



AYURVEDIC APPROACH OF APRAJA ASSOCIATED WITH OVARIAN ENDOMETRIOMA -A CASE REPORT

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ABSTRACT

INTRODUCTION

Infertility is defined as a failure to conceive within one or more years of regular unprotected coitus. In Ayurveda infertility may be correlated with *Vandhyatva*. Ovarian endometrioma is common disease among women, from ayurvedic perspective, endometrioma can be categorised under *Vatiki Yoniropad* based on the *nidana* and *lakshanas*. *Virechana Karma* mainly indicated in the treatment of all the *Yonirogas* & also plays an important role in the management of various *Stree Rogas*. The present case report revealed *Shodhan* effect of *Virechana Karma* along with *Artavajanana* properties of *kalyanaka ghrita* and for *snehapana*. In a known case of primary infertility. *Virechana Karma* along with these drugs found to be improved remarkably the functions of female reproductive system. After this treatment successful conception is achieved in that patient.

METHODOLOGY:

A female patient aged 28 years with a marital life 6 years, NCM, she had history of laparoscopy in the year of 2022 for right ovarian endometrioma. On examination, the body proportion was found to be normal with normal secondary sexual characters. There was no any abnormal finding seen in the physical and pelvic examination (per speculum & per vagina). The selected treatment protocol includes *Shirodhara*, *Deepana*, *Pachana*, *Snehana* and *Virechana* are found to be effective in the management of *Vandhyatva*.

RESULT:

After a consecutive menstrual cycle, patient conceived after treatment (UPT done at home came positive). Patient has successfully delivered a healthy male baby with no complications.

DISCUSSION:

It has been said that conception will takes place in a *suddha yoni*, which is achieved after *Shodhana Chikitsa*. For *Shodhana*, *Virechana* was done. Since, *Virechana* is the best treatment for *Beeja Karmukatha*. Other treatment like *Shirodhara* helped in correcting *Manasika* factor which is chief factor responsible for conception and maintenance of pregnancy. Thereby ayurvedic management can act as an anti-stress and antioxidant agent improving the reproductive health of women and increasing their chances of conception and paves way for healthy progeny.

KEYWORDS: *Apraja*, *Shodhana Chikitsa* (*Virechana*)

INTRODUCTION

Infertility is defined as failure to conceive within one or more years of regular unprotected coitus¹. Infertility is of two types- Primary and secondary. Primary infertility: denotes those couple who have never conceived. Secondary infertility indicated previous pregnancy but failure to conceive subsequently. The prevalence of infertility is increasing due to multiple factors such as delayed marriage, lifestyle changes, stress, environmental influences, endocrine disorders, and reproductive tract pathologies. It is estimated that approximately 10–15% of couples of reproductive age experience infertility during their lifetime² In Ayurveda, infertility is described under the concept of *Vandhyatva*. Classical Ayurvedic texts say that successful conception depends upon the proper union and of four essential factors— *Ritu* (appropriate time), *Kshetra* (healthy reproductive organs), *Ambu* (adequate nutrition), and *Beeja* (healthy ovum and sperm). Disturbance or deficiency in any of these factors may

result in failure of conception³. Thus, Ayurveda recognize *vandhyatva* as a multifactorial condition involving physiological, pathological, and environmental factors. While contemporary medicine focuses on anatomical, hormonal, and genetic causes, Ayurveda provides a holistic approach emphasizing the balance of *Doshas*, proper nourishment of *Dhatus*, and purification of the reproductive system. These perspectives may help provide more effective approaches for the management of infertility.

A CASE REPORT

A female patient aged 28 years housewife from middleclass, approached the OPD of SDM college of Ayurveda and Hospital, Hassan with the complaints of anxious to conceive for 3 years of married life, NCM with history of laparoscopy in the year of 2022 for right ovarian endometrioma. On examination, the body proportion was found to be normal with normal secondary sexual characters. There was no any abnormal



finding seen in the physical and pelvic examination (per speculum & per vagina).

