

Programmed Pre-conceptual Care and Panchakarma- A Case Study

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Abstract:

Introduction: Ayurveda mentions two types of therapeutic interventions as *Shodhana* and *Shamana*. Among *Shodhana* four types of *Samsuddhi* like- *Vamana*, *Virechana*, two types of *Basti* and *Nasya* are incorporated. This can be elaborated as *Panchakarma* therapies which includes *Purvakarma*, *Pradhanakarma* and *Pashchatkarma*. The *Pradhanakarma* of *Panchavidha Shodhana* are *Purvakarma* for the *Pradhanakarma* of *Garbhadhanavidhi*.

Material and Method: Literary search and clinical case study.

Discussion: Ayurveda contribute the novel concept of *Garbhadhanavidhi* i.e., pre-conception care and antenatal care for the welfare of women and child. *Panchavidha Shodhana Karma's* like *Vamana* is indicated in *Sthoulyadi Vikara's* and for *Rasasamshuddhi*. *Virechana* results in *Beeja* and *Veeryakarmukata*. *Anuvasana Basti* helps in preventing and the diseases resulting of *Vata Dosha* and thus treat *Rajo Dosha* and *Pushpa Dosha*. The *Nasya* in any form as *Shodhana*, *Brumhana* and *Shamana* helps in regulating the HPO axis and also brings in *Saumanasya* which is essential for conception.

Conclusion: The case study of *Ayurvedic* management of infertility due to PCOD, with *Matrabasti* and *Shamana* treatment.

Keywords: *Ayurveda, Matrabasti, Panchakarma, Preconceptional care, Shodhana,*

INTRODUCTION-

For each and every couple, being pregnant is one of the most beautiful and precious events created by Nature and it should always be planned not by accidental or chance. The concept of preconception is described in *Ayurveda* as a *Garbhdhanavidhi*ⁱ. Preconception care start with the selection of the right partner, which includes proper mode of conception and balanced diet, amendment of lifestyle and *Shodhan Chikitsa* which helps to detox and normalize vitiated *Dosha* that will help to established foundation for the outcome of healthy progeny and contribute for health society. Preconception care is term refers to process of identifying social, environmental and biomedical risk factor to woman's fertility and pregnancy outcome, and by way of lowering this risk through pre-conceptional counselling and careⁱⁱ.

CASE DETAILS-

A nulliparous women aged 25 years visited the Outpatient department of Parul Ayurveda Hospital, Vadodara on 11/08/2021 with anxious to conceive for one year. (with USG (09/08/2021)- Abdomen + Pelvis, S/O; Left Unilateral polycystic ovary, Lt. Ovary volume: 34cc)

MENSTRUAL HISTORY-

LMP- 03/08/2021

- | | |
|---------------------------------------------------|-------------------------|
| 1. Regularity- Regular | 5. Consistency- thin |
| 2. Interval- 28-30 days | 6. Colour- red |
| 3. Duration- 4-5 days | 7. Odour- no foul smell |
| 4. No. of cloths used- 2-3/day (not fully soaked) | |

OBSTETRIC HISTORY- Nulligravida

GENERAL EXAMINATION

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|------------------------------------------------|--------------------------|
| 1. Blood pressure- 110/70 mmHg | 8. Pallor- Absent |
| 2. Pulse rate- 80/minute | 9. Icterus- Absent |
| 3. Temperature- Afebrile (97.5 ⁰ F) | 10. Oedema- Absent |
| 4. Respiratory rate- 19/minute | 11. Cyanosis- Absent |
| 5. Weight- 36 kg | 12. Clubbing- Absent |
| 6. Height- 150 cm | 13. No lymphadenopathies |
| 7. Faces- Normal | |

PERSONAL HISTORY

1. Diet- Vegetarian
2. Appetite- Poor
3. Sleep- Disturbed
4. Bowel- Satisfactory bowel habit (1 time/day)
5. Urine- 4-5 times/1-2 times
6. Addiction- None

No H/O- HTN/DM-2/CAD/Thyroid disorders/Anaemia/or any other chronic illness

No Family history of- DM-2/HTN/CAD

Surgical history- No any surgical history.

LOCAL EXAMINATION

1. Per abdomen

Inspection- No discoloration was observed.

