

CONCEPTUAL STUDY ON AYURVEDIC MANAGEMENT OF STREE BANDHYATVA

Dr. Dhanshree Rathore^{*1}, Dr. Sanjay Shukla² and Dr. Rupendra Chandrakar³

¹PG Scholar, Roga Nidana Evam Vikriti Vigyana, Shri NPA Govt. Ayurved College, Raipur.

²Reader, Roga Nidana Evam Vikriti Vigyana, Shri NPA Govt. Ayurved College, Raipur.

³Reader, Samhita Evam Siddhant, Shri NPA Govt. Ayurved College, Raipur.

Article Received on
18 Feb. 2023,

Revised on 11 March 2023,
Accepted on 31 March 2023

DOI: 10.20959/wjpr20235-27694

*Corresponding Author

Dr. Dhanshree Rathore

PG Scholar, Roga Nidana
Evam Vikriti Vigyana, Shri
NPA Govt. Ayurved
College, Raipur.

ABSTRACT

Bandhyata has been compared to infertility in *Ayurveda*. According to *Ayurvedic* theory, the primary cause of *Bandhyatva* is an imbalance in *Artvavahasrotas*. According to WHO, Infertility is a common disorder of the male or female reproductive system characterized by the inability to conceive after 12 months or more of unprotected sexual activity. Age, physical problems, hormonal issues and lifestyle or environmental factors can all contribute to female infertility. Since many thousands of years ago, *Ayurveda* has been successfully treating infertility. *Shodhan*, *Shaman*, and *Kalpa Chikitsa* are employed in the treatment of female infertility.

KEYWORD: Infertility, *Stree Bandhyatva*, Management, *Pathya-Apathya*.

INTRODUCTION

Artavavaha Srotas (Channels of menstrual blood) are two in no., their mula are *Garbhasaya* (Uterus) and *Artavavahi Dhamni* (arteries carrying menstrual blood). Injury to these leads to sterility, intolerance of copulation and loss of menstrual flow (amenorrhoea).^[1] Infertility is a global health issue affecting millions of people of reproductive age worldwide. Available data suggests that globally, between 48 million couples and 186 million individuals have infertility. Infertility may occur due to male factors, female factors, a combination of male and female factors or may be unexplained. For both women and men, however, environmental and lifestyle factors such as smoking, excessive alcohol intake, obesity and exposure to environmental pollutants have been associated with lower fertility rates.

MATERIAL AND METHODS

The article is based on Conceptual Study on *Ayurvedic* Management of *Stree Bandhyatva* (Female Infertility). *Ayurveda Samhitas* and texts available in the library of Govt. Ayurvedic College, Raipur (C.G.). Text books referred are *Harita Samhita*, *Susruta Samhita*, *Charaka Samhita*, *Bhavaprakash*, *Kashyapa Samhita* along with commentaries.

AIM AND OBJECTIVE

- To study the Conceptual Study on *Stree Bandhyatva* with Ayurvedic aspect.
- To study the *Ayurvedic* Management of *Stree Bandhyatva* (Female Infertility).

DISCUSSION

According to *Acharya Susrut* Infertility has been consider as one of the clinical symptoms of *Artavavaha Srotodusti*.^[2]

In the female reproductive system, infertility may be caused by a range of abnormalities of the ovaries, uterus, fallopian tube and the endocrine system, among others.

