

**ISSN**INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

ISSN No. : 2584-2757

Volume : 04

Issue : 01

DOI : 10.5281/zenodo.23434582



Publisher

**ROGANIDAN VIKRUTIVIGYAN PG ASSOCIATION
FOR PATHOLOGY AND RADIOLOGICAL DIAGNOSIS**

Reg. No. : MAHA-703/16(NAG)

Year of Establishment – 2016

ISI Impact Factor (2025-26): 1.345

IIFS Impact Factor (2026-27): 6.0

INTERNATIONAL JOURNAL OF DIAGNOSTICS AND RESEARCH

Management of Secondary infertility through Ayurveda: A Case Study

Dr. Shalvi Sharma¹, Dr. Bhagya Ranjan Dash²

¹ Ayurvedic Medical Officer, AAM Padhiun, Distt. Mandi, H.P. – 175001, Previous Ayurvedic Medical Officer, GAHC Kharsi, Distt. Mandi, H.P. – 175029,

² Asst. Professor PG Dept. Of Roganidan & Vikriti Vigyan, Govt. Ayurvedic college & Hospital, Tulasingar, Balangir, Odisha-767001,

Corresponding Author: Dr. Shalvi Sharma

ORCID ID:

Article Info: Article Received on : 26/08/2026

Article Reviewed on: 10/09/2026

Article Published on : 15/10/2026

Cite this article as: - Sharma S, Dash BR. Management of Secondary infertility through Ayurveda: A Case Study. International Journal of Diagnostics And Research. 2026Oct17;4(1):38–45. doi:10.5281/zenodo.23434582

Abstract

Background - The failure to conceive after at least one prior conception is termed as secondary infertility. Its incidences are increasing day by day due to unhealthy diet and lifestyle, psychological stress, late marriages etc. All these factors may result in disturbances in H-P-O axis functioning resulting in fertility related issues.

Aim: To study the effect of Ayurvedic treatment in management of secondary infertility.

Objective: To access the effect of Ayurvedic treatment in management of secondary infertility.

Methodology: Single case study. **Case description:** A 28 years old female Hindu patient belonging to rural area came in General OPD of GAHC Kharsi, Distt. Mandi, H.P. She was having 5 years old female child. She was actively trying to conceive since last 3 years but was unable to conceive even after regular unprotected intercourse. She was advised normal routine investigations and ultrasonography, but she refused due to her poor financial conditions. She was advised Ayurvedic oral medications. **Outcome:** After one month of treatment, she conceived.

Conclusion: Ayurvedic management improves the reproductive health of women and is beneficial in increasing the chances of conception in infertile females.

Keywords: secondary infertility, Ayurvedic

Introduction :

Failure to conceive within one or more years of regular unprotected intercourse is termed as infertility. Previous pregnancy with subsequent failure to conceive indicates secondary infertility. Multiple factors contribute to infertility, including ovulatory dysfunction (30-40%), tubal factors (25-35%), uterine factors (10%), cervical and vaginal factors (5%), and endometrial factors (1-10%).^[1]

As per Ayurveda, *Ritu* (fertile period of the menstrual cycle), *Kshetra* (Female reproductive system, *Artava-vaha srotas*), *Ambu* (nourishment from *Rasa Dhatu*) and *Beeja* (ovum and sperm) are four basic factors that are responsible for *Garbhotpatti*.^[2] As per Ayurvedic texts, *Yonivyapada* (disorders related to the reproductive system) may lead to infertility if not treated properly.^[3] According to Acharya Charaka, *Yoni Pradosha* (abnormalities of reproductive organs), *Manas Abhitapa* (psychological abnormalities), *Shukra-Asrig Dosha* (abnormalities of *Shukra* and *Asrig*), *Ahara-Vihara Dosha* (abnormalities due to faulty diet and lifestyle), *Akala Yoga* (coitus in improper time) and *Bala Samkshaya* (loss of *Bala* or strength) are the factors which are responsible for delay in conception despite having previous pregnancies.^[4]

Case Report

A 28 years old female Hindu patient came to OPD at GAHC Kharsi, Distt. Mandi, H.P. - 175029, on dated 27/06/2023 with OPD registration no. 1576 with the complaint of inability to conceive a second child for the last 3 years. Five years ago, she delivered a naturally conceived, full-term female child weighing 3.5 kg with forceps delivery. After that, she has been trying to conceive for the last 3

years but has been unable to conceive despite regular unprotected intercourse. She also complained of decreased appetite for the last 3 months. She has also had loose stools 3 to 4 times per day on/off for the last 2 years. On further enquiry, the patient talked about painful menses with clots and painful intercourse. Frequency of coitus was 3 to 4 times a week. She was advised to undergo routine investigations and ultrasonography, but she refused. Therefore, Ayurvedic oral medications were started based on history and *Dosha* vitiation. Following one month of treatment, she conceived.

