

UTTARBASTI AS A PROMISING THERAPY IN FEMALE INFERTILITY: AN AYURVEDIC PERSPECTIVE

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Article Received on 28 May 2026,

Article Revised on 17 June 2026,

Article Published on 01 July 2026,

<https://doi.org/10.5281/zenodo.21022981>

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How to cite this Article: Dr. Manisha Sagore^{1*}, Dr. Sidheswar Sathua², Dr. Prashansa Bharil³, Dr. Hemant Malviya⁴. (2026). Uttarbasti As A Promising Therapy In Female Infertility: An Ayurvedic Perspective. World Journal of Pharmaceutical Research, 15(13), 179-187. This work is licensed under Creative Commons Attribution 4.0 International license.

ABSTRACT

Female infertility has become an important reproductive health problem across the world and affects the physical, mental, and social life of couples. In Ayurveda, infertility is explained under the concept of *Vandhyatva*, which mainly occurs due to imbalance of *Apana Vata* along with defects in *Artava*, *Kshetra*, *Ambu*, and *Beeja*. Among the different Ayurvedic treatment methods, *Uttarabasti* is considered an effective *Panchakarma* therapy for gynecological disorders and female infertility. In this procedure, medicated oil or ghee is administered through the vaginal or intrauterine route to provide direct action on the reproductive organs. Classical Ayurvedic texts recommend *Uttarabasti* in conditions such as *Yonivyapada*, *Artava Dushti*, and *Vandhyatva*. The therapy is believed to balance *Apana Vata*, improve uterine health, remove obstruction in reproductive channels, and nourish the endometrium, thereby

supporting ovulation and implantation. The present review focuses on the classical references, probable mode of action, and therapeutic importance of *Uttarabasti* in female infertility. Based on available literary and clinical evidence, *Uttarabasti* can be considered a safe, economical, and promising Ayurvedic approach for the management of female infertility.

KEYWORDS: *Vandhyatva*, Female Infertility, *Uttarabasti*, *Panchakarma*, Ayurveda.

INTRODUCTION

Infertility is a multifactorial reproductive disorder affecting a considerable number of women globally. The condition may arise due to ovulatory dysfunction, tubal obstruction, cervical abnormalities, hormonal imbalance, endometrial insufficiency, or unexplained causes. Psychological stress, improper dietary habits, a sedentary lifestyle, and excessive hormonal interventions further contribute to reproductive disturbances.

In Ayurveda, female infertility is described under the concept of *Vandhyatva*, which mainly results from vitiation of *Apana Vata*, impairment of *Artava*, and obstruction in *Artavavaha Srotas*. Ayurvedic classics emphasize purification and rejuvenation therapies for restoration of reproductive health and fertility.

Among various *Panchakarma* procedures, *Uttarbasti* occupies a unique place because of its direct action on reproductive organs. Classical *Acharyas* such as *Charaka*, *Sushruta*, and *Vagbhata* have described *Uttarbasti* as an important therapy for *Yonivyapada*, *Artava Dushti*, *Vandhyatva*, and other *Vata-dominant* gynecological disorders.

AIM AND OBJECTIVES

Aim

To critically review the role of *Uttarbasti* in the management of female infertility from an Ayurvedic perspective.

Objectives

1. To understand the Ayurvedic concept and procedural aspects of *Uttarbasti*.
2. To evaluate its role in female infertility and associated gynecological disorders.
3. To assess the therapeutic utility of various medicated oils and ghee formulations used in *Uttarbasti*.
4. To explore its probable mode of action in conditions such as tubal blockage, ovulatory dysfunction, menstrual irregularities, and uterine disorders.

Table 1: Therapeutic Role of Medicated Preparations Used in *Uttarbasti*.

Preparation	Key Properties	Primary Application
<i>Apamarga Kshara Taila</i>	<i>Lekhana, Kaphahara</i>	Reducing tubal obstruction
<i>Yava Kshara Taila</i>	<i>Lekhana, Kaphahara</i>	Reducing tubal obstruction
<i>Narayana Taila</i>	<i>Vata Shamaka</i>	Improving reproductive function
<i>Mahanarayana Taila</i>	<i>Vata Shamaka</i>	Improving reproductive function
<i>Phala Ghrita</i>	<i>Garbhasthapaka, Brimhana</i>	Ovulation and endometrial

		receptivity
<i>Kumari Taila</i>	<i>Vata-Pitta Shamaka</i>	Menstrual regulation
<i>Shatapushpa Preparations</i>	<i>Artava Janana</i>	Ovulatory disorders and PCOS
<i>Panchagavya Ghrita</i>	<i>Rasayana</i>	Reproductive rejuvenation
<i>Palasha Kshara Taila</i>	<i>Lekhana</i>	Fibroids and polyps
<i>Varunadi Ghrita</i>	<i>Lekhana, Kapha-Vata Shamaka</i>	Fibroids and polyps

MATERIALS AND METHODS

The present study is a narrative review based on classical Ayurvedic literature and contemporary publications related to infertility and Ayurvedic gynecology. Relevant information was collected from major Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and various scholarly articles addressing *Uttarbasti* and female infertility.

