

PREVENTION OF INFERTILITY THROUGH DIET AND LIFE STYLE MANAGEMENT

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ABSTRACT

Today's life is full of hurry-worry, deadlines, frustrations, and demands. For many people, stress is so common that has become a part of life. Stress and Impotence are closely connected. Stress can cause Erectile Dysfunction. Men facing increased stress may also have increased blood pressure and cholesterol. Both of these conditions increase a risk towards Impotence. Stress, which is causes additional Erectile Dysfunction issues. Ayurveda which is not only a system of medicine but a way of life, advocating prevention of disease is its primary aim. Apart from disease pathology cause of infertility is may also be an improper diet and lifestyle. Acharya charka has explained

infertility under "shandya" and it mentioned as virodhik ahar vihar janya vikara and rasa pradoshaj vikara. Obesity improper food habits, environmental factors, advanced maternal age, stress less sleep, illicit drug like opiates, Heroin some medication such as anti depressant, Antibiotics, tight fitting clothes are some aharaj and viharaj nidans of infertility. Ayurved believe in swasthasya & swastya rakshanam so following preventing healthy diet and lifestyle would be beneficial to treat infertility (Ch.Ni 6/9). The detail of prevention through lifestyle management and diet will be explained in presentation.

KEYWORDS: Ayurveda, Infertility, diet, lifestyle management.

INTRODUCTION

Today's life is full of hurry-worry, deadlines, frustrations, and demands. For many people, stress is so common that has become a part of life. Stress and Impotence are closely connected. Stress can cause Erectile Dysfunction. Men facing increased stress may also have increased blood pressure and cholesterol. Both of these conditions increase a risk towards Impotence. Stress, which is causes additional Erectile Dysfunction issues.

The recent census shown a steady rise in the population, which directly shows increased fertility, yet there are cases of infertility that need to be treated. God (or you may called 'the nature') has empowered every human being to reproduce itself. The function of reproduction is the noblest and giving a great satisfaction to the couple.

Apart from disease pathology cause of infertility is may also be an improper diet and lifestyle. Acharya Charka has explained infertility under "shandya" and it mentioned as virodhik ahar vihar janya vikara and rasa pradoshaj vikara. Obesity improper food habits, environmental factors, advanced maternal age, stress less sleep, illicit drug like opiates, Heroin some medication such as anti depressant, Antibiotics, tight fitting clothes are some aharaj and viharaj nidans of infertility. Ayurved believe in swasthasya & swastya rakshanam so following preventing healthy diet and lifestyle would be beneficial to treat infertility (Ch.Ni 6/9).

Completion of life cycle of a woman takes place when she becomes mother. Motherhood is God's wonderful and miraculous gift to woman. Infertility delays this gift. The rate of infertility is steadily increasing due to various factors. Among the patients attending gynaecology OPD, 30-40 % are of infertility. Lifestyle management and diet management may prevent this 40% cases of female infertility. During union of beeja of both sides i.e. *Shukra* (sperm) and *Artava* (ovum), entry of *Atma* (the soul) inside *Kukshi* is called 'Garbha'. In *Ayurveda*, to achieve pregnancy *Sushrutacharya* has given 4 essential factors : *Rutu* (fertile period), *Kshetra* (healthy reproductive organs), *Ambu* (proper nutrient fluid) and *Beeja* (ovum and sperm). In these 4 factors one important factor is 'Beeja', which includes *Shukra* and *Artava*. Ovulation refers to the act of rupture of mature Graafian follicle with release of a secondary oocyte. When follicle doesn't rupture then ovulation fails and that is called anovulation or *Anutsarg* of *Beeja* or *Beejopaghat*. Ovarian dysfunction is likely to be linked with disturbed Hypothalamo- Pituitary-Ovarian axis. In *Ayurveda*, it is described under *Artavakshaya*, *Nashtartava*, *Artavadushti* and *Beejopaghata* by various *Acharyas*. According

to *Sushrutacharya*, it should be treated with *Matsya*, *Kulattha*, *Masha (Udida)*, *Sura* and *Agneya dravyas*. Whereas *Acharya Charaka* states *vamanadi sanshodhan* for this. *Ayurveda* described 4 factors essentially to be present within pure or / and favorable form are : *rutu* (fertile period), *khetra* (healthy reproductive organs), *ambu* (proper nutrient fluid) and *beeja* (ovum and sperm).

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In the absence of *beeja*, fertilization fails. Infertility (i.e. *vandhyatva*) is defined as a failure to conceive within one or more years of regular unprotected coitus. There are 30- 40% patients complaining of infertility among the patients of gynaecology OPD.

Acharya kashyapa has mentiensd *Vandhyatva* under the *Nanatmaja Vikaras* of *Vata* and again he described some features to understand the diseases not indicated in the classics and stated that any type of *sankocha* is caused by *Vata* this *sankoch* is caused by *Vata* is one of the reasons of tubal block and ultimately infertility. *Bhela* also considers *Vata* responsible for *Vandhyatva*, "*Iha Narchhati Garbham Stri Vatenopahata tatha* Vitiation of *Vata* in tubal blockage causing infertility can be considered by its *Ruksha*, *Daruna* and *Khara Gunas* *Chakrapani* has stated *Darunatva* responsible for *Kathinya* and thus, causing sclerosis of tubes, while *Rukshatva* can be considered for abnormal function of tubes and its stenosis leading to tubal block.