P/M/H -No H/O Hypertension, Diabetes, Tuberculosis, Hypothyroidism, Epilepsy, Jaundice or any other medical illness.

P/S/H -No previous history of any surgical intervention.

Allergy History -No history of any drug or food allergy.

Family History - No history of any illness in any family member.

Menstrual History–

- Frequency - Regular
- Quantity - Moderate
- Pain - Painful, pain in lower abdomen and back on 1st and 2nd day of menses; does not take any medication
- Duration -5 days
- Interval - 28 days.

Marital Status -Married (7 years back)

Sexual History -

Coital frequency - 3 to 4 times per week

Painful intercourse for the last 2 years

Contraceptive History – Nil

Obstetric history – G₁P₁L₁A₀

G1-Female child 5 years old, FT, assisted normal delivery (Forceps) in SLBS hospital, Nerchowk, Distt. Mandi, H.P. in 2018.

General Examination -

- PR - 88/min
- BP - 100/70 mmHg.
- Temp - Afebrile
- RR - 19/min
- Height - 151 cm
- Weight – 41kg
- BMI –17.98kg/m² (underweight)
- Built – Lean and thin
- On observation - No pallor, icterus, edema, clubbing, or lymphadenopathy was seen.

Personal History

Appetite- Decreased

Sleep - Normal

Bowel- Increased frequency (3 to 4 times per day)

Bladder – Clear

Occupation – Housewife

Diet - Non-vegetarian

Dashavidha Pareeksha

- *Dooshya: Rasa Raktha Meda Arthava*
- *Desha: Deha –Garbhashaya, Grahani; Bhumi –Sadharana*

➤ *Bala: Alpa*

➤ *Kala: Ritu Kala, Rajah Strava Kala, Vyadhyavastha - Puraana*

➤ *Anala: Manda*

➤ *Prakriti: Vata-Pittaja*

➤ *Vaya: Madhyama*

➤ *Satva: Madhyama*

➤ *Satmya: Sarvarasa Satmya*

➤ *Ahara: Abhyavaharana Shakti–Manda, Jaranashakti–Manda*

Treatment given

Date	Patient details	Treatment
27/06/2023	• Anxious to conceive since last 3 years	<i>Avipattikara Churna</i> – 1gm
	• Loose stools 3 to 4 times/ day since last 2 years on/ off	<i>Shankha Bhasma</i> – 250mg
	• Loss of appetite for the last 3 months	<i>Shatavari Churna</i> – 500mg
	• Painful coitus since last 2 years	<i>Amalaki Churna</i> – 500mg
	• Painful menses for the last 2 years	<i>Kamdudha Rasa</i> – 125mg
		<i>Brihad Gangadhara Churna</i> – 500mg
		1 x 2 with lukewarm water, 30 min. B/F
		<i>Kutaja Ghanavati</i> – 250mg B.D. A/F
		Syp. Ashokagyno (Ayu. Prop. Medicine) – 10ml B.D, A/F (H.P. Govt. Supply)
		Explained the fertile days of the menstrual cycle to the patient. Patient was advised for contact in fertile days only.

Date	Patient details	Treatment
02/08/2023	- Complete relief in all previous complaints of loose stool and loss of appetite - Mild pain abdomen	UPT done by patient at home – found positive. Further ANC management was continued at SLBSMC & hospital, Nerchowk, Distt. Mandi (H.P.). <i>Shatavari Churna</i> – 1gm <i>Godanti Bhasma</i> – 250mg 1 x 2 with luke warm water <i>Dadimashtaka Churna</i> – 3gm B.D. A/F, with luke warm water

Result :

Urine pregnancy test done by patient at home on dated 02/08/2023, found positive.

Her LMP was 08/07/2023, EDD was 13/04/2024. She delivered a full-term female child of 3.280kg through normal delivery on 13/04/2024 at SLBSMC & H, Ner Chowk, Mandi. Her antenatal period was uneventful

Discussion :

Based on history and clinical examination, the patient was a case of *Dvitiya Bandhyatva* (Secondary infertility) associated with *Grahani Dushti*.