Palpation- Soft, tenderness present in bilateral iliac region and hypogastrium

No organomegaly

Auscultation – bowel sounds present 1 in every 3-4 minutes

Peristaltic sounds heard well.

2. Per Speculum- No discharge present, Cervix healthy

3. Per Vaginum- Uterus Anteverted and Anteflexed, Normal size, Non-tender, B/L Fornices free

INVESTIGATIONS-

1. **CBC-** Hb- 10.1 gm%
Total count- 8,600/cmm
Platelet count- 3,56,000/cmm

2. Urine analysis

Blood- absent

Appearance- clear

Pus cells- 2-3/H.P. F

Epithelial cells- 1-2/H.P. F

DIAGNOSIS- Apraja

CHIKITSA/ TREATMENT ADOPTED

1. Oral Medications-

Table 1: Timeline of medication

S. NO.	DRUG	DOSE	TIME OF ADMINISTRATION	
1.	<i>Lashuna</i> capsule ³	500mg BD	After food	For 1 month

2. Local treatment- Matra Basti with Shatapushpa Taila⁴- 60 ml for 7 days

Table 2: Follow up medication

Date	C/O;	Treatment	Investigations
6/9/21	No Fresh Complaints. LMP-3/8/21	<i>Matra Basti</i> with <i>Shatapushpa Taila</i> - 60 ml for 7 days <i>Lashuna</i> capsule 500mg BD with WW A/F for 1 month	-
6/10/21	Unsatisfactory bowel habit for 7-8 days LMP- 11/9/21	<i>Triphala Churna</i> ⁵ 1tsf TDS A/F with WW for 7 days Observation period to rule out pregnancy	-
18/10/21	No fresh complaints. LMP- 11/10/21 M/H- 3-4 D/28-35 D Clots + 2 Pad/Day (Not fully soaked)	<i>Suryanamaskara</i> Follow Dietary regimen	-
27/10/21	No fresh complaints.	<i>Kanchanara Guggulu</i> ⁶ 2 BD A/F with LWW <i>Kumaryasava</i> ⁷ 15 ml BD with Half glass of water A/F <i>Rajapravartini Vati</i> ⁸ 1 BD A/F with WW For 15 days	USG- Abd + Pelvis; S/O; Ut.73*33*43*mm, CET- 8.2 mm, No Focal lesion. Lt. Ovary volume- 29cc Rt. Ovary Obscured by bowel gas.
29/11/21	No fresh complaints. LMP- 21/11/21	<i>Kanchanara Guggulu</i> 2 BD A/F with LWW <i>Kumaryasav</i> 15 ml BD with Half glass of water	USG- Abd + Pelvis;

	M/H- 3-4 Day Clots + Pain + 2 Pad/Day (Not fully soaked)	A/F <i>Rajapravartini Vati</i> 1 BD A/F with WW For 7 days	S/O; Ut.49*33*42mm, ET- 8.9mm Rt. Ovary volume- 4.7 cc Lt. Ovary volume- 15.4cc No e/o Cyst formation
6/12/21	No fresh complaints. LMP-21/11/21 (15 th day of post menstrual period) L/E; P/S; White Curdy discharge present, Cervix Healthy. P/V; Ut AV & AF B/L Fornices are free and Non tender	<i>Yoni Prakshalana</i> with <i>Triphala Kwatha</i> ⁹ OD <i>Dashmoola Kwatha</i> ¹⁰ 25ml BD B/F with WW <i>Dhatri Loha</i> ¹¹ 2 BD B/F with WW For 7 days	TVS S/O; Ut-70*33*44 mm, CET-9.9 mm Rt. Ovary-19*12 mm, Lt. Ovary volume-20cc, Bulky Lt. Ovary with largest follicles 12 mm, PID.
15/12/21	No fresh complaints.	<i>Kanchanara Guggulu</i> 2 BD A/F with LWW <i>Lodharasava</i> ¹² 10 ml BD with Half glass of water A/F <i>Rajahpravaratni Vati</i> 1 BD A/F with WW <i>Varunadi Kwatha</i> ¹³ 50 ml BD B/F with WW For 7 Days	-
5/1/22	No fresh complaints. LMP-23/12/21 M/H- 3-4 D - Pain + - 2 P/D (not fully soaked)	<i>Phala Ghrita</i> ¹⁴ 10 ml bd with WW <i>Lodharasava</i> 10 ml BD with Half glass of water A/F <i>Dhatri Loha</i> 2 BD B/F with WW For 15 Days	-
17/1/22	No fresh complaints.	<i>Lodharasava</i> 15 ml BD with Half glass of water A/F	-

