Pluchea lanceolata	Tikta	Ushna	Katu
4.	Ikshu	Saccharum officinarum	Madhur	Sheet	Madhur
5.	Kachora	Curcuma zedoaria	Katu	Ushna	Katu
6.	Devdar	Cedrus deodar	Tikta	Ushna	Katu
7.	Ela	Elettaria cardamomum	Katu	Sheet	Katu
8.	Manjistha	Rubia cordifolia	Tikta	Ushna	Madhur

9.	Aguru	Aqualaria agollacha	Katu	Ushna	Katu
10.	Chandan	Santalum album	Tikta	Sheeta	Katu
11.	Padmak	Prunus puddum	Tikta	Sheeta	Katu
12.	Atibala	Abutilon indicum	Madhur	Sheet	Madhur
13.	Musta	Cyperus rotundus	Tikta	Sheet	Katu
14.	Yasthimadhu	Glycyrrhiza glabra	Madhur	Sheet	Madhur
15.	Tulasi	Ocimum sanctum	Katu	Ushna	Katu
16.	Rushabhak	Microstylis wallichii	Madhur	Sheet	Madhur
17.	Jivak	Microstylis musifera	Madhur	Sheet	Madhur
18.	Palash	Butea monosperma	Katu	Ushna	Katu
19.	Katfal	Myrica esculenta	kashay	Ushna	Katu
20.	Usheer	Andropogon muricatus	Tikta	Katu	Sheeta
21.	Karpoor	Cinnamomum camphora	Tikta	Sheeta	Katu
22.	Lawang	Syzygium aromaticum	Tikta	Sheeta	Katu
23.	Koshta	Saussurea lappa	Madhur	Ushna	Katu
24.	Jatamansi	Nordostachys jatamansi	Tikta	Sheeta	Katu
25.	Priyangu	Prunus mahaleb	Kashay	Sheet	Katu
26.	Vacha	Acorus calamus	Katu	Ushna	Katu
27.	Madanfai	Randia spinosa	Madhur	Ushna	Katu
28.	Nagkeshar	Mesua ferrea	Kashay	Ushna	Katu

Uses

1. Kas	2. Shwas
3. Jwar	4. Chardi
5. Murchha	6. Gulm
7. Urakshat	8. Kshay
9. Pliha	10. Apsmar
11. Vatrog	12. Vandhytva

DISCUSSION

Above mentioned four formulations comes under different systemic diseases explained by Acharya Vagbhat in his *Ashtanghruday Samhita*. Out of them first one is *Amruprash Avaleh*, though this formulation is mentioned in *Kas chikitsa* but *Shukradosh* and *Vandhytva* (Infertility) are indicated in its list of uses. What is the relation between *Kshataj kas*, *Shukradosh* & infertility pathology is the topic of thinking. Excess of any activity like Maithun (Sexual intercourse) or any excessive heavy work is the reason for pathology of *Kshataj kas*. In *Kshataj kas* pathology there is increase of *Vat and Pitta dosh*. It leads to decrease in *Virya, Ruchi, Pakti, Bala, Varna*. In short we can say all *Dhatu* of patients get affected, it is pathology of *Dhatukshay*. In such patients normal function of all *Dhatu* from *Ras* to *Shukra* gets affected, so normal function of *Aartava* which is *Upadhatu of Ras* and normal function of *Shukra Dhatu* gets hampered, and we lead to pathology of Infertility. In such patients of infertility having history of *Kshataj kas* or history of *hetusevan* for *Kshataj*

kas, Medicine of Choice will be *Amrutprash Avaleh*, as mentioned by *Acharya Vagbhat*. It is useful in both male and female infertility.

Second one is the *Dadimadi ghrut* mentioned in *Pandurog chikitsa Adhyay* by *Acharya Vagbhat*. Though it is mentioned in *Pandurog chikitsa adhyay* but *Vandhyatva* is also indicated in it. Why *Acharya Vagbhat* mentioned *Vandhyatva* in uses of *Dadimadi ghrut* is the topic of thinking. As *Pandurog* is the *vyadhi of Pittdhik Sannipat dosh and Ras dhatu as dushya*. As the karma of *Ras dhatu* gets affected indirectly normal function of *Aartava* gets disturbed and it will lead to pathology of *vandhyatva*. In such patients of infertility having history of *Pandurog* key medicine is *Dadimadi ghrut* as mentioned by *Acharya Vagbhat*.

Third one is *Kalyanak Ghrut* which comes under *Unmad Chikitsa Adhyay in Ashtanghruday Uttartantra*. Though it is mentioned in *Unmad chikitsa* but *Punsavan* is also indicated in it and it is useful in *Shukradosh and Shukrashay*. Why *Acharya Vagbhat* mentioned *Shukradosh* and *Punsavan* in uses of *Kalyanak ghrut* is the topic of thinking. In this present era stress is becoming a cause of all health issue. Acc to *Aacharya Charaka Agryasangah Saumanasya Janana Garbhadharanam* means healthy and connected mind of husband and wife are necessary for *Garbhadharana* (to conceive) but because of stressful lifestyle mental health of patient get disturbed. Along with this we also know that *Chinta* (Stress) is the *hetu* for *Ras dhatu dushti*, again when *Ras dhatu* gets disturbed its *upadhatu artava* also gets hampered, which will lead to infertility. Means stress and unhealthy diet or *Virrudha aahar* which is *hetu* for *Unmad* are causing infertility. In such patients *Kalyanak ghrut* is the key medicine.

Fourth one is *Bala tail* which is mentioned in *Vatvyadhi chikitsa Ashtanghruday*. Though it is mentioned in *Vatvyadhi chikitsa Adhyay* *Vagbhat* said that it is also useful in *Vandhyatva*. Why *Acharya Vagbhat* said that these tails which are mentioned in *Vatvyadhi Chikitsa* are the useful in infertility also is the topic of thinking. As we know *Vat dosh* is responsible for each and every activity in body and normal function of all *dosh and dhatu* and other body elements. Once *Vat dosh* gets affected normal function of all *dosh and dhatu* gets disturbed. *Apan Vayu* which is type of *Vat dosh* is responsible for normal function of *Shukra* and *Aartav*, and disturbed *Apan Vayu* also affects the normal function of *Shukra* and *Aartava*. All these factors combines to infertility, that's why *acharya Vagbhat* mentioned these oils in treatment of *Vandhyatva* (Infertility).

CONCLUSION

Systemic diseases like *Pandu*, *Vatvyadhi* can leads to pathology of infertility. For the treatment of such a infertility which results from other diseases, formulations explained in that systemic diseases are usefull.

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