Nidaana –

Based upon the observations, the patient was having stress of non-completion of her studies due to early marriage and the non-cooperative behaviour of in-laws. Stress is the main cause of *Agnimandya*, leading to improper digestion of food, causing *Ajeerna* and *Rasa Dushti*. Her food intake

was very less (*Pramitaashana*, *Aplabhojanam*) due to her digestive issues since last 2 years. Due to her increased frequency of stool, body was not able to properly assimilate the food (*Grahani Dushti*) resulting in her weight loss and improper formation of *Ahaara Rasa* and *Rasa Dhatu*.

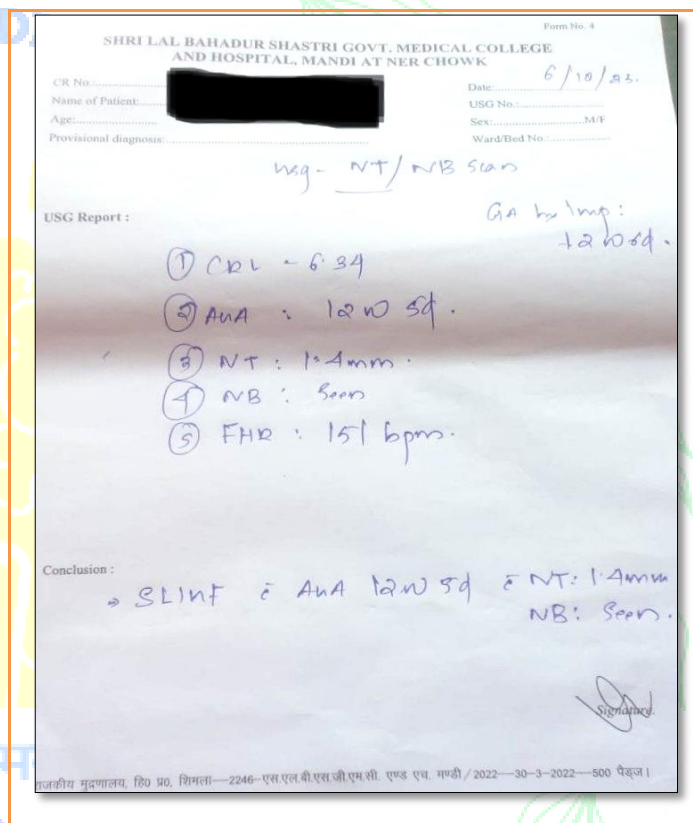
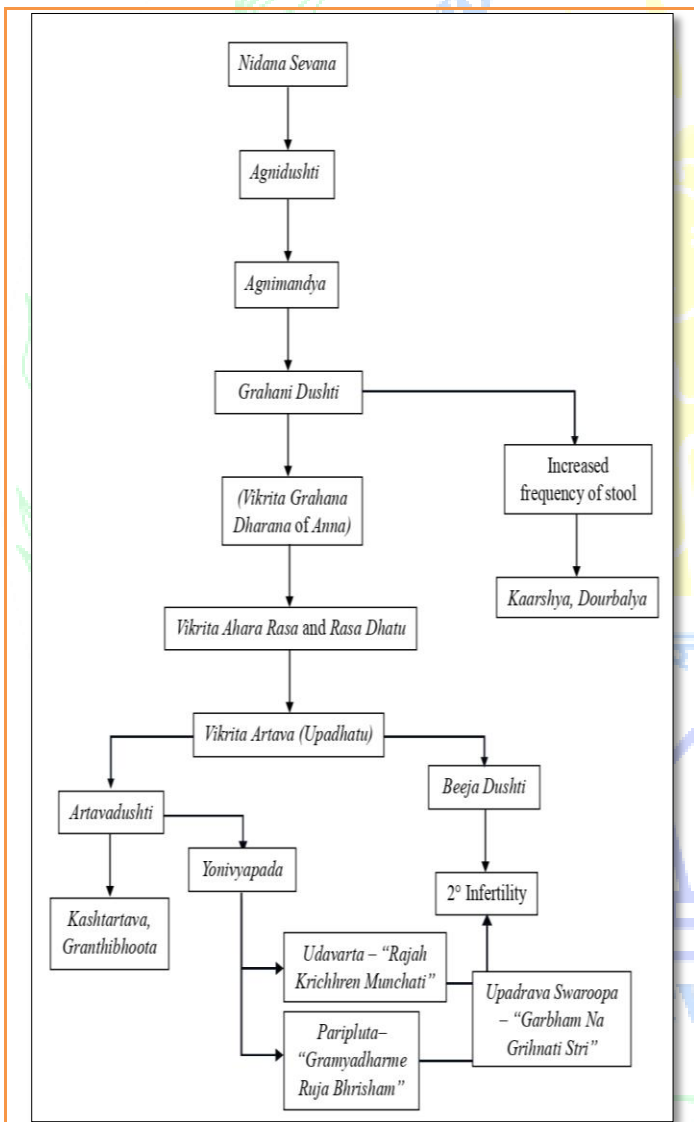


