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## Analysis of vandhya rog chikitsa from yogaratnakar on the basis of modern and ayurvedic text: A review

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### ABSTRACT

*Ayurveda is a science which is having its own diagnostic methods and treatment based on it. Ayurvedic classical texts elaborate treatment of Vandhyatva (infertility), in almost all important samhitas. In present scientific research, many causes of infertility are explored because of vast availability of diagnostic tools. The period when samhita's were written the diagnostic methods are very different, so when acharya cite the treatment, it was quoted that the treatment is useful in infertility, as a general term. It is need of an hour to analyze this ancient treasure of treatment in terms of modern scientific knowledge. This effort will help a clinician to find the absolute indication of the infertility treatment. In this analytical study the infertility treatment mentioned in Yogaratnakar, (one of the classical texts) is critically evaluated to find out the absolute indication. The chapter from Yogaratnakar namely "Yonivyapada Roganam Chikitsa, Vandhyarog Chikitsa" is critically analyzed. It is observed that the formulations which are evaluated are having estrogenic action, potent aphrodisiac, endocrine stimulant, so they are useful in unovulation, tubal block, luteal phase defect, disorders of endocrine system also in defective spermatogenesis.*

**Keywords-** Vandhyatva , Infertility, Yogaratnakar

### 1. INTRODUCTION

The word analysis with respect to medical research paper means to study, to investigate to search, or to give reason etc. In this analytical study the treatment of *Vandhyatva* is studied to build up the reason behind treatment mentioned in Ayurveda.

*Vandhyatva* is explained in various classical texts. *Vandhya* is also written as 'bandhya' in some literature and perhaps to be connected with bandh (block). The meaning of the word *vandhya* is barren, unfruitful or unproductive, unable to produce offspring, sterile etc. (1)

*Acharya Harita* quotes that inability of women to conceive in her reproductive age and unable to carry pregnancy. (2) This quotation is close to the definition of infertility. So in this systematic study the words *vandhyatva* and infertility are appearing as synonyms for each other.

Infertility is defined as failure to conceive through having regular unprotected coitus for more than one year. If conception has never occurred termed as primary infertility and if patient fails to conceive after having previous conception termed as secondary infertility. (3) It affects couple both socially and psychologically. So in this analytical study explains concept of *vandhyatva* and infertility.

This analytical study is done by referring some ayurvedic texts.

Ayurvedic classical texts are bifurcate mainly in *Bruhatrayi* (three major books) *Charak samhita*, *sushruta samhita* and *ashtanga sangraha* and *Laghutrayi* (three minor books) *madhav nidan*, *sharangdhar* and *bhavprakash*. Few books not included in major and minor books.

*Yogratnakar* is one of the books which come under *sangrahagrantha*. (4) The detailed study of *vandhya chikitsa* (infertility) done from *yogaratnakar*. *Acharya yogaratnakar* quotes *vandhya nastartava dneya* that is loss of *aartav* (blood) due to *vayu*. *Vandyatva chikitsa* (infertility treatment) is prevalent since ages and is described in various *ayurvedic samhitas*. In *yogaratnakar*, *vandhyaroga chikitsa* is explained in very elaborative manner. So present analytical study is been conducted on various combination of herbs for *vandhya chikitsa* (infertility treatment).

After referring various ayurvedic and modern research papers, formulations described in *yogratnakar* has estrogenic action, potent aphrodisiac, endocrine stimulant activity. They are useful in an ovulation, tubal block, and luteal phase defect, disorders of endocrine system and also in defective spermatogenesis.

## 2. METHODOLOGY

The study of *vandhyatva* (infertility) done from various ayurvedic classical text and *samhita*'s and modern books. Also referred many research papers published in different authentic journals up till now. The analytical study of *vandhya roga chikitsa* (infertility treatment) done from *yogratnakar*.

## 3. DISCUSSION

*Acharya Sushruta* explained essential factors of conception explicitly as *Garbhasambhav samagree*. One can say that abnormality in these essential factors will lead into infertility.

He quoted following four essential factors intended for conception. (5)

- 1) *Rutu* (fertile period)
- 2) *Kshetra* (uterus)
- 3) *Ambu* (nutrition)
- 4) *Beeja* (ovum and sperm)

When all these four factors come together conception is bound to occur just like germination of seed. The seed, appropriate season, field & water when comes together the healthy crop is produced. Similarly in human's seeds i.e. ovum & sperm, healthy menstrual cycles & reproductive system along with normal hormonal supply will produce healthy offspring.

