



Role of *Uttarbasti* in Both Male and Female Infertility

¹Dr. Pooja Lakhiwal, ²Dr. Shyoram Sharma, ³Dr. Khushboo Sharma, ⁴Dr. Abhishek Dadhich

^{1,3,4}MD Scholar, ²Associate Professor

P. G. Department of *Rachana Sharir*, PGIA, DSRRAU, Jodhpur

Email Id– poojalakhiwal09@gmail.com

DOI: <https://doi.org/10.55248/gengpi.5.0524.1451>

ABSTRACT:

Introduction:

The Ayurvedic treatment known as *Uttarbasti* is becoming more well acknowledged for its ability to treat infertility in both men and women. In order to address a variety of underlying reproductive diseases, medicinal oils or decoctions are administered directly into the uterus through the urethra or cervix.

Methods:

This review looks at how *Uttarbasti* is used to treat female infertility, which includes endometriosis, tubal obstructions, and hormonal imbalances, as well as male infertility, which includes oligospermia, asthenospermia, and erectile dysfunction.

Results:

Research has indicated that *Uttarbasti* is effective in curing varicocele, enhancing the number and quality of sperm, and revitalizing male reproductive organs. It improves the odds of conception in females by helping to clean the fallopian tubes, control menstrual cycles, and balance hormones. Moreover, it can facilitate implantation during IVF.

Discussion:

The reason for *Uttarbasti's* efficacy in treating male infertility is its capacity to enhance blood circulation, diminish inflammation, and provide nourishment to the reproductive tissues. It supports female fertility by assisting with adhesion reduction, hormonal balance, and obstruction removal. Many people seeking infertility therapy also favor *Uttarbasti* because of its minimal adverse effects and non-invasive nature.

Conclusion:

Uttarbasti provides an all-encompassing method of treating infertility, addressing underlying issues and improving chances of conception for both sexes. Due to its efficaciousness, it can be considered a useful therapeutic instrument in the management of infertility. To investigate its modes of action and long-term impacts, more research is necessary.

Key words: *Uttarbasti*, *Ayurveda*, male infertility, female infertility,

Introduction:

The inability to achieve pregnancy after a reasonable period of intercourse without using any contraceptive method is called infertility. *Ayurveda* lists several types of infertility, including *Bandhya* (infertility), *Apraja* (the ability to recover and conceive), and *Saraja* (a woman who becomes infertile after one or more pregnancies). Factors of Infertility in Women and in Men:

- Anovulatory Cycles
- Menstruation Irregular Menstruation
- Blocked Fallopian Tubes
- PCOD
- Obesity

- Low Sperm Count
- Low Sperm Mobility
- Smoking and drinking alcohol

Garbhotpatti occurs for four reasons (intention). Their names are Ritu, Kshetra, Ambu and Beeja. Ritu means the process of fertilization or ovulation, Kshetra means Garbhashaya (normal for pregnancy), Ambu means mother's food and Beeja means Artava-Shukra (egg and sperm).

Ayurvedic texts discuss how several cleansing methods can help maintain health.

Ayurveda deals with various solutions that help prevent and treat diseases. They support the regeneration of organs in the body and improve their functioning. The body can detoxify the entire body through various treatments such as vomiting, laxatives, and enemas.

One such treatment is Uttarbasti, which is used to cleanse the veins and uterus.

Uttar Basti sometimes causes menorrhagia, fibroid enlargement etc.

It is important in the treatment of implantation problems caused by implantation.

Methods of treating infertility with regard to Uttar basti:

Ayurveda recognizes two main categories of Chikitsa: Shodhana Chikitsa (purification) and Shamana Chikitsa (medicine). Ayurvedic scriptures give importance to Stanic Chikitsa. The main problem that gynecologist Stanic Chikits talks about is the Tryavarta Yoni (abdominal layer). Depletion of Vata energy is the cause of Yoniroga and Artava Vikara. Panchkarma helps cure many ailments in the body. Basti is a Panchkarma medicine that develops Rakta, Vata, Kapha and Pitta Doshas. Many experts recommend treating the Sthanica Doshas first, then the Sthanantara Doshas. Basti helps eliminate Srotas, especially Vata-srotas, and balance damaged Doshas. It is considered a good cleanser because it quickly removes energy while stimulating the body. If you have vata dosha, the best treatment option is basti karma. Vata is responsible for Gati, Gamana which is easier for Shareera Vyapara. Pakwashaya is said to be the main center of Vata dosha. Basti therapy includes Samshodhana, Samgrahana, Vajikarana, Samshamana, Brahmam, Karshana etc. It helps balance Vata Doshas through practices.

The most popular treatment for various types of Roga and Klaihya is Uttar Basti.

One of the three Basti is the Uttarbasti, which is ruled by genitals or urine in the Uttarmarga.

Uttar Basti is a method of Stanic Chikitsa. There are three types of Karma in Uttarbasti:

Poorva Karma before surgery, Pradhan Karma during surgery and Pashchat Karma after surgery.

Uttarbasti

Uttarbasti is the name of the karma produced by the genital area or urethra (Uttarmarg).

