



# Management Of Female Infertility Through Ayurveda

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## ABSTRACT

Female infertility a condition characterized by the inability to conceive after regular unprotected intercourse for at least one year. Infertility is encountered as a stressful condition by couples worldwide, impacting not just their physical and mental well being but also placing financial strain on them. Infertility is a growing global concern influenced by lifestyle, environment and physiological factors<sup>1</sup>. Ayurvedic management provides a promising, cost-effective avenue for addressing infertility disorders and enhances the success rate. The Ayurvedic concept of Vandhyatva corresponds to infertility, which may arise due to abnormalities in Ritu(ovulation), Kshetra (uterus), Ambu(rasa Dhatu), Beeja(sukra & artava) <sup>2</sup>.

- KEYWORDS-Vandhyatva, female infertility, Panchakarma, Shodhana, Shamana.

## INTRODUCTION

- The issue of infertility has received considerable critical attention worldwide. Fertility -based on observation 80% of normal couple achieve conception within a year, 50% conceive within 3months, 75% in 6months. Overall incidence of infertility effects approximately 5 to 15% of couples worldwide. The male is directly responsible is about 30-40%, the female in about 40-55% and both are responsible in about 10% cases, 10% unexplained. Women over 35yr may experience a decline in fertility due to a decrease in both the quantity and quality of eggs.
- Types are primary and secondary infertility. Primary Infertility - Infertility is termed primary if conception has never occurred. This type of infertility affects approximately 10 -15%. Secondary Infertility- If the patient fails to conceive after having a child. This type of infertility varies between 5 to 15% <sup>3</sup>.

According to the World Health Organization (WHO) about 1 in 6 adults worldwide experience infertility. Couples seeking infertility treatment has risen dramatically in recent years. According to available data nearly 17.5% are globally affected with infertility. In India around 8-10% people are infertile.

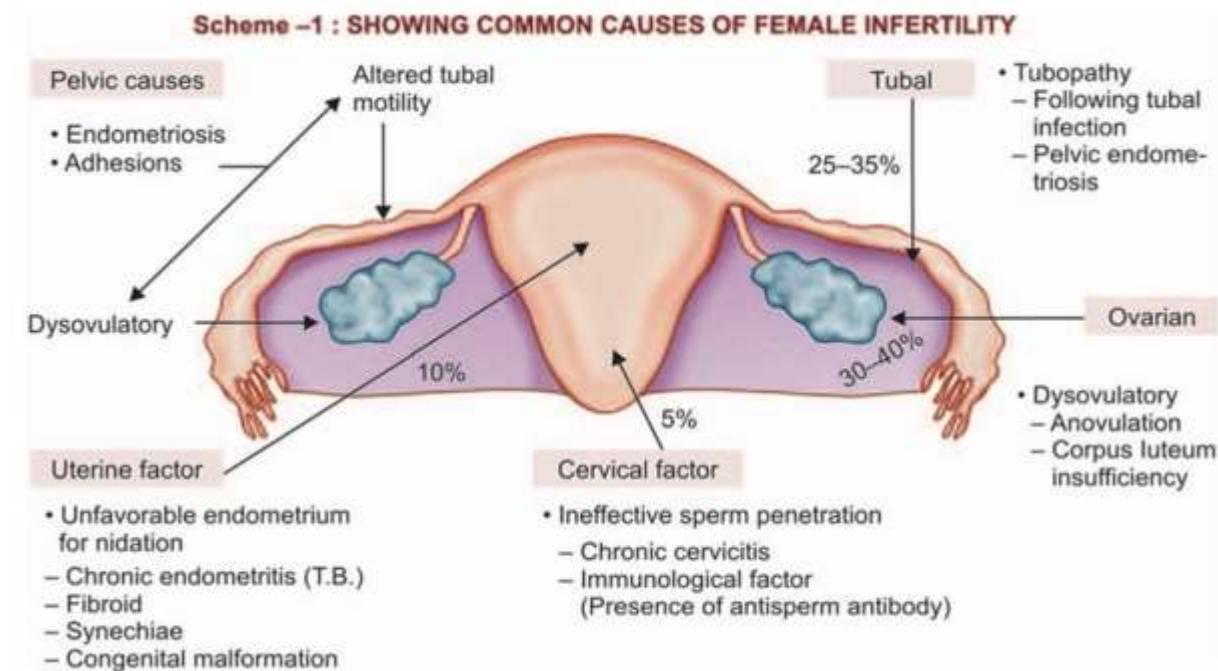
## AMIS AND OBJECTIVES

This study aims at understanding how the Ayurvedic management helps in restoring Fertility thorough Ayurveda.