The review focused on:

- Classical references of *Uttarbasti*.
- Types and indications of *Uttarbasti*.
- Procedural details and administration techniques.
- Medicated formulations used in infertility.
- Therapeutic applications and clinical observations.
- Probable mechanisms involved in fertility enhancement.

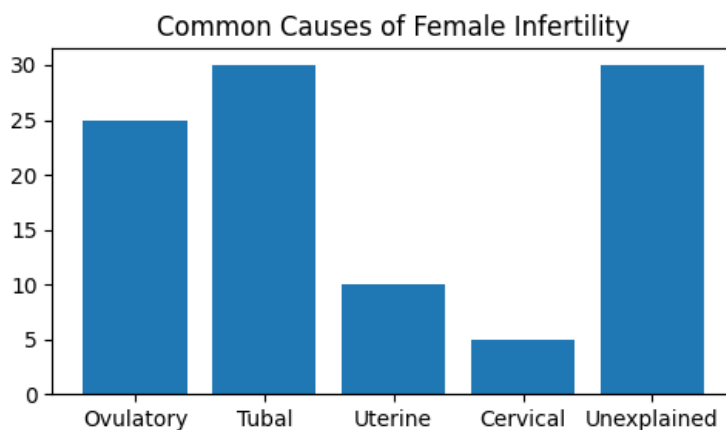


Figure 1: Common Causes of Female Infertility.

CONCEPT OF VANDHYATVA IN AYURVEDA

According to Ayurveda, successful conception requires the proper functioning of four essential reproductive factors:

1. *Ritu* – Appropriate fertile period.

2. **Kshetra** – Healthy reproductive organs.
3. **Ambu** – Adequate nourishment.
4. **Beeja** – Healthy ovum and sperm.

Disturbance in any of these factors can result in infertility. Vitiating of *Apana Vata* is considered the primary pathological factor leading to menstrual abnormalities, ovulatory dysfunction, implantation failure, and infertility.

UTTARBASTI: CONCEPT AND PROCEDURE

Uttarbasti is a specialized Panchakarma procedure in which medicated oils, ghee preparations, or decoctions are administered through the vaginal or intrauterine route. The therapy is specifically designed to treat disorders of the female reproductive and urinary systems.

Purva Karma (Pre-procedure)

- Detailed examination of the patient.
- Selection of suitable medicated preparation.
- Cleaning and sterilization of instruments.
- Local genital cleansing.
- *Abhyanga* (oil massage).
- *Swedana* (sudation therapy).

Pradhana Karma (Main Procedure)

The patient is positioned in *lithotomy* posture. Following aseptic precautions, medicated oil or ghee is administered through the vaginal or intrauterine route using a sterile cannula and syringe. The medicine is introduced slowly to ensure proper retention and absorption.

Paschat Karma (Post-procedure)

- Observation of the patient.
- Adequate rest.
- Dietary regulations.
- Avoidance of strenuous activities.
- Follow-up assessment.

INDICATIONS AND CONTRAINDICATIONS

Indications

- Female infertility (*Vandhyatva*)
- Tubal blockage
- Cervical factor infertility
- Menstrual disorders (*Artava Dushti*)
- Dysmenorrhea (*Kashtartava*)
- Amenorrhea (*Anartava*)
- Endometrial disorders
- Polycystic ovarian syndrome (PCOS)
- Vaginal disorders (*Yonivyapada*)
- Vata-dominant gynecological conditions

Contraindications

- Pregnancy
- Acute pelvic inflammatory disease
- Active genital infections
- Excessive uterine bleeding
- Postpartum period
- Post-abortion period
- Severe anemia
- General debility
- Acute febrile conditions

THERAPEUTIC ROLE OF MEDICATED PREPARATIONS

Several medicated formulations are utilized in *Uttarbasti* according to the underlying pathology.

Apamarga Kshara Taila

Possesses *Lekhana* and *Kapha* reducing properties and is commonly used in tubal obstruction.

Yava Kshara Taila

Helpful in reducing obstruction and improving tubal patency.

Narayana Taila and Mahanarayana Taila

Exhibit potent *Vata*-pacifying effects and support reproductive function.

Phala Ghrita

Traditionally regarded as a fertility-promoting formulation with *Garbhasthapaka* and *Brimhana* properties.

Kumari Taila

Useful in menstrual irregularities and uterine dysfunction.

Shatapushpa Preparations

Promote ovulation and are commonly employed in PCOS-related infertility.

Panchagavya Ghrita

Acts as a *Rasayana* and supports reproductive rejuvenation.

Palasha Kshara Taila and Varunadi Ghrita

Used in conditions associated with fibroids, polyps, and excessive *Kapha* accumulation.

PROBABLE MODE OF ACTION OF UTTARBASTI

The therapeutic effectiveness of *Uttarbasti* may be attributed to multiple mechanisms:

Normalization of *Apana Vata*

Uttarbasti directly influences the pelvic region and helps restore the physiological functions governed by *Apana Vata*.