Fig. – 1. Ultrasonography Scan (12Wk+5d)

Samprapti –

Nidana Sevana results in *Agnidushti*, causing *Agnimandya*, which impairs digestive function and leads to improper *Grahana* and *Dharana* of food, known as malabsorption syndrome or *Grahani Dushti* [5], indicated by symptoms such as loose stools and loss of appetite^[6] This causes *Dushti of Rasa Dhatu* due to improper digestion of food. As *Artava* is *Upadhatu of Rasa Dhatu* [7], it also gets vitiated as a result of *Rasa Dushti*, manifested in the form of clots

in menstrual blood (*Granthibhoota Artava*) and pain during menses (*Kashtartava*). *Artavadushti* is considered a cause of *Yonivyapada* [8], and symptoms of *Udavarta* [9] and *Paripluta* [10] *Yonivyapada* were seen in this patient in the form of painful menses and painful intercourse, respectively. *Yonivyapada* leads to *Bandhyatva* (infertility) as a result of its complication [11]. *Beeja Dushti* occurring from *Vikrita Artava* *Upadhatu* itself is a cause for secondary infertility.



Flow Chart – 1. Representing possible Samprapti (aetiology)

Chikitsa –

The main treatment protocol in this case was based primarily on correcting *Grahani Dushti*. Based on the probable mode of action, we selected different medications and combinations available at GAHC. *Avipattikara Churna* helps cure diseases that originate from *Agnimandya* (weakened digestive fire). [12] *Shankha Bhasma* is well known for its medicinal properties like *Grahani roga Nashaka* (useful in irritable bowel disease), *Agnimandya Nashaka* (useful in disorders related to weak digestive power), *Atisara Nashaka* (useful in diarrhoea). [13] *Acharya Sushruta* describes *Shatavari Churna* as *Vrishya* (enhances fertility), *Grahani-vikaraghni* (alleviates disorders of the small intestine), and *Agni-bala-vardhini* (improves digestion). [14] *Amalaki* (Gooseberry) is well known for its *Sarvadoshaghna* (balances Tridoshas) and *Vrishya* properties. [15] *Kamdudha Rasa* works on *Mahasrotas* (alimentary canal). It contains ingredients like *Mukta Shukti Bhasma* and *Swarna Gairika*, which are *Raktaprasadaka* (Blood purifier), *Stambhaka* (Astringent), and *Kshobhanashaka* (Destressing), so it helps treat *Grahani Dushti* and *Artava Dushti*. [16] *Brihad Gangadhara Churna* is useful in *Sarva-Atisaara* (all kinds of diarrhoea) and *Grahani*. [17] *Kutaja Ghanavati* is *Katu*, *Kashaya*, *Ruksha*, *Deepana* (enhances digestive fire) and is beneficial in all kinds of diarrhoea. [18] *Syp. Ashokagyno* (H.P. Govt. supply – Govt. Ayurvedic Pharmacy, Majra, Sirmaur (H.P.)) is primarily composed of *Ashoka*, *Lodhra*, *Shatavari*, *Manjishta*, and *Amalaki*, and is thus helpful in improving uterine and reproductive health.

On follow-up examination, the patient reported complete resolution of previous complaints, including

chronic loose stools and anorexia of 2 years' duration. Only mild abdominal discomfort was persisting. Urine Pregnancy Test performed by the patient at home showed a positive result. Shatavari Churna, Godanti Bhasma and Dadimashtaka Churna were given to her as post-conception supportive therapy. Shatavari acts as Garbhasthapaka^[19] and Balya^[20], while Godanti Bhasma is Balya, Deepana, and Sheeta^[21]. Dadimashtaka Churna is useful for Deepana-Pachana and to manage mild abdominal pain^[22]. Dadima is *Hridya* and *Grahi*, and helps maintain Agni^[23] during early pregnancy.

