ABSTRACT:
Infertility is defined as inability to conceive even after one year, under normal marital conditions without contraception. The rate of infertility is increasing day by day with equal distribution of both male and female factors leading to unhappiness and psychosomatic illness. Besides genetic factors, changed life style, increased stress and strain and environmental pollution are identified as factors contributing to the rising rate of infertility.
In the present article the problem of female infertility w.r.t tubal block (tubal factor) has been taken for conceptual study. In Ayurveda, infertility is termed as Vandhyatwam. Vata is the predominant dosha involved in it as mentioned in our classics. According to Sushruta, tubal block can be considered as the deformity of Kshetra i.e. the female reproductive system. Very few works have been done on tubal infertility. The present article is a conceptual study on the effect of yogavasti and uttaravasti in tubal block. Erandamooladi kashayam is used for kashaya vasti and Mahanarayana tailam for matravasti and uttaravasti. Eranda comes under bhedaneeya, adhobhagahara, vatasamsamana gana, is vrushyam and contains teekshna and sukshma gunas which are very much essential for removing blocks. Mahanarayana tailam has been selected for both matravasti and uttaravasti. Most of the drugs in Mahanarayana tailam are laghu, ushna and teekshna in guna. These gunas also may be useful in bringing vata to normalcy and removing the block.
Keywords: infertility, Ayurveda, Sushruta, Vandhyatwam, vata, erandamooladi kashayam, Mahanarayana tailam

INTRODUCTION:
“Dharmaarthou ……” – cha.chi 2/7
Virtue and wealth, affluence and creation depend on women.
“Styaayati …..” – shabda kalpa drumam
Stree means one who possesses garbha or who has the capacity of reproducing a child.
“Preetirbalam sukham ….”- cha.chi 2/21
Love, strength, happiness, professional excellence, wide spread influence, vastness of kinsmen, fame, utility to the world, sukhodarka (which gives happiness at a later stage) and pleasure – all these are dependent upon children. Vedaas also gave woman a unique position in the society for her inherent prakritidharma of creation of the entire human race. There is detailed description of Vandhyatwam in Atharvaveda. Description of shukra and aartava, garbhaadhaana vidhi, protection of fetus by appropriate aahaara and aushadha and mantra is clearly mentioned.
Woman being the victim of this social stigma is more in need of both medical counseling and treatment. The greater incidence of female infertility may be due to the factors like nutritional deficiencies, hormonal imbalance and developmental anomalies of reproductive organs. In the present study the problem of female infer-
tility w.s.r to tubal block (tubal factor) has been taken. Depending upon the site of blockage, modern methods are successful in 27% cases of fimbrial block and 50-60% cases of isthmic block. But these modalities have their own demerits. The chief among the adverse effects are anaesthetic complications, postoperative wound infection, chest infection and embolism, failure of surgery and high incidence of ectopic pregnancy in post treatment cases. The treatment is very expensive also. Moreover, these methods attempt to tackle only the anatomical aspect of the problem. It is the need of the time that a safer, more cost effective and complete cure of this sensitive problem should be developed. Very few works have been done on Tubal Infertility in Ayurveda. For the investigation of tubal blockage, hysterosalpingography (HSG) or Sonosalpingography are to be done. It was proved very useful and informative for investigating female infertility. It helps to diagnose several factors responsible for infertility other than tubal blockage also.

Administration: 2ml Uttaravasti with Mahanarayana tailam and yogavasti with Erandamuladi kashayam (600 ml.of kashaya vasti)

SELECTION OF DRUGS
Erandamooladi kashayam has been selected for kashayavasti.

Eranda moolaatipuram ......” – ashtanga hrudayam kalpa siddhi sthanam.4/7-10.

- Eranda comes under bhedaneeya, adhobhagahara, vatasamsamana gana and contains teekshna and sukhshma gunas which are very much essential for removing blocks.
- Madanaphala is another drug which belongs to asthapanopaga and anuvasanopaga gana and has laghu guna.

Hence these drugs along with other drugs like palasa may be effective in removing the tubal block which is apana vata sthana and where vasti is the best treatment.

2. Mahanarayana tailam has been selected for both matravasti and uttaravasti. “Bilwaswagandha………..” – Bhaishajya ratnavali 26 /343-354.

- Most of the drugs are laghu, ushna and teekshna in guna. These gunas also may be useful in bringing vata to normalcy and removing the block.
- Among the factors of tubal block are pelvic infections which cause adhesions.
- Both kashayavasti and matravasti may also help to remove these adhesions in addition to remove tubal block.
- For the investigation of tubal blockage, hysterosalpingography (HSG) or Sonosalpingography are selected as scanning procedures. It was proved very useful and informative for investigating female infertility. It helps to diagnose several factors responsible for infertility other than tubal blockage also.

Concept of vasti:

- Acharya Charaka described that vasti is one of the important therapies amongst all the treatments of Ayurveda.
- Vasti can be administered in almost all diseases and conditions.
- Its properties are multi-dimensional.
- It acts as rasayana, vrishya and brimhana and is indicated in both krisha and sthula persons.
- As trees irrigated in its root level attains branches with beautiful leaves, flowers and fruits in time and grow, similarly anuvasana vasti or matravasti administered into rectum performs significant results from head to toe in human beings.
Concept of uttaravasti:

- According to Charaka uttaravasti is a procedure in which the medicine in the form of kashaya or taila is made to pass through medhira in males & through yoni into the garbhaashaya & through mootramaarga into mootraashaya in females.
- As it is given through the uttaramarga & it gives sreshta guna (best effect) it is called uttaravasti.

Time of administration of uttaravasti:

- Ideal time for uttaravasti in females is during ‘Ritu kala’.
- During that period uterus & vagina will be opened so that the drug administered can pass easily & mitigates vitiated vata & so that chances of conception are more.
- After cessation of menstrual bleeding, i.e., from 6th day of the periods uttaravasti should be given.

Indications for uttaravasti

- Yonibhramsa
- Rajo dosha
- Yoni shoola
- Teevra yoni vyaapat
- Asrigdaram
- Yoni bhramsam
- Vasti vikaram
- Along with these, 20 yonivyapats mentioned in Charaka Chikitsa 30th chapter are also indicated for uttaravasti.

Action of uttaravasti: The causative factor for yonivyapats is vata dosha. Vasti is highly beneficial in vata disorders. Uttaravasti plays an important role in the treatment of yonivyapats. Uttaravasti pacifies vata and helps in retention of garbha and in easy conception.

CONCLUSION: Hence it may be concluded that according to the principles of Ayurveda, vasti and uttaravasti may be very effective not only in removing the blocks but also are much safer when compared to other invasive techniques.

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