		<i>Rajpravartini Vati</i> 1 BD A/F with WW <i>Dhatri Loha</i> 2 BD B/F with WW for 7 days	
7/3/22	No fresh complaints. LMP -3/2/22 & 18/2/22 M/H - 5D/15-20 D - Pain + - Clots + - 2 P/D (Not fully soaked)	<i>Rajpravartini Vati</i> 2 BD A/F with WW Syrup. Merytone ¹⁵ 2tsf BD A/F with WW for 7 days	-
14/3/22	No fresh complaints.	Syp. Merytone 2tsf BD A/F with WW <i>Manjisthadi Ghanavati</i> ¹⁶ 2 BD B/F with WW for 7 days	-
28/3/22	No fresh complaints.	<i>Lodharasava</i> 15 ml BD with Half glass of water A/F <i>Rajpravartini Vati</i> 2 BD A/F with WW for 7 days	-
6/4/22	Pain at low Abdomen irregular menses Backache on & off LMP-18/2/22	<i>Chandraprabha Vati</i> ¹⁷ 2 BD B/F with WW Tab Folic Acid 5mg 0-0-1 A/F <i>Kanchanara Guggulu</i> 2 BD A/F with WW Syp. Merytone 2tsf BD A/F with WW for 7 days	-
11/4/22	Nausea and Vomiting for 2 days (2 episode yesterday) -Weakness + LMP-18/2/22	Tab Folic Acid 5mg 0-0-1 A/F <i>Dhatri Loha</i> 1 TDS A/F with WW <i>Chhardiripu Rasa</i> ¹⁸ 1 BD B/F with WW <i>Laja Peya</i> ¹⁹ + <i>Dadima Swarasa</i> ²⁰ <i>Muhur Muhur</i> for 7 days	UPT, USG Obs, CBC, BT, CT, RBS, HTV, HbSAg, VDRL, Blood Gropy & Rh Factor UPT- +ve USG- shows a single live intrauterine fetus os mean maturity of 5 W 4 D., G- sec-1.6 cm.

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Patient came for regular ANC check-up.

RESULTS-

- FTND with Episiotomy, Male child was born on 22/11/22 at 16:20 with 2.870 kg weight.

Discussion-

PCOS (Polycystic Ovary Syndrome) is endocrinal and reproductive disorder that affects women of reproductive age. It is characterized by irregular periods, high androgens, and presence of small cysts in the ovaries. PCOS can lead to infertility, weight gain, acne, and other health problems.

In *Ayurveda*, any disease or PCOS is attributed to an imbalance of the three *doshas* (*vata*, *pitta*, and *kapha*) and poor digestion (*agni*). One of the treatments for PCOS in *Ayurveda* is *Matrabasti* a type of enema for cleansing the colon which removes accumulated toxins and waste materials from the colon, and thus improve digestion and promote hormonal balance.

By nourishing the reproductive organs, it regulates the menstrual cycles, reduce inflammation and improve fertility. It also brings about harmonious function of *Tridosha*'s. Relieving stress: PCOS can be a stressful condition, and stress can exacerbate the symptoms of PCOS. *Matrabasti* can help to calm the mind and reduce stress, which can help to improve overall health and well-being.

Shatpushpa Taila: *Shatavari* (*Asparagus racemosus*), *Dashmoola* (a combination of ten roots), *Bala* (*Sida cordifolia*), and *Ashwagandha* (*Withania somnifera*). *Shatpushpa taila* is helpful in hormonal balance, stress reduction, has anti-inflammatory effects and improved fertility.

Lashuna Capsule: is a dietary supplement that contains garlic extract. Garlic has been used for medicinal purposes for its potential to regulate hormones and improve insulin sensitivity, has anti-inflammatory properties, reducing cholesterol levels and improving blood pressure.

