

**EFFICACY OF BASTI IN AN ANOVULATORY CYCLE – A CASE REPORT****Hemalata R. Jalgaonkar\***

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**ABSTRACT**

A patient is anxious to conceive after married of 3 month. The present case study is done to get evaluate the role of Ayurvedic Shodhana Theory i.e. Yogbasti and Uttarbasti for 3 consecutive cycle in the management of anovulation after completing three courses of Yogbasti and Uttarbasti improvement was noticed i.e. Ovulation study. The line of treatment was followed in this case was to treat provoked Vata Dosha. There were no adverse effect found during the Ayurvedic Panchakarma procedure i.e. Yogbasti and Uttarbasti.

**KEYWORDS:** Conceive, Yogbasti, Uttarbasti, Panchakarma, Vata Dosha.

**INTRODUCTION**

Ayurveda imagines that each and every function of the body is determined by Vayu. The first important function of Vayu is Vibhajan. Ovum is prepared in Ovary by cell division. This function of cell division in the secondary oocyte to form ovum is completed by vata.

The second most important function of vata related with process is Pravartana. Because of this kind of action ovum is escaped from the ovary and ovulation takes place.

Infertility is global problem in the field of reproductive health. In India about 40% women are suffering from Infertility due to anovulation. Vata is main causative factor for Vandhyatwa without Vata the yoni never gets spoil.<sup>[1]</sup> Basti therapy is only treatment to quench the increase Vayu, that is why Acharyas consider Basti as “Ardha Chikitsa” Though it has been indicated for almost all the disease, for the management of vata disorders. Hence Vata

correction is very important so as to bring normaly.<sup>[2]</sup> Basti has multi dimensional properties that are Rasayan, Vrisya, lekhaana, pecifies vata. Hence Yogbasti and Uttarbasti were selected in this case. The drugs present in Basti and the oral drugs are very cost effective and easily available and without any side effect.

### CASE HISTORY

A 34 years old female with her Husband of 34 years old came to the OPD of Streerog and Prasutitantra, Ashtang Ayurveda Rugnalaya, Pune in october 2022, with having complaints of weakness, Backache since 15 days and she was anxious for conception. She was married since 3 month coital history at time of hospital visit 3 times a week and was satisfactory. She was having menarche at the age of 14 years with Regular, mild painful menses, no clots and 1-2 pad per day upto 3 days.

### On Examination

The general condition of patient was good. BP was 120/80 mm of Hg, pulse –78/ min, height –5’5”, weight-63kg. There was no abnormal findings seen in General and Systemic examination.

### Blood Investigation

Blood Group AB Rh Positive, Hb-13.3 gm/dl, Urine routine -Normal, Serology (HIV, HBSAG, VDRL)-Negative, AMH-3.56ng/ml, FSH-4.25 mIU/L, LH-11.63 mIU/L, Sr.TSH-0.96IU/ml, PRL-12.93 ng/ml All parameters are within normal limits.

USG Abdomen and Pelvis done on 3/11/2022 which showed Normal size Uterus with Endometrium thickness is 5.5 mm, Both ovaries are Normal in size, No free fluid in POD, No significant abnormality detected And Ovulation study done which showed MSF in right Ovary and in Left Ovary late rupture of follicle i.e. on 21 st day of menstruation and minimal fluid in Cul de sac.

### Local examination

Bilateral breast -Soft, Symmetrical, NAD.

Per Speculum-Cervix-normal, Vagina -Normal.

Per Vaginal-Uterus AVAF, Normal in size, Fornices-clear non tender.

### MATERIAL AND METHOD

Procedure Protocol- The following procedure were done for three months as per mentioned.

### **Shodana Chikitsa**

**Snehan Swedan** – Abhayang followed by Ushna jal Snan.

**Yogbasti** was given for 8 days for 3 consecutive cycle.

Duration of treatment of 3 cycles of Yogbasti was 9/12/2022-15/3/2023.

Anuvasan Basti was given with Sahachar Tail 80 ml for 5 days.

Niruh Basti was given with Dashmuladi Kwath 960 ml for 3 days.

[Dashmuladi kwath(Dashmul, Erundmul, Triphala) Shatpushpa kalk, Sahachar Tail, Madh, Saindhav]

**Uttarbasti** was administered after cessation of menstruation i.e. on 5<sup>th</sup> 7<sup>th</sup> and 9<sup>th</sup> day of menstrual cycle with Phalaghurut 5 ml for 3 days of 3 consecutive months.

