

## CONCEPTUAL STUDY OF CONTRACEPTIVE METHODS IN AYURVEDA CLASSICS

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### ABSTRACT

India stands for second most populous country in the world, with 1.33 billion populations (according to 2016 census).<sup>[1]</sup> The incidence of increasing population rate should be reduced. Currently, there are about 51 births per minute in India, So there is need of population control. Human fertility control is one of the major approaches which seem effective in controlling population. Traditional use of medicinal plants and their extracts have become widely known among society for various diseases including fertility related problems. Considering women healthcare, it has become important to use herbal antifertility agents which can interfere with the natural procedure of reproduction

in women. Modern research includes the use of various plant extracts having antifertility action in various ways. Numerous herbs have been tested for their contraceptive activity on different animal models. These herbal contraceptives are found to be ecofriendly, can be easily available and affordable even in rural areas. A careful scrutiny of the ancient literature reveals the varied well thought of and time tested measures at population control through local and oral contraceptives, abortifacients and other methods of antifertility and birth controls.

**KEYWORDS:** Birth control, Contraception, herbal contraception, antifertility, garbhanirodhak dravya, population control.

### INTRODUCTION

Birth control is also known as contraception and fertility control.<sup>[2]</sup> Fertility control involves sexual health care. Contraception is the prevention of conception. But fertility control involves not only contraception but also methods of interception such as post coital contraception and termination of pregnancy. In that fertility control if contraception is

practiced thoroughly then there is no need of termination of pregnancies. In Atharvaveda, Brhad-aranyakopanisat and Kausikasutra-They used to do Prayers and Medicaments to produce sterility and infertility in both male and female.

When it comes to Ayurveda as such there is no direct description of contraception in Samhitas, but they try to explain the contraceptive procedures in Ayurvedic grounds by taking the four necessary factors described in Samhitas – Ritu (time period), Kshetra (uterus), Ambu (liquid secretions) and Beeja (ovum and sperm). The union of one or two factors is necessary for fertility and if we restrict the union of one or two factors, we can prevent the conception.<sup>[3]</sup> Even mantras are also used as a contraceptive method in Ayurveda. There are so many Ekamuliya (single) drugs as well Bahumuliya (combination) drugs which are mentioned in some texts of Ayurveda. So many Ayurvedic researches done on Garbhanirodhaka dravyas (contraceptive drugs) in Ayurveda and they are proving that Ayurvedic management of contraception also have safe and better result.

### **AIMS AND OBJECTIVES**

To study the contraceptive methods (Garbhanirodhak dravya) described in Ayurveda classics

### **MATERIAL AND METHOD**

To Review the Garbhanirodhaka (contraception) through Ayurvedic classics, commentaries by various Acharyas, published books, Research journals and modern science literature.

### **CONTRACEPTION AND ITS VARIOUS METHODS**

Ayurveda classics like Bhavaprakasha, Yogratnakara and Bhaishajya Ratnavali etc. have mentioned about different combinations of herbal mineral contraceptive preparations for local well as oral use by men and women.

#### **According to Bhaishajya Ratnavali<sup>[4]</sup>**

1. Dhatri (*Emblica officinalis*) + Arjuna (*Terminalia arjuna*) + Abhaya (*Terminalia chebula*) + Water orally.
2. Patha paste (*Cissampelos pareira*) orally on the day of bath after Rutukala (Menstrual period).

#### **According to Bhavaprakasha<sup>[5]</sup>**

1. Pippali (*Piper longum*) + Vidanga (*Embelia ribes*) + Tankana (Borax) + Milk should be consumed at the time of conception.

2. Japapushpa (Flower of *Hibiscus rosa sinensis*) macerated with one Musti (40gm) of old Guda (Jaggery) consumed during Rutukala (Menstrual period).
3. Talisa (*Abies webbiana*) + Gairika Churna (Red chalk powder) + Sheeta Jala (Cold water) on 4th day of Ritikala (Menstrual period).

#### According to Yogratnakara<sup>[6]</sup>

##### ➤ Local Contraceptives

1. Moistened Rock salt (*Saindhava*) + Sesame oil (*Tila Taila*) should be applied in vaginal canal before coitus.
2. Nimba wood (*Azadirachta indica*) - fumigation in vaginal canal after Rutukala (Menstrual period).
3. Yonipurana (Vaginal filling) + Dhaturamula churna (*Daturametral root*).
4. Dhaturamula (*Daturametral root*) tied over waste of woman on 14<sup>th</sup> day of 1<sup>st</sup> fortnight of Lunar Month.

##### ➤ Oral Contraceptives

1. Application of Palashabeeja churna (*Butea monosperma*) + Ghee during Rutukala (Menstrual period).
2. Use of Tanduliyaka moola (*Amaranthus aspera*) paste + washed rice water for 3 consecutive days after menstruation makes women infertile.
3. Haridra Churna (*Curcuma longa*) + Sheeta Jala (Cold water) for 3 days during the Rutukala (Menstrual period).
4. Vidanga Churna (*Embelia ribes*) + Sheeta Jala (Cold water) for 5 to 15 days during the Rutukala (Menstrual period).
5. Krishnajeeraka Churna (*Carum carvi*) + Kachora (*Hedychium spicatum*) + Nagakeshara (*Mesua ferrea*) + Kayaphala (*Myrica nagi*) are mixed and used as Gootika (Pills) for 7 days.
6. Sarshapa (*Brassica campestris*) + Tanduliyakamula (*Amaranthus aspera*) + Sharkara (Sugar) + Tandulodaka (Rice water) + Milk.

Ashtang hrudaya has mentioned that for conception healthy Garbhasaya (Uterus), Marga, Rakta, Shukra, proper functioning Vayu and normal psychology are essential.<sup>[7]</sup> It is related to structural abnormalities so can not be included under heading contraception.

## DISCUSSION

Many contraceptives presently are available in market are oral contraceptives like Mala D, Mala N, Ovril L which are very effective but may induce weight gain, nausea, headache, CA of Cx, CA of breast, certain neurologic and neuro ophthalmological syndrome, candida vaginitis, trichomonas vaginitis<sup>[8]</sup> Herbal contraceptives provides an opportunity for them to use cheap, potential and efficient drugs having lesser side effects, particularly to the women living in the rural areas in developing nations with very high population like India.

Neem oil is considered as the best contraceptive drug. Neem oil has also been shown to work well both before and after sex while some purified extracts only worked before sex as a preventative. When tested against human sperm neem extract (sodium nimbidinate) at 1000 mg was able to kill all sperm in just 5 minutes and required only 30 minutes at a 250 mg level<sup>[9]</sup>, This Neem and The drugs which mentioned above all are having the sperm static, spermicidal and inhibits spermatogenesis and inhibits ovulation and hence control births act as herbal herbal contraceptive.

## CONCLUSION

As oral and hormonal pills have multiple side effects so a need of safe, effective, user friendly contraceptives like Garbhanirodhaka dravyas which was mentioned in Ayurvedic literature need to be streamed. Thus Ayurvedic contraception provides safer methods.

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