

**CLINICAL EVALUATION OF OVULATION INDUCING
ACTION OF PUSHPADHANVA RASA IN VANDHYATVA
WITH SPECIAL REFERENCE TO ANOVULATION**



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ABSTRACT

Introduction: *Vandhyatva* is presently a leading and longstanding gynaecological issue affecting approximately 15% of the couples in reproductive age group around the globe while 10-15% in Indian population. Ovulatory dysfunctions form the major cause of female infertility, out of which Anovulation accounts for 40%. Anovulation can be interpreted as *Abeejotsarga* or *abeejata*. The growing incidences of complications of ovulation inducing drugs of modern medicine necessitates the exploration of safer, cost-effective, holistic, yet fast acting formulations mentioned in Ayurveda classics. The present study, thus aimed at evaluating the ovulation inducing effect of *Pushpadhanva Rasa* by comparing it with Clomiphene citrate.

Methodology: The study was conducted among 30 female subjects, diagnosed of anovulation with either primary or secondary infertility, fulfilling the inclusion and exclusion criteria and were randomly allocated into two groups with 15 subjects in each. Group A received *Pushpadhanva Rasa Vati* (250 mg BD, with *Kshira, Madhu, Sharkara* in *Apana Kala*, from 1st day of menses till 20th day), while Group B were administered with Tab. Clomiphene citrate (50mg OD, from day 2 of menses, for 5 days) for a period of three menstrual cycles. The assessment of results was done by follicular study conducted from 9th day of menstrual cycle till 20th day of every cycle for consecutive three cycles.

Results: Both the groups showed significant improvement in assessment parameters. Ovulation was observed in 40% of subjects in Group A and 53.3% of subjects in Group B.

Discussion: *Tridosahara* property of all *dravyas* resulted in normalcy in functioning of *beejotpatti* and *beejotsarga*. *Panchavata niyamana* property of *Rasasindoora* and *Vatashamaka* property of other *dravyas* showed effect on regulation of H-P-O Axis. *Abhraka, Naga* and *Vanga bhasmas* had direct effect on *prajanana sansthana* and *beejagranthi* by virtue of *prabhava*. Neuroendocrinal stimulatory effect of *Dhattura, Bhanga, Nagavalli; Garbhashaya* and *Basti Sankochana* property of *Bhanga* and *Yashtimadhu* being *Agnimandyahara* and *Vata Shamaka* acted as effective catalysts.

Conclusion: Though *Pushpadhanva rasa* showed comparatively less percentage of improvement, its merits weigh more than that of CC in terms of absence of side effects like multiple pregnancy, OHSS etc.

Key words: Anovulation, Infertility, *Pushpadhanva Rasa*.