



Case Report

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ROLE OF SHODHANA IN THE MANAGEMENT OF UNEXPLAINED INFERTILITY: A CASE REPORT

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ABSTRACT

Unexplained infertility refers to a diagnosis made in couples in whom standard investigations, including semen analysis, ovulation testing, and tubal patency, yield average results. A 29-year-old woman who had had trouble conceiving for three years got admitted. She has had regular menstruation cycles since she was 17, and bleeding usually lasts 4-5 days. Her secondary sexual signs were typical, and there was no evidence of any other systemic disease. So, treatment was planned based on the concept of kshetra shudhi (purification of the uterus). The patient was of Vata Pitta prakriti (Vata Pitta constitution), and considering kala (season) and other factors, vamana (emesis) and virechana (purgation) was planned. Vamana karma (emesis) is done with Madanaphaladi yoga (*Randia dumeorum* medicines) after doing snehapana (intake of medicated ghee) with Indukantham ghrita. Virechana (purgation) was done with Manibhadra gulam after doing snehapanam (intake of medicated ghee) with Kalyanaka ghrita. The patient conceived soon after her first menstrual cycle and delivered a healthy baby girl. The kshetra (uterus) should be devoid of the morbid dosha for conceptions. Vamana (emesis) and virechana (purgation) have action all over the body, and so it does kshetra shudhi (purification of the uterus).

Keywords: Infertility, Unexplained infertility, Vandyatva, Shodhana, Kshetra shuddhi

INTRODUCTION

The World Health Organization (WHO) defines infertility as the inability to conceive despite regular sexual intercourse for more than 12 months¹. 30% of infertile couples worldwide are diagnosed with unexplained or idiopathic infertility, and the problem is defined as the lack of an apparent cause for a couple's infertility and the females' inability to get pregnant after at least 12 cycles of unprotected intercourse.² In women, advanced age, endocrine, uterine, or endometrial-related conditions are the leading causes. The usual causes of infertility in men include poor sperm quality and erectile dysfunction; one in every 15 couples struggles with infertility. Unexplained infertility refers to a diagnosis made in couples in whom standard investigations, including semen analysis, ovulation testing, and tubal patency, yield average results. Evaluating female infertility includes patient history, gynaecological examination, and hormonal analysis. According to Ayurvedic classics, infertile women should be prescribed vamana (emesis), virechana (purgation) and asthapanam basti (enema) by which she conceives positively. The main Ayurvedic treatment goals in vandyatva (infertility) are purification and, thereby, attaining functional optimization of arthava (menstrual cycle) and shukra dhatu (semen). Here is a successful case of unexplained infertility due to an unknown cause by doing vamana (emesis) and virechana (purgation) as kshetra shudhi (purification)

Case Report

A 29-year-old woman who has had trouble conceiving for three years got admitted to the IPD of Immanuel Arasar Ayurveda Medical College and Hospital, Nattalam, Marthandam. She has had regular menstruation cycles since she was 17, and bleeding usually lasts 4-5 days. She also had no history of any diseases or pelvic or abdominal surgery. Her secondary sexual signs were

normal, and there was no evidence of any other systemic illness. Examination of her husband revealed the usual male factor and spermogram. Laboratory findings were in the normal range, including serum FSH, serum LH, serum prolactin, TSH, testosterone, progesterone and estradiol. Diagnostic laparoscopy showed no signs of tubal adhesion or endometriosis. She was diagnosed with infertility due to unknown causes and took allopathic treatments one year before, and she didn't conceive even after this. For this reason, she got admitted to our hospital after taking informed consent from the patient regarding participation in this study. Per the International Conference of Harmonization- Good Clinical Practices Guidelines (ICH-GCP), this study was carried out.

Investigations

Vaginal ultrasound, hormonal analysis (FSH), luteinizing hormone (LH), prolactin, testosterone, dehydroepiandrosterone sulfate (DHEAS), and thyroid-stimulating hormone (TSH) and hysteroscopic chromopertubation to visualize the fallopian tubes and semen analysis was performed, and all these showed average results.