Clinical Outcome: The above Ayurvedic intervention achieved complete symptomatic relief of gastrointestinal complaints. Patient entered into ANC protocol successfully. Further Antenatal Care was continued at SLBSMC & Hospital, Nerchowk, District Mandi, Himachal Pradesh.

Conclusion :

This study concludes that in cases of Dwitiya Vandhyatva associated with digestive disorders, treatment should begin with correction of Agni and Grahani. In this case, there was 3 years of inability to conceive, painful periods, pain during intercourse, frequent loose motions and poor appetite. The root cause was found to be weak digestion and Grahani dysfunction, which led to poor Rasa Dhatu formation and menstrual irregularities. Treatment was planned to improve digestion and reproductive health using classical Ayurvedic medicines like Avipattikara Churna, Shankha Bhasma, Shatavari, Amalaki, Kamdudha, Brihad Gangadhara, Kutaja and Ashokagyno. With this approach, her digestive complaints resolved and she conceived within a month. Classical formulations documented in

Ayurvedic texts provide multi-targeted action, from correcting digestion to improving Artava quality, leading to successful outcomes with complete resolution of GI symptoms and positive conception. Post-conception care with *Shatavari*, *Godanti Bhasma* and *Dadimashtaka* helped maintain a healthy pregnancy.

References :

1. Chakravorty BN. Infertility. In: Konar H, editor. DC Dutta's Textbook of Gynecology, Jaypee Brothers Medical Publishers (P) Ltd., New Delhi; Reprint Edition 2020, p. 190.
2. Sushruta. Sushruta Samhita, Edited with *Ayurveda Tattva Sandeepika* Hindi Commentary by Kaviraja Ambikadutta Shastri, Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan; 2012. Part I, *Shareera Sthana*; 2/35; p - 19.
3. Vagbhata. Ashtanga Hridayam, Edited with *Nirmala* Hindi Commentary by Dr. Bramhanand Tripathi, Reprinted edition. Delhi: Chaukhamba Sanskrit Pratishthan; 2011. *Uttara Sthana*; 34/61; p - 1141.
4. Agnivesha. Charaka Samhita, Elaborated by Charaka and Dridhabala, Edited with *Charaka-Chandrika* Hindi Commentary by Dr. Bramhanand Tripathi, Varanasi: Chaukhamba Surbharati Prakashan; 2012. Vol. II, *Shareera Sthana*; 2/7; p - 840.

5. Agnivesha. Charaka Samhita, Elaborated by Charaka and Dridhabala, Edited with *Charaka-Chandrika* Hindi Commentary by Dr. Bramhanand Tripathi, Varanasi: Chaukhamba Surbharati Prakashan; 2012. Vol. II, *Chikitsa Sthana*; 15/57, 58; p – 561.
6. Agnivesha. Charaka Samhita, Elaborated by Charaka and Dridhabala, Edited with *Charaka-Chandrika* Hindi Commentary by Dr. Bramhanand Tripathi, Varanasi: Chaukhamba Surbharati Prakashan; 2012. Vol. II, *Chikitsa Sthana*; 15/53; p – 561
7. Agnivesha. Charaka Samhita, Elaborated by Charaka and Dridhabala, Edited with *Charaka-Chandrika* Hindi Commentary by Dr. Bramhanand Tripathi, Varanasi: Chaukhamba Surbharati Prakashan; 2012. Vol. II, *Chikitsa Sthana*; 15/17; p – 553.
8. Agnivesha. Charaka Samhita, Elaborated by Charaka and Dridhabala, Edited with *Charaka-Chandrika* Hindi Commentary by Dr. Bramhanand Tripathi, Varanasi: Chaukhamba Surbharati Prakashan; 2012. Vol. II, *Chikitsa Sthana*; 30/8; p – 1009.
9. Agnivesha. Charaka Samhita, Elaborated by Charaka and Dridhabala, Edited with *Charaka-Chandrika* Hindi Commentary by Dr. Bramhanand Tripathi, Varanasi: Chaukhamba Surbharati Prakashan; 2012. Vol. II, *Chikitsa Sthana*; 30/25, 26; p – 1014.
10. Sushruta. Sushruta Samhita, Edited with *Ayurveda Tattva Sandeepika* Hindi Commentary by Kaviraja Ambikadutta Shastri, Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan; 2011. Part II, *Uttara Tantra*; 38/11; p - 203.
11. Agnivesha. Charaka Samhita, Elaborated by Charaka and Dridhabala, Edited with *Charaka-Chandrika* Hindi Commentary by Dr. Bramhanand Tripathi, Varanasi: Chaukhamba Surbharati Prakashan; 2012. Vol. II, *Chikitsa Sthana*; 30/38; p – 1017.
12. Govinda Das. Bhaishajyaratnavali, Edited and enhanced by Lal Chandraji Vaidya. 8th edition. New Delhi: Motilal Banarsidas; 2007. *Amlapittadhikara*/27; p. 605.
13. Sadananda Sharma. Rasatarangini, Adorned with Hindi language statement entitled *Rasavigyana* by Dharmanand Shastri, Edited by Kashinath Shastri, 11th edition. New Delhi: Motilal Banarasidas; 2012. 12/22, 23; p – 288.
14. Sushruta. Sushruta Samhita, Edited with *Ayurveda Tattva Sandeepika* Hindi Commentary by Kaviraja Ambikadutta Shastri, Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan; 2012. Part I, *Sutra Sthana*; 46/302,303; p - 268.
15. Sushruta. Sushruta Samhita, Edited with *Ayurveda Tattva Sandeepika* Hindi Commentary by Kaviraja Ambikadutta Shastri,

