



ROLE OF THE UTTERBASTI IN THE MANAGEMENT OF INFERTILITY

*Dr . Minakshi Singh ** Dr .Rita Makim *** Dr. Asokan V.

*P.G Scholar, Department- Prasuti Tantra & Stri Roga, Parul Institute of Ayurved, Limda, Vadodara, Gujarat India.

**MS (Ayu) Professor, Department- Prasuti Tantra & Stri Roga, Parul Institute of Ayurved, Limda, Vadodara, Gujarat India.

***MS (Ayu), Ph.D Professor & HOD, Department- Prasuti Tantra & Stri Roga, Parul Institute of Ayurved, Limda, Vadodara, Gujarat India.

ABSTRACT:

Ayurveda is a branch of medicine which has served humanity since ancient time by both prophylactic and curative. According to Ayurveda, Childlessness is described as Vandhyatva and is termed as infertility in modern science. According to Ayurveda that four factors are responsible for healthy conception, these are retu, kshetra, ambu, and beeja. Abnormality in any of these factors leads to vandhyatva, only a suddha yoni and garbhasya can conceive properly. Diseased yoni may leads to habitual abortion or infertility. Utterbasti (insertion of medicated oil or decoction through vagina and uterus) after sodhan is indicated as the line of treatment of kshetra. Indications of *Utterbasti* are mentioned in our classics. Vata dosha is the prime cause of yonivyapad and *Utterbasti* has *vatashamak* as well as ropan and sodhan property, so utterbasti may be the best line of treatment of vandhyatva.

Key words: - Vandhyatva, Infertility, yonivyapad , Utterbasti

INTRODUCTION:-

As per Ayurveda, infertility occurs when a healthy couple is unable to achieve pregnancy after years or more or fail to conceive for several years after the first delivery^[1] Ayurveda has been successfully treating infertility since several thousand years without the help of modern & advance medicine, as it provides ability to infertile women or couples through treatment to become fertile and also to improve the overall health of the women so that she can conceive naturally without the aid of western medicine^[2]

Definition:

Infertility is defined as the incapacity to fulfill pregnancy after a reasonable time of sexual intercourse with no contraceptive measures taken. The terms sterility and infertility are sometimes used interchangeably and at times define different populations. In contrast, the fertile population is defined as those who do become pregnant after some reasonable time of regular sexual intercourse.

Ayurvedic concept of Vandhyatva:

Ayurveda is a science, having its own method of diagnosis & treatment based on it. According to Ayurvedic classics, infertility is failure to achieve a child rather than pregnancy as garbha strava (repeated abortions) & mrutvatsa (having repeated still) is also included in types of infertility. Important factors of constituents of garbha (foetus) are-

- 1) Rutu (fertile period)
- 2) Kshetra (reproductive organs)
- 3) Ambu (nutritive fluids),
- 4) Beeja/beej (ovum)

Also healthy psychological status and normal functioning of Vata (one of the governing factor of body according to ayurveda), shadbhava (Six factors –mother, father. Atma, satva, satmya, rasa). Any abnormality in these factors causes infertility

In Ayurvedic classics six type of *vandhtava* are noted, which seems to be specific clinical features garbha kosh bhanga (injury to uterus) kakvandhya (one child sterility or secondary infertility), anapatya (no child or primary infertility), garbhastravi (repeated abortions), mrutvatsa (repeated still births) and balakshaya (loss of strength). Prognosis of infertility (cited by classics) depends on the cause, in beejdosha-(developmental abnormalities of reproductive organs) is incurable, anapatya & kakvandhya can be treatable.

Types of infertility as described in classical texts:

SAMHITA	TYPES		
HARITA	6	1. BALYA	4.GARBHA SRAVI
		2. KAKAVANDHYA	5.MRTAVATSA
		3.ANAPATYA	6. BALA KSAYA
CHARAKA	3	1.VANDHYA 2.APRAJA 3.SAPRAJA	
VANDHYAKAL PADRUMA	8	1.JANMAVANDHYA	5.GALADRGARBHA
		2.KAKAVANDHYA	6.KANYAPATYA
		3.MRTAVATSA	7.MUDHAGARBHA
		4.SRAVADGARBHA	8.RAJOHINA
MADHAVA NIDANA AND RASARATNASA	2 TYPES Sub types :- Based on aetiology – 9	1.Adi vandhya	6.raktaja
		2.Vataja	7.Bhutaja
		3. Pitaja	8.Idiopathic
		4.Kaphaja	9.Abhicharaja
MUCCHAYA	Based on	5.Sannipataja	

clinical outcome -4	1.Garbha srava	3.kanyaprasusach
	2.Mrtaputrika	4.kakavandhya

Ayurvedic treatment for infertility: [14]

