

**EFFECT OF UTTAR BASTI IN VANDHYATVA (FEMALE INFERTILITY)**Neetu Singh<sup>1</sup>, Rashmi Sharma<sup>2</sup>PG Scholar<sup>1</sup>, Associate Professor<sup>2</sup>

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**ABSTRACT**

Infertility has been a long-standing problem since ancient periods, but it is the most burning issue nowadays because of improper lifestyle. The study says infertility is affecting almost 15% of reproductive-aged group couples worldwide. Causes of infertility may be due to changed lifestyles, professional and social stress on young couples, irregular working hours, high pollution, etc. The female factor is directly responsible for 40-55% among which the prevalence of infertility due to ovarian factor is 15-25%, tubal factor 25-35%, uterine factor 10%, and cervical factor 5%. Acharya Charaka has mentioned that once the *Vata* is controlled by *Uttar Basti* female achieves conception quickly. *Uttar Basti* helps in expelling the vitiated *Doshas* of the uterus and its associated structures i.e. cervix, tubes, and ovary, thereby eradicating the morbidity and diseases related to the female uro-genital system. The concept of *Uttar Basti*, *Purvakarma*, *Pradhan karma*, and *Paschata Karma* with the mode of action on ovarian, tubal, endometrial, and cervical factor infertility has been explained in this article.

**Keywords:** *Vandhyatva*, Infertility, *Uttar Basti*, *Tridosha***INTRODUCTION**

Infertility is the condition when a female is unable to conceive within one year of regular unprotected intercourse.<sup>(1)</sup> Infertility has been a long-standing prob-

lem since the ancient period but it is the most burning issue nowadays because of improper lifestyle. The study says infertility is affecting almost 15% of re-

productive-aged group couples worldwide. <sup>(2)</sup> It is a global problem of presenting era that has an impact on the mental and physical health of a woman and disturbs her family as well as her social life. Causes of infertility may be due to changed lifestyles, professional and social stress on young couples, irregular working hours, high pollution, etc. The female factor is directly responsible for 40-55% among which prevalence of infertility due to ovarian factor is 15-25%, tubal factor 25-35%, uterine factor 10%, and cervical factor 5%. <sup>(3)</sup>

According to Acharya Sushrut **Ritu** (Fertile period), **Kshetra** (Female reproductive organ should be normal) **Ambu** (Proper nutrient fluid), and **Beeja** (Viable ovum and sperm) is an essential factor for proper conception, Absence or abnormality in any of the above factors may cause **Vandhyatva**. <sup>(4)</sup> In Ayurved **Charaka** and **Vagbhata** have mentioned **Vandhya** under the description of **Beejamsa dushti**. <sup>(5)(6)</sup> **Sushruta** has mentioned **Vandhya** in **Vataja Yoniroga**. <sup>(7)</sup> **Acharya Harit** has mentioned **Stree-Vandhyatva** (female Infertility) as a separate disorder. **Harita** has included childhood, **Garbhkoshbhanga**, loss of **Dhatu**s, and constriction of the uterus and vulva due to coitus having been done with the girl before her menarche and also in the causes of infertility. **Harita Samhita** mentions six types of **Vandhya Kakavandhya** (secondary infertility), **Anapathya** (Primary infertility), **Garbhasrahvi** (repeated abortions), **Mritavatsa** (repeated still births), **Balakshaya** (Nutritional), and **Vandhyatva** due to injury to **Garbhashaya** or **Bhaga**. <sup>(8)</sup> Infertility being a **Vataja** disorder, demands **Basti karma** which is having local oleation and nourishing action. **Acharya Charaka** has mentioned that once the **Vata** is controlled by **Uttar Basti** female achieves conception quickly. <sup>(9)</sup> **Uttar Basti** helps in expelling the vitiated **Doshas** of the uterus and its associated structures i.e. cervix, tubes, and ovary, thereby eradicating the morbidity and diseases related to the female uro-genital system.

