

**REVIEW ON STUDY OF DRUG USED IN UTTARBASTI IN VIEW OF  
TUBAL BLOCKAGE****Dr. Anjali Kanaujiya\* and Dr. Pradnya Deshmukh**

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**ABSTRACT**

A woman will lead a blissful life after having a conception. Having a child completes the woman's life. But the inability to conceive will adversely impact a woman's life. Infertility has also been proposed as a major contributor to emotional problems and reduced quality of life. There are many factors causing infertility ovarian, uterine, tubal, cervical, and peritoneal factors. Among them tubal factors causing infertility account for about 25-30 % of all cases of infertility. Infections, abdominal surgery, and diseases such as endometriosis can cause scarring at the inner linings of fallopian tubes. STDS, past ectopic pregnancy and any previous abdominal surgeries may cause tubal blockage. The fallopian tube is the kshetra of Garbhadhan and is

quite near to artava vaha srotas, as it carries the gamete before and zygote after fertilization. Correlating fallopian tubes with the artava vaha srotas, its block is compared with sanga srotodushti of this srotas. It is a vata-dominated tridoshaja vyadhi, where kapha can be another dominant dosha, the basti which is given through uttarmarga or utkrishta avayava or therapeutic procedure having shreshtha properties, is termed as uttar basti. The drugs having vata kapha shamaka, tridoshagna properties, and drugs with sukshma, sara, katu, ushna, and pramathi properties help remove the blockage and restore tubal functions.

**KEYWORDS:** Tubal blockage, Uttarbasti.

## INTRODUCTION

Pregnancy is a unique, exciting, and often joyous time in a woman's life, as it highlights the woman's amazing, creative and nurturing powers providing a bridge to the future. WHO along with the international committee for monitoring assisted reproductive technologies (ICMART) "a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse."<sup>[1]</sup> There are many causes of infertility, as per AIIMS, about 10-15 percent of all married couples face fertility issues and about half of these result from abnormalities in the male partner. Tubal factor infertility is known responsible for about 25- 30 percent of all cases of infertility.<sup>[2]</sup> Such cases include completely blocked fallopian tubes or either one blocked or tubal scarring. often tubal factor infertility is caused by pelvic infections, such as pelvic inflammatory disease or endometriosis, recurrent infections of the reproductive tract, scar tissues that form after pelvic surgery, or a history of tuberculosis or colitis. IVF is the last option in couples having infertility due to tubal block. In some cases, laparoscopic surgery can remove the blockage and improve fertility. But IVF techniques are expensive and present low accessibility and success rates of 20-35 % per cycle, but the likelihood of getting pregnant decreases with each round while the cost increases. Tubal factor is second most responsible factor for infertility.<sup>[3]</sup> In Ayurvedic texts, the inability to reproduce is defined as Bandhyatva. Acharya Sushruta describe Bandhyatva under Yonivyapada in Uttartantra.<sup>[4]</sup> The tubal blockage has been considered as Vata predominant Tridoshaja condition, whereas Vata causes Sankocha<sup>[5]</sup> (constriction), Kapha induces Shopha (swelling), while Pitta causes Paka<sup>[6]</sup> (inflammation). Ayurvedic management of tubal block proves beneficial. The present article highlights the role of ayurvedic procedures that as Uttara basti and ayurvedic medications in treating tubal block. Taila was selected for its Vata-Kapha Shamaka and Lekhana properties, oil used for intrauterine instillation contains *Kshara* has properties of mainly excision, incision, and scraping.<sup>[7]</sup>

## MATERIAL AND METHOD

### Disease review

The fallopian tubes are muscular tubes that are lined with delicate hair-like structures. These "hairs" work in both directions; helping an egg to travel from the ovaries down to the womb (uterus) and helping sperm travel up from the womb.

Each fallopian tube ends in fimbriae, which are finger-like structures. The fimbriae catch and guide an egg when the ovary releases it. The fallopian tubes play an important role in conception because they are where most eggs are fertilized.<sup>[8]</sup>

Blocked fallopian tubes do not often present symptoms other than difficulty conceiving. Doctors typically class this as having tried to conceive for 1 year without success. A blocked fallopian tube may cause some women to experience symptoms such as pain in the pelvis or belly. This pain might happen regularly, such as around the time of their period, or be constant.