Duration of treatment of 3 cycle of Uttarbasti was 31/12/2022-05/04/2023.

### **Shaman Chikitsa**

Tab Folvite MB 1 tablet once a day, Tab Alloes compound 2 tablet twice a day, Puspghanwaras 250 mg 2 tablet twice a day, Tab Profolla 2 tablet twice a day, Tab KQ 100 1 tablet once a day. This all medication are given for 3 months.

### **RESULT**

The present drug gave relief to the symptoms mainly reductions of body weight. A marked significant result was found in growth of follicles. After completion of 3 cycle of treatment there was rupture of mature follicle from right ovary on 14<sup>th</sup> day of menstrual cycle and Endometrium thickness was 8.2 mm and free fluid in Cul de sac.

### **DISCUSSIONS**

Due to Nidana Sevana (causative factors). Dosha (three humours Vata, Pitta, Kapha) and Agni get vitiated resulting into Ama (un-metabolized food) formation. The Ama formed adheres to Srotasa (channels) and causes Avarodhatmaka Dushti (improper functioning due to obstruction of channels). Ama spreads throughout the body, propelled by the vitiated Vata along the Rasavaha Srotasa (channels carrying the nutritional essence). Due to hypo functioning of Jatharagni (gastrointestinal metabolism), Dhatvagni Mandya (slow tissue metabolism) also occurs. Due to Mandagni (slow digestion) and Nidana Sevana, Rasa (plasma), Rakta (blood) Dhatu (tissue) gets vitiated. Also, the Dhatvagni Mandya causes the Kshayatmaka (declining) effect on the Artava (ovum) i.e., the production of Artava, Updhatu

(subsidiary or secondary tissue product) of Rasa dhatu or Rakta dhatu becomes less. Thus, it is the Upadhatvatmaka Dushti (malfunctioning of secondary tissue products). Due to Rasa dushti, Poshanatmaka (nourishment) Dushti can occur. The vitiated Apana Vayu and Kapha when get mix can cause Avaranatmaka dushti (malfunctioning due to occlusion). All these factors may cause Abeejotsarga (anovulation) which may lead to infertility.

Vandhyatwa due to ovarian factor is Vata-Kapha pradhan vyadhi.<sup>[3]</sup> It is vikruti of vata dosha i.e. Apana vayu karmatah hani occurs. Impairment of Apana Vayu is primarily responsible for this trouble. In the case of Anovulation, where the release of the ovum is hindered due to Marga-avarodha (blockage of the reproductive channels) caused by Vata and Kapha. Hence main line of treatment is Vata-Kapha shamak, Agnidipana-Pachak and Vatanulomak and Brimhana. This can be achieved through Shodhana (cleansing) and Shaman (pacifying) treatments.

### **Important function of vata is**

**Vibhajan-** Ovum is prepared in ovary by cell division.

**Pravartana-** Because of this kind of action ovum escaped from ovary and ovulation takes place.

### **Classification of age according to Ayurveda<sup>[4]</sup>**

#### **Childhood**

Bala -10 years

Kumari-10-12 years

Rajomati -12-16 years

#### **Middle age**

Yuvati -16-40 years

Adhirudha-40-50 years

Vruddha-50 years onwards

#### **Old age**

Vruddha-After 50 or 55 years

Thus Ayurveda has described good fertility at the middle age. During middle age energy, Potence, Strength, Working capacity, Understanding, Retention power, Memory, Vocabulary,

Analysis capacities and all the dhatus are fully developed and mature. Psychology is stable. There is no decline in the qualities of dhatus.<sup>[5]</sup>

### Age of Conception

Male at the age of twenty-five and female at the age sixteen are fully mature, hence they should attempt for achievement of conception.<sup>[6]</sup>

### Mode of action of Yogbasti

Basti is the best Panchakarma procedure for vatarog as per Ayurvedic classic. Yogbasti with Dashmul kwath was used as Niruh basti because Dashmul has been proved uttam Vataghana and Sahachar tail is also best drug dravya for Vandhyatwa. Probably these all clear the pathogenesis of anovulation.

