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THE CONCEPTUAL STUDY OF CONTRACEPTIVE METHODS ACCORDING TO AYURVEDA

Divya Pawar^{*1}, Sameer Gholap²

1. Post Graduate Scholar,
2. Associate Professor and Guide,

Department of Prasuti Tantra Avum Striroga, S. M. B. T. College and Hospital,
Nandi Hills, Dhamangaon, Igatpuri, Nashik, Maharashtra.

*Corresponding author: Email – divi.pawar94@gmail.com

ABSTRACT –

The world population is increasing much faster. Many socio-economic condition of people have also been adversely affected. Various side effects have been observed with modern contraceptive methods. In *Ayurveda* many contraceptives are mentioned as per *Yogaratanakara*, *Bhavaprakasha* and *Bhaishajyaratnakara*. There are Single as well as Combination drugs mentioned in *Ayurveda*. Many *Ayurvedic* researches done on *Garbhanirodhaka dravyas* (Contraceptive drugs) in *Ayurveda* and they are safe and has better results.

KEYWORDS –

Garbhanirodhaka dravya, *Ayurveda*, Pharmacological action

INTRODUCTION –

India stands for second most populous country in the world with 1.33 billion population ^[1]. Human population is a serious problem loom ahead unless the number of our progeny is controlled ^[2]. Human fertility control is a one of the major deviation which seem effective in controlling population. Many potential methods have been adopted to induce infertility including hormonal and

chemical methods. Traditional use of medicinal plants and their extracts have become widely known among society for various diseases including fertility related problems. By counting women healthcare it has become important to use herbal antifertility agents which can interfere with the natural procedure of reduction in women.

In *Atharvaveda Brihadaranyakopanishata* and *Kaushikasutra* they have given prayers and medicaments to produce sterility and infertility in both male and female. In *Ayurvedic* classics, *Acharya Sushruta* has stated 4 essential factors *Rutu* (Fertile Period), *Kshetra* (Healthy Reproductive Organs), *Ambu* (Proper Nutrient Fluid), *Beeja* (Ovum/Sperm), the union of one or two factors is necessary for fertility and if it is restricted the union of one or two factors then conception is prevented ^[3]. *Matras* are also used as a contraceptive method in *Ayurveda*. There are Single as well as Combination drugs mentioned in *Ayurveda*. Many *Ayurvedic* researches done on *Garbhanirodhaka dravyas* (Contraceptive drugs) in

Ayurveda and they are safe and has better results.

AIM AND ONJECTIVE –

- To understand *Garbhanirodhaka* (contraception) in *Ayurvedic* perspectives.

METHOD AND MATERIAL –

Reviewing the *Garbhanirodhaka* (contraception) through *Ayurvedic* classics, commentaries also recently published books and Research journals and modern science literature, the collection done and attempt to get co-relation between *Ayurveda* literatures.

CONTRACEPTION AND METHOD –

A method or a system which allows intercourse and yet prevents conception is called a Contraceptive method. Contraceptive measures are used to avoid pregnancy entirely to space pregnancies or to temporarily postpone pregnancy ^[4]. *Ayurveda* classics like *Bhavaprakasha*, *Yogratnakara* ^[5] and *Bhaishajya Ratnavali* etc. have mentioned about different combinations of herbal mineral contraceptive preparations for local well as oral use by men and women.

Tailavilam Saindhavakhanda madau
Nidhayerandabeejayonimadhye |
Naren Sardham Ratimatanoti Ya Na Sa
Hi Garbham Labhate Kadachita |
Dhupite Yonirandhre Tu
Nimbakashthaischa Yuktitaha //
Ritvante Ramante Ya Stri Na Sa
Garbhavapnuyat |
Grahyam Krishnachaturdashyam
Dhatturasya Cha Mulakam |
Katau Badhva Ramekantam Na Garbha
Sambhavektvachita //
Mukte Na Labhate Garbham Pura
Nagarjunoditam |

Nanmulachurnam Yonistham Na *Garbham Sabhavektvachit //*

(Y.R. Yonivyapad Chikitsa)

A) Local Contraceptives –

- 1) Moistened *Saindhava* (Rock salt) + *Tila Taila* (Sesame oil) should be applied in vaginal canal before coitus.
- 2) *Nimba* wood (*Azadirachta indica*) fumigation in vaginal canal after *Ritikala* (Menstrual period).
- 3) *Yonipurana* (Vaginal filling) + *Dhatturamula* *churna* (*Daturametel* root).
- 4) *Dhatturamula* (*Daturametel* root) tied over waste of woman on 14th day of 1st fort night of Lunar Month.
- 5) *Yonipurana* (Vaginal filling) with *Dhatturamula* (*Daturametel* root) before coitus.

B) Oral Contraceptives –

1. Application of *Palashabeeja churna* (*Butea monosperma*) + Ghee during *Ritikala* (Menstrual period).
2. Use of *tanduliyakamula* (*Amaranthus aspera*) paste + washed rice water for 3 consecutive days after menstruation makes women infertile.
3. *Haridra Churna* (*Curcuma longa*) + *Sheeta Jala* (Cold water) for 3 days during the *Ritikala* (Menstrual period).
4. *Vidanga Churna* (*Embelia ribes*) + *Sheeta Jala* (Cold water) for 5 to 15 days during the *Ritikala* (Menstrual period).
5. *Krishnajeeraka Churna* (*Carum carvi*) + *Kachooram* (*Hedychium spicatum*) + *Nagakeshara* (*Mesua ferrea*) + *Kayaphala* (*Myrica nagi*) are mixed and used as *Gootika* (Pills)

for 7 days.

