



Enhancing fertility through tissue enhancement in Ayurveda perspective

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Abstract

The 50 great decoctions (GD) group of herbs (Mahakashaya), described by Acharya Charak is a unique way of classifying Herbs as per their actions. Among it the drugs focusing on fertility action (Prajasthapan) are described by Charakacharya as that which can remove all the abnormal features in body that cause obstacles in process of the conception and sustenance of pregnancy. Out of many disorders of fetus the discharge of products of conception (Garbha Srava) and expulsion of embryo or abortion(Garbhapatha) are grave. The conditions such as presence of factors harmful for pregnancy (Garbhopaghatkar Bhava) and the partial or total absence of useful factors for the fetus(Garbhakara Bhava) are considered as hurdles in conception and sustenance of pregnancy by Acharyacharak .[1] The GD group of herbs project one specific action, which is justified by its 10 herbs. In this study the obtained data is rigorously analyzed with a view of obtaining specific evaluation of action of fertility herbs as a treatment for hurdles in conception and accomplishment of pregnancy. For this a detail study of Herb properties i.e Rasa(taste), Guna(quality), Virya(potency), Vipaka(metabolic change), action on Dosha, action on Dhatus and action on diseases, of each of the ingredient herb of the group of fertility herbs is done from Herbal pharmacopeia literature. The group of fertility herbs execute their focused action through various pathways. These pathways are practically the contrast actions for the obstacles in fertility(Prajasthapan) action. Two basic pathways i.e. a) Maintenance of healthy status of conception related apparatus (organs-uterus, cervix etc.) b) Maintenance of 'status quo' of Rakta Dhatu. These pathways are further classified with corresponding specific herbs. Individual analysis of each GD herbs, for qualifying the action of fertility (Prajasthapan) is done. Thus, the present study emphasizes and logically justifies on literary basis, the idea of covering all the possible obstacles for fertility through the varied therapeutic actions of its Herbs.

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Introduction

The Ayurveda literature emphasizes on considering Acharya Charaka and his work as the best in the field of medicine. It is justified by varied evidences in the text Charaksamhita, one of them is the portrayal of 50 great decoctions (GD).

A unique way of classifying Herbs as per their actions. Based on the pharmacological actions of the ingredient drugs of Mahakashaya(MK), Acarya Caraka has described fifty groups of Herbs termed as Dashemani i.e. "these ten". Prajasthapan MK is amongst it.

Acharya has defined this action as that which

removes all possible aberrations in body causing hindrances in the process of conception pregnancy accomplishment. As pregnancy is keenly desired by every woman, it is very important to focus on the obstacles in this path. Conception as well as sustenance with normal development of fetus, till it is delivered; are equally essential phenomenon in this route. Fetal wastage is a great tragedy for a mother and can occur due to many causes. From the nomenclature i.e. fertility (Prajasthapan), it is expected that, this decoction should practically overcome the probable reasons of hindrances in the Prajasthapan action.

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Charakacharya has emphasized that GD actions can be retrieved up to infinite dimensions. With this view a study on explanation of the aspects of therapeutic alternatives of actions of fertility decoction herbs is tried .This attempt is based on Acharya Charaka’s guidelines about herb properties and its logic based analysis, (Herb Swalakshana, Anumana and Yukti).[2]

Material And Methods

This is a literary study based on review of fertility action of Prajasthapan group of herbs.

Material

Caraka Samhita with Chakrapani commentary. Authentic books of Dravyaguna Vigyana literature – Dravyaguna vigyana by Vd. G.A. Phadake and Vd. Y.T. Acharya. Ayurved Softwares -e-Nighantu (Collection of Āyurvedic Lexicons) Designed and Developed by National Institute of Indian Medical Heritage (NIIMH), Hyderabad, Copyright © (CCRAS), New Delhi. e-Samhita (Charak Samhita with Ayurved Dipika commentary . Designed and Developed by National Institute of Indian Medical Heritage, Hyderabad Copyright © (CCRAS), New Delhi.