CONCEPTUAL STUDY OF BANDHYATVA IN AYURVEDIC ASPECT

Ayurveda explained, it is important for the three *Doshas* of our body —*Vata*, *Pitta* and *Kapha* to function properly in the body. And the body is composed of seven *Dhatus*, of which *Shukra Dhatu* or reproductive tissue is the seventh or last *Dhatu*, hence it has the presence of fractions of all the previous *Dhatus*, and so it has the capability of generating a new tissue (foetus). Healthy *Shukra Dhatu* shows presence of beauty, bravery and valor in an individual. Conception of healthy child depends completely on the health of parental *Shukra Dhatu*, so it must be taken care. *Acharya Sushrut* has described in there are four main factors of *Garbha Sambhav Samagri - Ritu* (fertile period), *Kshetra* (the reproductive organ), *Ambu* (the nutritive fluids) and *Beeja* (the ovum and sperm)^[3] and *Shadgarbhakar Bhav* (six component- *Matrij*, *Pitraj*, *Atmaj*, *Satvaj*, *Satmyaj*, *Rasaj*).^[4] *Bandhyatva* (Infertility) is regarded by *Ayurvedic* texts as a failure to have a child. In addition to these, *Ritukala* is a period of *Kapha-Pitta* predominance. If it is affected by *Vata*. *Bandhyatva* (Infertility) is caused by any anomaly in these factors.

ETIOLOGY (NIDANA)^[5]

1. *Mithya Ahar*- Improper eating habits, eating excessive spicy, oily, salty or unhealthy foods.

2. *Vihar*- Sleeping at very late hours, working in extreme hot or cold conditions, too much stress, anxiety, depression.
3. *Artava Dusti*
4. *Artava Nastata*
5. *Bija Dosha*
6. *Sahaja Vikriti* (Congenital Malformation)
7. *Nija & Agantuja Vikar* of *Garbhashaya*
8. *Dhatukshaya, Daurbalya* (like as : *Raktakshya, Panduroga*, etc.)
9. *Daivaprakop* (Curses of god or fate)
10. Hormonal Imbalance

TYPES OF *BANDHYATVA*^[6,7]

- **Accroding to *Harita Samhita***

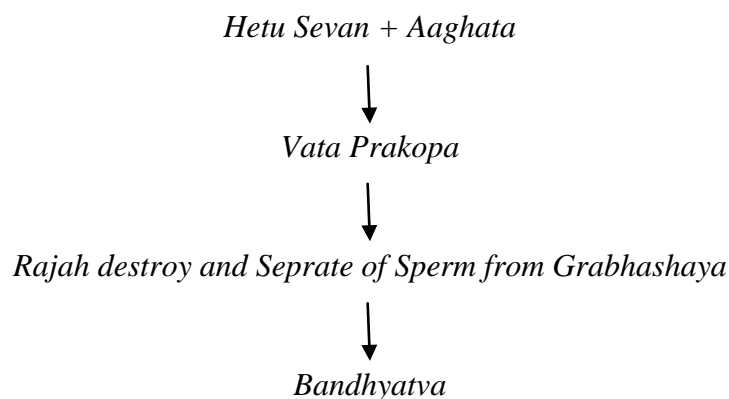
1. *Kakavandhya* - One child Sterility
2. *Anapatya* - No child or Primary infertility
3. *Garbhasravi* - Repeated Abortion
4. *Mrtavatsa* - Repeated stillbirths
5. *Balaksaya* - Loss of strength
6. *Ajata Rasaja* – *Bandhya* due to *Balyakala* (Childhood), *Garbha Kosha Bhanga* (Injury to uterus) or *Dhatukshaya*.

- **According to *Charak Samhita***

1. *Bandhya* – *Bandhya* due to congenital absence of uterus or *Artava* is reffered earlier. In short *Bandhya* refers to incurable congenital or acquired abnormalities resulting into absolute sterility.
2. *Sapraja* – *Sapraja* is a condition in which a woman in her active reproductive age does not conceive after giving birth to one or more children or it refers to secondary infertility.
3. *Apraja* – Infertility in which a women conceives after treatment or Primary infertility.

- ***Bandhyatva* as feature of other diseases**

1. *Putraghni, Shandi, Acharna yonivyapad*
2. *Andaghni, Durdhara, Kalaratri, Nakini* and *Vasya Jataharinis*
3. *Garbhasrava* and *Mritvatsa*

SAMPRAPTI CHAKRA^[8]**PROGNOSIS (SADHYA-ASADHYA)^[9,10,11]**

Infertility depends upon its specific causes such as infertility due to incurable diseases of *Yoni* or *Artava* will automatically become incurable.