6. *Sarshapa* (*Brassica campestris*) + *Tanduliyakamula* (*Amaranthus aspera*) + *Sharkara* (Sugar candy) + *Tandulodaka* (Rice water) + Milk.

ACCORDING TO BHAVAPRAKASHA^[6] –

- 1) *Pippali* (*Piper longum*) + *Vidanga* (*Embelia ribes*) + *Tankana* (Borax) + Milk should be consumed at the time of conception.
- 2) *Japapushpa* (Flower of *Hibiscus rosa sinensis*) macerated with one *Musti* (40gm) of old *Guda* (Jaggery) consumed during

Ritikala (Menstrual period).

- 3) *Talisa* (*Abies webbiana*) + *Gairika Churna* (Red chalk powder) + *Sheeta Jala* (Cold water) on 4th day of *Ritikala* (Menstrual period).

ACCORDING TO BHAI SAJYA RATNAVALI^[7] –

- 1) *Dhatri* (*Embilica officinalis*) + *Arjuna* (*Terminalia arjuna*) + *Abhaya* (*Terminalia chebula*) + Water orally.
- 2) *Patha* paste (*Cissampelos pareira*) orally on the day of bath after *Ritikala* (Menstrual period).

ACTION OF THESE DRUGS –

Drug	Action
Vidanga (<i>Embelia ribes</i>)	<ul style="list-style-type: none"> • It has 83% Antifertility activity^[8]. • Its Root powder 100mg/Kg PO given 100% inhibition of pregnancy in female albino rats^[9]. • It has 85.71% Anti-implantation activity thus has Anti-oestrogenic and Progestational property^[10].
Japa (<i>Hibiscus rosa-sinensis</i>)	<ul style="list-style-type: none"> • Its chemical constituent Benzene extract produces 100% Antifertility activity^[11].
Neema (<i>Azadirachta indica</i>)	<ul style="list-style-type: none"> • Sperm motility and sperm density are declined on its use and fructose concentration of seminal vesicles is reduced^[12].
Arjuna (<i>Terminalia arjuna</i>)	<ul style="list-style-type: none"> • It has showed Anti-implantation and foetus absorption activity. It is found to be Anti-zygotic, Abortifacient activity^[13].
Tulasi (<i>Ocimum sanctum</i>)	<ul style="list-style-type: none"> • It has Anti-implantation, Anti-ovulatory, Anti-spermatogenic, Anti-oestrogenic and Abortifacient activity^[14].
Haridra (<i>Curcuma longa</i>)	<ul style="list-style-type: none"> • Its intra-vaginal administration causes reversible suppression of spermatogenesis and fertility.
Chitraka (<i>Plumbago zeylanica</i>)	<ul style="list-style-type: none"> • It has Antifertility, Anti-gonadotrophic, Anti-implantation, Anti-ovulatory, Anti-spermatogenic, Anti-oestrogenic and Abortifacient activity^[15].
Nagakeshara (<i>Mesua ferrea</i>)	<ul style="list-style-type: none"> • It has showed Anti-implantation activity in female rats^[16].
Eranda beeja	<ul style="list-style-type: none"> • It is consumed within 72 hours of coitus thus prevents

(<i>Ricinus communis</i>)	implantation.
<i>Pudina</i> (<i>Mentha spicata</i>)	<ul style="list-style-type: none"> It works naturally a 1 tsp dried mint leaves along with warm water after coitus works as Antifertility.
<i>Talispatra</i> (<i>Abies webbiana</i>)	<ul style="list-style-type: none"> Benzene and Alcoholic extract of its leaf produces 51 % Anti-implantation activity ^[17].
<i>Shunthi</i> (<i>Zingiber officinale</i>)	<ul style="list-style-type: none"> It works as emmenagogue which stimulates or increases menstrual flow thus induce menses and prevents from pregnancy.

DISCUSSION –

By looking at widely increasing population a controlling management should be done. Many contraceptives presently are available in market are oral contraceptives like Mala D, Mala N, Ovrall L which are very effective but may induce weight gain, nausea, headache, CA of Cx, CA of breast, certain neurologic and neuro ophthalmological syndrome, candida vaginitis, trichomonas vaginitis ^[18]. Thus to prevent from them *Ayurvedic* drugs works likewise these drugs induce infertility in distinct ways. They may effect on ovary, Uterus, production of hormones and interferes with implantation. Some of them prevents fertilization by generating a protective layer around egg. These *Ayurvedic* contraceptives are found to be eco-friendly can be easily available and affordable even in rural areas. They are more effective but less potential than synthetic drugs.

CONCLUSION –

Population control is the need of the hour to stabilize the world population growth and to decrease economic burden for almost all the nations on this globe. Hormonal contraceptives can't be used for long duration due to their severe side

effects. Also they don't give pure surety of prevention of conception. And permanent measures are surgical therapies only. Ayurveda states safe and no having any desirable side effects.

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