Kanchnara Guggulu: *Kanchnara* bark (*Bauhinia variegata*), *Triphala* (a blend of three fruits), *Guggulu* resin (*Commiphora mukul*), *Varuna* bark (*Crataeva nurvala*), and Ginger root (*Zingiber officinale*) has several beneficial effects for women with PCOS. **Hormone regulation:** *Kanchnara guggulu* helps to balance the hormones in the body by improving the function of the thyroid gland. This can help to regulate menstrual cycles and reduce the levels of androgens (male hormones) that are often elevated in women with PCOS.

Anti-inflammatory effects: The herbs in *Kanchnara guggulu* have anti-inflammatory properties that can help to reduce inflammation in the ovaries and other parts of the reproductive system. This can improve the function of the ovaries and help to reduce the formation of cysts.

Kumarayasava: contains *Ashwagandha*, *Gokshura*, *Guduchi*, and *Shatavari*, which are used to regulate menstrual cycles, improve fertility and balance hormones.

Kumarayasava is believed to work by regulating the levels of hormones such as estrogen, progesterone, and luteinizing hormone (LH) in the body, which can help to alleviate the symptoms of PCOS. It also helps to improve the function of the ovaries and reduce inflammation, which can be beneficial for women with PCOS.

Rajapravartini Vati is help to regulate the menstrual cycle and improve hormonal balance reduce weight gain and improve insulin sensitivity in women with PCOS.

Lodhrasava is believed to be effective in the management of PCOS due to its anti-inflammatory and anti-androgenic properties. The formulation contains several herbs that have been traditionally used to treat gynecological disorders, including *Lodhra* (*Symplocos racemosa*), *Ashoka* (*Saraca asoca*), and *Guduchi* (*Tinospora cordifolia*). *Lodhra* is known for its anti-inflammatory properties and is believed to help reduce inflammation in the ovaries, which can be beneficial for women with PCOS. *Ashoka* is traditionally used to regulate menstrual cycles, while *Guduchi* is believed to have anti-androgenic properties that can help reduce excess male hormones in the body.

Varunadi Kwatha is a combination of several herbs, including *Varuna* (*Crataeva nurvala*), *Punarnava* (*Boerhavia diffusa*), *Gokshura* (*Tribulus terrestris*), and *Musta* (*Cyperus rotundus*). These herbs work together to improve the functioning of the ovaries, regulate menstrual cycles, and balance hormones in the body.

Varuna has anti-inflammatory properties and is help to reduce the size of ovarian cysts. *Punarnava* is a diuretic herb that helps to remove excess fluids from the body and reduce bloating, a common symptom of PCOS. *Gokshura* is a natural testosterone booster and can help to balance hormone levels in the body. *Musta* has anti-inflammatory and antioxidant properties, which can help to reduce inflammation and oxidative stress, both of which are believed to play a role in the development of PCOS.

Phala Ghrita is beneficial in gynecological and obstetric disorders, including PCOS.

Syrup Merytone is contains *Ashoka*, *Lodhra*, *Dashmool*, *Shatavari*, *Gokshura* and *Guduchi*. Which Provide phytoestrogen and nutrients, that improve tone and overall health of uterus, use in irregular menstrual cycles, unexplained female infertility, enhances chances of conception.

Manjisthadi Ghanavati contains several ingredients, including *Manjistha* (*Rubia cordifolia*), *Haritaki* (*Terminalia chebula*), *Bibhitaki* (*Terminalia bellirica*), *Amalaki* (*Emblica officinalis*), *Yashtimadhu* (*Glycyrrhiza glabra*), *Guduchi* (*Tinospora cordifolia*), and *Kutki* (*Picrorrhiza kurroa*). These herbs work together to help balance the hormones, improve ovarian function, and reduce the symptoms of PCOS.

Chandraprabha Vati contains a blend of natural ingredients that work synergistically to balance the hormones, improve ovarian function, and regulate the menstrual cycle.

Conclusion-

Ayurveda explains many methodologies for treating gynaecological disorders *Panchakarma Chikitsa* holds great significance due to its promising results in *Prasuti Tantra* and *Stree Roga*. Thus, it can be concluded that *Panchakarma Chikitsa* with oral medications can be used to provide symptomatic relief in patients who may not be fit for surgical correction or do not opt for surgery or IVF.

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