Sadhya	<i>Apraja and Sapraja</i> <i>Kakabandhya, Anapatya, Garbhasravi, Mrtavatsa, Balaksaya</i> Infertility Due to loss of <i>Dhatu</i> <i>Puspasghni, Andaghni, Durdhara and Kalaratri Jataharins</i>
Yapya	<i>Nakini Jataharins</i> Infertility of women who has coitus before her menarche gets cured with difficulty.
Asadhya	<i>Bandhya</i> <i>Vasya Jataharinis</i>

MANAGEMENT OF FEMALE INFERTILITY

Ayurveda supports health by strengthening body's own self-healing and balancing mechanisms. It focuses on the treatment of infertility holistically with an aim of improving the health and quality of life of the individual.

✓ Principles of Treatment

1. *Nidana Parivarjan*
2. For saking other etiological factors such as abnormal diet and mode of life, coitus before or after *Ritukala*, psychological trouble etc.
3. Use of *Balya, Brihan and Jeevani Gana*.^[12]
4. Use of *Prajasthapaka Gana*.^[13]
5. Treatment of specific causes responsible for infertility such as treatment of all the gynaecologic disorders including injury to the uterus or its Prolapse, diseases of *Artava* and *Yonyarsa* etc.^[14]

6. After using *Abhyanga* (Oleation), *Swedan* (Sudation), *Vaman* (Emesis), *Virechan* (Purgation), *Asthapana* (Cleansing) and *Anuwasana* (nutritive) enema in consecutive order and the women should be given oil with *Masa*.^[15]
7. *Mula* of *Lakshmana* plant grinded with milk and used on the fifth day of menstruation.^[16]
8. *Pippali*, *Vidanga* and *Tankana* grinded with milk causes conception. From the fifth day of menstruation onwards. *Japa* flower grinded with fermented gruel along with forty grams of jaggery may be consumed for three days is useful for conception.^[17]
9. *Niruhabasti* is like a *Amrut* to an infertile woman.^[18]

✓ Classical Treatment

1.	<i>Shaman Chikitsa</i>	<i>Rasaushadhi – Nastapushpantak Ras, Pradarantak Ras, Punarnava Mandur</i> <i>Vati- Aarogyavardhani vati, Rajahpravartani Vati</i> <i>Churna – Ashwaganda, Pusyanug churna, Shatavari churna</i> <i>Kwath – Dashmool</i> <i>Aasava-aritsta – Ashokarista, Dashmoolarista</i> <i>Ghreeta – Brihat Shatavari, Shatavari, Phala Ghreeta, Kalyana Ghreeta</i>
2.	<i>Shodhan Chikitsa</i>	<i>Basti and Bahya Prayogarth – Narayan Tail, Bala Tail</i>
3.	<i>Kalpa Chikitsa</i> ^[19,20]	<i>Lahsun Kalp, Shatpushpa Kalp, Shatavari Kalp</i>

✓ Pathya-Apathy (Dietary Management)

Diet plays a vital role in the prevention and cure of diseases and in maintenance of healthy life. Food has been compared to God, in the ancient Indian holistics text since it is the main factor for sustaining and nourishing life.

S.No.	Pathya	Apathya
Aharaja	<i>Kshir-Ghreetabhyasa, Tambula, Sathi Chawal, Madira, Urada, Madhu. Mamsarasa, Munnaka, Puga, Pindakharjura, Aam, Badam, Kaju, Akharota, Singhada</i>	<i>Sarshap Tail, Virrudhashana, Vidahi Bhojana, Amla</i>
Viharaja	<i>Karnapriya Madhura Vachana, Mala Dharana, Abhyanga, Ubatana, Snana, Uttam Shayya, Aashan</i>	<i>Ratri Jagarana, Atimaithuna, Atishram</i>

CONCLUSION

Infertility is a medical condition that can cause psychological, physical, mental, spiritual, and medical detriments to the patient. The unique quality of this medical condition involves affecting both the patient and the patient's partner as a couple. Although female infertility is an important part of any infertility discussion. *Ayurvedic* management of infertility is very effectiveness for both sexes. It does not directly affect the hormonal system but plays very

important role to make their state of normalcy and equilibrium. *Ayurvedic* classic has described many Herbal Drugs, *Panchkarma- Abhyanga, Snehana, Swedan, Aasthapan Basti, Niruh Basti, Pichu Dharan, Vajikaran* drugs and *Pathya-Apathya* are followed by cure to infertility.

