Management of Putraghni Yonivyapada by Uttarbasti: A case study

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Abstract:
Recurrent miscarriage is defined as a sequence of three or more consecutive spontaneous abortion before 20 weeks. This distressing problem is affecting approximately 1% of all women of reproductive age. In Ayurvedic literature, recurrent abortion may be correlated as Putraghni yonivyapada mentioned in Charak samhita, Sushruta samhita and Ashtanga Hridaya. To overcome this disconcerting problem; Ayurveda- an alternative system of medicine may be procured. According to Ashtanga Hridaya (one of the Brihattrayi), Uttarbasti (mode of administration of drug by urethral or genital route) is indicated in treatment of all types of Yoni vyapad (gynaecological disorders). In this particular case of recurrent miscarriage, we used Phalghrita Uttarbasti and Dashamula qwath niruha basti along with internal medications such as Shatavari- Ashwagandha siddha kshirapaka and Vrishya vati. Uttarbasti removes strotorodha and maintains hormonal balance in uterus and ovaries. Patient was conceived after 6 month course of treatment. She was further treated with Garbhini Paricharya and resulted into normal labour with healthy child.

Keyword: Phalghrita, Putraghni yonivyapad, Recurrent miscarriage, Uttarbasti.

Introduction:
The first and foremost objective of Chikitsa (therapy) in Ayurveda is Dhatusamya (homeostasis) and is the most important element of preventive medicine. Garbha and Garbhini raksha are the vital components explained in Ayurveda. [1]
The western definition of recurrent abortion is a sequence of three or more
consecutive spontaneous abortion before 20 weeks of gestational age. This distressing problem is affecting approximately 1% of all women of reproductive age. Causes of recurrent abortion are complex and often obscure. Modern treatment for underlying causes & ‘tender loving care’ approach for unexplained cases is suggested. However, with the influx of Ayurvedic treatment in all countries, women are now beginning to realize that there are many natural alternatives in treatment of recurrent abortion. \[2\]

While western medicine associates the case of recurrent abortion to altered hormonal levels and anatomical factors, Ayurveda interprets these symptoms as Putraghni yonivyapada. \[4\] Putraghni yonivyapad leads to Vandhyatva as complication if left untreated.\[5\] As per Ashtanga hridaya, Uttarbasti is the treatment of choice along with Madhura, Sheeta, Balya and Rasayan dravyas. This line of treatment given before conception inhibits Garbha strava and helps in restoration of pregnancy till full term.\[6\]

The intention of this case study is to enlighten distressed couples on how to restore full term pregnancy avoiding recurrent abortion with optimistic approach along with ayurvedic remedies.\[7\]

Case report: A 32 year old female patient, visited to the OPD of dept. of Prasuti Tantra and stree roga with complaint of recurrent 3 abortions. Patient was having regular menstrual cycle of 3/30 days. For restoration of pregnancy and for appropriate antenatal care, she consulted to our hospital.

Past history: No H/O DM/HTN/hypo or hyperthyroidism or no any other major surgical history.

Past gestational history: Patient got married 5 years back and she got conceived 4 years back. After conception, she had spontaneous abortion. After 8 months of 1st abortion, she was again conceived. During first trimester p/v bleeding started resulting into complete abortion. After 2nd abortion, couple was advised to use suitable contraceptive for atleast 6 months. She was conceived again 1 and half year back experiencing same episode of first trimester abortion.

Family history: No any specific history found.

Menstrual history: 3/30 days
O/H: G-4, P-0, A-3, L-0
A1- spontaneous abortion at 2 months of pregnancy, A2- spontaneous abortion at 2 ½ months of pregnancy, A3- 2 ½ months of pregnancy

Dashavidha pariksha:
- Prakruti – Vata pittaja
Yoni parikshan:
Prathamavarta- Prakrut

Treatment given:

<table>
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<tr>
<th>Duration of period</th>
<th>Intervention</th>
<th>Observations</th>
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| Pre- conception (6 months) | Sthanik chikitsa-  
Day 5- Til tail matra basti 30 ml  
Day 6- Dashamula qwatha niruha basti 300 ml  
Day 7,8,9- Phal ghrita Uttar basti 10 ml  
Day 10- Til tail matra basti 30 ml  
Abhyantar chikitsa-  
1. Shatavari & Ashwagandha siddha kshirpaka, 50 ml, twice a day  
2. Vrishya vati- 500 mg, thrice a day, Anupana- Phalghrita. | Pre conception treatment was given in post bleeding phase of menstrual cycle. Uttarbasti was given as per SOP. Excessive work, coitus, stress and pitta vitiating factors were excluded during treatment. Patient was conceived after 6 months of treatment |
| (Garbhini) Pregnancy period | Masanumasik Garbhini Paricharya | Birth given to healthy Boy through Prakrut prasav (normal delivery) |

Treatment outcome: After 6 months of pre- conception treatment, patient was conceived. With restoration of pregnancy till full term without any obvious complication, she delivered healthy baby boy through normal delivery.
Discussion:
The slogan ‘Healthy Women, Healthy World’ symbolizes the fact that as guardians of family health; women play a pivotal role in maintaining the health and well-being of their communities. Motherhood is a physiological event which comes in the life of every woman. In today’s fast pace of life, this physiological event exhibits with multiple and variable glitches which resulted into termination of pregnancy. So, it is important to keep the fetus nourished and protected throughout pregnancy. *Putraghni yonivyapad* i.e. recurrent abortion can be treated successfully with proper Ayurvedic intervention. *Vata dosha*, *Pitta dosha* vitiation *Kshetra* (uterus) and *beeja* (ovum) dushti are the major causes for *Putraghni yonivyapad*. This repeated pregnancy loss is seen due to excessive intake of *rooksha ahara vihara* leading to *vata prakopa*, *artava dushti* and *garbhastrava*. In this particular case study, recurrent abortion was due to unexplained factors. Pre conception treatment such as *Niruha basti*, *matra basti* and *Uttarbasti* pacified *vata dosha*. *Uttarbasti* assisted into removal of *strotorodha* and supported at the level of receptors in endometrium as well as ovary for hormonal balance. *Phalghrita* indicated mainly in *Garbhastrava* and its contents are useful in preventing abortion and maintaining pregnancy. *Vrishya vati* induces ovulation and cures loss of libido. *Garbhashtapak* medicine such as *Shatavari* and *Ashwagandha* were used which are *Madhura* and *balya* by its virtue, which counteracts the vitiated vata. *Ksheerpaka* pacified vitiated *Pitta dosha*, enhances medicinal effect and drug absorption with maintenance of *garbha*. After 6 months of this treatment, patient was conceived and treated further with Ayurvedic *Garbhini paricharya*. She delivered healthy baby boy through normal delivery. Thus the treatment given on the basis of Ayurvedic basic principles has restored the pregnancy with positive outcome of the treatment was very encouraging.

Conclusion:
*Putraghni yonivyapad* i.e. recurrent abortion is one of the major health challenges of pregnancy. Pre conception treatment as well as acquisition of *Garbhini paricharya* during pregnancy resolved imbalanced conditions. *Uttarbasti* with *phalghrita* and other internal medicaments supported in removal of vitiated *doshas*, *strotorodha* and bring about stabilization of fetus. In the present case, pregnancy was restored successfully till full term on the basis of Ayurvedic basic principles and outcome of the treatment was very encouraging. Thus combination of *Uttarbasti*, polyherbal formulations, counseling, dietary regimen
and lifestyle modification provides significant assistance to overcome pregnancy challenges.

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