1. Ashwagandha Churna and Kapikacchu: Both these medicines are known to increase sperm count and also improve its quality.
2. Phala Gritam: This is an Ayurvedic medicine to treat female infertility. Consumed in the form of liquefied butter mixed with milk, this medicine is touted to treat functional problems but does not treat structural deficiencies.
3. Guduchi, Gokshura, and Triphala Churna: These medicines are used to clear the blockages in the body, which prevents the production of the shukra dhatu.

UTTERBASTI:- There are so many types of treatment for infertility, although their success rate is controversial. In this situation, utterbasti may be the ray of light. It is an easy method with less side effects; may solve the rasin problem of vandhyatva.

Concept of utter basti :

The term utter basti is composed of two words Uttera and Basti. The basti which is given through utteramarga or utkrishtha avayava or therapeutic procedure having shreshtha properties, is termed as utter basti.

Utter basti yantra :

Instrument by which insertion of drug by urinary or vaginal passage is to be done is called as utter basti yantra. It can be used as sodhan basti. It is given through upper passage (utter marga) other than anus, which is why, it is called as utterbasti. Utter basti contains two parts

- a. Basti putak or drug holding bag
- b. Basti Netra or nozzle for inserting drug.

Basti putak

Material of basti putak should be made up of urinary bladder or skin of animals like goat and sheep or thick cloth etc.

Basti Netra

Basti Netra (nozzle) or pushpa Netra should be made up of metal like gold, silver, brass etc. In shape it should be tapering like cow's tail and smooth. Its tip should be of the size of the flower stalk of jati, karveera, and the sarshapa seed passing worth lumen. The nozzle should have two or three karnikas (rings) to tie up the bag and having the length of ten or fourteen angulas. For inseration through urthra the nozzle should have mudga seed passable lumen and ten angulas in length.

Length of basti Netra to be inserted

For women who has delivered a baby or who is in active reproductive age, four angulas (around 4cm) nozzle should be inserted in urinary passage. Utter basti should not be given to unmarried girls in vaginal passage.

Utter basti deya kala

- After shodhana of women, utter basti should be given during ritukala (follicular phase or just after menses) as orifices of uterus remain open in this period.
- Charaka told Rtukala is the most suitable time for the administration of uttar basti.
- Uttara basti should be given after 2-3 asthapan basti during rtukala, as during this period the yoni or garbhashaya is avarana rahita and so sneha enters & absorb easily.

Basti Matra

- Acc.to charaka- 20gms-3time(3days)
- According to Susruta: male: 96gms(1prastrita), Female; 192gms(2prastrita)
- Sneha should be taken double quantity for uterine douch or cleaning.
- Decoction; male: 96gms(1 prastrita), Female: 192gms (2 prastrita), kanya:1 prasar
- Sneha : male:48gms, Female:96gms
- Acc. To vangsen,max.4 tola
below 25 years – 2 karsh

UTTARA BASTI KARMA VIDHI

PURAVA KARAMA:-

- ❖ As per the derivation of the word uttara basti, Uttara basti should be given after the administration of niruha basti, according to vagbhata, about 2 or 3 Niruh basti should be given before the administration of uttara basti.
- ❖ Abhyanga and svedana karma should be done preferably over the back, groin and abdomen then yavagu added with ghee should be given for drinking.

PRADHANA KARMA IN MALE:

- ❖ The patient should be brought to basti room and advised to sit on the stool having the height equal to the knee of the patient. The penis is made to erect.
- ❖ Then the basti yantra containing the kvatha or sneha is taken and the basti netra as well as the urethral meatus is lubricated with sneha.
- ❖ Netra is carefully introduced into the mutramarga (urethara) and basti putpak is compressed uniformly.
- ❖ Then remove the netra by leavieng some oil in putpaka.

IN FEMALE

- ❖ The patient is made to lie down on her back. Then she is made to fold her legs at knee (lithotomy position).
- ❖ Then the uttara basti yantra containing the prescribed dravya (either kvatha or sneha) is taken and the basti netra lubricated with sneha is carefully introduced into the apathya marga.
- ❖ Basti putpak is compressed uniformly, so that the dravya can enter the yoni.