## MATERIALS & METHODS

Relevant data collected from Ayurvedic Samhita's, modern text book, journals, website, articles etc.

## CAUSES OF FEMALE INFERTILITY <sup>4</sup>



**निरुक्ति (Definition)<sup>5</sup>**

- गर्भमुपहन्ति। वन्ध्या बेहदूर्ध्वोपधातिनी। विहन्ति गर्भम्।

A lady without progeny is a vandhya and the condition is termed as vandhyatwa.

**TYPES-**

CARAKA <sup>6</sup>	HARITA <sup>7</sup>
1.Vandhya	1.Garbhakosa bhanga
	2.Kakavandhya
2.Apraja	3.Anapatya
	4.Garbha sravi
3.Sapraja	5.Mrtavatsa
	6.Balaksaya

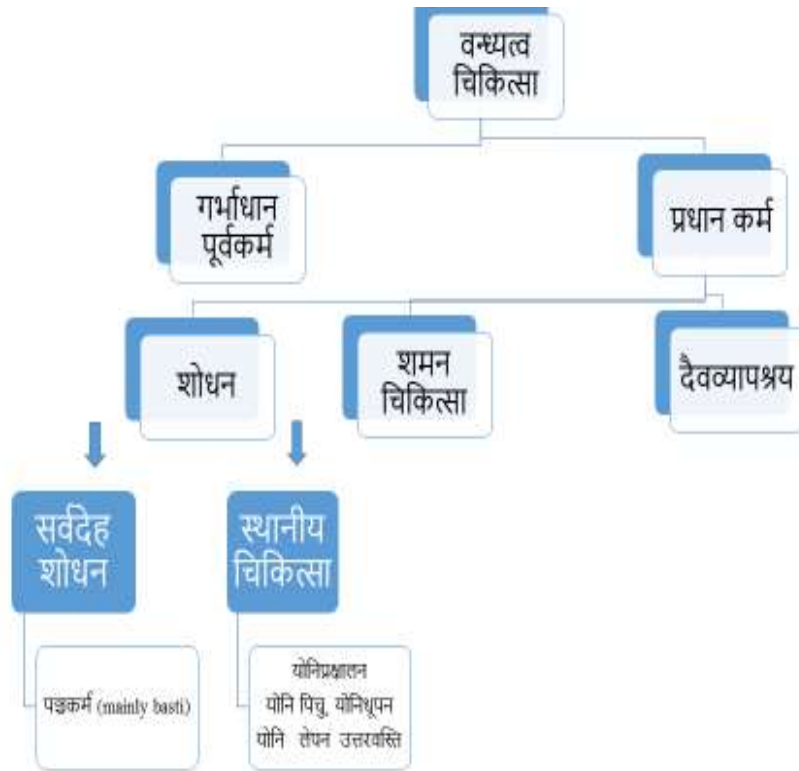
**स्त्रीवन्ध्यत्व निदान (Causes of infertility)<sup>8</sup>****सामान्य निदान**

- आहार दोष- For maintenance of normal health the balanced diet is essential. Dietetic abnormalities influence nourishment of the body or cause loss of dhatus which influences normal secretion of hormones resulting into failure to achieve pregnancy. Abnormal diet is one of the important cause of vitiation of dosas, which if vitiated, influence fertilization by producing gynecologic disorders, diseases of vata, chronic illness and udavarta etc.
- विहार दोष- Abnormal mode of life and suppression of natural urges aggravate dosas, which influence impregnation by producing various gynecologic abnormalities.
- अकाल योग - Word kala (time or period) refers to period of age and rtukala both. In young or old ladies due to premenarche and menopausal stage respectively and before or after rtukala due to absence or destruction of ovum respectively conception does not take place.
- बल संक्षय – Bala or strength refers to physical strength and capacity to become pregnant. Physical strength depends upon dhatus. Here probably bala refers to capacity to achieve conception. Loss of bala or strength refers to infertility due to unknown cause or premature aging.
- आत्म दोष- Misdeeds done by the couple in their previous life as well as abnormalities of atma descending in this pregnancy.
- दैव प्रकोप-Idiopathic causes of infertility.