Kapha is another *Dosha* responsible for tubal block for its *Avarodhaka* and *Shophajanaka* properties. If *Kapha* vitiates due to its *Sthira Guna*, it can lead to blockage. *Sushruta* has stated that *Puya* (suppuration is not possible without *Kapha*, while *Vagbhata* considers *Kapha* responsible for *Shopha*(inflammation). These *Shopha* and *Puya* are, of course, the most important causative factors for tubal infertility by producing the tubal block. In recent publication on *Ayurveda*, the tubal block is considered to be the caused by *Vatakaphajanya Avarodha*

Ovulation: It refers to the act of rupture of mature Graafian follicle with release of a secondary oocyte.

Causes: The following are the causes which may operate singly or in combination.

1) Endocrinal –**a) LH surge:**

Sustained peak level of oestrogen for 24-48 hours in the late follicular phase results in LH surge from the anterior pituitary (positive feedback effect). Effective LH surge persists for about 24 hours. The LH surge stimulates completion of reduction division of the oocyte and initiates luteinisation of the granulosa cells, synthesis of progesterone and prostaglandins.

b) FSH rise:

Preovulatory rise of 17- α -hydroxy progesterone facilitates the positive feedback action of oestrogen to induce FSH surge, gives rise to increase in plasminogen activator, gives rise to plasminogen, gives rise to plasmin, which helps in lysis of wall of follicle. Thus, the combined LH / FSH midcycle surge is responsible for the final stage of maturation, rupture of the follicle and expulsion of the oocyte.

2) Stretching factor**3) Contraction of micromuscles.**

Anovulation: When ovulation fails, the condition is called as 'anovulation' (Oligo-ovulation is also considered along with it). The ovarian activity is totally dependent on the gonadotrophins and the normal secretion of gonadotrophins depends on the pulsatile release of GnRH from hypothalamus. As such, ovarian dysfunction is likely to be linked with disturbed hypothalamopituitary-ovarian axis either primary or secondary from thyroid or adrenal dysfunction.

CAUSE

1. *Nashtartava,*
2. *Artavkshaya,*
3. *Ashta Artavdushti,*
4. *Arajaska Yonivyapada,*
5. *Vandhya Yonivyapada,*
6. *Revatigraha, Panchakarma vyapada and Manasik hetu.*

Nidana (Etiological factors): As all the diseases are caused by *Doshas* only. The *Nidanas* that are responsible for vitiating *Doshas* can be considered as the *Samanya* (general) *Nidanas*, while *Nidanas* of those diseases that can complicate into tubal blockage can be considered as *Vishishtha* (specific) *Nidanas* of this disease.

Samanya Nidana (General etiological factors)**Vata Vardhaka Niidana**

Dietary factors: light food, bitter, pungent, astringent, less quantity, non – unctuous, meals after passage of time.

Living habits: excessive coitus, inappropriate therapeutic measures, excessive elimination of *Doshas* and blood, fasting, excess swimming, emaciation, debilitating diseases, uncomfortable bed, product of improper digestion and metabolism, trauma, injury to vital parts, riding over an elephant, camel, horse, or fast moving vehicles, and falling down from the seats on these animals and vehicles, suppression of natural urges, night awakening, Talking with high volume, excess of *Vamana – Virechana*, fear, grief, worry, exercise, intercourse.

Seasonal and diurnal factors: rainy season, evening, early morning, after meals.

Pitta Vardhaka Nidanans

Dietary factors: pungent, sour, salt, hot, *Vidahi*

Living habits: anger

Seasonal and diurnal factors: autumn, noon, midnight, during digestion of food

Kapha Vardhaka Nidanans

Dietary factors: sweet, sour, salty, unctuous, not easily digestible, *Abhishyandi*, cold potency

Living habits: sedentary lifestyle, indigestion, sleeping in day time, over nutrition, improper *Vamana*

Seasonal and diurnal factors: just after meals, spring season, morning time, early night

TREATMENT

1. *Nashtartava* : According to *Acharya Sushruta* , it should be treated with *matsya, kulattha, amla padartha, tila, masha (udida), sura (madya), gomutra (cow's urine), takra, dadhi* (curd) and *shukta*.
2. *Artavkshaya* : *Agneya dravyas* like *Agaru, Kaleyaka, Kushtha, Haridra, Sarala, Langali*, etc. should be used. *Panchakarmadi sanshodhana* should also be done. Here *Sushruta* commentetor *Dalhanacharya* comments only *Vaman* should be considered for *shodhan*.
3. *Ashta Artavdushti* : *Sushrutacharya* has given *vidhivat snehan, svedana* and then *Vamana, Virechana, Niruhabasti, Anuvasan basti* and *Uttarabasti chikitsa* for *artavdushti*.

