

**ASHWAGANDHA KSHEERA PAKA IN MANAGEMENT OF  
INFERTILITY W.S.R. TO ANOVULAR CYCLE – A CASE STUDY****Krishna Meher\***

PG Scholar (Clinical registrar) Gopabandhu Ayurveda Mahavidyalaya, Puri Puri Odisha  
India 752002.

Article Received on  
22 Sept. 2022,

Revised on 12 October 2022,  
Accepted on 02 Nov. 2022

DOI: 10.20959/wjpr202216-26129

**\*Corresponding Author****Dr. Krishna Meher**

PG Scholar (Clinical  
registrar) Gopabandhu  
Ayurveda Mahavidyalaya,  
Puri Puri Odisha India  
752002.

**ABSTRACT**

A clinical case study was carried out with the aim of clinical evaluation of effect of Ashwagandha ksheera paka in Anovular cycle. The anovulatory cycle is a menstrual cycle characterized by varying degrees of menstrual interval and absence of ovulation and a luteal phase. In the absence of ovulation, there will be infertility. Infertility is failure to conceive within one or more years of regular unprotected coitus. Female factor is directly responsible 40-50% among which prevalence of infertility due to ovarian factor is 25-35%, tubal factor 25-30%, uterine factor 10%, & cervical 5%.

**KEYWORD:** Infertility, Anovulation, Vandhyatwa, Ashwagandha

Ksheera paka.

**INTRODUCTION**

Infertility is a medical condition that can cause psychological, physical, spiritual & medical determents to the patient. The unique quality of the medical condition involves affecting both the patient and the patient partner as a couple. Although male infertility is an important part of any infertility discussion. Women are far more Sensitive to rhythms and Cycle of nature. While Ayurveda is based on a deep understanding of eternal truths about the human body, mind & spirit and most importantly found on the principles of keeping the body toned in tune with nature. Maharshi Shusruta described the four major component for achieving conception, that is Rutu (Rutukala), Kshetra (female reproductive system), Ambu (Ahararasa) and Bija (ovum/sperm). If the four components assemble together the conception will be definitely occurs on successive days of rutukala.

**Case history**

A 32 years old married women, having 54kg weight complaining unable to conceive since 2 years. The patient has normal USG (Pelvis & abdomen) but had a Sr. progesterone level less than 0.38 ng/ml dated on 6/4/22 which suggests finding of anovulation (test done on 21 days of menstruation). The semen analysis of her husband was also done which under normal parameters.

**Her menstrual history as follows**

Quantity of bleeding - (2-3pads/day)

Duration of menstrual cycle- 3-5 Days

Interval of cycle- 28-30 Days

Pain associated with menstrual flow- No pain

G0 - No pain

G1 - Mild (Without hampering daily routine work)

G2 - Moderate (Partially hampering daily routine work)

G3 - Severe (Completely hampering daily routine work)

Contraceptive history – NIL

**N/H/O-** HTN, DM, Cardiac disease, Hypo/hyperthyroidism

**Systemic examination** – No abnormalities found

**General examination**

BP-120/70mmhg

PULSE-72/min

RESPIRATION-18/min

TEMP.-98.6f

**Before treatment****Investigation**

Sr. Progesterone – 0.38 ng/ml

Test done on 21 day of Menstrual cycle.

**Treatment given**

Kostha Suddhi with Triphala churna 3gm Hs, 3days

Patient was advised to take Ashwagandha Ksheera Paka, 50ml OD at morning with 1 tsf ghrita for 7days/ 3 cycle during the menstruation.

**Follow Up & Out come-** Previously Serum Progesterone level 0.38 ng/ml but after the treatment was given for 3 cycles it was seen that the Serum progesterone level suggest ovulation (10ng/ml). Further the patient also conceived in the following month.

### **Drug review**

Drug. Ashwagandha

Latin Name. Withania somnifera

Family- Solanaceae

Part use. Root

Chemical constituents-

Sitondosides, acylsterl-glycosides, Withanolides, Withaferin, Cusocohygrine

**Formulation-** Ashwagandha Ksheera paka

**Reference-** Yogaratnakara, Yoni roga chikitsa, Slok. 28

### **CONCLUSION**

Ashwagandha (*Withania somnifera*) commonly known as Indian winter cherry is one of the most important herb of ayurveda. It is use as a rasayana for its wide ranging health benefits. It is know as sattvic kapha rasayana, herb and has adaptogenic/anti stress property. It also improve the function of reproductive system promoting a health sexual and reproductive balance.

### **DISCUSSION**

The ability of procreation is a blessing that aid in transferring the genes from one generation to another. Fertility is the capacity of a couple to reproduce or the state of being fertile. Infertility by itself does not threaten physical health but has a strong impact on the psychological & social wellbeing of the couple. Infertility can result in severe emotional stress. Couple often described the “hope & despair” cycle, as they hope each month that will finally conceive and despair when once again does not happen. In recent scenario mostly anovulation is seen due to stress and lifestyle disorder. Ashwagandha having rasayana, bajikarana, sukrala, balya, bruhaniya & composition like sitoindosides, acylsterl-glycosides (anti-stress property) that manage stress and balance between hypothalamo-pituitary-ovrian-

axis. It has been hoped that the present clinical study brings out a near standard, effective & cheaper treatment for anovular cycle.

## REFERENCES

1. Yoga Ratnakar, yonirogachikitsa, slok, 28, 811.
2. Essential of Medical Pharmacology. Edi, 8, 5.
3. Dutta DC, Konarhiralal Textbook of Gynecology. Edition, 8.
4. Prof. PV sharma Dravyagunavigyanvoll, II.
5. Internet