

Female infertility due to obesity and PCOD: Treatment choices in Ayurveda

About one-third of infertility cases are female infertility cases, remaining are male infertility and mixed infertility (one-third each). Polycystic ovarian disease (PCOD) is one of the common reasons for female infertility. Obesity is among the risk factors for PCOD. According to Ayurveda, Avarana dosha is predominant among the obese. In Obese patients, Kapha or Vata kapha is predominant. Along with PCOD, acne boils (Prameha pidaka), and excess hair fall is also observed. Unwanted hair growth in the face is also one of the factors.

Shodhana by Classical Virechana/Vamana (Arohana snehapana) needs to be done, or sadyovamana/sadyo virechana has to be given once in 15 days is the main form of treatment. In Anarthava (amenorrhea), Virechana is not advised, but Vamana has to be conducted. Repeated shodhana gives early results. Shodhana reduces the size of ovarian granthi (cyst).

Some drugs include Kanchar Guggulu – which works on obesity and cyst and Gandharva Hastadi Kashaya – which acts as a Vatanulomaka. Lashunadi Kashaya (Anupana: Eranda Taila) for Agni Vardhana; Sapthasara Kashaya – Vata-Kapha hara; and Mahamanjistadi Kashaya for Pitta dushti symptoms and as Rakta Prasadaka.

Lodrasava can normalize the menstrual cycle; Dashamoola Nalinyadi Kashaya and Ollekodi (Memecylon malabaricum) can be used for ovarian stimulation, and Kumari Asava No.1 to stimulate follicle rupture. Sukumara Gritha can be used as Garbhashaya Shamaka.

Doshanusara proper use of the above medicines along with Pathyahara helps in achieving fertility.



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Puthranjeevak, Shivlingi and Ashoka: A combination for the treatment of infertility

Introduction

An unexpected problem in India is infertility. Unexpected because India is the most populous country in the world.¹

Infertility is failure to achieve conception by a couple of mature age, having normal coitus during the appropriate period of the menstrual cycle regularly for at least one year of their conjugal.

There are several reasons for the growing burden of infertility in India. The reasons include the following:

- Age at marriage more than 25 years
- Nuclear family
- Higher education level
- Employed women
- High socioeconomic status
- Family history of infertility
- Obesity
- Age at menarche >14 years
- Stress
- Irregular menstruation pattern
- Depression

Infertility has a significant social impact and hence the quality of life. The impact of infertility is especially high for women. Women frequently experience violence, divorce, social stigma, emotional stress, depression, anxiety and low self-esteem. Although treatable, availability, access, and quality of interventions to address infertility remain challenging in most countries. While assisted reproductive technologies (ART) have become popular, they are not affordable to many as well as not accessible.³ Besides, infertility treatments fail in half of the patients.⁴

Therefore, Ayurveda surely has a role in overcoming infertility care challenges and helping couples find their smile and purpose back.

Infertility care in Ayurveda

Ayurveda comprehensively approaches infertility care. It considers Ritu, Kshetra, Ambu and Beeja, which is made of an entire gamut of reasons for infertility. The four components include:⁵

- Ritu means Rajah-Samaya (fertile period)
- Kshetra meaning Garbhasaya (Female reproductive system)
- Ambu means Ahara-paka-uthpanna-Rasadhatu (nourishing substances)
- Beeja means Stri –Purusha Beeja (Ovum and sperms)

Besides, healthy Garbhasaya (Uterus), Marga (vaginal canal), Rakta (Ovum) and Sukra (Sperms), proper functioning of Vayu and normal psychological status of both partners are also important are also implied in infertility and caring for them is important.⁵ Several herbs besides Pathya-Apathya are recommended for the treatment of infertility. Puthranjeevak, Shivlingi, and Ashoka are among the useful drugs.

Puthranjeevak, Shivlingi, and Ashoka in infertility

Puthranjeevak

Putranjeevak (*Putranjiva roxburghii*) is a herb from the Euphorbiaceae family. It has immense medicinal uses, out of which infertility is one. It is also used in rheumatism, cold, fever, and inflammation. It has anti-inflammatory, aphrodisiac, and Garbhasthapaka properties, which further aid in managing infertility. The high flavonoid content of Puthranjeevaka makes it a strong anti-oxidant, another property useful to manage infertility.⁶



Puthranjeevak is used to treat both male and female infertility in Ayurveda. The key chemical ingredients responsible for the action include glycosides, saponins, triterpenes, and flavonoids. Experimental studies have shown that Putranjeevak seed oil increases fertility and fecundity (acting as a uterine tonic). Besides, the treatment increased the egg and reduced pelvic inflammation as well. The experimental study also showed an improvement in sperm quantity and quality. Overall, there is a restoration of fertility.⁷



The medicinal qualities of Putranjivak can help to correct the Beeja aspect (sperm and ovum/Shukra and shonita) of infertility care.

