



## Review Article

### CONCEPTUAL STUDY OF THE EFFECT OF 'UTTARBASTI' IN 'VANDHYATVA' WITH SPECIAL REFERENCE TO CERVICAL FACTOR OF INFERTILITY

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#### ABSTRACT

The most disappointing feeling for a woman is, if she could not be a mother. The present day's life style of women is very stress full, unhealthy and unhygienic due to unawareness, hectic and fast running schedule. Vandhyatva (infertility) is the failure to conceive within one or two years of regular unprotected coitus. According to Ayurveda that four factors are responsible for healthy conception, these are Ritu (appropriate time), Kshetra (healthy uterus and passage), Ambu (proper nutrition of mother) and Beeja (healthy ovum and sperm). Abnormality in any of these factors leads to Vandhyatva (infertility). Only a Shuddha Yoni (vaginal passage) and Garbhashaya (uterus) can conceive properly. Diseased Yoni may leads to habitual abortion or infertility. Out of pathological causes of Infertility in female cervical factors such as cervicitis, cervical erosion etc. is one of the important reasons. Uttarbasti (insertion of medicated oil or decoction through vagina in Uterus), after Shodhan, is indicated as the line of treatment of Kshetra (uterus etc). In Yoniyapada (Gynecological problems), Artava-nasha (secondary Amenorrhea), Artavadoshha (menstrual disorders) etc. indication of Uttarbasti are mentioned in Ayurvedic classics. Vata dosha is the prime cause of Yonivyapada and Uttarbasti has Vatashamak as well as Ropan and Shodhana property, so Uttarbasti may be the best line of treatment of Vandhyatva.

**Keywords:** Uttarbasti, Vandhyatva, Yonivyapada, Infertility.

#### INTRODUCTION

God has blessed women with the ultimate gift of being a mother. Infertility is the main obstacle to be blessed with that. According to Ayurveda four factors Ritu, Ambu, Kshetra and Beeja are responsible for conception. Ritu is appropriate time for conception, Kshetra is healthy uterus and vagina of mother, Ambu is nutritional diet for proper growth of conception and the Beeja are healthy sperm and ovum of parents. Any deformity in these factors may lead to Vandhyatva.

First and foremost requirement for healthy conception is the healthy uterus and vagina of mother. Disorders of them are called as Yonivyapada in Ayurvedic text. In all gynecological problems after proper Snehana and Swedana, Panchakarma should be administered for Shuddhikaran. After this use of Uttarbasti should be done according to vitiated doshas<sup>1</sup> e.g. in Vataj Yonivyapada Guduchyadi taila, in Pittaj Ksheer paka with Madhur dravyas or Madhuk and in Kafaj with Katu dravyas or Gomutra(urine of the cow) etc.<sup>2</sup>

#### Aims and Objectives

There are so many types of treatment for infertility, although their success rate is controversial. In this situation Uttarbasti may be the ray of light. It is an easy method and has less side effects; may solve the raising problem of Vandhyatva.

#### Concept of Uttarbasti

The term Uttarbasti is composed of two words 'Uttara' and 'Basti'. According to the noun -'ut + tara'; the prefix 'ut' signifies 'superior' status of 'Uttarbasti'. The 'tara' suffix is used to denote comparatively a better status. The Basti which is given through Uttaramarga or Utkrishta avayava or therapeutic procedure having Shreshtha properties, is termed as Uttarbasti.<sup>3</sup>

#### Uttarbasti Yantra

Instrument by which insertion of drug by urinary or vaginal passage is to be done is called as Uttarbasti yantra.<sup>4</sup> It can be used as Shodhan basti as well as unctio. As it is given through upper passage (uttar marga) other than anus, that is why, it called as Uttarbasti. Uttarbasti contains two parts.

- i) Basti putak or drug holding bag.
- ii) Basti netra or nozzle for inserting drug.

#### Basti putak

Material of Basti putak should be made up of urinary bladder or skin of animals like goat and sheep<sup>5</sup> or thick cloth etc.

#### Basti netra

Basti netra (nozzle) or Pushpa Netra should be made up of metal like gold, silver, brass etc. In shape it should be tapering like cow's tail and smooth. Its tip should be of the size of the flower stalk of Jati (*Myristica fragrance*), Karveera (*Euphorbia nerifolia*) and the Sarshapa seed (*Brassica compestris*) passing worth lumen. The nozzle should have two or three Karnikas (rings) to tie up the bag and having the length of ten to fourteen angulas.<sup>10</sup> For insertion through urethra the nozzle should have Mudga seed (*Phaseolus mungo*) passable lumen and ten angulas in length.<sup>6</sup>

#### Length of Basti Netra to be Inserted

For woman who has delivered a baby or who is in active reproductive age, four Angulas (around 4 cm) nozzle should be inserted in urinary passage. Uttarbasti should not be given in virgin girls<sup>7</sup> in vaginal passage.