### Concept of Uttar Basti

The term **Uttar Basti** is composed of two words **Uttar** and **Basti**. The basti which is given through **Uttar Marga** or **Utkrishta Avayava** or a therapeutic procedure having **Shreshtha** properties is termed **Uttar Basti**. The instrument by which insertion of the drug by urinary or vaginal passage is to be done is called **Uttar Basti Yantra**. It can be used as **Sodhan Basti**. It is given through the upper passage (**Uttar Marga**) other than the anus, which is why, it is called **Uttarbasti**. **Uttar basti** contains two parts **Basti Putak** or

drug holding bag and **Basti Netra** or nozzle for inserting drugs.

### Uttar Basti Deya Kala

**Uttar Basti** should be given during **Ritukala** (follicular phase or just after menses) after 2-3 **Asthapan Basti**, as during this era the **Yoni** or **Garbhashaya** is **Avarana Rahita** and so **Sneha** enters & absorb easily. <sup>(10)</sup> **Acharya Charaka** and **Vagbhata** have given a very accurate explanation for the selection of proper time by saying that during menstruation, vaginal and uterine orifices are open (**Apaavrita Yoni**), so medicine is taken in a better way.

### General Uttar Basti protocol followed:

Prior to administration of **Uttar Basti**, **Kostha Shodhana** was done in all patients by administering **Amapachana Vati** (250mg) 2 tablets twice a day and **Erandabrushta Haritaki** 5gm at bedtime with hot water for 3 days from 3rd day of menstruation.

### Method of Uttar Basti

#### Purava Karma –

- As per the derivation of the word **Uttar Basti**, **Uttara Basti** should be given after the administration of **Niruha Basti**, according to **Vagbhata**, about 2 or 3 **Niruha Basti** should be given before the administration of **Uttar Basti**.
- **Abhyanga** with any and **Swedan Karma** (sudation therapy) should be done preferably over the back, groin, and abdomen then **Yavagu** added with ghee should be given for drinking.
- **Yoni Prakshalana** by some **Kwatha** (Decoction) of antiseptic property like **Panchvalkala Kwatha**, **Triphala Kwatha**, etc.

#### Pradhana Karma

**Instruments** – The instruments used for the **Uttar basti** are the Posterior Vaginal Speculum, Anterior Vaginal wall retractor, Allis' forceps, and **Uttar Basti** cannula fitted with a disposable syringe.

#### Procedure

- The patient is made to lie down on her back, fold her legs at the knee (lithotomy position), and then private parts are cleaned antiseptically.
- Sim's speculum is inserted, an anterior vaginal wall retractor is introduced to expose the vagina & cervix and then the anterior lip of the cervix is held with the vulsellum or Allis forceps (to reduce the injury to the cervix).
- Uterine sound is introduced to see the length of the utero-cervical canal and the position of the uterus. IUI cannula is introduced the drug is in-

jected slowly and steadily. Instruments are removed.

#### **Paschat Karma**

- Rest for some time is advisable. It is important to watch and observe whether the *Basti Dravya* was expelled out properly or not and then a sterilized gauze piece was kept in the vagina and the patient was advised to remove it after 2 hours.
- The patient was advised to extend and twist her legs and head low position is given for 15 min.
- Pulse and blood pressure were recorded for two hours.
- Abdominal hot fomentation should be given which is followed by a light diet. Diet intake should be considered, *Acharya* recommends that after the *Pratyagamana* of *Uttar Basti*, in the evening the patient should be given milk or *Yusha*.
- Avoid intercourse for 3-5 days post the procedure
- **Mode of action of Uttar Basti**

#### **Ovarian factor**

The diseases of the ovary which most frequently cause infertility are anovulation from follicular atresia, empty follicle syndrome, luteinized unruptured follicle syndrome; chronic anovulation syndromes, within which polycystic ovarian syndrome plays a major role; ovarian endometriosis. Ovarian factors contribute 15-25% and are the second most common cause of infertility. <sup>(11)</sup> *Tridoshas* have an impact on all the processes involved in ovulation. *Vata* stands for proliferation and division of cells (granulosa and theca cells), rupture of the follicle, etc. *Pitta* is associated with its conversion power, like the conversion of androgens to estrogen in Graffian follicle maturity of the follicle by its function of *Paka Karma*. *Kapha* stands as a building and nutritive factor. It binds all the cells together and gives nutrition for the growth and development of the cells.