4. *Arajaska Yonivyapada* : Charakacharya has given treatment for *arajaska yonivyapada* as *Jivaniya gana dravya siddha godugdha*. As *arajaska yonivyapada* is due to vitiated *Pittadosha*, the following treatment is also given by *acharyas* - *Vasaghrita*, *Shatavari Ghrita* (from *Raktapitta chikitsaddhyaya*), *Jivaniya Kshiraghrita* and *Uttarbasti* with *madhura rasa dravya* decoction with addition of milk i.e. *godugdha* (from *Pitta Yonivyapada chikitsa*).

5. *Rasayan Chikitsa*

Ayurveda offers *rasayana chikitsa* for *Indriya-bala-kshaya vyadhi*. So, *Chyavanprasha*, *Shilajatu rasayana* (*Loha Shilajatu* should be used), etc. are beneficial.

Sometimes Narrow cervical opening, becomes a barrier for intercourse. An underdeveloped uterus is also the reason for infertility. Administration of Anuvasan and Niruha Basti along with regular treatment like Sneha pichu dharan and vaginal douche helps to facilitate the development of the uterus. A well nourishing diet and internal use of medicines like Shatavari, Ashwagandha, Triphala, Bala, Yashtimadhu, Vidari in the form of powder or ghee serves additive effects. It also increases the size of uterus and enlarges the cervical opening.

Hormonal imbalance causing Ovulatory disturbances can be treated with Chandraprabha vati, Yograj guggul, Shatavari, Ashwagandha, Aloe, Dashmoolarishta, Guduchi, Suvarna Sutshekhar, etc. can be managed by Chandraprabha vati, Dashmoolarishta, Rajapravartini vati, Chitrakadi vati, Bala, Latakaranja, Kanchanar guggul, Gokshur, Guduchi, Shatavari, Punarnava, Anantamool, Haridra. Medicated ghee made from these herbs also helps to greater extent also proves helpful. Use of Chandrashur (*lepidium sativum*), Fenugreek seeds in various forms along with coconut, jaggery alleviates the cause.

Any Growth, structural abnormalities, large fibroids, Polyps requires surgical intervention.

Tubal impotency, blocked tubes, adhesions to some level can be managed by treatment known as 'Uttar Basti' where in medicated oil or ghee is administered into the uterus. The treatment should be carried out very carefully and in utmost hygienic conditions.

Repeated Abortions or D&C, weakens the uterine muscles and loses its ability to retain the foetus for nine months. In this case the uterine muscles need some rest to regain its strength, therefore it is advisable to take a gap of atleast 5-6mths before next attempt of conception. Meanwhile the female should undergo treatment like Sneha pichu dharan, Vaginal douche (Dhawan), Basti therapy. Internally medicines like Chandraprabha vati, Lodhra, Anantamool, Manjishtha, Ashwagandha, Shatavari, Gokshur, Deodar, Ashok, Vata, Udumbar, Jambun, etc

can be used in various forms to develop a healthy seat (endometrium) for the new conception.

TORCH infections can be dealt with immunomodulatory drugs like Guduchi, Kantakari, Brihati, Gokshur, Bhrungraj, Yashtimadhuk, Pippali, Bharangi, Padmakashtha, Rasna, Manjishtha, Sariva, Ushir, Chandan, etc.

Last but not the least A pleasant state of mind and a positive approach towards the problems makes a great difference.

DISCUSSION

An approach can be developed toward tubal infertility by finding out the *Bandhyatva* based on *Nidanas* and *Samprapti*. *Charaka* has given space to understand the newly diagnosed diseases on the basis of *Prakriti* (*Doshas*; root cause), *Adhishthana* (*Dushya*; seat), *Linga* (*Lakshanas*; features), and *Aayatana* (*Ahar Vicharadi Nidanas* Discrepancy may arise in the mind as *Sushrutacharya* gives *Agneya dravyas* (of *ushna virya*), whereas *Charakacharya* gives *Rasayana chikitsa* (of *shita virya dravyas*). But as '*Artavam Agneyam*', *agneya dravya chikitsa* should be given in *rutukala*, while *rasayana chikitsa* should be given in *rutavyatita kala*.

CONCLUSION

Ayurveda is the ancient science and the *acharyas* were with *Dnyanachakshu* and *Tapachakshu*. The various causes like lifestyle changes were not present at the ancient time, but the etiological factors present in the inner atmosphere of body are the same. *Ayurveda* has given various treatment regimen for various causes of Infertility (*vandhyatva*). We can treat it by giving satisfactory results in the modern era.

Last but not the least A pleasant state of mind and a positive approach towards the problems makes a great difference. All this is a brief guideline to control infertility, there can still be many measures, as every individual is different and so is their cause. While planning for a desirable healthy offspring it is recommended to undergo – the ayurvedic detoxifying therapy according to the body constitution. One should also follow a healthy regimen along with a nourishing diet and undoubtedly God will reward you with the most desirable blessing

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