Sneha Basti given through Guda (rectal route) normalizes Apana Vayu leading to Vatanulomak and physiological functioning of Vata. Which may help in turn for the extrusion of ovum from the follicle and ovulation. Basti Dravya spreads all over the body, pacifies the aggravated Dosha along with Vyan Vayu (one of the five subtypes of Vata which distributed blood and nutrients to different parts of the body through blood circulation) leads to Samyak Rasa Raktadi Dhatu Nirmana (proper formation of body tissues). Sukshma bhaga (fine part) of Rasa reaches the Bijagranthi (ovary), which regularizes the Beejotsarga (ovulation) with the help of normal Apana Vayu.<sup>[7]</sup>

The women having amenorrhea, scanty menstruation, non ovulation or useless ovulation (Ovum with minimal or absence of capacity of fertilization) etc. causes of infertility should prescribed Anuvasan. By use of basti the yoni becomes healthy, even sterile women conceive. The basti is beneficial to the women having repeated abortions, short lived and weak children.<sup>[8]</sup>

### Mode of action of Uttarbasti

According to Acharyas, Uttarbasti should be given after cleaning her body by use of 2-3 shodhan basti so in three consecutive cycle after three Yogbasti, Uttarbasti were given.

Due to normalization of Vata by the use of Uttarbasti the yoni retains the Garbha quickly for the woman conceive immediately, so it means Uttarbasti prepare the Kshetra for Garbha dharan i.e. Kshetra factor.

Uttarbasti given in intrauterine route activates the normal function of Vata and stimulates the ovarian hormone ultimately achieving ovulation, Also it nourishes the Endometrium which helps in implantation. Probably Uttarbasti stimulates these receptors so that proper maturation of follicle and ovulation occur in each cycle. Uttarbasti acting directly on the shtana of the pathogenesis of this disease i.e. Yoni. Uttarbasti is indicated in Yonivyapad, Garbhashaya vikar.

Basti normalize the function of Apan Vayu leading to normal Raja and normal Beeja nirmana. Triphala had property of Balya, Deepan, Pachana, Yonivishodhan Artavajanana and Beejotsarga.

### **Properties of Phalaghrut**

Sharangdhar, Vagabhatta, Yogratnakar and Bhavprakash mentioned in the treatment of vyandhyatwa. Vandhyatwa is vata dominated sannipataj vyadhi. Ghruta is Tridoshaghna due to its properties and milk is also Vata-Pitta shamak, Jivaniya and Rasayana, So Phalaghrut has properties of Ghruta, milk other ingredients. Phalaghruta contains mainly Tikta, Madhura and Katu rasa, Laghu, Snighdha both Katu and Madhur vipak and also Ushna and Sheet virya. It also has Deepan, Pachana, Lekhana, Anulomana, Shothhar, Krimighna, Balya, Prajashtapan action and yoni pradoshanashak properties which works mainly on female reproductive system. Due to Balya, Vrishya and Rasayana properties of Phalaghrut it regulates the function of HPO axis.

This Phalaghrut is Pruthvi Mahabhut predominance which increases the dharan capacity of Garbhashay and nourishes the Garbhashay for conception and decreases the chances of miscarriage, still birth and preterm baby. Hence Phalaghrut was used for Uttarbasti.

### **Oral Medication**

#### **Tablet M2-Tone**

Content – Ashok and Lodhra

Helps to regulate menstrual cycle and ovulation.

#### **Alloes compound**

Content – Kumari, Kasisbhasma, Jeevanti, Kambhoji

Helps to regulate menstrual cycle stimulates ovulation and promote overall menstrual health.

**Pushpadhanwa Ras**

Content – Mulethi, Vangabhasma, Abhrakbhasma, Ras Sindoor, Nagbhasma.

Helps to regulate the ovarian function, follicular maturation acts as rejuvenator, Balances the hormones in the body.

**CONCLUSION**

Thus present case study concludes that the holistic approach of Ayurvedic system of medicine gives relief to the patient of Infertility due to Anovulation. They can be considered under Beeja dhusti & Artavavaha Sroto-avarodha. Yogbasti and Uttarbasti causes detoxification of the body, pacifies Tridosha especially Vata and corrects Artavaagni thus resulting ovulation and also stimulate the HPO axis which promoting ovulation. Ayurveda builds Ojas, improves health, stimulates the hypothalamus and pituitary glands and indirectly causes the ovaries to mature and release eggs by addressing internal balances (Tridosha balances) and external stimuli. Ayurveda offers a non-invasive, low-cost, and non-iatrogenic.

There were no adverse effects found during this ayurvedic medication.

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