Family History: No relevant history

Past history: Nothing relevant

Personal history

Appetite	Good
Bowel	Regular
Micturition	Regular
Sleep	Sound
Diet	Mixed

Menstrual history

MC- Regular

Duration- 3-5 days

Interval- 28-30 pads

Quantity- 2-3 pads/day

Pain- Tolerable

Clots- Absent

Smell- Absent

Obstetric History: Nil

General Examination

Temperature: 97.2 f

Pulse: 74 bpm

Bp: 110/80 mm/hg

Weight: 62.5 kg

Height- 158 cm

BMI- 25 kg/m²

Systemic Examination

CVS- S1S2 heard, no murmur

RS- NVBS heard

CNS- Patient is conscious and well oriented to time, place and person

Ashtavidha pareeksha

Nadi- Vata-Pitta

Mala- Prakruta (once a day)

Mutra- Prakruta 5-6 times a day

Jihwa- Lipta

Sabda- Prakruta

Sparsa- Anushnasita

Drik- Prakruta

Akruti- Madhyama

Dashavidha pareeksha

Prakruti- Vata Pitta

Sara- Madhyama

Samhana- Madhyama

Satva- Avara

Vaya- Madhyama

Ahara Sakthi- Madhyama

Vyayama- Madhyama

Pramana- Madhyama

Satmya- Sarva Rasa Satmya

Investigations

All Hematological and Sonographical investigation were normal.

Nidana Panchaka

Hetu- Aharaja- Laghu, ruksa Ahara sevana

Viharaja- Pramitasana, Akala bhojana

Manasika- Ati-Chinta, Shoka, Bhaya

Purvarupa- Avyakta

Rupa- *Garbha nasha*

Upashaya- Nothing specific

Anupashaya- Nothing specific

Samprati Ghataka

Dosha- Vata Pitta

Dushya- Dhatu- Rasa

Upadhatu- Artava

Agni- Dhatwagni Vishama Agni

Srothas-, Artavavaha,

Srotodushti- Sanga

Udbhava sthana- Amashaya

Adhithana- Garbhashaya, Artavaha Dhamani

Rogamarga- Abhyantara

Sadhyasadhya- Krcchra Sadhya

Treatment Given

Planned for classical *virechana*

Deepana pachana with chitrakadi vati TID for 4 days

Snehapana with kalyanaka ghrita for 4 days (30 ml, 60 ml, 110ml, 140ml)

Sarvanaga abhyanga followed by *bashpa sweda with ksheerabala taila* for 3 days

Virechana with trivrt lehya 80 grms with *draksha Kashaya* 100ml

Total no of vegas-21

Patient attained *pravara shuddhi*

OBSERVATION AND RESULT

patient had followed the *Ahara* restriction strictly. And patient got conceived after one month of treatment

The finding of sonography after treatment is:

Single live intrauterine pregnancy of 7 weeks 3 days

Bilateral ovarian endometrioma.

CRL -11.9 mm, 7 weeks 3 day of gestation

Cardiac activity present

Fetal heart rate (FHR)-169/m

Internal os closed

DISCUSSION & PROBABLE MODE OF ACTION

Apraja associated with endometrioma can be understood as a condition involving *Artava dushti*, *Avarana*, and predominance of *Vata-kapha* along with *rakta dushti* and localized *Granthi* formation in the *garbhashaya*. Endometriomas, commonly known as chocolate cysts, are manifestation of endometriosis that can impact fertility. This case highlights the role of Ayurvedic management for successful outcome. After analysing chronicity of the disease condition *shodhana karma* was planned. As *virechana karma* has direct effect on *pakwashaya* and it pacifies the vitiated *kapha* and *vata dosha* and has the property of *srotovishodhana*⁴. *Granthi* as a *Virechana Yogya Vyadhi*⁵. and some of the Acharyas has mentioned the role of *Virechana karma Uttarottara Dhatu Shodhana* finally causing *Beeja Karmukatvam*⁶. *Virechana* also has *Raktaprasadana Karma*⁷. *Kalyanaka Ghrita* for *Snehapana*



as it is classical medicated. Widely used for Vata-Pitta shamana, Medhya, Rasayana, and reproductive health, thereby beneficial in Apraja. It contains large group of herbs such as Haritaki, Vibhitaki, Amalaki for Rasayana and srotoshodhana. Haridra and Daruharidra for Kaphapitta hara and anti-inflammatory action Manjistha and sariva for Rakta shodhana, Shatavari and vidradi for garbha poshana and Arthava janana. Collectively these ingredients act by correcting Dosha balance, improving Rasa-Rakta dhatu, promoting ovulatory function, indicated in Aretas (no semen), Apraja (no offspring)⁸. Thus Kalyanaka ghrita useful in managing Apraja.

CONCLUSION

Virechana Karma is a powerful purification therapy that expels accumulated toxins, waste products, and aggravated Doshas—the root cause of various diseases—from the body. By restoring the balance of the Tridoshas and cleansing the body tissues, play a crucial role in stimulating Artavaagni (the metabolic fire responsible for the menstrual cycle). This, in turn, supports regular menstruation and promotes fertility. The present study demonstrates that a combination of Shodhana (purification) and Shamana (palliative) therapies provides an effective Ayurvedic approach for managing infertility

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