Sometimes, a blockage in a fallopian tube can cause a fertilized egg to get stuck. This is known as an ectopic pregnancy.<sup>[9]</sup> An ectopic pregnancy may not always cause symptoms and is usually detected during a scan. However, some woman may experience signs of pregnancy, such as stomach pain on one side of the body, or vaginal bleeding. Any woman who suspects she has an ectopic pregnancy should seek immediate medical attention.

### Causes<sup>[10]</sup>

Fallopian tubes can become blocked for a range of reasons, which include.

- a history of pelvic infection
- a previous burst appendix  
having had a sexually transmitted disease, such as gonorrhoea or chlamydia
- endometriosis, a condition that causes the lining of the womb to grow outside of the uterus
- history of abdominal surgery
- hydrosalpinx, which is swelling and fluid at the end of a fallopian tube

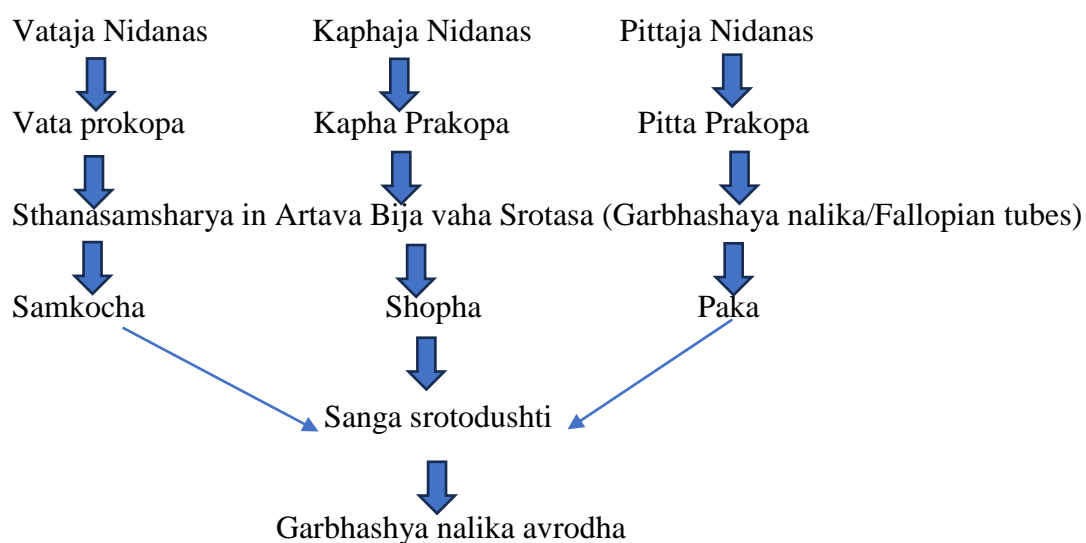
All of these conditions can affect the fallopian tubes directly or this area of the body. In most cases, these conditions or procedures create scar tissue that can block the tubes.

### Action of Uttar Basti on Tubal Blockage

Uttarbasti is a part of panchakarma treatment under Ayurveda. It addresses the problems of the urinary tract and genital systems. Uttarbasti or intrauterine medicine instillation is the most effective treatment for a tubal blockage in the field of Ayurveda. It is a non-surgical procedure which purifies the Artavavaha Strotas i.e. uterus and fallopian tube. Uttarbasti enhance the fertility rate by normalizing the Vata dosha in Yoni.<sup>[11]</sup>

Dravya	Doshagnata	Property	Action
Apamarga <sup>[12]</sup> Kshara Taila	Kapha Shamaka	Ushna, Tikshna, Lekhniya	Bhedan
Bala <sup>[13]</sup> Taila	Tridoshashamka	Guru, Singdha	Prajakrama, Balaya
Kumari <sup>[14]</sup> Taila	Vata-aphashamaka	Ushna, Tikshna, Sara, Laghu. Pramathi, Sukshma	
Yavakshara <sup>[15]</sup> Taila	Vata-aphashamaka	Ushna, Sara, Laghu, Sukshma	Garbhaprada
Kasisadi Tail	Vata Kaphashamaka	Ushna, Tikshna, Lekhniya	
Tila <sup>[16]</sup> Taila	Vata-Kaphashamaka	Ushna, Sara, Vyavayi, Sukshma, Vikasi, Tikshna, Lekhaniya	Balakara, Garbhashaya shodhana