*Ayurveda* is an ancient science, having its own method of diagnosis and treatment based on it. The explanation of *vandhyatva* (infertility) according to Ayurvedic is given below-

1) *Charak samhita*- According to *Acharya Charak*, *Vandhyatva* is caused by *pradushta garbhashay beeja bhaga* of *shonita* (abnormal *beeja*(ovum) of mother) & *sukrasya beeja bhaga* of *shukra* (abnormal *shukra*(sperm)from father). (6)

*Vandhyatva* can be classified into 3 types-

- 1) *vandhya* ( absence of *aartav* (ovum) or menstrual blood)
  - 2) *apraja* ( primary infertility)
  - 3) *supraja* ( secondary infertility)

2) *Sushruta samhita*- *Sushruta* quote *vandhya* under *vataj yonivyapad* in which characteristic feature is *vandhyam nashtartavam vidyat* that means absence of *beeja*(ovum) or *rajasrava* (menstrual blood). (7)

3) *Astanga sangraha*- *Vagbhata* referred *vandhyatawa* which occurs due to abnormality of *beeja* (ovum) and *kshetra*( uterus). Also said that women who suffering from *yonivyapad* (disorders of uterus) ultimately result in *vandhyatva*. *Putraghni* (demise of male child) and *Jatagni* (still birth) causes *vandhyatva*. (8)

4) *Madhav nidan*- *Madhavkar* include *vandhya* under *vimasati yonivyapad*. *Vandhyam nashtartavam* (loss of *beeja* (ovum) or *aartav* (menstrual blood). (9)

4) *Bhavprakash* – *Acharya bhavmishra* also included *vandhya* under *vataj yoni vyapad*. Characteristic feature of *vandhya* is *vandhyam nashtartavam vidyat* (absence of ovum) (10)

5) *Kasyapa samhita*- *Acharya Kashyap*, mentioned *vandhyatva* as one of the eighty disorder of *vata*. Also under *jatharini*, he mentioned as *pushphagni* means having mean less *pushpa* (menstruation) or repeated expulsion of fetus of different gestation age. (11)

6) *Harita samhita*- According to *Acharya Harit*, *Vandhyatva* is failure to conceive child than pregnancy. (12)

*Harit* classified *vandhyatva* in 6 types-

- 1) *Kakvandhya* ( one child sterility)
- 2) *Anapathya* (no child)
- 3) *Garbhasravi* (recurrent abortions)
- 4) *Mritavats* (repeated still births)
- 5) *Balakshay* (strength loss)
- 6) *Vandhya* due to *dhatukshaya*, *balyavastha*.

7) *Bhel samhita*- According to *Acharya Bhel*, women who deliver abnormal child or become infertile. *Vandhyatva* occurs due to *beeja dushti* (abnormalities in ovum & sperm), *vegavrodha* (suppression of urges) and *yonivyapad* (disorders of uterus). (13)

8) *Rasa ratna samuschayae*- *Vandhya* due to misdeeds done by couple in past or present life. (14)

*Vandhya* classified as

- 1) *Garbha sravi*(recurrent abortion)
- 2) *Mritastha* (still birth)
- 3) *Stri prasuti* (delivered only female baby)
- 4) *Kaka vandyā*( delivered one child)

9) *Yogaratnakar - Acharya Yogaratnakar* mentioned *vandhya nastartava dneya* that is loss of aartav (blood) due to vayu. *Yogratnakar* explained *vandhya chikitsa*( infertility treatment) under *yonivyapad chikitsa* (15)

After elaborating types of *Vandhyatva*, the causes & disease process will be discussed here after.

The entity namely *vata* controls all physiological process in body. Also in normal state it does *dharan* (support) or *poshan* (nourishes). *Vibhajan* (division) also one of the important function of *vayu* and by this function, cell division occurs at ovary and ovum produced. Another function of *vata* is *pravartan* (release) and by this action ovum release from ovary and ovulation takes place. *Pravartan* (release) is *prakrut karma* of *apan vayu*. Also *vayu* is responsible for maturation of gametes, cell division, fertilization, and formation of cellular structure. *Pitta* is responsible for transformation which can be seen in hormone on different stages of ovarian & menstrual cycle. *Kapha* is help to nourishes tissue development and enhance follicular growth.

Vitiation of *vata* results in ovulatory dysfunction, tubal block, uterine infection and pathologies, dysfunction of hypothalamus pituitary ovarian axis which result in alternation in frequency and duration of menstrual cycle, amenorrhea, multiple immature follicle or an ovulation and infertility.

As in the analytical study *vandhya* is correlated with infertility, the concept of infertility will be discussed in following paragraphs.

