

A Literature Investigation on Ayurveda Management and Cultural Practices for Female Infertility

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Infertility is a significant public health issue in the modern world, affecting over 10 % of women involved in active marital relationships. Ayurveda has mentioned most possible factors responsible for infertility are *Yonidosha*, *Mansika-Abhitapa*, *Shukra-Artavadosha*, *Ahara-Vihara Dosha*, *Akalyoga*, *Bala-Kshaya*. Another major factor in infertility is alterations in sperm quality. The fertile ratio of Sri Lanka which was 5.00 (-1.950%) in 1965 has decreased to 2.128 (-0.750%) in the present era. Sociologically, this is a problematic situation for the future of Sri Lanka. This literature investigation attempted to make a successful exploration of Ayurveda and cultural treatments for infertility in society. The data-collecting part of the research was done by the literature review method. Ayurveda classical textbooks, local cultural books, and previous research articles published on Google Scholar, ResearchGate, PubMed, etc. were used for data collecting. According to the Ayurveda view of the infertility condition, the patient should be treated with *Agnideepana*, and *Ama pāchana* treatments, and after that, respectively *Vātānulōmana* treatments, and *Shōdhana Karma* like *panchakarma* should be applied. And also during the treatment period, the patient has recommended a strict diet plan like *Peyadi Karma*. These detoxification treatments help to eliminate free radicals from the body. According to classical practices *Rata Yakuma* ritual performance, *Kadawara Kankariya*, and *Kumara Samayama Shanthikarma* were mentioned as effective psychological therapies for infertile women to get pregnant. The main purposes of these *Shanthikarmas* included having a baby for infertile women, protecting the fetus of women who have habitual miscarriages, and protective delivery. According to the scientific basis, the items contained in these *Shanthikarmas* induce a pleasant mind in the infertile woman and induce chemical changes in the body. It helps to create mental satisfaction for the conceiving. Therefore physically and mentally the woman has been balanced by Ayurveda and cultural treatments and made positive outcomes for female infertility.

Keywords: Infertility, Rata Yakuma, Kadawara Kankariya, Ayurveda, Kumarasamayama