

Management of *Vandhyatva* w.s.r. to Endometrial factor by *Jeevaniya Vati* - A Case Report

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Abstract:

Endometrial factor (*Kshetra*) comes under the four essential factors for conception described by *Acharya Sushruta i.e Ritu, Kshetra, Ambu, Beeja*. Endometrium plays a major role in establishing a pregnancy and any alteration in this could be a potential cause for failure of implantation thus affecting fertility. In the present case a 28 years age woman with 2 years of married life, came with complaint of primary infertility. *Ayurvedic* treatment started (*Deepan Pachan* by *Aampachan Vati* 2tab bd) with routine investigations and usg (ovulation study and ET measurement). USG shown ovulation with less than 7 mm endometrium. Male factor evaluation revealed normalcy. *Ayurvedic* medicine *Jeevaniya Vati* was added followed by ovulation study. Following this course the patient conceived in her second cycle of menses. As per *Ayurveda* if *Kshetra* is not formed properly, it causes *Vandhyatva*. Thus present case shows that after appropriate treatment, patient conceived successfully. The results revealed that, *Jeevaniya Vati* is a potent *Ayurvedic* regimen to increase endometrial receptivity.

Keywords: *Ayurveda*, Endometrial factor, *Jeevaniya Vati*, Infertility, *Kshetra*.

Received: 28.08.2019

Revised: 23.09.2019

Accepted: 30.09.2019



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Introduction:

Infertility is “a disease of the reproductive system defined as failure to achieve a conception after 12 months or more having regular unprotected sexual intercourse. [1] Female factor is directly responsible in 40-55% [2] Among various causes of infertility uterine factor as-endometrial abnormalities play an important role in the causation of infertility. Decreased endometrial receptivity is the main cause of implantation failure, which contributes 23% among the various causes of repeated abortion. [3] IVF Success rate was only 35%, rest 65% cases of IVF failed because of implantation failure in which decreased endometrial receptivity is commonest cause. [4-]

Jeevaniya Vati consists of *Jeevaniya gana dravyas* described by *Acharya Charak*. These are *Balya, Brinhana, Pragyasthapak, Jeevaniya*. Most of the drugs like *Shatavari, Yashtimadhu* of *Jeevaniya Vati* having phytoestrogenic properties while *Vidarikanda* has direct estrogenic property. The root cause of implantation failure due to endometrial factor is vitiation of *Vata* and *Pitta Dosha*. *Jeevaniya Vati* has *Madhura Vipaka, Sheeta Virya, Madhura, Tikta Rasa*. So the combined effect of all ingredients having *Vatapittashamaka* property.

Case Report:

A 28 year old housewife, married life for 2 years trying for baby since 1 year without contraception. So she came to *Stree Roga and Prasuti Tantra* OPD of Ankerite Ayurvedic Medical College and Hospital, Lucknow on her second day of menses. Her main complain was failure to conceive

since one year, without any other problem. On taking detail history followed by thorough clinical examination she was prescribed *Aampachan vati* 4 tab (each 500mg) 2 times after food with *Pathya-Apathya* side by side her blood investigations and usg-ovulation study with endometrial thickness measurement was carried out. Ovulation occurred on 16th day but ET was less than 7mm. The case was diagnosed as implantation failure due to improper formation of endometrium. Next cycle she was prescribed *Jeevaniya vati* 4 tab each 500mg 3times a day and usg for ovulation study and ET measurement was advised (ET became 8-10mm) and advised planned relations. Again in the next cycle same treatment was prescribed and usg was repeated (ET became 9-12mm).She came for follow up with missed period,urine pregnancy test was positive (done at home). She was advised to continue *Jeevaniya vati* and complete rest. Sonography was done after 15 days which show the single intrauterine gestational sac of 7 weeks 3days with normal cardiac activity.

Treatment Given:

The treatment was planned for following 2 phases:

1. For *Deepan Pacha*: *Aampachan Vati* – 4 tab each 500mg, 2times with lukewarm water after food.
2. To support conception: *Jeevaniya Vati* – 4 tab each 500mg, 3times with milk after food.

Image: USG Report

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रोगी का नाम [Redacted] आयु 28 लिंग F
 पुत्र/पुत्री/पत्नी [Redacted]
 पता [Redacted]
 CIPD No. 149 Bed / Ward No. 7 Date of Admission 19/1/19

C/o Rx USG (TVJ)

LMP- 3/12/18 - Single, Intrauterine GA seen
 EOP - 10/9/19 - Fetal pole - Cardiac activity etc
 oH- Phwi - Cr length 42 mm
 - cfr uterus (2mm correspond to 7wks 3day)
 - Both ovaries are seen of normal

Witnessed by [Signature]
 Dr. [Signature]

Result and Discussion:

Jeevaniya Vati has *Madhura Vipaka, Sheeta Virya, Madhura, Tikta Rasa*. So the combined effect of all ingredients makes the drug *Vatapittashamaka*. *Vata* performed proper function by its appropriate regulation and initiation of normal reproductive physiology and HPO axis also works normally, subsequently the process of cell regeneration begins from basal layer of endometrium. Beside it *Pitta* also act properly by its *Paka* action so, the conversion of all hormones from their subsequent insufficient level was achieved and when the adequate level of hormones

present during follicular and luteal phase then the *Kapha* performs its proper function by proliferation and secretary changes in endometrium to make it receptive for implantation.

Jeevaniya Vati has Phytoestrogen properties. Phytoestrogen exert their effect in a selective estrogen receptor modulators (SERM). Through this SERM they act as both estrogen agonists and antagonists. They inhibit the enzymatic conversion of endogenous oestrone to oestradiol and also possess intrinsic oestrogen activity. Estrogen induces the proliferation of the functional layer of endometrium and

stimulates progesterone receptors on endometrium in follicular phase of menstrual cycle. Later changes in function layer are engendered by progesterone from the corpus luteum (luteal phase). It is adapted to provide an optimum environment for the implantation and growth of the embryo.

Consumption of *Jeevaniya Vati* helps in follicular growth, proper formation of

endometrium and proper growth of conception. *Aampachan Vati* has *Deepan Pachan* property. By this *Ahara Rasa* converted into *Prasad* and *Kitta Bhag* under the influence of *Jatharagni*. *Prasad bhag* converted into *Rasa Dhatu* by proper function of *Rasa Dhatvagni* through which *Updhatu* named as *Artava (Dhatu Roop Artava /Endometrium)* is formed.

Conclusion:

The single case concluded that *Jeevaniya Vati* was effective in treatment of infertility due to implantation failure by increasing endometrial thickness. The limitation is that there is need of further study with these sets of treatments in more number of infertility cases.

References:

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Guarantor: Corresponding author is guarantor of this article and its contents.

Conflict of interest: Author declares that there is no conflict of interest.

Source of support: None

How to cite this article:

Verma A. Management of *Vandhyatva* w.s.r. to Endometrial factor by *Jeevaniya Vati* –A Case Report. *Int. J. AYUSH CaRe*. 2019; 3(3): 233-236.