Therapeutic Intervention

Since no abnormalities were detected in the patient, treatment was planned based on kshetra shudhi (purification of the uterus). The patient was of vata pitta prakriti (constitution), and considering kala (season) and other factors, vamana (emesis) and virechana was planned.

1. Deepana pachana (appetizer-digestives) - Amrutotharam kashaya 20 ml bd with Avipathi choorna 1 tsp till pakwamala lakshanas observed (15 days).

2. Snehapana (intake of medicated ghee) – Indukantham ghrita in arohana karma (increasing dose) till samyak snigdha lakshanas (proper oleation) observed (6 days) (30 ml, 60 ml, 100 ml, 150 ml, 230 ml and 270 ml).
3. Sarvanga abhyanga and bashpa sweda (Full body oil massage and steam sudation) – Dhanvantharam taila for 2 days.
4. Kapha utklesha ahara (food items which increase kapha dosha) like idli, rice with curd, milk with sugar, masha (black gram) payasam, tila balls (sesame jaggery balls).
5. Vamana karma (emesis) done with madanaphaladi yoga and had madhyama shudhi with 5 vegas and followed madyama shudhi samsarjana karma (diet).
6. Snehapanam (intake of medicated ghee) – Kalyanaka ghrita in arohana karma (increasing order) till samyak snigdha (proper oleation) observed (3 days) (50 ml, 120 ml and 300 ml)
7. Sarvanga abhyanga bashpa sweda (Full body oil massage and steam sudation) – Pinda taila for 3 days.
8. Kapha avridhikara ahara (a diet which will not increase kapha dosha) like kanji, rice with rasam given during vishrama kala (resting period).
9. Virechana (purgation) – Manibhadra gulam 40 gm with Draksha swarasa (dried grapes juice) 50 ml, 9 vegas observed and avara shudhi samsarjana karma followed.
10. Kalyanaka ghrita 10 ml empty stomach in the early morning for 1 month as discharge medicine.

RESULT AND DISCUSSION

The patient conceived soon after her first menstrual cycle and delivered a healthy baby girl. Pre-conceptional care can be defined as the care given to a couple planning a pregnancy well before conception. Modern obstetrics forwarded the pre-connectional concepts as an extension of antenatal care to provide optimal health to mother and baby. For the origin of children, the woman is considered kshetra (receptacle), and shukra, like a seed, enters the female; hence she is called kshetra³. Women with an un-vitiated uterus and unobstructed channels can produce a healthy child⁴. Kshetra, the word cannot be limited to endometrium or the uterus; the person and the personality that owns the uterus are equally important in getting a quality child. According to Charaka Acharya, pre-conceptional care comprises of treatment methods like snehana (oleation), swedana (sudation), vamana (emesis), virechana (purgation), niruha and anuvasana basti (enema) to ensure beej shudhi, kshetra shudhi and mano shudhi⁵. Vamana is a procedure in which doshas (waste products or toxins) are eliminated through the upper channel, i.e., mouth.⁶ The process in which the elimination of vitiated doshas is expelled through the lower part, i.e., anal route, is known as virechana⁷. So shodhana (purification) can give good results in infertility due to unknown causes. Amrutotharam kashaya and Avipathi choorna has Vata Pitta hara quality and deepana pachana (appetizer-digestives) effect, which helps attain nirama avasta quickly. Indukantham ghrita does utkleshana and Vata hara action, and Kalyanaka ghrita can promote conception in women⁸.

CONCLUSION

Acharyas have mentioned vamana and virechana karma in vandyatva chikitsa. It is beneficial in removing morbid doshas all over the body. For conception, the kshetra or uterus should be devoid of morbid doshas. Vamana-virechana (emesis- purgation) is having action all over the body, and so it does kshetra shudhi (purification of the uterus). All the tridoshas were involved in this case, predominately Vata and Pitta. Also, the patient was of Vata Pitta prakriti and considering kala and other factors, vamana (emesis) and virechana (purgation) was planned. Shodhana (purification) aims to remove morbid doshas and create a suitable environment for conception. It helps purva samyoga vidhi (union of sperm and ovum and garbhada (pregnancy)). Shodhana before conception is good for getting sreya praja (healthy child) and adushta kshetra (healthy uterus), and beej (sperm).

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