Methodology

Extensive review of 50 great decoctions with special reference to the group of fertility herbs is obtained from Charakamhita with allied commentaries. Detail study of herb properties of each of the ingredient of the group of fertility herbs (i.e Rasa, Guna, Virya, Vipaka, action on Dosha, Dhatus and diseases) is done by referring the 25 Nighantus in e-Nighantu software and allied literature. The obtained data is compiled and tabulated. In this study the obtained data is rigorously analyzed with a view of obtaining the evaluation of fertility action contributing

specifically to cure its hinderances.

The 50 great decoctions and the group of fertility herbs

Charakacharya has recognized the miscellaneous potential of GD herbs[3], by emphasizing that their actions are very promising. Acharya Charaka has also uttered that the elucidation of 500 decoctions is neither too comprehensive nor too brief. Moreover, one is allowed to exercise one’s intellect (at maximum) towards enumerating the unexplained & latent potentials of these herbs in GD. This could be achieved through the logical analysis of properties of herb, guessing perception(Anumana),logical perception(Yuktikushalata).[4]

The 50 great decoctions are again categorized into ten prominent groups named as Kashaya Varga[5], with prominent suffixes. One of it is ‘suffix.-Sthapan’. It means ‘status quo’ i.e.

bringing back to normalcy“. This is done by correcting and balancing the vitiated state of Doshas responsible to disturb the ‘status quo’. The herbs in these groups treat deranged features and help to maintain normalcy. There are 5 decoctions in this group (Varga) one of it is fertility decoction.

The group of fertility herbs(Prajasthapan Gana)

The study of fertility herbs, from different study material helps to interpret their wide multi action potential. The data obtained about these herbs greatly help to evaluate a specific combination of actions conducive for fertility in a person.

Study of herb properties [6-21]

Coding- V- Vata, P- Pitta, K- Kapha, M-Madhura, A-Amla, L- Lavan, K- Katu, T-Tikta, Ka- Kashaya, U-Ushna, S-Sheeta, La-Laghu, Gu-Guru, Ru-Ruksha, Sn-Snigdha, Sa-Sara, Pic-Picchila.

Table-1

Herb Name	Rasa	Gun a	Viry a	Vipak a	Doshaghnat a	Action on Rakta	Actions on Anya Dhatu	Rogaghnata
Endri (Indravāruni) (Citrullus colocynthis)	T,Ka	La, Sa	U	K	KP↓V↑			Rechan, (Kleda, Pliharoga, Kamla, Udara, Shwasa, Kasa,Kushtha, Gulma, Prameha, Gandamala



)]↓, Garbhashaya Sankochak,
Bramhi (Bacopa monnieri (Linn).Pennel	T,Ka, M	La, Pic, Sa	S	M	KV↓,P↑	Asrajit	Medodhatu↑	Kantha, Medhya, Hridya, Rochan, Dipan, Rasayan, Sāraka, (Smriti↑) (Pliha Vikara, Pandu, Visha, Kushtha, Vatarakta, Shosha, Raktapitta, Shwasa, Kasa, Prameha, Unmada)↓, Drava Dhatu↑, Mutra↑.
Shatavirya, (Neela Durva) (Cynodon dactylon (Linn) Pers	M, Ti, Ka	La	S	M	KP↓	Rakta Prasadana , Jivana, Rakta Stambhan a, Yonigata Rakta Satmbhan a	Vrishya	Chakshushy a, Rochan, (Stambhan, Chardi, Amatisara, Kasa)↓
Sahasravirya,(S h weta Durva)	M, T, Ka	La	S	M	KV↓	Asrahara, Rakta Gata Dosha Shaman, Rakta Stambhan a, Yonigata Rakta Satmbhan a	Vrishya, Ojovardhana, Dhatuwardhan a	Rakshoghni, Rochan, (Daha, Trishna, Visrpa, Jwara, Raktapitta, Shosha, Chardi,Vrn)↓ Bruhan, Sthirakaroti Garbha, Vranagata Rakta Stambhana, Vrana Gata