#### **Mode of Action**

*Uttar Basti* given in the intra uterine route in the *Ghrita* and *Taila* medium activates the normal function of *Vata* and stimulates the ovarian hormones, ultimately achieving ovulation. Drug absorption occurs through the uterine route, uterine arteries pass along the sides of the uterus within the broad ligament and then turn laterally at the entrance to the uterine tubes, where they anastomose with the ovarian arteries and hence reach the ovaries. Ovaries contain receptors that receive hormones secreted by the hypothalamus and pituitary gland. *Uttar Basti* stimulates these receptors so that proper maturation of follicles and ovulation occurs in each cycle. The ayur-

vedic formulation which shows results in ovarian factor infertility *Prajasthapana Gana Siddha Ghrita*, *Shamim Ashvatta Ghrita*, *Go ghrita*, *Shatavari Taila*, *Shatapushpa taila*, *Mahanarayana taila*, etc.

#### **Tubal factor**

Tubal factor infertility accounts for about 20-25% of all cases of infertility. <sup>(11)</sup> It includes cases of completely blocked fallopian tubes and also cases with either 1 blocked tube or no blockage but tubal scarring or other damage. Tubal factor infertility is often caused by pelvic infection, such as pelvic inflammatory disease (PID), endometriosis, or scar tissue that forms after pelvic surgery.

#### **Mode of Action**

For a tubal factor of infertility, a high intrauterine *Uttar Basti* with *Lekhana Dravyas* (Scraping drugs) *Ushna-Tikshna* acts in two ways. It removes the blockage of the tubal lumen by directly acting on obstruction mechanically and restores the normal function of tubal cilia by stimulating it. As endometrial covering is continuous in the tubes too, its scraping and regeneration also lead to the normalization of tubal functions. The ayurvedic formulation shows results in tubal factor infertility *Kumari Taila*, *Yavakshara Taila*, *Tila Taila*, *Apamarga Kshara Taila*, etc.

#### **Endometrial factor**

The endometrium acts as a bed for fertilized ovum where it gets embedded for further development. Unresponsive endometrium may cause implantation failure or abortion in the early stage.

#### **Mode of Action**

Intra uterine *Uttar Basti* with *Ghrita*-based *Snehana* and *Brimhana* drugs helps in the rejuvenation of endometrium, especially where apart from regular ovulation, poor endometrium is causing infertility or scanty menstruation. The Ayurvedic formulation shows results in endometrial factor infertility *Brihat Shatavari Ghrita*, *Phalakalyana Ghrita*, etc.

#### **Cervical factor-**

The cervical mucus acts as a filter allowing only single functioning to penetrate the cervical mucus. When this is hostile and unfavorable it reduces the quality or quantity of sperm, affects sperm viability and ultimately leads to infertility. Less quantity and poor quality of cervical mucus may be due to inadequate estrogen levels or less utilization of estrogen through receptors is the main factor of infertility caused by cervical factors. Other than this cervical stenosis can cause infertility.

#### **Mode of Action**

Intra-cervical *Uttar Basti* oil is directly absorbed by the cervical epithelium and acts locally on tissues. It is passively diffused across the membranes, nourishes and regenerates the epithelial cells and thereby normalizing the cervical secretion and reducing the sperm-hostile cervical mucus activity. The oil-based drug helps to remove cervical stenosis and to restore the function of the cervix in conception and helps to treat dysmenorrhea caused by stenosis. The ayurvedic formulation has shown results in cervical factor infertility *Go Ghrita, Shatavari, Ghrita, etc.*

## CONCLUSION

*Uttar Basti* is an ancient Ayurvedic procedure, which is beneficial in *Vandhyatva*. This review summarizes and evaluates the use of *Uttar Basti* with the different formulations in different factors of infertility (like ovarian, Tubal, cervical, and endometrial factor). The use of *Uttar Basti* in infertility may highly beneficial due to its *Vatashamak* property. *Uttar Basti* has a lot of therapeutic potentials. Proper selection of drugs and time of administration is very essential for getting the desired results.

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