



Practical Approach to Garbha Sambhavasamagri: A Case Study

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Abstract:

The most widespread health issue in women today is fertility problems. In most cases the women do not know from where to start and they go for hormonal profiles, ovulation factors and many more costly and interventional *Kapha Dosha Prakopainvestigations*. In our principles of *Ayurveda* we consider the presence of four essential factors in a women called as *Garbha Sambhavasamagri* along with unvitiated *Doshas* specially *Vata Dosha* to be able to conceive. Here is a case of infertility viewed from ayurvedic eyes, occurring due to vitiated *Doshas* and abnormalities in *Garbhasambhavasamagri*. The patient was having *Vata* and which was leading to *Artavkshaya (Ritukaal Dushti)*, *Yoni Strava (Kshetra Dushti)*, *Beej Granthi (Beej Dushti)* and *Aam Ras Dhatuformation (Ambu Dushti)* and finally to infertility in combination. Thus all four factors were affected in the present case. The women was given treatment based on the pathogenesis framed according to these four cardinal factors and she conceived after two months of treatment.

Introduction:

Infertility is “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.”¹ Infertility may have a single cause in one of the partners, or it could be the result of a combination of factors. Most people will have the strong desire to conceive a child at some point during their lifetime. Most couples (approximately 85%) will achieve pregnancy within one year of trying. Only an additional 7% of couples will conceive in the second year. As a result, infertility has come to be defined as the inability to conceive within 12 months. However, there are various scenarios where one may be advised to seek help earlier. These include: irregular menses, family history of delayed conception, presence of any medical illness in any of the partner, age greater than 35 years, etc.² The present available treatment of infertility is costly, less effective, have low success rates and also have the potential to affect negatively. In *Ayurveda* it is mentioned that in order to fulfill the achievement of *Garbha*, the four fertility factors i.e. *Ritu*, *Kshetra*, *Ambu*, *Beej* should be adequate.³ *Ritukaal* is the most fertile period governed by *kapha* and *pitta dosha*. *kshetra* is healthy uterus and female genital tract which facilitates the entry of sperm. *Ambu* represents the nutritional elements responsible for embryo implantation and fetal growth produced from diet. *Beeja* includes healthy ovum and sperm. All these factors are governed by presence of unvitiated *Doshas*. The line of treatment in *Ayurveda* is based on normalizing these four factors along with three *Doshas*. Here is presented a case of infertility seeking help early within 16 months of marriage. Considering the four factors of *Garbhasambhava Samagri* the *Samprapti* of the case is made and *Samprapti Vighatan* is done giving particular attention to each factor. The underlying conditions causing infertility are improved and the patient conceived within 2 months of treatment.

Case Study:

A 21 years old female patient eager to conceive reported to *Prasutitantra and Stree Roga* outdoor department in *Rishikul* Campus of Uttarakhand Ayurveda University, Haridwar on 6 Jan 2017. Her married life was 1.4 years. She was having chief complaint of scanty menses from 4 months and pain in lower abdomen, localized more to right lower quadrant. Pain had no relation with intercourse and was not that much severe to restrict her day to day activities.

She is also having associated white discharge per vaginum from 4 months along with lower backache. She was taking continuous allopathic treatment for conceiving from past 6 months but failed. No child was born in her family since 10 years. That is the reason she and her in laws are too eager for having her child within early months of her marriage. She visited Allopathic Hospital for her treatment. Lower abdominal USG (11/12/2016) was done there and she was diagnosed for right ovarian cyst of about (5.58*4.07*5.11cm) along with poly cystic appearance of left ovary (no. of follicles were more than 8).

She was advised hormonal treatment along with surgical removal of Ovarian Cyst. Patient was unwilling for the prescribed treatment. So she came to our hospital for *Ayurvedic* management.

Thorough interaction with the patient gives the following data:

The lady had menstrual cycle of 28 days. Duration of the flow was 2 days and she used 2 to 3 pads per day. The age of menarche was 13 yrs. She was living with her husband since her marriage. The marital relations were healthy. Husband's semen analysis report was absolutely normal. Any relevant past medical, surgical history, drug history and family history was not reported.

Ashtvidhapariksha:

Naadi (Pulse): *Vataj*

Malam(Faecal matter) : *Samanaya*

Mutra (Urine): *Samanya*

Jihva(tongue): *Samanya*

Shabd (voice): *Samnaya*

Sparsh(skin texture): *Ruksha*

Drik (eyes): *Samanya*

Aakriti (body built): *Krish*

Dashvidhapariksha :

Prakriti (Physical and mental constitution):

Vataj, Rajsik

Vikriti(Pathological condition): *Vaat Kaphaj*

Sara– (*Dhatusaar*-Perfectness of body tissue):

madhyama

Samhanana: *Dhatubandhan*- body compactness

-*Samanya*

Pramana-*Samanya*

Satmya(Homologation): *Avara*

Satva (Psychic constitution): *Madhyama*

Aharashakti(Digestive capacity): *Madhyama*

Vyayamashakti(Capacity for exercise): *Avar*

Vaya(Age of the patient): *Yuvati*

General Examination:

General condition: fair

Blood pressure: 110/70 mmHg

Temperature: 98.4°f

Pulse: 94/min

Pallor: +

Oedema: not any

Icterus: not any

Lymph nodes: not enlarged

Thyroid glands: not enlarged

Neck veins: not engorged

Systemic examinations:

CNS:Patient well oriented for time place and person and well conscious.

