

EFFECT OF *BRIHATYADI YAPANA BASTI* IN THE MANAGEMENT OF VANDHYATVA (FEMALE INFERTILITY) W.S.R TO ANOVULATORY FACTOR – A CASE STUDY

Gaurav Balat*¹, L. P. Dei² and S. B. Donga³

¹PG Scholar, Department of Prasooti Tantra and Stree Roga.

²Professor and Head, Dept. Prasooti Tantra and Stree Roga and I/C Dean IPGT & RA.

³Associate Professor, Department of Prasooti Tantra and Stree Roga, IPGT & RA, GAU, Jamnagar.

Article Received on
10 April 2018,

Revised on 30 April 2018,
Accepted on 20 May 2018

DOI: 10.20959/wjpr201811-12332

***Corresponding Author**

Gaurav Balat

PG Scholar, Department of
Prasooti Tantra and Stree
Roga.

ABSTRACT

Background: Infertility is the most sensitive and cumbersome problem which haunts every couple. The major cause in infertility is female factor which is 50%. Female-factor infertility is most commonly caused by lack of ovulation (i.e. the development and release of eggs from the ovary). Among female factor the sub factors are ovarian, tubal, endometrial and uterine. Female Infertility due to Ovulatory Factor is the most contributing factor, in 35- 40% of the cases. Ovulation problems can be caused by hormonal deficiencies or lifestyle factors, such as obesity, alcohol intake, or being severely underweight. So for this study, we considered only Anovulatory factor

infertility. **Aim and Objective:** The present study is an effort to understand the disease according to Ayurvedic principles & to evaluate the role of as a safer and cost-effective Ayurvedic treatment modality in female infertility. **Materials and Methods:** One patient came with Secondary infertility of 3 year in the O.P.D. of IPGT & RA, Jamnagar. Anovulatory cycle was diagnosed by TVS (trans vaginal sonography) between 11th to 20th day of menstrual cycle. *Brihatyadi yapana basti* was administered 400ml per rectum form the after completion of menses for 15 day in morning for 2 cycle. **Results:** patient was conceived during 2nd cycle of treatment. TVS (trans vaginal sonography) between 11th to 20th day of menses cycle. Ovulation occurs on 19th day during 1st cycle treatment and on 16th day during 2nd cycle treatment. Next month patient have got UPT positive. **Conclusion:** Thus *Brihatyadi yapana basti*, described by *Acharya Charaka* contains drugs having *Balya*, *Brihaniya*,

Deepana, Pachana, Yonivishodhana, Rutupravartana etc. Here, “*Rutupravartana*” indicates both *Artavajanana* and *Beejotsarga* property resulting better function of Ovary. With further researches *Yapana basti* can be an established as line of treatment of infertility with anovulatory cycle.

KEYWORDS: Female infertility, anovulation, *Brihatyadi Yapana Basti*.

INTRODUCTION

Infertility define as a failure to conceive within one or more years of regular unprotected coitus.^[1] It is of two types. Primary infertility-refers to couples who have not become pregnant after at least 1 year having sex without using birth control methods and Secondary infertility- refers to couples who have been able to get pregnant at least once, but now are unable. In *Ayurveda Acharya Shushruta* describe four essential factor for healthy progeny like *Ruru, Kshetra, Ambu, Beeja*.^[2] Fulfillment of all the above essentials ensures the fullness of the motherhood. Any short come of the above factors impedes the conception and thus the motherhood of a woman. Among them *Beeja* is the core stone of the female reproductive process and in its absence conception cannot achieve despite of all the other factors. Here the *Beeja* is taken as *Antahpushpa* i.e. ovum. So anovulation can be included under. *Beeja Dushti*. Act of ovulation is regulated by *Vata* especially *Apana Vata*. So in our classics the *basti* is well defined by *acharyas* and it is well acting for the anuloman of *apan vayu* which is the main vitiating factor of genital system. *Yapana Basti* is indicated in Infertility by *Acharya Charaka* in *sidhdhisthan* chap.12.^[3] So, here we selected the *Brihatyadi Yapana Basti* treatment for the infertile patient.