								Daha Shaman,
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Herb	Rasa	Guna	Virya	Vipaka	Doshaghnata	Action on Rakta Dhatu	Action on other Dhatus	Rogaghata
Amogha(Patala) (Stereospermum chelonides)	Ka, T, M	Gu	Anushna	K	Tri ↓	Kaphasranrut (Bn), Raktaprapopara Hara	Vrishya	Rochan, (Chardi,Adhmana, Arsha, Trishna, Shwasa, Kasa, Hikka, Rktapitta, Daha, Pittaj Atisara,)↓
Avyatha (Guduchi) Tinospora cordifolia	K, T, Ka	La,	U	M	Tri↓,Saman Dosh Anudiran	Rakta Prasadana, Raktagata Kle, K, P, V Hanti Rakta Gata Visha ↓	Dhatu Vardhan, Meda Shaithilya Haran, Mamsa Prasadana, Mamsa Vardhana, Vrishya	(Daha, Kandu, Jwara, Pandu, Shula, Pliha, Visha, Visarpa, Kushtha,Vataj Kasa, Vatarakta, Amvata)↓
Shiva (Haritaki) Terminalia chebula Retz	M,A,K, Ka, Ti	La, Ru	U	M	Tri↓	Rakta Vardhana, Rakta Dhatu Gata Ama Pachana, Dhatvagni Vradhana,	Dhatu Vaha Sroto Vibandha Nashana, ,Dhatvagni Vardhana, Dhatu Gata Ama Pachana, Mamsadhātu ↑,Mamsa Dhatu Gata Kleda Shoshana, Mamsa Dhatu Gata Dosh Pachana, Mamsa Dhatvagni Vardhana, Medo Dhatu Gata	Dipan, Lekhan, Medhya, Chakshushya, Kanthya, Hridya, (Kasa, Shwasa, Gulma, Prameha, Kushtha, Shosha, Yakruta Vikara, Pliha Vikara, Kamala, Udara, Vatarakta, Ashmari, Vrana, Anaha, Hikka)↓



<p>Arishta (Kutaki) Pichrorza kurroa. Royle ex Benth</p>	<p>K,Ti</p>	<p>La, Ru, Sa</p>	<p>S</p>	<p>K</p>	<p>KP↓</p>	<p>Rakta Gata Pitta Shaman, Rakta Prasaadana</p>	<p>Rasa Gata Pitta Saman, Rasa Prasadana, Stanya Shodhana</p>	<p>Dipana, Rechana, Bhedana, Rochana, Hridya, (Jwara, Vishama- Jwara, Daha, Kaphaja Vikara, Prameha, Shwasa, Kasa, Kushtha, Krimi, Chardi, Visha, Kamala)↓</p>
<p>Vatypushpi (Atibala) Abutilon indicum (Linn)</p>	<p>M,(T,K - Rjn)</p>	<p>Sn</p>	<p>S</p>	<p>M</p>	<p>VP↓,(V Anuloman</p>	<p>Asrajit, Rakta Prasadana, Rakta Skandana, Rakta Gata Vata Pitta Shaman,</p>	<p>Mamsa, Shukra ↑, Dhatu Vardhana, Ojo ↑</p>	<p>Hridya, Balya, Rasayan, Kanti↑ (Arsha, Shosha, Vishama Jwara, Asrukdar, Meha, Vatarakta, Raktapitta, Kshata, Krimi, Daha, Trishna, Visha, Chardi, Kelda)↓</p>
<p>Vishvaksenakanta (Priyangu) (Callicarpa macrophylla)</p>	<p>T,Ka</p>		<p>S</p>	<p>K</p>	<p>PV ↓</p>	<p>Rakta Gata Pitta- Aushnya Shaman,R aktagata Visha Nashana, Rakta Skandana, Rakta Prasadana, Rakta Sthapan, Raktapra vriti Nashan, Udrikta</p>	<p>Majja Gata Sneha Kleda Shoshana, Medogata Sneha Kleda Shoshana</p>	<p>Varnya, Kleda Shoshana, (Swedatipravriti,Daurgandhya, Daha, Trishna, Jwra, Meha, Visarpa, Raktapitta) ↓</p>



						Rakta Prasadana		
Kadali (Musa paradisiacal) Lin n.	M	Gu, Sn	S	M	PKV ↓	Rakta Shamana	Vrishya	Balya, Vishtambhi, Keshya (Pittaj Pravahika, Pakwa Atisara, Daha, Trishna, Rakta Atisara Stambhana- (Bala Phala), Mutrakricchra, Mutra-Sharkara, Shweta Pradar, Urahakshata, Kshaya, Raktapitta, Rakta Pradara, Rakta-Yoni)↓ (Kleda, Mutra)↑

The herb Avyatha is considered as anyone from Kadali, Guduchi or Amalaki by Charakacharya. Hence all are studied in detail.

