INTRODUCTION

Female infertility is known as Vandhyatva in Ayurveda. Failure to achieve conception by a couple of mature age, having normal coitus during appropriate period of menstrual cycle, regularly, at least for one year is termed as infertility. According to Ayurveda successful pregnancy is the outcome of four prime factors Rutu (season or fertile period), Kshetra (healthy yoni, uterus and passage, reproductive organs), Ambu (proper nutrient fluid, clarity or normalcy of psychology, properly functioning Vayu, normal nervous system, and Shadbhavas, i.e. mother, father, Atma, Satmya, Satwa and Rasa) and Beeja (sperm and ovum). Even if one of the conditions is not met in right time pregnancy may not happen. Infertility is not an independent disease, rather a cardinal feature of so many diseases. It has been clinically observed that Ayurveda helps in case of infertility. It seems to help by not only treating the symptoms but also by strengthening the reproductive system and improving the local cellular immunity. In this case study phalasarpi, evecare syrup, yoshajeevan lehya, Gynovedan have been used and proved to be effective.

CASE REPORT

A 29 years old female hindu patient, house wife by occupation visited the OPD of sri kalabyraveshwara ayurvedic medical college and research center, department of prasooti tantra and stree roga on 12th August 2016 with complaints of pain in lower abdomen, backache during menstruation since 2 years. Detailed history of present illness revealed that patient was apparently normal. She had 1 missed abortion of 2 months amenorrhoea 2 years back after that she resumed her menstruation and started having above said complaints only during menstruation lasting for 3 days. Pain was spasmodic, intermittent in nature with increased severity during first
2 days. Earlier symptoms were mild so she neglected for 1 year. But severity of symptoms increased gradually. Hence she was on allopathic oral medications to take for first 3 days of menstruation for around 6 months and was getting temporary relief. After 6 months, symptoms became so severe that patient was unable to do her normal activities. Hence patient consulted another Allopathic hospital and was prescribed injectable and used to get relief temporarily in symptoms. She continued this treatment for around 1 year. Patient was not satisfied with Allopathic treatment and patient is planning for conceiving. So she approached Sri Kalabyaraveswara Ayurvedic Medical College Hospital and Research Centre for further management.

**Past history:** No H/O DM/HTN/hypothyroidism or any other major medical or surgical history.

**Family history:** No history of same illness in any of the family members.

**Menarche** - 13 yrs.

**Menstrual cycle** - 4-5 / 28-30 days/bleeding- bright red in colour, moderate (2-3 pads/day), without foul smell, with/without clots/ Dysmenorrhea-Present, spasmodic and intermittent, lower abdomen and lower back region.

**Married life** - 7 years.

**O/H** - P0A1L0D0, A1 - 2 years back, 2MA, Missed abortion.

**Contraceptive history** - No

**General examination**

Built: Moderate
Nourishment: Moderate
Pulse: 76 b/min
BP: 130/80 mm of Hg
Temperature: 98.4 F
Respiratory Rate: 18 cycles/minute
Height: 5'4" inch
Weight: 60 kg

Tongue: Uncoated
Pallor/Icterus/Cyanosis/Clubbing/Edema/Lymphadenopathy: Absent

**Systemic examination**

CVS: S1 S2 Normal
CNS: Well oriented, conscious.
RS: normal vesicular breathing, no added sounds
P/A- Soft, tenderness absent, no organomegaly

Bimanual examination- uterus retroverted, tenderness present in left lateral fornix

Per speculum examination- vagina normal, cervix healthy and normal size, no white discharge

**Ashta Vidha Pariksha:**

1) Nadi - 82 b/min
2) Mala - Once / day
3) Mutra - 5 - 6times/day
4) Jivha - Alipta
5) Shabda – Avishesha
6) Sparsha - Anushna Sheeta.
7) Druk - Avishesha
8) Akriti - Madhyama.

