

**REVIEW ARTICLE ON LASUN TAIL UTTAR BASTI IN FEMALE INFERTILITY****<sup>1</sup>\*Dr. Sadhna Verma and <sup>2</sup>Dr. Shashi Singh**<sup>1</sup>P.G. Scholer at Govt. Ayurvedic PG College and Hospital, Varanasi.<sup>2</sup>Prof. and HOD (PTSR) at Govt. Ayurvedic PG College and Hospital, Varanasi.Article Received on  
03 October 2024,Revised on 24 October 2024,  
Accepted on 13 Nov. 2024

DOI: 10.20959/wjpr202422-34676

**\*Corresponding Author****Dr. Sadhna Verma**

P.G. Scholer at Govt.

Ayurvedic PG College and  
Hospital, Varanasi.**ABSTRACT**

In contemporary society, the importance of having progeny remains a significant aspect of life. The most evident reason is that the cessation of procreation would lead to the extinction of humanity. Furthermore, having children is a blessing from the Almighty. Family is the base of a healthy society & child completes the family. Becoming a mother is the most joyous feeling a woman can ever experience. "It's a significant observation that despite the advancements in women's status across various sectors, leading to economic empowerment, they are facing rising mental and physical health issues. One of the pressing concerns is their inability to conceive."

In Ayurveda infertility is grossly defined as "Bandhyatva" which is a Sanskrit term that translates to "infertility" in English. It refers to the biological inability of a person to contribute to conception or, in the case of women, to carry a pregnancy to full term. In Women causes are Ovulation Disorders, Fallopian Tube Damage or Blockage, Uterine or Cervical Issues, Endometriosis, Age. In Men causes are Sperm Production Issues, Ejaculation Disorders, Varicocele, Hormonal Imbalances.

**KEYWORD:** Ayurveda, Bandhyatva, Infertility, progeny.**INTRODUCTION**

In Ayurveda Stree means "who lodges garbha is known as a stree". Garbha is originated from mother, without mother there is no existence of garbha.

According to CHARAK Samhita- Stree is root of progeny. We can say that a girl is born twice during her life time once when she herself is actually born and second when she gives birth to a child.

In today's fast world due to lack of time, mode of life & increasing mental stress. Infertility is the major disorder affecting the social & psychological aspect of the life.

Infertility means failure to conceive with in one or more years with unprotected coitus. Women who are able to conceive but have repeated miscarriage also said to be infertile.

In Ayurveda There is three types of Bandhyatva according to Acharya CHARAK.

According to Acharya HARIT, there is 6 types of Bandhyatva.

### **In modern Infertility is of two types**

Primary -The patient who have never conceive called as primary infertility. According to WHO 2-10% couples worldwide unable to conceive primarily. 10% of normally fertile couple fails to conceive with in their first year attempt.

Secondary- It indicates previous pregnancy but failure to conceive subsequently. In 10-25% couple causative factors are found 30-40% in female & 10-30% in male.

Other factors are also contributing to the rise of infertility like- Genetic factors

Changed life style

Increased stress

Environmental pollution

### **According to the Acharya Shushruta**

**These are four main factors required for proper conception are**

1. Ritu(fertile-period)
2. Kshetra(healthy-uterus)
3. Ambu(proper-nutrient)
4. Beja(viable-ovum& sperm)

**If any abnormality occurs in the above four factors causes infertility. The cause of Bandhyatva described in ayurvedic text**

1. Defect in beeja (ovum) or beejaavayava (gene)
2. Shukra & artava dushti

3. Pradar-i) swet & ii) rakta
4. Yonivyapad

#### **According to Mordern cause are**

1. Ovarian factor 30-40%
2. Tubal and ovarian factors 30-40%
3. Uterine factors 10%(eg. Fibroid, congenital malformation)
4. Cervical factors 5%
5. Other factors -
  - i) Smoking, alcohol habbit.
  - ii) Environment and occupational factors such as local toxicity, repeted exposure of radiation etc.

#### **AIM AND OBJECTIVES**

1. To study the etiopathogenesis of Bandhyatva as per classical literature
- 2- To evaluate the role and efficacy of LASUN TAIL uttar basti
3. To provide cost effective treatment
4. To evaluate complications of LASUN TAIL uttar basti

#### **MATERIAL AND METHOD**

All references are collected from ayurvedic classics, commentaries, modern literature.

#### **DISCUSSION**

Infertility can be emotionally draining and socially challenging topic. Couples often suffers from Stress and Anxiety due to uncertainty and treatment pressures, Stigma and Social Pressure specially in cultures where childbearing is highly valued. Relationship Strain can affect marital relationships emotionally.

Women is incomplete without their motherhood.

Infertility patient is very conscious and emotional about this. Nowadays it is the world's demand to treat infertility.

In India most of the people are in economically low status so they want cheapest and safest treatment.

In Ayurveda we are trying to treat infertile patient. If proper diagnosis is done and line of treatment, procedures and used drugs are standardized then we can treat infertile patients easily.

### JUSTIFICATION OF DRUG

According to Acharya KASHYAP properties of lasun is katu and tikta in rasa. He also told that it is brinhaniya, shrotoshodhak, shukra- shonita & garbha vardhak. He also said that it subsides the disease which is sexually transmitted. As the base of lasun tail is til tail so according to Acharya sushruta til tail has property of yonishoola shamak and also garbhashya shodhak.

"NA JATU BANDHYA BHAVATI NA JATVAPRIYADARSHANA."

### CONCLUSION

Bandhyatva is a health issue related to disturbances in the female reproductive system, primarily considered as Yonivyapada. Pathological conditions such as vitiated Vata, abnormalities in Ambu and Beeja, infrequent ovulation, uterine polyps, fallopian tube blockage, PCOS, etc., can lead to infertility. Ayurveda suggests conducting Sadavritta, using Vatanulomana drugs, Sodhana therapy, along with dietary modifications and Yoga, to alleviate infertility and promote overall reproductive health. Drugs with Sheeta Virya, Tikta Rasa and Madhura Vipaka are used to maintain normal physiology of the reproductive system. Rasayana and Vajikarana drugs are also considered effective in treating infertility.

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