Action conducive for fertility

Fertility conducive action is expected to work with correction of problems for conception in body and successful pregnancy with no fetal wastage. Many disorders of fetus are found, miscarriage and abortion being the prominent. Charakacharya has emphasized the perusal of the ideal factors required for birth of an ideal baby(Garbhakara Bhava), as the partial or total absence of these factors lead to problems in fertility[22] The Garbhopaghatkar Bhava also describes the same with reverse angle.[23] Both concepts represent the causes for deranged fertility. They are majorly recognized as- The structural and functional abnormalities in organs related to conception and female gametes(Shonita-Garbhashaya). Absence of Matru Vrutta Saushthav" i.e. eating and behavioral mistakes by a mother,

Particularly consumption of Guru (heavy), Tikshna(penetrating), Ushna (hot) food and narcotic drugs causing delirium(Madakari Herb) and Vata Dosha aggravation.[23]

Improper Upasnehan" i.e. faulty fetal nourishment through placental circulation [24] and The vitiated Dosha circulating in female body are also spotted as one of the causes[25], these Doshas express through various diseases.

Biomedicine viewpoint

Biomedicine also accepts infertility as a cause for failure of conception, also non-sustenance of pregnancy in the form of miscarriages, abortions etc. The medical conditions which are recognized as the likely causes of it are - uterine malformations, cervical malformations, cervical incompetency, placental abnormality, fetal heart malformations, and fetal chromosomal faults. Diseases in mother like pelvic inflammatory disease, salpingitis, gonorrhoea, overactive thyroid gland, pituitary gland disorders, uncontrolled diabetes, cancer,



autoimmune diseases, hormonal deficiency, infection, major traumatic injury, malabsorption of maternal bacterial infection, maternal viral food etc. are also held responsible.[26]

Results

Table -2

Sr.	Conditions creating obstacles for fertility in a female	Expected fruitful pharmacological actions on body	Pharmacological actions of the fertility herbs that can be useful to revert the pathology	The pharmacological actions of fertility herbs that are preferred, based on their rigorous analysis .
1	Organ abnormalities (weakness/ structural abnormality in uterus, cervix) (Garbhashaya Daurbalya)	Mamsa Dhatu correction (Increasing muscle strength)	1.Mamsa and Medo Shaithilya Nashan-Correction of weakness in Musculature and fat tissue 2. Mamsa Prasadana- Strengthening of Musculature in body 3.Mamsa Vardhana-Promoting increase in healthy muscle tissue. 4. Mamsa Gata Doshā - Ama Pachana-Digestion of metabolic toxins and vitiated Doshas within muscle tissue 5.Mamsa Dhatvagni Vardhana-Increase in Muscle tissue metabolism.	Guduchi, Durva, Vatyapushpi, Haritaki
2	Expulsion of premature fetus(Bleeding tendencies)	Controlling and correcting the causes of abnormally raised bleeding tendency in a female body	1. Shonitativravritti Nashan, Ceasing the intense blood loss 2.RaktaSkandan-blood coagulation 3.RaktaStambhana-impede blood loss. 4.Rakta Gata Pitta-Vata Shaman-To mitigate and cure the vitiation of Pitta and Vata Doshā in blood tissue.	Vatyapushpi (Atibala), Priyangu, Durva, Kadali, Guduchi
3	Organ malformation in fetus (Garbha Avayaya Vikriti)	Promoting improved circulation (Rasa-Rakta Samvahan), Correcting Rakta (blood)defects so that healthy Rakta can bring about the fetal-organ-development)	1. Rakta Dhatvagni Vardhana-Increase in tissue metabolism of blood-, 2.Rakta Gata Ama Pachana-Promoting the digestion of toxin byproduct of blood tissue-metabolism-, 3.Rakta Gata Visha Nashan-Promoting eradication of toxins in blood- 4. Rakta Gata Tridosha Shaman- Alleviating the effect of vitiated humors in blood- 5.Jivan,Prasadana-Promoting nutritive value in blood-	Durva, Guduchi, Kutaki, Haritaki
5	Deep rooted disease pathology in mother's body.	Correcting circulation problems (Rasa Rakta Samvahan) and giving Disease treatment.	Fertility herbs in GD having a specific disease curing capacity.	Kushtha-Bramhi, Guduchi Raktapittaghna-Durva, Patala Vataraktaghna-Bramhi,



