



Role of Uttarbasti in Infertility

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Infertility means inability to conceive after one year of frequent unprotected sexual life. The terms sterility and infertility sometimes used interchangeably.

Ayurvedic concept of Vandhyatva: Ayurvedic is a science, having its own method of diagnosis & treatment based on it. According to Ayurvedic classics, infertility is failure to archive a child rather than pregnancy as garbhastrava (repeated Miscarriage) & mrutvatsa (having repeated still) is also included in types of infertility. Important factors of constituents of garbha (foetus) are-

- Rutu (fertile period)
- Kshetra (reproductive organs)
- Ambu (nutritive fluids)
- Beeja/beej (ovum)

Also healthy psychological status and normal functioning of Vata (one of the governing factor of the body according to ayurveda), shadbhava (six factors – mother, father, Atma, satva, satmya, rasa). Any abnormality in these factors causes infertility.

In male dominating society of India, for infertility generally female partner is blamed.

Due to this fact she have a lot of psychological problem. It is fact that both partner are 33% responsible for infertility. To solve this problem modern method have a lot of investigation and treatment method, but they are very complicated and expensive. For this comprehensive approach has to be thought of a Uttarbasti Chikitsa describe in Ayurvedic text suits the best.

AIM & OBJECTIVE :-

To Treat the patient of Infertility with Ayurvedic Procedure.

There are many type of infertility treatment or management such as –

- **Ashwagandha and Kapikacchu Churan-** Both herbs increase sperm count and improve its quantity.
- **Phala Gritma** – this gritam treat female infertility. Consumed in the form of liquefied butter mixed with milk, this medicine is touted to treat functional problems but does not treat structural deficiencies.

UTTARBASTI

Uttarbasti may be the ray of sunlight, It is an easy method with less side effects; may solve the rasin problem of vandhyatava (infertility).

DEFINITION OF UTTARBASTI:-

Uttarbasti means basti which is given in upper (uttar) passage i.e urinary and vaginal passage than the usual anal passage or basti which is superior in quality.

Basti which is used after niruhabasti is called uttarbasti.

UTTAR BASTI KARMA VIDHI

1. PURAV KARMA

Uttar basti should be given after the administration of niruhabasti, according to vagbhata. About two to three Niruhabasti should be given earlier than the administration of uttarbasti

Abhyanga and svedana karma should be done preferably over the back, groin and abdomen then yavagu added whit ghee should be given for drinking.



2. PRADHANA KARMA

The patient is made to lie down on her back, fold her legs at knee (lithotomy position).

- Then the uttarbasti yantra containing the prescribed dravya (either kvatha or Sneha) is taken and the basti Netra lubricated with Sneha is carefully introduced into the apathyamarga.
- Basti putpak is compressed consistently, so that the dravya can either easily in the yoni.
- It is observed that kavatha returns immediately after insert whereas Sneha is engaged after some time.
- Such uttarbasti can be repeated 2-3 times
- In a day and also has to be given consecutively for 3 days and patient is advised to take rest for 3 days before giving another course of uttarabasti.

3.PASCHAT KARMA

- Rest of some time is advisable.
- Diet intaje should be concerned, Achrya recommended that after the pratyagamana of uttarbasti, at evening the patient should be given milk or yusha.

BENEFITS OF UTTARBASTI:--

Uttarbasti is beneficial in –

- Urinary disorder:- Retention of urine
Dribbling micturition
Severe dysuria
- Menstrual disorder:- Menometrorrhagia
Amenorrhoea
Dysmenorrhoea.
- Gynecological disorder:- Vaginal pain
Vaginal prolapse
Infertility

BEST PERIOD OF UTTARBASTI:-

During rutukal just after the menstrual bleeding is over, internal os of uterus is open hence she receive the uttarbasti easily and causes suppression of and this help in conception of the women.



Uttarbasti should be given in purified procedure.

The quantity of decoction and oleaginous substances for uttarbasti

The quantity of oleaginous substances of uttarbasti to be given in urinary passage, should be one prasmatha (palm of handful) for all severe disease during the reproductive life or age of a women. If the strength of disease or patient is medium or less, the quantity should be half or less as decided by the physician with his discretion. For uterus the quantity of oleaginous substances should be two prasrut, Decoction quantity should also be two prasrut.

THE METHOD OF GIVING UTTARBASTI IS AS FOLLOWS :--

The women should be placed in supine position with flexed thighs and elevated knees. The nozzle should be passage in urinary or vaginal passage slowly with steady hand following the direction of passage. In 24 hours total two, three and four basties should be given. The procedure should be continued for three days with gradual increase in quantity of oleaginous substance. After giving rest for three days, the procedure should be repeated for another three days.

DRUG SELECTION:-

This was decided as per the cause of infertility for which following factor taken into account for the formation of groups. The effect of uttarbasti can be of three types as follows:-

- Shodhan- Hypomenorrhoea, Oligomenorrhoea- Kshar tail.
- Shaman – Menometrorrhagia – Bala or Yastimadhu tail.
- Brihan – Habitual abortion, miscarriage- Phalghrut.

Instruments used in uttarbasti:-

- Swab holding forceps.
- Sim's speculum
- Anterior vaginal wall retractor
- Valesellum or Allis forceps
- Uterine sound
- Artificial insemination canulla
- Syringe 10 cc
- Uttarbasti drugs

PRE UTTARBASTI PREPARATION:-

Half an hour before of the uttarbastiNiruhbasti of Dasmool decoction should be given. Application of sesamum oil and hot water bag fomentation should be given all over the lower abdominal area.

PROCEDURE OF UTTARBASTI:-

- Ask the patient to empty her bladder before uttarbasti.



- Supine position with flexed thighs and elevated knees.
- Panting of valve and vagina with antiseptic
- Drapping with sterile linens
- Dillatation of vagina with sim's speculum and anterior vaginal wall retractor
- Grasped the anterior lips of cervix with Alli's forceps pulled down near vaginal introitus.
- Introduced the uterine sound to know the length and position of the uterus
- Placed the artificial insemination cannula according to the position of uterus.
- Syrringe filled with uttarbasti material is attached to the cannula and the material is pushed indide the uterine cavity with slow and steady pressure. Asked the patient to hold the breath to avoid the return of the uttarbasti material is pushed inside the uterine cavity.
- Takeout all the instruments and put tempons inside the vagina.
- After uttarbasti keep patient in head low position at least for one hours.

AMOUNT OF UTTARBASTI MATERIAL:-

Usually 3.5 ml of each liquid material is used in each cycle.

RESULTS:-Most of the women conceive within three days courses of uttarbasti in first month only. While some need two or three courses of three days each.

Success rate is 43%.



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