CASE HISTORY

A female patient XYZ of age 27 years with married life 5 years came with complaints of oligomenorrhoea and secondary infertility. Patient gave detail history that, she had regular menses but flow was less (i.e. 1-2 days flow/30-32 day's cycle/ 1 pad). She has one abortion 3 year ago. She has taken treatment for these complaints of oligomenorrhoea, backache and infertility from general practitioner doctor 1 year followed by allopathic treatment for 2 years. But still there was no relief and patient thus came to take Ayurvedic treatment. During this course of treatment all basic investigations were done of both husband and wife.

Husband: Semen analysis was normal with normal morphology of sperm. Also he had no complaints of erectile dysfunction etc.

Wife: USG pelvis and Hysterosalpingography reports were normal, ovulatory study showed anovulatory cycles. General and systemic examinations along with per abdomen and per vaginal examinations were normal. Her vitals include Blood Pressure was 110/70 mmHg, Pulse rate: 78/minute, body weight 56kg height 5.1inch.

Management

Treatment planned for the patient was *Brihatyadi Yapana Basti* - (*CHA.S.SI.12*).

Drug	Route	Dose	Duration	Time
<i>Brihatyadi Yapana Basti</i>	Rectal	400ml	Total 15 days, After cessation of menses for 2 consecutive cycles	At morning 8:30am to 10:00am

Ingredients- *Brihatyadi Yapanabasti*-(*Cha.S.Si.12*)

The drugs selected for the study and its ingredients are as shown in the table below-

Kwath Dravyas

No	Drug	Latin Name	Part used	Quantity
1	<i>Brihati</i>	<i>Solanum indicum</i> linn.	Root	15gm
2	<i>Kantakari</i>	<i>Solanum xanthocarpum</i> schrad. & wendle	Root	15gm
3	<i>Shatavari</i>	<i>Asparagus recemosus</i> willd	Root	15gm
4	<i>Chhinaruha</i>	<i>Tinospora Cordifolia</i> (willd) miess	Stem	15gm
<i>Kalka Dravyas</i>				
5	<i>Madhuka</i>	<i>Glycyrrhiza glabra</i> linn.	Root	5gm
6	<i>Madanaphala</i>	<i>Randia dumetorum</i> lam.	Fruit	5gm
7	<i>Pipalli</i>	<i>Piper longum</i> linn	Fruit with bract	5gm
8	<i>Madhu</i>			60ml
9	<i>Ghrita</i>			60ml
10	<i>Tila Taila</i>			60ml
11	<i>Cow's milk</i>			240ml

1st cycle

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
A. G. AYURVED HOSPITAL (O.P.D.)
આ.વી.કી. હોસ્પિટલ

રોગી નામ: સુવિભવિની, જામનગર
આયુર્વેદીય સ્નાતકોત્તર શિક્ષણ एवं अनुसंधान संस्थान
(रूग्ण प्रवेश पत्र (I.P.D.))

Date: 12/11/17
Time: 10:30 AM
Ref: 12/11/17
Page: 1 of 1

12/11/17 - Failure to conceive for 5 yrs.
ML - 5 yrs.
28 days cycle
0/4 - G₁A₁
A₁ - 2 yrs (2 years back)
P/H - nil
C/H - 1-2 times/week
P/H - app sleep 10
Revised
① 3rd day 2 hrs
② 4th day 2 hrs
③ 5th day 2 hrs
④ 6th day 2 hrs
⑤ 7th day 2 hrs
⑥ 8th day 2 hrs
⑦ 9th day 2 hrs
⑧ 10th day 2 hrs
⑨ 11th day 2 hrs
⑩ 12th day 2 hrs
⑪ 13th day 2 hrs
⑫ 14th day 2 hrs
⑬ 15th day 2 hrs
⑭ 16th day 2 hrs
⑮ 17th day 2 hrs
⑯ 18th day 2 hrs
⑰ 19th day 2 hrs
⑱ 20th day 2 hrs
⑲ 21st day 2 hrs
⑳ 22nd day 2 hrs
㉑ 23rd day 2 hrs
㉒ 24th day 2 hrs
㉓ 25th day 2 hrs
㉔ 26th day 2 hrs
㉕ 27th day 2 hrs
㉖ 28th day 2 hrs
㉗ 29th day 2 hrs
㉘ 30th day 2 hrs
㉙ 31st day 2 hrs
㉚ 32nd day 2 hrs
㉛ 33rd day 2 hrs
㉜ 34th day 2 hrs
㉝ 35th day 2 hrs
㉞ 36th day 2 hrs
㉟ 37th day 2 hrs
㊱ 38th day 2 hrs
㊲ 39th day 2 hrs
㊳ 40th day 2 hrs
㊴ 41st day 2 hrs
㊵ 42nd day 2 hrs
㊶ 43rd day 2 hrs
㊷ 44th day 2 hrs
㊸ 45th day 2 hrs
㊹ 46th day 2 hrs
㊺ 47th day 2 hrs
㊻ 48th day 2 hrs
㊼ 49th day 2 hrs
㊽ 50th day 2 hrs
㊾ 51st day 2 hrs
㊿ 52nd day 2 hrs

