

## THE STUDY OF SHATAPUSHPA KWATH BASTI IN THE MANAGEMENT OF VANDHYATVA WITH SPECIAL REFERENCE TO ANOVULATORY CYCLE

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### INTRODUCTION

“A Mother is born to love her child with every single beat of her heart” But still a pretty number of women are disturbed in their married life due to ‘infertility’. This infertility condition impact on individual’s physical and mental health modern era is unable to give answers to ‘her’ questions.

The t/t suggested in modern science is though effective, has lots of side effects. In Ayurveda we find this topic of infertility described under the heading of ‘Vandhyatva’. Ovarian factors are the 2nd most common cause of infertility, contributing about 25 to 35%.

- In Ayurveda, to achieve pregnancy Susruta has given four essential factors

ध्रुवं चतुर्णां सान्निध्यात् गर्भः स्याद् विधिपूर्वकः ।

ऋतुक्षेत्राम्बुबीजानां सामग्रयादऽङ्कुरो यथा ॥ (सु. शा. 2/35)

- Defect in any one of them can cause vandhyatva

वंध्यां नष्टार्तवाम् विद्यात्।

(सु. उ. 38/10)

- It is the seed which gives the fruit and **so it is the Beeja which yields the garbha** and the absence of this beeja in women is termed as anovulation.
- Aacharaya kashaypa has mentioned the usage of shatapushpa in the treatment of infertility and has dedicated whole chapter to the drugs

Vaata dosha Dushti is responsible for the diseases of yoni and so it is also responsible for infertility and anovulation.

Of the panchkarmas mentioned in ayurveda, basti is indicated for the treatment of vaataja disorders. As Shatapushpa is indicated for viphalartava.

**MATERIALS AND METHODS**

This study was conducted in 30 patient of infertility due to anovulation from opd. shatpushpa kwath basti (yog basti) is done for three consecutive menstrual cycle in rutukala from 7<sup>th</sup> day of menstrual cycle.

Follow up: Every menstrual cycle for consecutive 3 cycles.

**RESULTS**

93.33% Patients menstrual regulation

73.33% Dyasmenorrhoea reduced

70% Ovulated & increase endometrial thickness

6.66% Conceived

**CONCLUSION**

Shatpushpa kwath basti has significant results on dysmenorrhoea. It reduces the pain of menstrual phase, regularises the irregular menstrual cycles and increase the menstrual flow. Induces the timely ovulation increase the endometrial thickness.

The formulation proves to be an alternative, cost effective, herbal treatment for anovulatory menstrual cycles.

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