CVS: s1s2 heard no added sounds present.

R/S: B/L chest clear, no added sounds present

Per abdomen: soft, non-tender abdomen.

Gynaecological Examination:

External examination:

Ringworm infection on inner part of thighs along with labia majora found.

P/S: thick white discharge present,cervicalos nulliparous and cx red congested

P/V: uterus nulliparous size, anteverted, a mass approx. 4cm size felt in right fornix, left fornix clear.

Investigations:

Hemoglobin-13.2

FBS-65.4 mg/dl

TLC-4.6*10³/UL

HIV-NR

MCH-26.9 pq

HBsAg-NR

MCV-81.6 fl

Anti HCV-NR

MPV- 14.5 fl

Serum TSH and prolactin were within normal limits.

HVS culture and sensitivity reports revealed gm-ve motile E.ColiSps

Wet smear- septate fungal hyphae present.

Treatment Given:

As per the reference given in our *Ayurvedic* classics following treatment was prescribed for the period of two months:

- Shatpushpachurna 6 gm in two divided doses
- Shudh tankan bhasma 250 mg in two divided doses
- Yograjguggulu 250 mg 2BD
- Triflaguggulu 250 mg 2BD
- A combination of Nimbachurna 3 gm+khadirachurna 3 gm + Shudhgandhak 250 mg + rasmanikya 120mg three times a day.

Results:

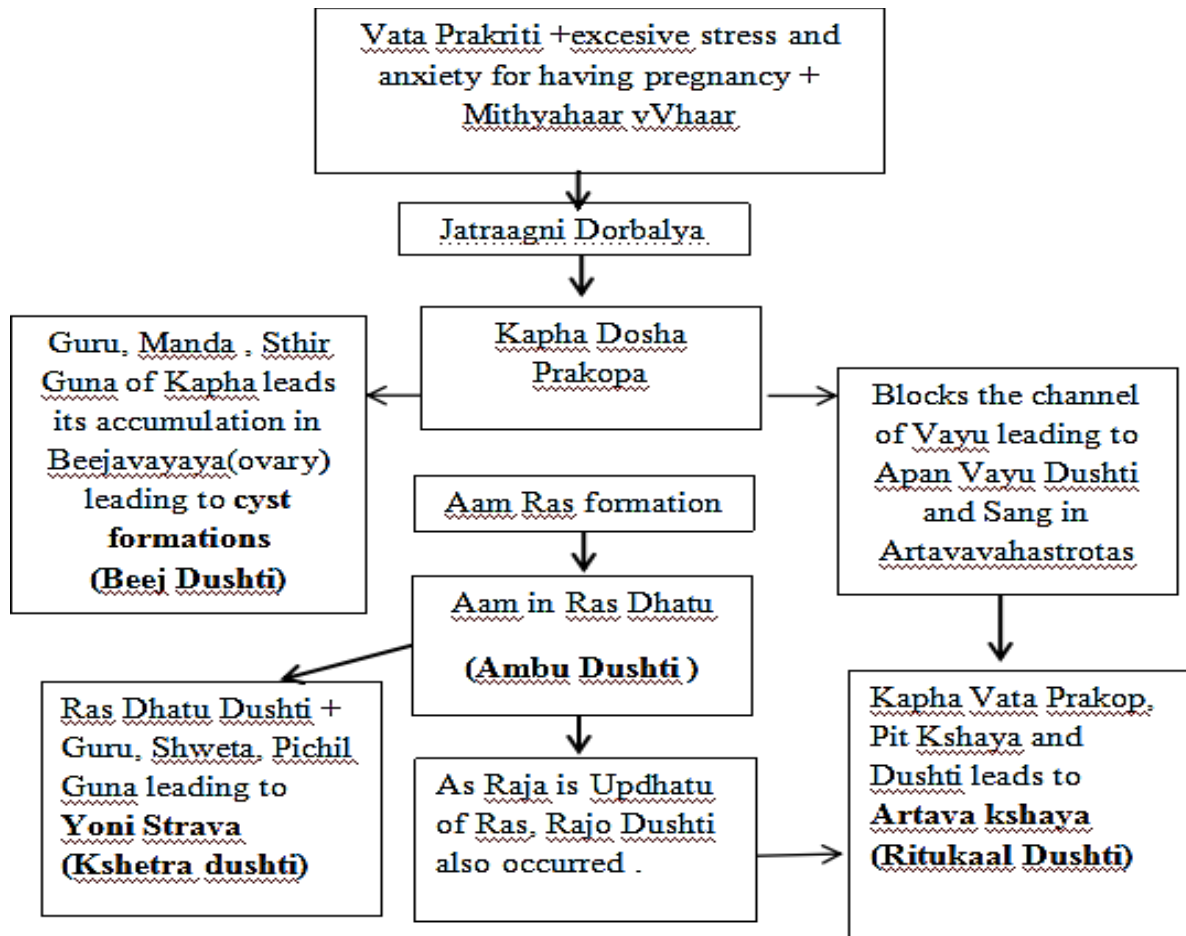
After 15 days of treatment patient got relieved in white discharge and itching per vaginum. Her ringworm rashes decreased in size. On continuing treatment the patient missed her period on 29 march 2017(LMP-29 feb 2017).