12/11/17 - Failure to conceive - 5 yrs.
ML - 5 yrs
28 days cycle
0/4 - G₁A₁
A₁ - 2 yrs (2 years back)
P/H - nil
C/H - 1-2 times/week
P/H - app sleep 10
Revised
① 3rd day 2 hrs
② 4th day 2 hrs
③ 5th day 2 hrs
④ 6th day 2 hrs
⑤ 7th day 2 hrs
⑥ 8th day 2 hrs
⑦ 9th day 2 hrs
⑧ 10th day 2 hrs
⑨ 11th day 2 hrs
⑩ 12th day 2 hrs
⑪ 13th day 2 hrs
⑫ 14th day 2 hrs
⑬ 15th day 2 hrs
⑭ 16th day 2 hrs
⑮ 17th day 2 hrs
⑯ 18th day 2 hrs
⑰ 19th day 2 hrs
⑱ 20th day 2 hrs
⑲ 21st day 2 hrs
㉑ 22nd day 2 hrs
㉒ 23rd day 2 hrs
㉓ 24th day 2 hrs
㉔ 25th day 2 hrs
㉕ 26th day 2 hrs
㉖ 27th day 2 hrs
㉗ 28th day 2 hrs
㉘ 29th day 2 hrs
㉙ 30th day 2 hrs
㉚ 31st day 2 hrs
㉛ 32nd day 2 hrs
㉜ 33rd day 2 hrs
㉝ 34th day 2 hrs
㉞ 35th day 2 hrs
㉟ 36th day 2 hrs
㊱ 37th day 2 hrs
㊲ 38th day 2 hrs
㊳ 39th day 2 hrs
㊴ 40th day 2 hrs
㊵ 41st day 2 hrs
㊶ 42nd day 2 hrs
㊷ 43rd day 2 hrs
㊸ 44th day 2 hrs
㊹ 45th day 2 hrs
㊺ 46th day 2 hrs
㊻ 47th day 2 hrs
㊼ 48th day 2 hrs
㊽ 49th day 2 hrs
㊾ 50th day 2 hrs
㊿ 51st day 2 hrs
52nd day 2 hrs

2nd cycle

GUJARAT AYURVED UNIVERSITY, JAMNAGAR
A. G. AYURVED HOSPITAL (O.P.D.)
આ.વી.કી. હોસ્પિટલ

રોગી નામ: સુવિભવિની, જામનગર
આયુર્વેદીય સ્નાતકોત્તર શિક્ષણ एवं अनुसंधान संस्थान
(रूग्ण प्रवेश पत्र (I.P.D.))

