

Role Of Shatapushpa And Lashuna Rasayana In Female Infertility Due To Anovulation

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Abstract

Not every individual has the goal of becoming a parent, but for those who do, being unable to conceive a child is a painful reality. Infertility has become a major health issue and social problem in the current scenario faced by a huge population across the globe. Despite the massive global expansion of ART services over the past decades, infertility still remains an on going reproductive problem throughout the world. In this case study of female infertility due to anovulation, vamana was done followed by shatapushpa and lashuna rasayana as shaman aushadhi. Patient conceived within next single cycle.

Case Report

A patient of 27 years, Hindu by religion, came to opd no 7 of Yenepoya Ayurveda medical college and hospital with the chief complaint of inability to conceive since the married life of 2 years, irrespective of regular unprotected coitus.

History Of Patient

- PERSONAL HISTORY : Appetite : reduced, Sleep: sound, Bowel: regular, Micturition : regular
Diet: mixed
Habit: nothing specific
- MENSTRUAL HISTORY: Menarche: 15yrs
Menstrual cycle: regular 28-30days
Duration: 6-7 days
Associated complaint: nothing specific
- OBSTETRICS HISTORY: G₀ P₀ A₀ D₀ L₀
- CONTRACEPTIVE HISTORY: Not used
- MEDICAL HISTORY : Known case of Hypothyroidism. On medication since 1yr.
- FAMILY HISTORY: No history of similar complaint among the family members. No consanguinity.

Examination : General and systemic examinations did not reveal any abnormality.

- VITALS : BP: 120/80, PR: 80, RR: 20, Ht: 5.2,Wt: 62kg

- P/V EXAMINATION: UT: AV, NS, Non tender, C_x soft, mobile, non tender, Adnexa NAD

Investigations

- Follicular study: revealed an un ruptured follicle even after 20 days from 1st day of last menstrual period / shown gradual decrease in the size.
- Semen Analysis was normal.

Treatment Given

Vamana was done with Murchita tila taila as snehapana followed by lashuna rasayana 1TID and Shatapushpa churna 1tsp BD for 20 days. Patient conceived within single cycle.

Disease Depiction

Ovarian dysfunction contributes for about 30-40% out of various causes of female infertility. Ovarian dysfunction could be because of Defective folliculogenesis, Anovulation, Luteal phase defect, LUFs, Hyperprolactinemia, Oocyte maturation defect etc¹. Anovulation was the major cause for infertility in this case as the follicular study revealed unruptured follicle even after 20 days of menstrual cycle.

In Ayurveda we get plenty of reference regarding this including Nashtartava², Anaartava³, Nashta beejam⁴, Adrishtartva⁵ etc. Which can be correlated with the Ovarian factors causing infertility due to Anovulation.

Probable Mode Of Action

- Vamana: kapha, meda, aama hara- sroto vishodhana⁶ may help in clearance of

Aartava vaha srotas and pravartana of Aartava

- Shatapushpa- katu tikta, snigdha, brihmana, vrushya, ritu pravartini, putrapradayini⁷ Ritu pravartini being the major function of Shatapushpa, may help in Ovulation.
- Lashuna- shukra, shonita garbhadaayaka, srotasam vishodhanam⁸ Sroto shodhana being the major action of Lashuna, May help in clearance of Aartava vaha srotas.

SHATAPUSHPA

- Mainly contains Phytoestrogens.
- Research on Role of Phytoestrogens in ovulation induction in women with anovulatory cycle has found favourable changes in LH and FSH/LH ration.
- Progesterone level was higher indicating better ovulation and endometrial thickness was greater in women given with Shatapushpa⁹

Lashuna

- The active principle is an acid volatile oil, starch, sugar etc, which are proved to be having uterine stimulant and anti oxidant actions.¹⁰
- Chemical compositions- Allicin, diallyl disulphide, S.allylcystene, and diallyl trisulphide.¹¹
- A Study on female reproductive system has shown significant effect on estrogen and progesterone concentration. Allicin traps free radicals and controls lipid peroxidation, fibrinolysis stimulation and reduces fat¹² which will further helps in ovulation.

Conclusion

- Shatapushpa (*Anethum sova*) and Lashuna kalpa (*Allium sativum*) are mentioned to be taken as rasayana in all female disorders . As per Ayurveda, these are just like nectar to the women who suffer from amenorrhoea, oligomenorrhoea, early menopause and infertility.

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