Role of Panchakarma in Preconception - A case study
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Abstract
Preconception health is woman's health before she becomes pregnant. It means knowing how health condition, constitution could affect a woman. Ayurveda treatment, Panchkarma gives great importance for preconception so as to ensure a healthy and successful progeny i.e. Supraja. Healthy and will contributed to healthy ones. A 25yrs female kapha-Pitta prakruti, Agnimandya, weight gain, rasdhatu dushti receiving medicine, mrudu virechan, Yogbastikrama, Nasya, Shirodhara will become conceive within 2 month treatment and having healthy progeny.

Keywords –
Preconception, Supraja, Panchkarma, Agnimandya, Rasdhatudushti, Mrudu virechan, Yogbastikram, Nasya, Shirodhara.

Introduction
Ayurvada gives great importance for the preconception care and Garbhini paricharyay so as to ensure a healthy and successful progeny i.e. Supraja. Ayurveda explains four factors are responsible for preconception i.e.Rutu, kshetra, Ambu, Beeja. Normality in this four factors result’s in healthy progeny. Preconception interventions can be divided into 3 ways i.e. Physical, Psychological and spiritual. In present case ayurvedic treatment one of the physical intervention i.e panchkarma enhance the success and reduce the time period of treatment for PCOD causing infertility & healthy conception.

A 25 yrs. female patient anxious for child. As diagnosed Oligomenorrhea with PCOD taken 2 yrs. Hormonal treatment. According to Ayurvada case details was taken. Delayed menses, Alpartav, weight gain, constipation are main complaints. In PCOD with Oligomenorrhea may results anovulation due to inhibition of pulsatile release of GnRH. So the Alpartav (Oligomenorrhea) is related to the Beeja dushti (Artav Dushti). In present case treatment given according to constitution for Sampraptibhang i.e. Dhatvagni deepan Amapachan Shodhan,
Garbhashay balya chikitssa., Before conception Ayurvada explains Panchkarma treatment to detoxifying the body, maintain dosha, dhatu to prevent disease also prepare the uterus for healthy conception.

Case Report
A 25 yrs female married since 4 yrs. working as Clark. Taking medicine (o.c. Pills and Tab. ProgNova 1 mg) H/O missabortion 1 yrs back.
C/O Scanty and Irregular menses (Alpartav). Weight gain. Since 1 yrs.

- Menarche- 14 yrs
- M/H: 1-2 days, scanty menses, 45 to 55 day’s cycle. Since 1 yrs.
- P/ M/H -3-4 days, average flow, 30 days cycle regular
- O/E Pulse- 78/ min B. P.-110/ 78mm of Hg
- P/A -- Soft, No-tenderness.
- P/S--Cx healthy, no erosion, polyp, cyst.
- Investigation: Hb-11.2gm%
- USG--Suggestive of both sides small multiple ovarian cyst, Right side large 4.8

* 3.8cm PCOD.
- Prakruti-Kaphpradhan pittanubandhi,
- Mal pravrutti--Asamyak(malavstambh)
- Jivha-- Saama, Nidra--Prakrut.
- Dosa- Kapha, Vata Dushya--Rashdhatu, Raktdhatu
- Avastha—Jeerna Rog marg--Aabhartar
- Stan--Garbhashay
- Samprapti-

Heteusevan

↓
Agnimandya (kapha vata dosha dushti)

↓
Rasdhautu—raktdhatudushti

↓
Artavkashya (Alpartav).

Treatment
1. Agnidipan
2. Aampachan
3. Shodhan (Artavshudhhi)

Treatment Duration: 2 months
Patient Coming 12th Day of cycle having above complaints treatment given.

A) Agnidipan & Aampachan
1. Raspachak vati 2 tab bd
2. Shatavari+guduchistva+shankh bhasma
3. Anatmool+manjista phant 1cup bd
4. Syp. Dashamoolarist 10ml bd
5. A. K. pills 1tab.alternate day
6. Raktchapak vati 2tab od
7. Musta+ Dhanak+Ushir sidhha jal

B) Shodhan chikitsa:
Second follow up on 8th day of menstrual cycle
C/O 2-3day menstrual cycle, flow moderate, 40 days.

For Panchkarma.
1) shehan, shwedan, yogbastikram
- Shehan - Til Tail
- Swedan-- Dashamool kwath nadi shwedan
- Yog bastikram –
- Anuvasan - Sahachar tail
- Niruh – Dashmool kwath
Day | Type of basti | Matra | DRAVYA
--- | --- | --- | ---
1 Day | Anuvasan | 60 ml | Sahachar Taila
2 Day | Niruha | 500 ml | Dashmool Kwath
3 Day | Anuvasan | 60 ml | Sahachar Taila
4 Day | Niruha | 500 ml | Dashmool Kwath
5 Day | Anuvasan | 60 ml | Sahachar Taila
6 Day | Niruha | 500 ml | Dashmool Kwatha
7 Day | Anuvasan | 60 ml | Sahahar Taila

2) Nasya: Sahachar Tail for 8th to 18th day 2 drops in each nostrils.
3) Shirodhara once a week three times.
After Panchkarma Garbhashay balya treatment.
   a) Pahalghrut 10ml morning
   b) Tab. Pushadhava Ras 1 tab bd
   c) Tab. Laghmalinivasant 1 tab bd
4) follow up with 42 days amenorrhea advice UPT test
   UPT test- Positive In 2 month of treatment patient conceive.

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<thead>
<tr>
<th>Signs and symptoms</th>
<th>Before treatment</th>
<th>First menstrual cycle</th>
<th>Second menstrual cycle</th>
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<tbody>
<tr>
<td>Interval between two cycle</td>
<td>45 to 55 days</td>
<td>36 days</td>
<td>UPT Test Positive.</td>
</tr>
<tr>
<td>Duration of bleeding</td>
<td>1 day</td>
<td>2 to 3 days.</td>
<td></td>
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<tr>
<td>No. of pad</td>
<td>1 pad/day</td>
<td>2 pad/day</td>
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Discussion:
Raspachak vati, Anantmool Churna, Manjistha Churna & Mustha, Dhanyak, Ushir all drug acting on rasdhatvgni dipan & pachan. Rasdhatvgni dipan may leads to reduce kapha dosha remain increased in this condition & Avaran of kapha also remain to dissociate Dashmoolarist for vat shaman. AK pill as mrudu virechan, basti pacifies Vata & kapha dosha. Nasya of sahachar tail for control of GnRH
Pulsatile secretion leading to ovulation & regulating menstrual cycle phulgrant for ovulation, Pushpadhanva ras is used to control hormonal balance. Laghumalini vasant also rasdhatvgni dipan Hence all treatment with panchkarma Yogbastikram & nashya play important role for vata & kapha drusthi (PCOD) preconception treatment.

Conclusion:
Panchakarma give early result as well as increase the success rate of conception in preconception treatment. In case of oligomenorrhea with PCOD

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