Shivlingi

Shivlingi, botanically called *Bryonia laciniata* Linn, is a *Vrishya Rasayana* drug effective for treating infertility. Shivlingi is among the preferred drugs for infertility treatment in both sexes. Traditional healers have used the plant seeds for thousands of years.⁸



The following properties of Shivlingi seeds are useful in infertility it is a: uterine tonic, fertility booster, aphrodisiac, spermatogenic, antioxidant, anodyne, anti-inflammatory, and carminative. It helps to manage male infertility due to Oligospermia, impaired spermatogenesis and asthenozoospermia (reduced spermatic motility).

It is found to increase sperm quality and quantity. Shivlingi seeds increase the chances of getting pregnant in female infertility and help normalize the menstrual cycle. It helps overcome excess Kapha and Ama, which are responsible for Sroto Avarodha among infertility cases.⁹



The medicinal qualities of Shivlingi can help to correct the Beeja aspect (sperm and ovum/Shukra and shonita) of infertility care. It is vrishya Rasayana, hence, takes care of the Ambu (nourishing) aspect of infertility care as well.

Ashoka

The benefits of Ashoka on the female reproductive system are well known. It is also a highly valuable plant from a cultural point of view. It is mentioned in Vedic texts as well. Its Sanskrit name Ashoka depicts its meaning as “without sorrow” i.e. the remover of sorrow – the name emphasizes its medicinal value. Ashoka flower represents seduction and is one among Kama deva’s quiver of five flowers.¹⁰



Some of the properties of Ashoka which are useful for treating infertility are as follows: anti-fibrinolytic, anti-inflammatory, anti-oxidant, positive effect on uterine contractions, aphrodisiac, and blood purifier. In a study, methanolic extract of the bark of Ashoka significantly brought the hormonal levels back to normal.



Since Ashoka helps to maintain female reproductive health, it takes care of an important component of infertility as per Ayurveda – Kshetra or the female reproductive system.¹⁰

Conclusion

- Infertility is getting more common, and its management is challenging; the challenges include the efficacy of medicines, availability of modern treatments and affordability of treatments.
- In some of these cases, Ayurveda may play a positive role by comprehensively covering all aspects of infertility care.
- Puthranjeevak, Shivlingi, and Ashoka is an Ayurvedic combination that can take care of Beeja, Kshetra and Ambu aspects of fertility.
- Modern research is also starting to find evidence in this regard.

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Amalaki: The Amrutha on earth

Amalaki is a medicine used since time immemorial. The medicinal benefits of the herb have made it a very well-known medicine. It acts as a very good aphrodisiac. It is also a liver tonic that provides strength to blood, and bones, making it a useful medicine post-menopause. It helps to increase the red blood cell count as well.

Chewing Amalaki helps to clean the mouth, reduce bleeding from gums and strengthen the teeth in the gum socket. Amalaki helps in the growth of bones, hair, and nails. It is also used to improve eyesight. It reduces colonic inflammation, reduces diarrhea due to indigestion, and normalizes bowel movements. Amalaki is very rich in vitamin C. Daily use of Amalaki helps to overcome diabetes. It gives strength and improves appetite.

Application: It can be prescribed as follows: 5 gm of powder mixed with a glass of hot water for daily consumption. For insomnia or psychiatric reasons, dry fruit can be grated in buttermilk and applied on the head for 3 hours before bathing.



UTERO TONE

LEUCORRHOEA
DYSMENORRHOEA, DUB, INFERTILITY



DOSE: 10 ml Twice a day

PACKAGING : 100 ML, 200ML



INGREDIENTS:

Each 10ml Contains:	200mg
Ashoka (Saraca asoca)	200mg
Lodra (Symplacos racemosa)	200mg
Musalali (Asparagus adscendens)	200mg
Shathavari (Asparagus racemosus)	100mg
Bala (Sida cardifolia)	100mg
Ashwagandha (withania Somnifera)	100mg
Lajjalu (Mimosa pudica)	100mg
Kadhira (Acacia catechu)	100mg
Ushera (Vetiveria zizanioidis)	100mg
Kumari (Aloe vera)	100mg
Arjuna (Terminalia arjuna)	100mg
Dhathaki (Woodfordia fruticosa)	100mg



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