### Pathogenesis of tubal blockage in Ayurveda



### OBSERVATION AND RESULT

#### Apamarga Kshara Taila with BalaTaila

Cases		Before treatment	After treatment
Case 1	Primary infertility	B/l Partial tubal blockage	B/l Free spillage seen
Case 2	Primary infertility with PID	B/l Cornual blockage	B/l Tubes Patent
Case 3	Secondary infertility with previous LSCS	B/l Cornual blockage	Right tube patent

#### Yavakshara Taila

- Unilateral tubal blockage:- Effective
- Bilateral cornual block:- Effective
- Bilateral fimbrial block :-Effective
- Tubal block with PID:- Less effective

#### Kumari Taila

- Unilateral and bilateral tubal blockage- 62.50%

- Bilateral tubal blockage- 37.50%
- Yathochita Kale- 68.75%
- Adarshanam-56.25%
- Alpata, and Yonivedana -31.25%

#### **Kshar Taila, Bala Taila & Kasis Taila**

- 59.50% unilateral tubal blockage.
- 40.50% patient had bilateral tubal.
- Vaginal discharge improved by 70.22%.
- 69.56% & 69.95% improvements in symptoms low backache and lower abdominal pain.

#### **DISCUSSION**

On analysing the effect of Uttar Basti on tubal blockage, highly significant results show the potency of the drugs used and also the efficacy of Uttar Basti. It is clear that its action on various disorders acts in both ways, local as well as systemic. In case of tubal blockage, this effect seems to be more local than systemic.

The Tila Taila<sup>[17-19]</sup> is Vranashodhaka and Vranapachaka. It is Krimighna too. Other than that its specific role on the uterus and reproductive tract is also mentioned as Garbhashayashodhana and Yonishulaprashamana. All these properties indicate its antiseptic and anti-inflammatory effects. Its Vyavayi and Vikasi Guna show its potency to enter the minute channels and to spread easily. Thus, it is the best medium for any drug to reach the tubal cavity and remove the blockage.

The drugs assumed as effective to open the fallopian tubes were considered to have vata kapha shamaka, lekhan properties of Apamarga kshara taila and Kshar are moves unhealthy tissues and help in growth of healthy tissues. Bala Taila has Tridosha shamaka, prajakrama and balaya properties.

Yavakshara had Vata-Kapha Shamaka and Aampachaka action. It also has Gulmanashana and Kapha nissaraka Karma. Further, any of the Kshara is said to be the best for checking the recurrence. It helps in scraping of obstructing substance and also removes the endometrial lining of tubes and uterus. It removes the fibrosed and damaged endometrium and promotes its rejuvenation. Thus, this management not only removes the blockage but also creates an environment conducive for inside the intrauterine implantation Kumari<sup>[20-22]</sup> (Aloe vera) is

well-established for its anti-inflammatory, ulcer healing, and antibacterial properties. It is Tikshna and VataKapha vardhaka by Karma. Thus, it removes the outer fibrosis of the endometrium and helps in its rejuvenation. Its anti-inflammatory action decreases the inflammation and its ulcer healing property helps the inner lining of the tubes and uterus to heal.

The action of kshar tail, bala tail & Kasis tail acts on various disorders in both ways local as well as systemic. The drug has been chosen from sharangdhar samhita which is found to be vatakapaghna, katu-tikta rasatmak, katu vipaki and ushan virya in nature. Kasis tail is found to be katu, ushna, katu in nature. It acts also lekhan, ksharan, bhedan in nature. Bala tail acts as bruhan mansadhatuposhak therefore in Alpartava endometrium is formed. In general, Basti regulates the nervous control and uttarbasti regulates the autonomous nervous system controlling the pelvic organs.

In uttarbasti with ushna tikshna, lekhan, bhedan drugs help to remove fibrosis of endometrium & thus help in its rejuvenation.

## CONCLUSION

- The durgs used in various studies can be used for management of infertility due to tubal blockage.
- Uttarbasti enhance the fertility rate by normalizing the Vata dosha in Yoni.
- After some further researches, IUUB can be established as an easily accessible, cost-effective, ayurvedic therapy for tubal blockage, with minimum adverse effects.
- It can be said that Uttarbasti may replace microsurgeries in the management of tubal infertility in near future.

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