- विशिष्ट व्याधिरूप निदान
- बीज दोष- Word asrik refers to ovum, menstrual blood and ovarian hormones. Ovum carries matrūja bhavas one of the six factors to the embryo. Abnormalities of ovum and ovarian hormones produce infertility. Artava vitiated by different doshas produces infertility due to destruction of its bija or the ovum.
- Abnormalities of sperms along with spermatogenic fluid cause infertility. Pitruja bhavas described under six factors are carried to the embryo through sperms. Importance of sperms for pregnancy and infertility due to abnormalities of these has been unequivocal words in all the classics.
- स्फालितमूत्रत्वं -This type of stream is seen in strictures, partial obstruction or spasm of urethra, for which most common cause is gonorrhoeal urethritis. In the women, gonococci produce inflammation of reproductive system also along with urinary system. Gonorrhoeal salpingitis is very important cause of infertility.
- योनि रोग -The word yoni refers to entire reproductive system, thus, under this heading con genital or acquired diseases of anatomic components of reproductive organs i.e. vagina, cervix, uterus, endometrium and fallopian tubes can be included. Description of normal or healthy state of kṣetra (uterus or passage) also indicates importance of healthy condition of reproductive system.
- आर्तव दुष्टि- Though artavavaha srotas are not included under the structures referred with word yoni, injury to these produces infertility by influencing yoni or uterus.
- जातहरिणी - Affliction by jataharini refers to idiopathic cause of infertility. On the basis of clinical features, the puspaghni jataharini (having infertility as cardinal symptom) seems to be infertility due to inadequate level of hormones.
- मानसिकाभिताप- Normal psychology of the couple is said to be very important for achievement of pregnancy. Clarity or happiness of heart, as a factor for pregnancy and failure of im-pregnation in afraid, sorrow-stricken, etc. Leads to HPO axis disturbance and infertility.
- स्रोतोवेध -Injury to artavavaha srotas produces infertility by influencing yoni or uterus.
- योन्यर्शस् -Yoniarsa produces infertility by destructing the artava.
- गर्भकोषभङ्ग- Incompetence of cervical os resulting either due to surgery done to repair prolapsed uterus, cervical erosion etc. or due to deep lacerations during labour repaired uterus after rupture during labour are also causes of infertility. Word bhanga refers to prolapse of uterus or its retrodisplacement also, which cause infertility.

## CHIKITSA<sup>9</sup>

- Vandhyatwa not being a diseased state, single line of management cannot be applied.



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## SODHANA

- सर्वतः सुविशुद्धायाः शेषं कर्म विधीयते।
- स्नेह स्वेद वमन विरेचनास्थापनानुवासनैः क्रमशः उपचरेन्मधुरौषधसिद्धाभ्यां क्षीरघृतपुष्टं पुरुषं, स्त्रियं तु तैलमांसाभ्यामित्येके; सात्त्व्यैरेवेति प्रजापतिः।

## Vamana-

Kapha Dosha- vitiated kapha can accumulate in the uterus, fallopian tubes leads to complications.

**Indication**-uterine fibroids, PCOS, Irregular Menses etc.

Medicine-Madhanaphala churna, yastimadhu kwatha etc.

## Virechana

**Indication**-Artavaha srotas obstruction, uterine disorders, PCOS, Irregular menses etc.

Medication-Trivrit, avipattikar churna, Triphala churna etc.

## Asthapana Basti

**Indication**-Anovulation, PCOS, Asrigdara etc.

Medication- Dashamoola Kashaya, Shatapushpa taila, shatavari taila, tila taila,

**Anuvasana Basti**

**Indication**-PCOS, Tubal blockage, hormonal imbalance etc.

Medication-Phala ghrita, Bala taila, shatavari taila, kshira bala taila etc.

**Nasya**

**Indication**-PCOS, Hormonal imbalance, Anovulation.

Medication-Anu taila, Shatavari ghrita/taila, Ashwagandha taila etc.

**Shirodhara**

**Indication**-Stress, hormonal imbalance.

Medication-Ksheerabala taila, ashwagandha taila, brahmi taila etc.

**Uttarabasti**

**Indication**- Endometrial issues, Tubal blockage, Cervical Dysfunction Anovulation.

Medication-Phala ghrita, Shatavari ghrita, Kshara taila, lasuna taila, dhanvantari taila.

**FEW IMPORTANT FORMULATIONS****INTERNAL MEDICATION**

a. Phala ghrita- फलघृतं वन्ध्यास्त्रीणां गर्भोत्पादकम्”

Dose-5-10ml, before food.

Anupana-warm milk or lukewarm water.

Duration -1 -3months(till conception)

b. Kalyanaka and Mahakalyanakaghrita- Dose-5 -10ml, before food

Anupana- warm milk or warm water

Duration -1 -3months

c. Streevyadhi hara rasa- Dose-Vati- 1-2 vati, churna-1-3 gm twice daily, after food. Anupana-warm milk or warm water.

d. Dashamoolarishta –Dose-15-25ml, twice daily, after meals. Anupana-equal quantity of lukewarm water.

e. Nastapuspantaka Rasa-Dose- 1- 2 vati, twice daily, after food. Anupana-Honey or warm water or ghrita.

f. Chandraprabha vati-Dose- 1-2tab twice daily, after food. Anupana-warm water, milk, honey.

g. Kanchanara guggulu-Dose vati 1-2, churna 3-6gm, twice daily, after food. Anupana-warm water, honey

h. Pushpantaka rasa-dose vati-1-2, twice daily, after food. Anupana-honey, ghee, milk.

i. Rajopravartini vati –Dose- 125-250mg, OD or BD

Anupana-luke warm water, ginger juice.