Infertility is defined as failure to conceive through having regular unprotected coitus for more than one year. There are two types of infertility

- 1) Primary infertility- couple who having sex without using contraceptive for at least one year
- 2) Secondary infertility- couple who have been able to get pregnant once, but now unable to conceive.

Infertility can affects both and female partners. The male partner is responsible in about 30-40% of infertility. Female partner is responsible for 40-55% & 10% infertility is unexplained.

Male factors are,

- 1) Defective spermatogenesis
- 2) Obstruction of the efferent duct system
- 3) Failure to deposit sperm in vagina
- 4) Errors in seminal fluid.

Female factors are,

- 1) Vaginal factors
- 2) Uterine factors
- 3) Tubal factors
- 4) Ovarian factors
- 5) Cervical factors
- 6) Disorders of endocrine system

Unexplained infertility- about 10 % infertility is unexplained .Investigation will show no abnormalities. (16)

As etiology of infertility is vastly explained, the treatment varies due to different causes. It may be simple pharmacological treatment to advanced laboratory procedures and surgeries. Also infertility requires long term committed treatment and which have so many side effects.

So many people prefer to use alternative ayurvedic treatment which will have minimum side effects. *Vandyatva chikitsa* (infertility treatment) is prevalent since ages and is mentioned in various *ayurvedic samhitas*. But in Ayurvedic text the term as *Vandhyatva chikitsa* is mentioned in common. In this one cannot understand that in which cause which treatment shall be used. In this analytical study the effort has been taken to analyze few combinations in *vandhyatva chikitsa* on the basis of research papers.

Here to understand the ayurvedic modalities, analytical study of various combinations of herbs for *vandhya chikitsa* (infertility treatment) from *yogaratnakar* is done. He has explained *vandhya roga chikitsa* (infertility treatment) in elaborative manner. Total nineteen sutras are discussed. Among all sutras they mentioned treatment in three parts

*Vandhya chikitsa* (infertility) –

- 1) Dietary- (17)
- 1)daily fish intake , drink kanji, eat udad (black gram),curd
- 2)*Kala jeera* (black cumin) with guda (jiggery)
- (sesame seeds),*kala jeera* (Black cumin) with guda (jiggery)

3)Teela

- 2) Herbal combination-
- a) Single herb - 1) Ashwaganda  
2) Palash  
3) Matulunga
- b) Multiple herbs combination-
- 1) Errand + Matulunga  
2) Phala ghruta

c) Herbal combination with life style- (18)

Use of root of *lakshma* which uprooted on *pushya nakshatra* which pounded by virgin girl with milk, using this formulation in women after her menstruation can positively conceive

The following treatment has explained under herbal combination for vandhya (infertility) –

- 1) *Garbhprad yoga- bala*, sugar, *atibala*, *madhuka*, *vatankur* and *nagkeshar* with honey, milk and *ghrita* using in infertility women can deliver son. (19)
- 2) Use of medicated milk with decoction of *ashwaganda* in early morning in women having taking bath after 4<sup>th</sup> day of menstruation can definitely conceive. (20)
- 3) Use of *karanta* root, *dhatki* flowers, leaf buds of *vata*, and *neel kamala* all pestle with milk result in pregnancy. (21)
- 4) Women who take healthy diet along with *parswa pippal*, *jeerak* and *visikha punkha* definitely deliver male child. (22)
- 5) During pregnancy a woman who take one leaf of palash pestle with milk result in healthy baby. (23)
- 6) *Laksamana* pestle with milk and give in form of *nasaya* result in pregnancy and birth of brave child. (24)
- 7) Equal amount of *Eranda beeja* and *matulunga beeja* pestle with milk and consume which result in pregnancy. (25)
- 8) Tila taila, milk, phanit, curd and *ghrita* all are churned together and mixed with *pippali* delivers nice son. (26)
- 9) Seeds of one *matulunga* pestle with milk and give it on after menstruation results in pregnancy. (27)
- 10) *Phala ghruta* in *vandhya chikitsa*. (28)

From this combination of herbs, following five are analyzed in this study.

They are.