Discussion:

The main culprit *Doshas* involved in the present case is the *Kapha* and *vat*. *Acharya sushruta* laid down the importance of four factors in the conception and said that just as proper season, good field, enough supply of water and minerals and good seed are essential to produce a good crop, the *Rutukala*(a well-developed proliferative phase followed by ovulation), *Kshetra*(healthy reproductive system), *Ambu* (nutritional elements from *Ahaar Rasa*)and *Beeja*(ovum and sperm) are essential factors of conception. Imbalance of any of these features leads to infertility. In the present cause the *Dushti*of all these four factors is manifesting as pcod, ovarian cyst and vaginal infection. According to *Ayurveda*pcos is caused by aggravated *Kapha*leading to blockage to the flow of *Vayu*. The *Prakopitvata* and *Kapha* leads to *Pit Dushti*and its

Kshaya. Formation of cysts and vaginal infections are the pathognomic effects of increased and stagnant *Kaphadosha, Vatadosha And Aamras*.

The possible pathogenesis in the present case is as follows:



Mode of action of drugs used in the treatment:

Shatpusha is mainly *Kapha-Vatashamaka* , *Vedanasthapaka* , *Shothahara* , *Deepaka*, *Pachaka*, *Krimihgnahara*, *Vata-Anulomaka*. It contains phytoestrogens which have mixed estrogenic and antiestrogenic action, depending on target tissue. *Acharya Kashypa* highlighted the effect of *Shatapushpa* exclusively in many of gynaecological disorder such as *ArtavaKshya* or *Anartava* (amenorrhoea), *VishphalaArtava*, (without fruit means women not having child / can't conceive), *Atyartava* (menorrhagia) , *Alpaartava* (hypomenorrhoea), *Kashtartava* (dysmenorrhoea), *Rajonirvrutti* (menopause), *Vandhya* (infertility), *Pushpaghni* (PCOD/ PCOS), *Yoni-Shushkata* (dryness of vagina) and *Daurbalya* (weakness)⁴.

Tankan Bhasma is astringent and antiseptic; it promotes menstruation. It is regarded as *Streepushpajanak*(induces ovulation) by *Rasacharyas*. It alleviates *Kapha* and *Vata* and removes the obstruction in sub channels⁵.

Guggulu is having *Katutikta Ras*and *Ushnaveerya*. It is *Strotoshodhak* and have the ability to penetrate deeper cells by its *Sukshmaguna* . It clears the channel for flow of vaat which was obstructed by increased *kapha*⁶. *Yograjuggulu* is specially indicated for *Vaatik* disorders thus breaking down the pathogenesis from the root cause. *Triflaguggulu* have potent anti-inflammatory properties and induces cell death probably working on the cyst formation.

Nimba and *khadira* have *katuvipaak*, *Tiktaras* and *kaphashamak* properties. Due to *TiktaRas* they purify the *Dushit Pitta Dosh* which was manifesting as the skin infection (ringworm). *Nimba* is potent

antimicrobial and decrease vaginal discharges by its *Grahiguna*. *Rasmanikya* is *Vatkaphahar* and exhibit potent antimicrobial and antifungal activities⁷.

Gandhak is *Deepan*, *Pachan*, *Rasayan*(immunomodulator) and beneficial for skin disorders. It clears off the *Aam* from *Rasdhatu*. Both *Gandhak* and *Rasmanikya* along with *Khadir* had worked in removing the ringworm infection from skin.

Conclusion:

The four factors essential for conception i.e *Ritu* ,*Kshetra* , *Beej* and *Ambu* are of uttermost importance. The manifestation of infertility in patients if understood and treated on the basis of these four cardinal points can lead to success even in the cases having multiple causes of failure to achieve pregnancy as in this case.

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