Bhaishajya ratnavali.

j. Garbhasthapana dashemani-Dose Kwatha-30-60ml, churna-3-6gm, ghee-5-15ml, twice daily, after food. Anupana-honey, ghee, milk.

## EXTERNAL MEDICATION

- a. Shatavari taila
- b. Shatapushpa taila
- c. Lasuna taila
- d. Traivrita
- e. Bala taila
- f. Narayan taila

## PATHYA- <sup>10</sup>

Lasuna, mamsa, raktashali, vandhyakarkataki, devadali, katukatumbi, bhiruka

godhuma, masha, ksheera, ghrita, suryavalli,

## APATHYA-

Surana, amla, kanji and vidahi Tikсна dravyas, lavan katu and tikta dravya.

## YOGA ASANAS <sup>11</sup>

### 1. Baddha Konasana (Butterfly Pose)

- Improves blood flow to ovaries and uterus
- Helps regulate menstruation
- Reduces pelvic tension

### 2. Supta Baddha Konasana (Reclining Butterfly)

- Deeply relaxing for the nervous system
- Helpful for hormonal balance and stress-related infertility

### 3. Bhujangasana (Cobra Pose)

- Stimulates ovaries and uterus
- Improves hormonal function
- Strengthens lower back.

### 4. Setu Bandhasana (Bridge Pose)

- Stimulates thyroid and reproductive organs
- Improves circulation to pelvic region.

### 5. Viparita Karani (Legs Up the Wall)

- Calms stress hormones (cortisol)
- Improves pelvic blood flow
- Excellent before bedtime.

### 6. Malasana (Yogic Squat)

- Opens hips and pelvic floor.
- Supports reproductive organ health.

### 7. Paschimottanasana (Seated Forward Bend)

- Calms mind and nervous system
- Supports hormonal balance

## Pranayama (Breathing Techniques)

### 1. Anulom Vilom (Alternate Nostril Breathing)

- Balances hormones.
- Reduces anxiety and stress.

### 2. Bhramari (Humming Bee Breath)

- Improves sleep
- Reduces mental stress affecting fertility.

### 3. Deep Abdominal Breathing

- Enhances oxygen supply to reproductive organs.

## Meditation & Relaxation

Yoga Nidra – deeply helpful for stress-related infertility

Guided fertility meditation – promotes mind–body connection.

Mantra chanting (e.g., Om) – calming for hormonal balance supporting hypothalamic-pituitary-ovarian axis.

## DISCUSSION:

Female infertility is a complex condition influenced by hormonal imbalance, reproductive organ health, lifestyle, diet, and psychological factors. In Ayurveda a female infertility, known as Vandhyatva, through a holistic approach that emphasizes balance of the body, mind, and reproductive system rather than focusing solely on conception.

According to Ayurveda, successful conception depends on the proper functioning of Garbha Sambhava Samagri—Ritu (fertile period), Kshetra (healthy uterus and reproductive organs), Ambu (adequate nourishment), and Beeja (healthy ovum). Any disturbance in these factors, often caused by imbalance of Vata, Pitta, or Kapha dosha, may result in infertility.

Ayurvedic management begins with Shodhana chikitsa (purification therapy) to eliminate toxins and normalize dosha imbalance. Procedures such as Virechana are useful in Pitta-related disorders, while Basti chikitsa is considered especially beneficial for correcting Vata imbalance and enhancing fertility. These therapies help prepare the body for conception.

Following purification, Shamana chikitsa (pacifying therapy) is employed using herbal medicines that nourish the reproductive tissues. Diet and lifestyle modification (Ahara and Vihara) form a crucial part of Ayurvedic management. A balanced, nutritious diet, adequate sleep, stress reduction, and avoidance of unhealthy habits help restore hormonal balance. Practices such as Yoga, Pranayama, and meditation are recommended to reduce mental stress, which is a significant contributing factor to infertility.

## CONCLUSION

- Management of infertility can be achieved through corrective measures towards the factors that affect fertility and lifestyle modification.
- Due to improper lifestyle and eating habits, bahudoshavastha is commonly observed in most of the population in the present era and leads to infertility.

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