Removal of *Srotorodha*

The therapy may help clear obstructions within *Artavavaha Srotas*, facilitating normal reproductive functions.

Improvement of Uterine Circulation

Medicated oils enhance local blood supply, thereby improving nourishment of reproductive tissues.

Enhancement of Endometrial Receptivity

The nourishing and unctuous properties of *Sneha* may improve endometrial thickness and receptivity.

Support of Ovulation

Certain herbal formulations used in *Uttarbasti* possess *Artava-Janaka* and *Rasayana* properties that may contribute to follicular development and ovulation.

Facilitation of Implantation

Improved endometrial health and uterine environment may enhance implantation potential.

Distribution of Uttarbasti Formulations by Therapeutic Actor

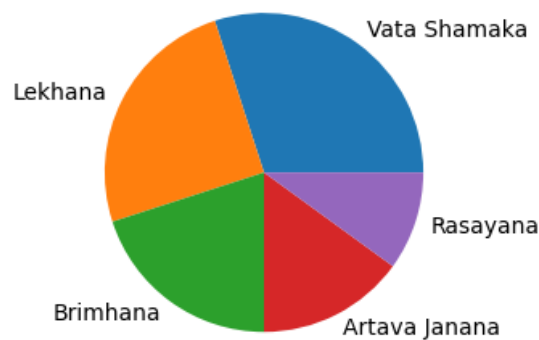


Figure 2: Distribution of Uttarbasti Formulations by Therapeutic Action.

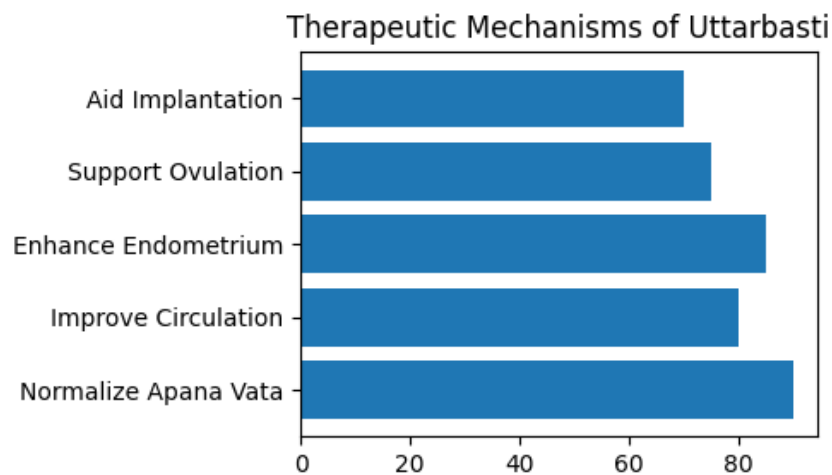


Figure 3: Therapeutic Mechanisms of *Uttarbasti* in Female Infertility.

DISCUSSION

Female infertility is a complex disorder involving anatomical, hormonal, metabolic, and psychological factors. Ayurveda attributes many infertility-related conditions to derangement of *Vata Dosha* and obstruction of reproductive channels. *Uttarbasti* provides a unique therapeutic advantage because it delivers medicine directly to the site of pathology.

Clinical observations suggest that *Uttarbasti* may improve menstrual regularity, endometrial thickness, uterine blood flow, follicular maturation, and tubal patency. The medicated formulations employed in *Uttarbasti* possess *Vata-Shamaka*, *Lekhana*, *Brimhana*, *Rasayana*, and *Garbhasthapaka* properties, which collectively contribute to reproductive health.

The timing of administration is also considered crucial. Classical Ayurvedic texts recommend administration during the post-menstrual fertile phase (*Ritukala*), when the reproductive system is physiologically receptive to therapeutic interventions.

Despite encouraging outcomes reported in Ayurvedic practice, scientific evidence remains limited. Most available studies involve small sample sizes and lack standardized protocols. Therefore, well-designed randomized controlled trials are necessary to establish the efficacy, safety, and mechanisms of *Uttarbasti* in infertility management.

CONCLUSION

Female infertility remains a challenging reproductive health problem with multifactorial etiology. Ayurveda offers a holistic approach to fertility enhancement through correction of *Dosha* imbalance and restoration of reproductive health. *Uttarbasti* is one of the most important Ayurvedic therapies for infertility owing to its direct action on the female reproductive system.

The therapy may improve ovulation, endometrial receptivity, uterine circulation, and tubal patency through normalization of *Apana Vata* and nourishment of reproductive tissues. Clinical observations indicate promising results in conditions such as anovulation, menstrual irregularities, endometrial disorders, and tubal blockage.

Although existing evidence supports its therapeutic potential, further evidence-based research and standardized clinical trials are required to validate its efficacy and develop uniform treatment protocols. *Uttarbasti* may therefore be considered a safe, economical, and valuable adjunct in the management of female infertility.

CONFLICT OF INTEREST

The author declares no conflict of interest.

ACKNOWLEDGEMENT

The author expresses sincere gratitude to the faculty members and mentors of Dhanvantari Ayurvedic Medical College and Hospital, Ujjain, for their guidance and support.

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