Date: 12/11/17
Time: 10:30 AM
Ref: 12/11/17
Page: 1 of 1

12/11/17 - Failure to conceive since 5 yrs.
ML - 5 yrs
28 days cycle
0/4 - G₁A₁
A₁ - 2 yrs (2 years back)
P/H - nil
C/H - 1-2 times/week
P/H - app sleep 10
Revised
① 3rd day 2 hrs
② 4th day 2 hrs
③ 5th day 2 hrs
④ 6th day 2 hrs
⑤ 7th day 2 hrs
⑥ 8th day 2 hrs
⑦ 9th day 2 hrs
⑧ 10th day 2 hrs
⑨ 11th day 2 hrs
⑩ 12th day 2 hrs
⑪ 13th day 2 hrs
⑫ 14th day 2 hrs
⑬ 15th day 2 hrs
⑭ 16th day 2 hrs
⑮ 17th day 2 hrs
⑯ 18th day 2 hrs
⑰ 19th day 2 hrs
⑱ 20th day 2 hrs
⑲ 21st day 2 hrs
㉑ 22nd day 2 hrs
㉒ 23rd day 2 hrs
㉓ 24th day 2 hrs
㉔ 25th day 2 hrs
㉕ 26th day 2 hrs
㉖ 27th day 2 hrs
㉗ 28th day 2 hrs
㉘ 29th day 2 hrs
㉙ 30th day 2 hrs
㉚ 31st day 2 hrs
㉛ 32nd day 2 hrs
㉜ 33rd day 2 hrs
㉝ 34th day 2 hrs
㉞ 35th day 2 hrs
㉟ 36th day 2 hrs
㊱ 37th day 2 hrs
㊲ 38th day 2 hrs
㊳ 39th day 2 hrs
㊴ 40th day 2 hrs
㊵ 41st day 2 hrs
㊶ 42nd day 2 hrs
㊷ 43rd day 2 hrs
㊸ 44th day 2 hrs
㊹ 45th day 2 hrs
㊺ 46th day 2 hrs
㊻ 47th day 2 hrs
㊼ 48th day 2 hrs
㊽ 49th day 2 hrs
㊾ 50th day 2 hrs
㊿ 51st day 2 hrs
52nd day 2 hrs

12/11/17 - Failure to conceive - 5 yrs.
ML - 5 yrs
28 days cycle
0/4 - G₁A₁
A₁ - 2 yrs (2 years back)
P/H - nil
C/H - 1-2 times/week
P/H - app sleep 10
Revised
① 3rd day 2 hrs
② 4th day 2 hrs
③ 5th day 2 hrs
④ 6th day 2 hrs
⑤ 7th day 2 hrs
⑥ 8th day 2 hrs
⑦ 9th day 2 hrs
⑧ 10th day 2 hrs
⑨ 11th day 2 hrs
⑩ 12th day 2 hrs
⑪ 13th day 2 hrs
⑫ 14th day 2 hrs
⑬ 15th day 2 hrs
⑭ 16th day 2 hrs
⑮ 17th day 2 hrs
⑯ 18th day 2 hrs
⑰ 19th day 2 hrs
⑱ 20th day 2 hrs
⑲ 21st day 2 hrs
㉑ 22nd day 2 hrs
㉒ 23rd day 2 hrs
㉓ 24th day 2 hrs
㉔ 25th day 2 hrs
㉕ 26th day 2 hrs
㉖ 27th day 2 hrs
㉗ 28th day 2 hrs
㉘ 29th day 2 hrs
㉙ 30th day 2 hrs
㉚ 31st day 2 hrs
㉛ 32nd day 2 hrs
㉜ 33rd day 2 hrs
㉝ 34th day 2 hrs
㉞ 35th day 2 hrs
㉟ 36th day 2 hrs
㊱ 37th day 2 hrs
㊲ 38th day 2 hrs
㊳ 39th day 2 hrs
㊴ 40th day 2 hrs
㊵ 41st day 2 hrs
㊶ 42nd day 2 hrs
㊷ 43rd day 2 hrs
㊸ 44th day 2 hrs
㊹ 45th day 2 hrs
㊺ 46th day 2 hrs
㊻ 47th day 2 hrs
㊼ 48th day 2 hrs
㊽ 49th day 2 hrs
㊾ 50th day 2 hrs
㊿ 51st day 2 hrs
52nd day 2 hrs

DISCUSSION

Ovulation is under the control of *Vata*. Selected drug having properties like *Uahsna* and *Tikshna Guna*, *Katu vipaka*, *Ushna Viirya* which helpful in PCOD. Selected drug having properties like *Balya*, *Brihaniya*, *Deepana*, *Pachana*, *Yonivishodhana*, *Rutupravartana*, *Prajasthapan*, *Garbhaphoshak* etc. as described by Charaka Here, "*Rutupravartana*" indicates both *Artavajanana* and *Beejotsarga*. Act of ovulation is regulated by *Vata* especially *Apana Vata*. *Vata Dosha* is the governing factor of the whole reproductive physiology; ovulation is also under the control of *Vata*. Therefore any vitiation of *Vata* will certainly affect the ovulation. In this aspect, *Basti* is considered to be the best treatment for *Vata*. So it may act on anovulation by normalizing the pelvic reproductive physiology.