REFERENCES

1. Kaviraj Dr. Ambikadatta Shastri, *Susrut Samhita, Part-I, Sharir Sthan-9*, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, 2017.
2. Kaviraj Dr. Ambikadatta Shastri, *Susrut Samhita, Part-I, Sharir Sthan-9*, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, 2017.
3. Kaviraj Dr. Ambikadatta Shastri, *Susrut Samhita, Part-I, Sharir Sthan-2*, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, 2017.
4. Pt. Kasinath Shastri, *Charak Samhita, Part-I, Sharir Sthan-3*, Chaukhambha Bharti Academy, Varanasi, Reprint, 2014.
5. Pt. Kasinath Shastri, *Charak Samhita, Part-II, Chikitsa Sthan-30*, Chaukhambha Bharti Academy, Varanasi, Reprint, 2014.
6. Pt. Harihar Prasad Tripathi, *Harita Samhita, Tritiya Sthan-48*, Chaukhambha Krishnadas Academy, Varanasi, Reprint, 2009.
7. Shri Jagdishwar Prasad A.M.S., Chakrapani, *Sharir Sthan-2*, Chaukhambha Sanskrit Series Office, Varanasi, Edition-4.
8. Girijadayalu Suklah, *Bhel Samhita, Surta Sthan-16*, Chaukhambha Vishwabharti Academy, Varanasi, Reprint, 1999.
9. Shri Jagdishwar Prasad A.M.S., Chakrapani, *Sharir Sthan-2*, Chaukhambha Sanskrit Series Office, Varanasi, Edition-4.
10. Pt. Harihar Prasad Tripathi, *Harita Samhita, Tritiya Sthan-48*, Chaukhambha Krishnadas Academy, Varanasi, Reprint, 2009.
11. Ayurvedalankar Shri Satyapal Bhishagacharya, *Kasyapa Samhita, Kalp Sthan-9*, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, 2012.
12. Pt. Kasinath Shastri, *Charak Samhita, Part-I, Sutra Sthan-4*, Chaukhambha Bharti Academy, Varanasi, Reprint, 2014.
13. Pt. Kasinath Shastri, *Charak Samhita, Part-I, Sutra Sthan-4*, Chaukhambha Bharti Academy, Varanasi, Reprint, 2014.
14. Pt. Kasinath Shastri, *Charak Samhita, Part-II, Chikitsa Sthan-30*, Chaukhambha Bharti Academy, Varanasi, Reprint, 2014.

15. Ayurvedalankar Shri Satyapal Bhishagacharya, Kasyapa Samhita, Sharir Sthan-5, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint, 2012.
16. Dr. Bulusu Sitaram, Bhavprakash Samhita, Vol-2, Chapter-70, Chaukhambha Orientelia, Varanasi, Reprint, 2014.
17. Dr. Bulusu Sitaram, Bhavprakash Samhita, Vol-2, Chapter-70, Chaukhambha Orientelia, Varanasi, Reprint, 2014.
18. Girijadayalu Suklah, Bhel Samhita, Siddhi Sthan-6, Chaukhambha Vishwabharti Academy, Varanasi, Reprint, 1999.
19. Ayurvedalankar Shri Satyapal Bhishagacharya, Kasyapa Samhita, Kalp Sthan-5, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint-2012.
20. Ayurvedalankar Shri Satyapal Bhishagacharya, Kasyapa Samhita, Kalp Sthan-8, Chaukhambha Sanskrit Sansthan, Varanasi, Reprint-2012.