1. *Ashwagandha* (*withania Somnifera*)
2. *Palash* (*butea monosperma*)
3. *Matulung* (*citrus media*)
4. *Erand* (*ricinus communis*) & *Matulung* (*citrus media*)
5. *Phalaghrita*

The action of herbs and their chemical constituent helps in to treat absolute cause of infertility

Herbs	Action	Chemical constituents action
1) <i>Ashwagandha</i> (29) ( <i>witania somnifera</i> )	Anti oxidant, anti inflammatory, anti tumor, anti bacterial, hypo lipedemic, immune modulator, and potent aphrodisiac.	Chemical constituents in <i>ashwagandha</i> are isopelletirine, anaferin, cuseohygrine and anahygrnie & steroidal lactone are withanolides, withaferins and saponin. Stionindoside and acylsteryl glucoids. It acts as anti stress agent. It also reduced blood sugar level and cortical level. It enhances endocrine system and regulating thyroid and adrenal gland.
2) <i>Palash</i> ( <i>butea monosperma</i> ) (30)	Antihelminthic, antimicrobial, anti oxidant, anti inflammatory, anti septic, anti diabetic, aphrodisiac, astringent and increase flow of blood in pelvic region, anti hyperlipidemic, anti cancer	Chemical constituents in <i>palash</i> are triterpene, glycoside, tanins, enzymes, esters, polyphones, fatty acids, amino acids and steroids. Its pharmacological action is from its alcoholic extract is hormone balancing effect, from metabolic extract anti fertility also estrogenic, regulating thyroid gland.
3) <i>Matulunga</i> ( <i>citrus media</i> ) <sup>1</sup> (31)	Estrogenic, anti oxidant, anti diabetic, anti cancerous, cardio-protective, analgesic, antibacterial, antimicrobial, anti helminthic, anti hypertensive,	Chemical constituents are iso-limonene, vitamin c, phenoloics, falvonones, pectin, and linalool. Alcoholic extract act as anti-fertility effect, petroleum ether extract of leaves shows estrogenic activity.

4) 1)	<i>Errand + matuluga</i> <i>Errand(ricinus communis)</i>	Anti inflammatory, analgesic, antioxidant, antitumor and anti diabetic and potent aphrodisiac.	Chemical constituents are steroid, saponins, alkaloid, flavonoids and glycosides. It act as potent aphrodisiac
2)	<i>Matulunga (citrus media)</i>	Estrogenic , anti oxidant , anti diabetic , anti cancerous, cardio-protective, analgesic, antibacterial, antimicrobial, anti helmintic, anti hypertensive	Chemical constituents are iso-limonene, vitamin c, phenoloics, falvonones, pectin, and linalool. Alcoholic extract act as anti fertility effect, petroleum ether extract of leaves shows estrogenic activity
5) a)	<i>Phala ghruta (32)</i> ( <i>manjishta, madhuka, kushtha , triphala , sharkara , bala , meda , mahameda, kakolo, ksheer kakoli, ashwaghandha,ajmoda,haridra, daru haridra, priyangu, kutki, neelkamal,kumud, chandan, raktachandan</i>	Promotes infertility, gives strength to uterus, prevent abortions, cures sperm disorders, endocrine stimulant, diseases during pregnancy, <i>uttar vasti</i> ( vaginal douche), menstrual disorder, blocked fallopian tube (applied locally or <i>uttarbasti</i> )	Chemical constituents <i>ashwaghandha</i> contains starch, <i>bibhitaki</i> contains tannic, <i>haridra</i> contain resin, <i>manjishta</i> contain acicular and prismatic crystals, <i>shatavari</i> contains rap hides and scalar form , <i>tagar</i> contain stone cell and lignified cell
b)	<i>Ghruta</i>	Production of semen, increases vision, increase retention power and beauty, fastening the digestive process, anti oxidants, easily absorb vitamins and minerals, anti cancer, helps in detoxification. Due to its ability to assimilate effectively the properties of other ingredients added to it and without losing its own properties	Triglycerides, di -glycerides, monoglycerides, glycerylestes, free fatty acids, phospholipids, sterols, vitamin A,D, E,K, butyric acid, caprice acid, caprice acid , lauric acid, oleic acid which all provides energy to body .

#### 4. CONCLUSION

According to ayurveda ,*vandhyatva* (infertility) means inability to conceive after one year of regular unprotected coitus. The cause of infertility is multifactorial. So all the causes comes under the *garbha samgraha samagris*.

In ayurveda treatment for infertility is maintenance of *garbha samgraha samagris*.

*Ayurveda classics* have mentioned various herbs and formulae for management of infertility. So here ayurvedic prospective of *Vandhyatva* (infertility) is discussed. Henceforth, this review study of herbs is evaluated to find absolute indication of infertility treatment.

*Ashwagandha* could be used in unexplained infertility, infection, pcod, thyroid dysfunction.

*Palash (butea monosperma )* can be used in luteal phase defect as it increase flow to pelvic floor , obese PCOS.

*Errand ( ricinus communis)* and *matulunga (citrus media )* can be used in oligospermia, in diabetic cases , unovulation.

*Phala Ghruta* can be used in recurrent abortion, tubal block, endocrine disorders, oligospermia, unexplained infertility.

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