Medicines such as oil or Kwath are injected into the uterus through the vagina. Uttarbasti balances the Doshas of the female genitourinary system by helping to evacuate hundreds of Doshas from Garbhashaya. Most functions of the lower body, including the colon, bladder, uterus, pelvis and lower abdomen, are governed by Apanwayu. Since blockade of Dushta Doshas, Vata, Pitta, Kapha and Apan Vayu affects these functions and the entire body, Uttarbasti is important in the treatment of these diseases.

Indication and contraindications

Bandhyatva (infertility), Shukra Dushti, Artava Shikara, Rajo-Dushti and Rajonasha, Yoniroga, Yoni vibransha (uterine prolapse), Garbhashaya Roga, Asrugdar (Chikitsa) and other strong uterine bleeding). It should be avoided in certain cases such as genital infections, cervicitis, infectious diseases and uterine cancer.

Time period

Ritu kala, which occurs after the menstrual flow has stopped, is the best time for Uttarbasti because this time vagina and uterus are ready to receive Sneha.

It is important to make sure that all past illnesses are gone before doing the Uttarbasti Karma.

Procedure

The amount of medicine shown in Uttarbasti should be the sum of Mridu and Laghu. Pushpanetra should be 10 Anguli Pramana. We can place Bastinetra about ten inches on a married woman.

After this, the Uttarbasti will use a decoction like two Prasuta Sneha or Kwath to cleanse the womb. Uttarbasti should be performed by increasing the amount of Sneha as the amount increases.

Repeating this activity for three consecutive menstrual periods, Uttar Basti Karma can be done for six days with a three day period.

After this, Shodhana Chikitsa should be applied to the patient. To perform Uttar Basti, the woman must lie on her back with her knees lifted up and her thighs bent. Then Pushpanetra slowly enters the vagina and the medicine is administered by pushing the Bastiputaka.

This Karma should be performed by professionals in a sterile environment and with appropriate care. Taila is used with Kapha to treat Vata Dosha damage. Ghrita is recommended when Vata is connected to Pitta Dosha. To treat the cervix we choose Shatavari Ghrita or Bruihata

Shatavari Ghrita.

3. Advantages of Uttarbasti

Uttarbasti Karma after using Bhrimhana improves cervical mucus and helps sperm motility.

The oil used with Lekhaniya medicine helps in curing cold and pregnancy. When Lekhaniya medicines are administered intrauterinely by Uttarbasti, it removes blood vessels from the fallopian tubes and helps the growth of fallopian cilia in the fallopian tubes. It rejuvenates the lining of the uterus and regulates reproductive processes such as ovulation.

4. Conclusion

Ayurvedic treatment depends on the unique nature of each patient. When it comes to infertility, we focus a lot on pregnancy. Ayurveda is important for local and systemic healing. Basti is always the first choice in treating Vata energy. In today's world, infertility problems are becoming increasingly common due to poor lifestyle management. Ayurveda recommends Uttarbasti for the treatment of Garbhashyagat Rogas as this method helps complete the transport of the medicine to the damaged body and improves absorption.

When the medicine enters the uterus or urinary tract, Sukoshna (hot) Sneha or Kwatha can deliver the medicine to the desired location such as the uterus and blood vessels. This Chikitsa is therefore considered to be an effective treatment for genital/sexual diseases.

References:

1. Occupational and Life Style Exposure on Female Infertility by Dr Jorgenten -The Open Reproductive Science Journal; 2008.
2. Richard M Sharpe. Life Style and environmental contribution to Male Infertility.
3. Mahrshi Susruta. Susruta Samhita, Chikitsasthana 37/117-118 edited with Ayurveda-Tattva Sandipika, Hindi Commentary, Scientific Analysis, Notes etc. by Kaviraja Ambika Dutta Shastri. Varanasi: Chaukhamba Sanskrit Sansthan; 2014
4. Alper M M, Gareus P R, Spence J E, Quaringtom A M. pregnancy rate after HSG in oil and water based contrast media. Obstet Gynaecol; 1986.p.68.
5. Shukla Kamayani-A comparative study of uttarbasti of yavaksharataila and kumara taila in tubal blockage. Postgraduate thesis, Jamnagar: Gujarat Ayurveda University; 2010.
6. Ashtanga Sangraha edited with Hindi Commentary, Kaviraj Atridev Gupta (editor), Varanasi: Chaukhambha Krishnadas Academy; 2005.
7. Text book of Gynaecology, Dutta D.C., 7th Edn. Kolkata: New central Book Agency Pvt. Ltd.; 2010.
8. Dipika and Gudhartha Dipika. Shrangdhara Samhita. Commentary, Varanasi: Chaukhambha Prakashana, 2000. J Ayu Herb Med. May-June 2016; 2(3).
9. Gynaecology (Review Series). 3rd Edn. New Delhi: Elsevier; 2006
10. Women's Power to Heal through Inner Medicine by Maya Tiwari, Mother OM Media, 2007.
11. Kaviraj Shastri A. Sushruta Samhita. Edition: Reprint 2012. Varanasi: Chaukhambha Sanskrit Sansthan; 2012.