## Uttarbasti Deya Kala

After Shodhan of woman, Uttarbasti should be given during Artavakala (bleeding phase), Ritukala (follicular phase or just after menses) as orifices of uterus remain open in this period.<sup>8</sup>

## Basti Matra

For cleansing of uterus, amount of Sneha (Oleaginous substances) in Uttarbasti should be two handful (of own hands of patient), Kashaya (decoction) should be of two handful.<sup>9</sup> In next spell like 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> etc. quantity of Sneha Dravya should be increase gradually in Basti. The woman should be in supine position with flexed thighs and elevated knees (Lithotomic position), then the nozzle should be inserted slowly in vagina with steady hands and Basti Putak should be compressed slowly.<sup>10</sup> In 24 hours two, three or four Basti should be given. The procedure should be continued for three consecutive nights. After a gap of 3 days same procedure should be repeated for another 3 days. The Uttarbasti should be given during Ritukala as uterus orifices are open and it is easily capable of taking Uttarbasti drug inside.<sup>11</sup> These Uttarbastis should be constituted of Goghrita, as Goghrita is the best for Tridosha shaman. It has property to normalize Vata due to Sneha guna, Pitta due to Sheeta guna, and Kapha due to Samsakaranuvartana (alteration in chemical properties) by addition of various Dosha shamak dravyas.<sup>12</sup>

In Ayurveda, Vandhyatva is taken in different aspects such as Sushruta has taken 20 types of gynecological problems termed as Yonivyapada<sup>13</sup> under this. While Charak and Vagbhatta says that abnormality in Beejamsa leads to Vandhyatva.<sup>14</sup> According to Kashyapa, Bandhyas are termed as Jataharinis but a full picture of Vandhya can be made by conglomeration of these entire hypotheses together. Among various factors for infertility we are discussing here about only cervical factor of female.

## Paschatakarma

If the given Sneha does not return, then it should be observed for 24 hours. If it fails to return, then Shodhana aushadis should be used.<sup>15</sup>

## Probable Mode of Action

Uttarbasti has Vatashamak property due to Snigdha guna of medicated oil. Sukshma guna of taila brings this Sneha in all srotas of the body. Luke warm oil of Uttarbasti enhances blood circulation of endometrium, cervical canal and vagina, like this it improve healing process of ruptured tissue around this place. In cervical factor, drug administered locally in the cervix and absorbed by cervical epithelium due to Sukshma property of drug.

The lipid soluble drug is passively diffused across the membrane in the direction of its concentration gradient. The rate of transport is proportional to lipid: water partition coefficient of the drug. The more lipid soluble, higher is the concentration and quicker diffusion. In this way altered cervical pH can be corrected by Uttarbasti.<sup>16</sup>

## Modern Aspect of Infertility

Many factors are responsible for female infertility like ovarian factors, tubal, peritoneal, uterine, cervical and vaginal factors etc. The cervical factors are chronic cervicitis, second degree uterine prolapse and acute retroverted uterus. These conditions prevent the external Os to take bathe in the seminal pool. The disturbed composition of the cervical mucus causes the failure of spermatozoa to penetrate the mucus.<sup>17</sup>

## CONCLUSION

Artava is the Upadhatu of Rasa dhatu.<sup>18</sup> The Artava is produced by Prasad of Rasa dhatu by proper action of Rasa dhatvagni and secreted by Anuloma gati of Apanavayu. Cervical mucus is the part of the Artava so it is also a product of Rasa dhatu. Likewise disorder

in Artava may lead to cervical mucus disturbance and finally causes Vandhyatva. The Uttarbasti treat all kinds of Artava dushti. Yoni dushti can't be without Vata dushti.<sup>19</sup>

Basti is the main treatment of Vata dushti.<sup>20</sup> Uttarbasti is the main line of treatment of Vandhyatva as it strengthens the Garbhashaya by applying proper drug through Uttarbasti. It subsides the Kshetra dushti and improves the quality of cervical mucus. According to Kashyapa, if excessive Shodhan is given to a person of Mridu koshta (soft bowel) even after proper Snehana and Swedana then due to excessive secretion and bleeding the Vayu gets vitiated which causes destruction of Beeja (sperm and ovum) and Pushpa (menstruation). In such condition infertility will develop. Use of Uttarbasti in infertility may highly beneficial due to its Vatashamak property. Uttar Basti has a lot of therapeutic potential. Proper selection of drug and time of administration is very essential for getting the desired results. Thus Uttarbasti can provide better chances for local action on cervical factors of infertility.

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