- Reprint Edition. Varanasi: Chaukhambha Sanskrit Sansthan; 2012. Part I, *Sutra Sthana*; 46/143; p - 255.
16. Vaidyapanchanan Gangadhar Shastri Gopalrao Gune. Ayurvediya Aushadhi Gunadharmashastra, Reprint edition. Pune: Vaiyak Granth Bhandar Shaniwar Peth; 2005. Part 2, 20; p –244.
17. Sharngadhar. Sharngadhar Samhita, *Jiwanprada* Hindi commentary by Dr. Shailaja Srivastava, Reprint edition. Varanasi: Chaukhambha Orientalia; 2011. Madhyam Khand, 06/52; p – 180.
18. Bhavamishra, Bhavapraksha Nighantu, Purvakhanda, Part I, Mishraprakarana, *Guduchyadi Varga*, 4/102, Available from: <https://niimh.nic.in/ebooks/e-Nighantu/bhavaprakashanighantu/?mod=read&h=kuTaja> (Accessed on Date 18.04.2026)
19. ¹ Agnivesha. Charaka Samhita, Elaborated by Charaka and Dridhabala, Edited with *Charaka-Chandrika* Hindi Commentary by Dr. Bramhanand Tripathi, Varanasi: Chaukhambha Surbharati Prakashan; 2012. Vol. I, *Sutra Sthana*; 4/49; p – 97.
20. Bhavamishra, Bhavapraksha Nighantu, Purvakhanda, Part I, Mishraprakarana, *Guduchyadi Varga*, 4/159, Available from: <https://niimh.nic.in/ebooks/e-Nighantu/bhavaprakashanighantu/?mod=read> (Accessed on Date 18.04.2026)
21. Sadananda Sharma. Rasatarangini, edited by Kashinath Shashtri, 11th edition. New Delhi: Motilal Banarsidas; 1979. *Dwadash Taranga*/241; p.- 284.
22. Govinda Das. Bhaishajyaratnavali, Edited and enhanced by Lal Chandrajai Vaidya, 8th edition. New Delhi: Motilal Banarsidas; 2007. *Grahanirogadhikara*/36, 37; p.-136.
23. Agnivesha. Charaka Samhita, Elaborated by Charaka and Dridhabala, Edited with *Charaka-Chandrika* Hindi Commentary by Dr. Bramhanand Tripathi, Varanasi: Chaukhambha Surbharati Prakashan; 2012. Vol. I, *Sutra Sthana*; 27/149,150; p – 518.

Declaration :**Conflict of Interest:** None

ISSN: 2584-2757

DOI :10.5281/zenodo.23434582

Dr Shalvi Sharma, Inter. J.Digno. and Research

This work is licensed under Creative Commons Attribution 4.0 License

Submission Link : <http://www.ijdrindia.com>**Benefits of Publishing with us**

- Fast peer review process
- Global archiving of the articles
- Unrestricted open online access
- Author retains copyright
- Unique DOI for all articles

<https://ijdrindia.com>