RESULT

During 2nd month of follow up patient came with 1 month 10 days amenorrhea on 28/04/2017. Urine pregnancy test was conducted at hospital and found positive. Patient was sent for USG on 28/04/2017 which showed single Gestational sac (6.3 weeks) with fetal pole and cardiac activity. Patient delivered a full term female child by normal delivery at G.G. hospital, Jamnagar, Gujarat on date 15/12/2017 with 2.3 kg baby weight.

Ticlo ss. Gaurav

Gujarat Ayurved University, Jamnagar
I. P. G. T. & R. A.
STREEROGA & PRASOOTITANTRA DEPTT.
U. S. G. CARD

Pt's Name: *Nilam* *critish* Age: *27*
Sonologist: *Dr. Tajul* *6hr* Ref. by: *Dr. S.B. Dugga*
O.P.D. No.: *F5257* Date: _____
I.P.D. No.: _____ Ward/Bed No.: _____
DOA: _____ DOD: _____
Provisional Diagnosis: *21/04/17*

Short History & Cll-Findings
5 month of pregnancy
LMP - 18/3/17
PDD - 25/12/17
OLV C2 P0 A1
A. amera

Adv. - U. S. G.
(TVS / Abd.)
P W/B

Visiting Day
અનુવર્તન સ્થળ : - આ હાલ જન સલામત સમય.
-હાલિયતમાં આવા ત્યાગ દરમિયાન હાલ સારા સ્થિતિ.

Dr. S.B. Dugga
Consultant Doctor's Sign.

7825646296

Consultant's Advice :-
30/5/17 *30/7/17* *15th d.* *30/7/17*
Rt. Lt. Endo C. Impression

Impression and Comments :- *27/06/2017-0002*
Obstetric U.S.G.
7/05/2017 *Gr. S. usg CRL- 10.1 cm*
fetal pole on chnd.
Proth. away - R

Impression and Comments :-
Gynaecological U.S. G.

NEW BORN BABY WARD
G. G. Hospital, Jamnagar

NEONATAL RECORD

Name : B/O : Nidumben Gofish Sex : F/L
Date of Birth : 15-12-2017 Time : 2:39 am
Delivery Mode : PTV
Birth Weight : 2.2 Kg. Length : 32 cm.
OPD No. : Indoor No. 361547
Post Natal Unit : 3 Discharged No. :
Mother BG Rh : O+ve Baby BG Rh : O+ve
On Discharge : 16/12/17
Baby is stable hemodynamically. Clinical examination is with in normal limits.
Inj. Vitamin K (Phytomenadione) given ☒
Feeding Mode : Breast Feeding
Weight : 2.3 Kg. HC : 32 cm.
Icterus : 4-2
2, 2, 12
Sign. of NBBW Registrar

CONCLUSION

Thus, this total treatment may have stimulated hypothalamo-pituitary-ovarian axis by regulating all the doshas in the body, removing kleda and giving balya to the dhatus (may be correlated with: regulates the co-ordination of hormones, stimulates the organs to secrete their secretions and also give strength to the organs). *Basti* is considered to be the best treatment for *Vata* so *Yapana Basti* act on anovulation by normalizing the pelvic reproductive physiology and it have brought ovulation due to which patient conceived.

REFERENCE

1. Text book of Obstetrics sixth edition by D. C. Dutta edited by Harilal Konar page no: 227.
2. Sushruta Samhita Sharirasthana chap.2/35 Hindi commentary by Kaviraj Ambikadutta Shastri page no: 19.
3. Agnivesha, Charaka Samhita, revised by Charaka and Dridhbala with 'Vidyotini hindi commentary' edited by Pt.Kashianth Sastri and Dr. Gorakhanatha Chaturvedi, Chowkhamba Sanskrit Sansthana, Gopal Mandir Lane, Varanasi: reprint 2011 sidhhisthana 12/15/4 1067pp. reprint 2013.