



# International Journal of Indian Medicine

[www.ijim.co.in](http://www.ijim.co.in)

**ISSN: 2582-7634**

**Volume - 6, Issue - 6**



# IJIM

INDEXED

**June 2025**



# International Journal of Indian Medicine



International Category Code (ICC): ICC-1702 International Journal Address (IJA): IJA.ZONE/258276217634 eISSN : 2582 - 7634

## AYURVEDIC APPROACH OF AARTAVAHA STROTODUSHTI 'VANDHYATV' IN VIEW OF MATRA BASTI

Kuwar K.<sup>1</sup>, Deshpande P.<sup>2</sup>, Dawre M.<sup>3</sup>

1. PG(Sch), Department of Rachana Sharir, Govt Ayurved College & Hospital, Nanded
2. Associate Professor, Department of Rachana Sharir, Govt Ayurved College & Hospital, Nanded
3. Professor, Department of Rachana Sharir, Govt Ayurved College & Hospital, Nanded

### Abstract:

Women represent the cornerstone of a family's overall health. Healthy women, Healthy world embodies that women are custodians of family health; they play a critical role in maintaining the health and overall wellbeing of community. Female infertility is a challenging topic in the society today as it not only leads to distress and depression but also may lead to disturbed family life. Polycystic ovarian syndrome, endometriosis, uterine fibroids and endometrial polyps causes female infertility but among them irregular menstrual cycle is common. Ayurvedic treatment includes Samshamana (pacificatory therapy) and Samshodhana (purification and cleansing). Basti (medicated enema) is one of the most important Samshodhana procedures which can be used in the management of female infertility. The therapeutic oil or herbal decoction is administered through the anal route in Basti Karma. Ayurveda considers Basti Chikitsa to be one of the most important Panchakarma treatments. It Matra Basti is a type of Sneha Basti (oil enema) that is administered rectally. It involves the gentle introduction of medicated oil into the rectum to balance the Vata Dosha, which is believed to play a crucial role in female reproductive health. Specifically, it aims to normalize Apana Vata, which governs elimination and reproductive functions. The medicated oil used in Matra Basti can vary depending on the individual's condition.

**Keywords** -Vandhytv, Matra Basti, Aartavaha Strotodushti

### Corresponding Author:

#### DR. KOMAL SANTOSH KUWAR

PG(Scholar), Department of Rachana Sharir,  
Govt Ayurved College & Hospital, Nanded

Mo.no. -7744000746 Email id- [kuwarkomal123@gmail.com](mailto:kuwarkomal123@gmail.com)



### How to cite this article:

Kuwar K., Deshpande P., Dawre M. Ayurvedic Approach of Aartavaha Strotodushti 'Vandhyatv' In View of Matra Basti. Int J Ind Med 2025;6(6):10-13 DOI: <http://doi.org/10.55552/IJIM.2025.6602>

**INTRODUCTION:**

*Ayurveda* is a branch of medicine which has been serving for humanity since ancient times by both preventive and curative aspects. In today's world, many gynecological conditions are rapidly increasing because of a sedentary life style. In gynecological disorders, infertility is predisposed by an irregular menstrual cycle. Infertility is the inability to conceive even after one year of regular sex without using birth control. Female infertility is a challenging topic in society today as it not only leads to distress and depression but also may lead to a disturbed family life. In *Ayurveda*, the word "*Artava*" denotes menstrual blood. *Shudhartava* plays a crucial role in maintaining women's healthy reproductive life. When *Artava* is not quite the same as highlights of *Shudhartava* mentioned in classics, then there may be *Artavdushti* or menstrual abnormalities like dysmenorrhoea, menorrhagia, amenorrhoea etc. Treatment offered by modern science includes injection or hormonal therapy.

In *Ayurvedic* literature, the *chikitsa* for *Aartavaha Strotodushti* is *Samshodhana* and *Shanshman*. One of the most successful *Samshodhan* is *Basti Chikitsa*. According to *Vachaspathyam*, the word *Basti* is derived from the root '*Vas*' which when suffixed with '*Tich*' forms the word '*Basti*'. *Basti* (or *Vasti*) means an organ where urine is collected, is situated below the umbilicus, the bladder, an injection-syringe made of bladder or the injection itself. The term *Basti* is given due to the administration of medicated drugs into the rectum by means of urinary bladder of various animals. It involves the gentle introduction of medicated oil into the rectum to balance the *Vata* dosha, which is believed to play a crucial role in female reproductive health. Specifically, it aims to normalize *Apana Vata*, one of the five subtypes of *Vata*, which governs elimination and reproductive functions. *Matra Basti* is a type of *Basti* which is

given in an extremely little dose, making it incredibly convenient in today's world. According to *Acharya Charak Matra Basti*, it does *Vatanulomana* and thereby normalizes *Apana Vata* and physiological functioning of *Vata* which may help in regularization of menstruation and *Gunas* of *Taila* also beneficial for this condition.<sup>[4]</sup>

**AIM:** To study the *Ayurvedic* approach of *Aartavaha Strotodushti* in view of *Matra Basti*.

**OBJECTIVE:**

1. To study the pharmacodynamic of *Matra Basti* in *Aartavaha Strotodushti* '*Vandhytva*' (infertility).
2. To evaluate the therapeutic effect of *Taila* in *Aartavaha Strotodushti* '*Vandhytva*'.