- ❖ It is practically observed that kvatha returns immediately whereas sneha is retained after some time.
- ❖ Such uttara basti can be repeated 2-3 times
- ❖ In a day and also has to be given consecutively for 3 days.
- ❖ Then the patient is advised rest for 3 days before giving another course of uttara basti.

PASCHAT KARMA

- Rest for some time is advisable.
- As far as diet intake is concerned, Acharya suggest that after the pratyagamana of uttar basti, at evening the patient should be given milk or yusha.

PROCEDURE OF UTTARA BASTI

- I. Before administration of uttarbasti previous infection should be cleared thoroughly. After this, 2 to 3 Asthapana basti should be given to the patient. The woman should be placed in supine position with flexed thighs and elevated knee. After that pushpanetra should be inserted in vaginal passage slowly with steady hand, following the direction of passage then drug should return after some time if not return then again niruha basti or varti of purifying drugs should be used uttarbasti procedure should be carried out by an expert, under all aseptic precautions and sterilized medicine is used so there are no any chance of introducing any kind of infection.

Instruments required for Uttarbasti

- | | |
|-------------------------------|-----------------------------------|
| 1. Sponge holding forceps | 2. Sim's speculum |
| 3. Ant.vagianl wall retractor | 4. Vulsellum /Allis forceps |
| 5. Uterine sound | 6. Cervical dilator(if necessary) |
| 7. IUI cannula | 8. 5cc syringe |
| 9. Gauze pieces | 10. Gloves |
| 11. Towel clips | 12. Good light source |

Poorva karma

- Counseling is done
- Written consent is taken
- Part preparation is done prior to procedure.
- Instruments are checked and trolley is prepared.
- Luke warm medicine is kept ready in IUI canula
- Yoni prakshalana with some antiseptic kwatha is done properly this is followed by snehana of abdomen, back thighs and legs followed by svedana especially nadisweda on back and lower abdomen.

Pradhan karma

Patient is asked to empty the bladder and to lie in lithotomy position on examination table.

- Private parts are cleaned antiseptically.
- Sims speculum is inserted anterior vaginal wall retractor is introduced to expose the vagina & cervix.
- Anterior lip of the cervix is held with the vulsellum or Allis forceps(to reduce the injury to cervix)
- Uterine sound is introduced to see the length of utero-cervical canal and position of the uterus. IUI cannula is introduced the drug is injected slowly and steadily.
- Instruments are removed out.

Post operative

- Patient was advised to extend and twist her legs, head low position given for 15 min.
- Pulse and blood pressure recorded for two hours.
- It is important to watch and observe that the basti dravya was expelled out properly or not and then a sterilized gauze piece kept into vagina and patient was advised to remove it after 2 hours.
- Abdominal hot fomentation should be given which is followed by light diet.
- Avoid the intercourse during the procedure.

MODE OF ACTION OF BASTI

The given basti when enters the pakvasaya by its virya, draws the morbid dosha lodged in the entire body from foot to the head, just as the sun situated in the sky sucks up the moisture from the earth.

DISSUCISON :- Female infertility is the major disorder which has altered the mankind for lack of conception and reproducibility, stressful world, excess radiation, lack of biological food, genetically disorder, changing life style, increased electronic discharge have resulted the female infertility. Infertility/childlessness cause great personal suffering & distress. According to Ayurveda that four factors are responsible for healthy conception, these are retu, kshetra, ambu, and beeja. Abnormality in any of these factors leads to vandhyatva, only a suddha yoni and garbhasya can conceive properly. Diseased yoni may leads to habitual abortion or infertility. Utterbasti (insertion of medicated oil or decoction through vagina and uterus) after sodhan is indicated as the line of treatment of kshetra. Indication of utter basti is mentioned in our classics. Vata dosha is the prime cause of yonivyapad and utter basti has vatashamak as well as ropan and sodhan property, so utterbasti may be the best line of treatment of vandhyatva.

CONCLUSION:- Modern science has given many treatments for infertility but it may cause side effects and costly. Whereas Ayurveda has mentioned many treatments like Basti and various drug combination with minimum side effects and are cost effective so can be used as first line of treatment. Basti is the main treatment of vata dushti. Utter basti is the main line of treatment of vandhyatva as it is strengthens the garbhasya by applying proper drug through utterbasti. Utterbasti have lot of therapeutic potential. Proper selection of drug and time administration is very essential for getting the desire result.

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