**Dasha vidha pariksha**

Prakruti – Kapha pittaja
Vikruti – Madhyama
Bala – Madhyama
Sara – Madhyama
Samhanana – Madhyama
Satmya – Madhyama
Satva – Mishra rasa satmya
Pramana – Madhyama
Ahara shakti – Abhyavarana shakti – Madhyama
Jarana shakti – Madhyama
Vyayama shakti – Avara
Vaya – Madhyama

**Lab Investigations**

Hb – 12.3gm%
TLC – 5800 cells/mm3
Random blood sugar – 98mg/dl
Thyroid profile- normal
Trans abdominal scan– USG done on 12-Dec-14
Impression: uterus normal in size, retroflexed, ET- 6.5 mm, Complex cyst in left ovary with internal echoes measuring 23x23 mm- likely Endometriotic Cyst. Tubular structure with internal echoes measuring 2.3 x 1.6 cm in the left adnexa -- ? Hydrosalpinx.

**Intervention**

*Phalasarpi* 1 tsf BD before food with warm water

Evecare syrup 2 Tsf BD after food

Gynoveda 1 tab BD after food during menses (pain)

Yoshajeevanalehya 1 tsf BD after food with milk

Medicines were given for duration of 3 months.

**RESULTS**

There was a considerable change in various symptoms as noted below:

<table>
<thead>
<tr>
<th>DATE</th>
<th>PAIN</th>
<th>BACKACHE</th>
<th>LMP</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/08/16</td>
<td>Present</td>
<td>Present</td>
<td>8/08/16</td>
</tr>
<tr>
<td>15/09/16</td>
<td>Present</td>
<td>Absent</td>
<td>10/09/16</td>
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<tr>
<td>20/11/16</td>
<td>Absent</td>
<td>Absent</td>
<td>11/11/16</td>
</tr>
</tbody>
</table>

Patient got conceived and UPT showed positive on 22/01/17 (10 weeks 2 days).

**DISCUSSION**

*Vandhyatva* is a *Vata* dominated *Sanipataya vyadhi*. *Ghrita* is Tridoshaghna due to its properties and milk is also *Vata-pitta shamaka*, *Jivaniya* and *Rasayana*. So, *Phala-ghrita* has the properties of *Ghrita*, milk and other ingredients. *Phala-ghrita* contains mainly *Tikta*, *Madhura* and *Katu rasa*, *Laghu*, *Snigdhaguna*, both *Katu* and *Madhuravipaka* and also *Ushna* and *Sheetavirya*. It also has *Dipana*, *Pachana*, *Lekhana*, *Anulomana*, *Shothahara*, *Krimighna*, *Balya*, *Prajasthapana* and yoni *Pradoshanashaka* actions. Hence this drug was selected for oral administration in the present study.

Evecare syrup is having an herbal combination which helps in repairing the endometrium, regularizes endogenous hormonal secretion, anti-spasmodic and anti-inflammatory properties, immunomodulator, regulating follicle maturation, ovulation and normalizing estrogen and progesterone level.

*Gynovedan* is a herbal patent medicine which helps in correcting an anovulatory cycles and having anti-spasmodic and anti-inflammatory properties.

*Yoshajeevanalehya* is sita veerya, rasayana, tridosha shamaka, helps in maintaining the growth of fetus during pregnancy, uterine tonic, rakt shodaka, vataanulomana.

**CONCLUSION**

In the present case study *Phalasarpi*, *syrup evecare*, *cap Gynovedan* and *yoshajeevan lehya* have been used for the treatment of infertility which is found to be very effective. There is drastic improvement in signs and symptoms. Patient is free from all the symptoms. Hence *Ayurveda* gives the complete cure by not only relieving the symptoms of illness but also by increasing the defence mechanism and immunity of patient. This in turn prevents the recurrence of disease. But to prove this with greater confidence further studies are to be conducted to prove the efficacy of these medicines.

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