**METHODOLOGY:**

Material related to *Matra Basti*, *Vandhytva* and *Aartavaha Strotodushti* is collected from *Ayurvedic* text including *Bruhattriye*, *Laghuttriye* and medical journals respectively. The available commentaries of *Ayurvedic Samhita* have also referred to collect relevant matter.

**DISCUSSION:**

Concept of *Strotas* is a unique contribution of *Ayurveda* to the medical system. *Strotas* are minute hollow pathways or passages through which *Parinam Prapta* dhatus are transported across the body. Any *Vikruti* in *Strotas* leads to disease; they are used synonymously with organ system. *Artavaha Strotas* which are two in number, having their roots in *Garbhashaya* and *Aartavaha Dhamani* <sup>[2]</sup>. Injury to these *Strotas* causes infertility, dyspareunia and amenorrhoea.

The specific etiological factors like *Ushn*, *Tikshn Ahar*, *Vihar*, *Artavaha Dushti*, injury to *Artavaha Strotas*, provocation of *Vata*, *Pitt* and *Kapha*. *Vata* is the main *Dosha*,



vitiated with its own causative factors also. Due to *Nidan Sevan Agni* also get vitiated which disturbs *Dhatvagni* causing *rasa Rakta Dhatu Dushti*. *Dhatvagnimandy* cause the *Kshyatmak* effect on the *Artava* (*Upadhatu* of *Rasadhatu*) becomes less. Causes of infertility include PCOS, hormonal imbalance, lifestyle disorder, age related factors and irregular menstrual cycle among this irregular menstrual cycle is common cause. Prevalence rate of female infertility is 18.7% in India.

The *Artava* vitiated by *Dosha* called *Artava Dushti*. Disorders of *Artava* have been classified by *Sushruta* on basis of predominance of *Doshas*. He has given eight disorders of *Aartava*. The woman in whom there is hindrance of any kind to the normal process of conception is *Vandhya*. Acharya *Sushruta* mentioned *Vandhya* as *Yonivyapad*. Acharya *Charak* and *Vagbhat* described *Vandhyatv* as *Updrav* (complication) of *yonivyapad*. Kashyap<sup>[3]</sup> mentioned *Vandhyatv* in eighty *Vaat Roga*<sup>[8]</sup>. Acharya *Charak* mentioned definition of *Matra-Basti* in *Siddhistan*. *Basti* is useful *chikitsa* for *Vaat Dosha*<sup>[1]</sup>. *Matra Basti* is a type of *Anuvasana Basti*. It is termed so because of the dose of *Sneha* used in it is very less as compared to the dose of *Sneha Basti*. In *Matrabasti* the dose of *Sneha* is equal to *Hraswamatra* of *Snehapana* i.e 1 ½ *Pala* (approx. 60 ml). Indications of *Matra Basti* is persons emaciated by *Karma* (work), *Vyayama* (exercise), *Bhara* (weight lifting), *Adhwa* (walking long distance), *Yana* (riding vehicle), *Stree* (exhausted due to sexual activity), *Durbala* (persons who are weak) and affected with *Vatika* diseases. *Apanvayu* which is type of *Vaat Dosha* its location is *Pakvashay*, *kati pradesh* and *Garbhashay*.<sup>[5]</sup> *Apanvayu* is useful for *Garbh-Aartavanishkramann Dushti* in *Vaat Dosha* causes *Garbh*, *Shukr* and *Rajonash*.<sup>[6]</sup> In *Chikitsa Sthan* Acharya *Charak* described “*Naasti Telat Param Kinchiaushadam*”<sup>[3]</sup> *Tail*

is best treatment for *Vaat Dosha*. The *Gunas* of *Tail* like *Ushn*, *Tikshn* suppresses the *Prakupit Vaat-Dosha*. *Tail* also contain property of *Yonishodhan* and *Natishleshmvardhan* which are help in *Artavaha Strotodushti*

In *Chikitsa Sthan Charak* mentioned *Vaat-Dosha Chikitsa* is also useful in *Yoni-Rog*. So, *Matra Basti* holds Particular place among all the *Basti* and is highly regarded for its ability to be administered at any moment. There is no complication as result of it, no *Pathya* is recommended.

### CONCLUSION:

*Artavakshaya* is clinical condition characterized by prolonged intermenstrual period. *Vata* and *Kapha* are responsible for particular condition by causing *Srotoavarodha*. *Basti Dravy* considered as best treatment and enhances the normal functioning of *Apana Vayu* and thereby leads to normal menstruation (*Raja Pravrutti*).

According to modern any drug given via rectal route stimulates ENS (Enteric Nervous System) Generates stimulatory Signal for CNS Regulates Hypothalamo-Pituitary-ovarian axis. might Normalise menstrual cycle. Therefore, *Matrabasti* might improve Menstrual irregularities (*Aartav Kshay*). according to this pharmacodynamic *Matra Basti* can be helpful in irregular menses.

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**Authors Contribution:** All authors have contributed equally.

**Financial Support and Sponsorship:** None declared

**Conflict of Interest:** There are no conflicts of interest.

**Declaration of Generative AI and AI Assisted Technologies in the writing process:**

The author has not used generative AI/AI assisted technologies in the writing process.

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Website: <https://www.ijim.co.in> Email: [ijimjournal1@gmail.com](mailto:ijimjournal1@gmail.com)

IIFS Impact Factor: 4.125

Frequency of Publication: Monthly

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