				Guduchi, Haritaki Pramehaghna- Bramhi, Kutaki etc.
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Discussion

Mode of action of the fertility group of herbs amongst 50 Great decoctions

As it is already stressed that retrieving of GD actions has a vast scope. On this basis exploring the masked facets of GD actions can be endeavored. Based on Charakaacharya’s guidelines of herb properties and logic based analysis.[27,1] here a methodical step is attempted. The group of fertility herbs actually execute their focused fertility improvising action through various pathways. If analyzed logically, these pathways are practically the contrast for the obstacles in conception and sustenance of pregnancy. The obstacles are found to be as follows.

Organ weakness

The strength of uterus i.e. Kukshi/Garbhasay is very important for fertility (Prajasthapan).[28] As, after the union of male and female gametes (Shukra Shonita Samyoga), the fetus is actually embedded and nurtured in Kukshi (uterus). A weakened and incompetent uterus and cervix proves fatal for fetus.[29] The uterus, being a visceral organ, it is made up of musculature (Mamsa Dhatu Pradhana). Hence when hindrance to fertility is due to organ weakness, the correction of muscle tissue is expected to yield healing effect. The Herbs such as *Tinospora cordifolia*, *Cynodon dactylon*, *Abutilon indicum*, *Terminelia chebula* are useful for this through their actions such as Mamsa and Medo Shaithilya Nashan-Correction of weakness in Musculature and fat tissue, Mamsa Prasadana-Strengthening of Musculature in body,3.Mamsa Vardhana-Promoting increase in healthy muscle tissue.Mamsa Gata Dosh – Ama Pachana-Digestion of metabolic toxins and vitiated Doshas within muscle tissue,Mamsa Dhatvagni Vardhana-Increase in Muscle tissue metabolism. Refreshing and increasing the nutritive value of muscle through its nourishment will impart a structural and functional strength to the organs .Also this result is evident from the update researches on Guduchi and Atibala, Haritaki on musculoskeletal system.[30,31]

Expelling of fetus-(Miscarriages/ Abortions)

Sometimes the fetus gets expelled out before it is

properly embedded and adapted inside uterus (Garbha Shaiyya),the pathological condition retains in body to cause a continuous threat of miscarriages or abortions. The effect of aggravated Pitta Dosh properties on blood tissue(Rakta Gata Pitta Prakopa) is found as be amongst the underlying factors that can express in the form of these deformities.[32] Rakta Gata Pitta Prakopa is caused by consumption of hot Ushna and penetrating Tikshna factors.[32] This can develop abnormalities in blood ex-a.Rakta Udriktatva-agitated fast flowing with high volume[33], b.Tanu Rakta-blood tissue having a much reduced density[34]c.Askandi Rakta-Rakta with a tendency of non-coagulation. [35,32] Such types of derangement in blood can develop bleeding tendencies, that increase the maximum risk of habitual abortions. The herbs amongst the fertility herbs like Vatyapushpi (Atibala), Priyangu, Durva, Kadali, Guduchi, Kutaki have capacity to control bleedings by their actions like Raktatipravriti Nashan“ (ceasing intense bleeding/ blood loss),Rakta Skandana(blood coagulation) and Raktasthapan (maintain the balance of three humors in blood).

In addition to overcoming organ weakness, the control of bleeding tendencies can be helpful to avoid the threat of premature expulsion of fetus. This is also evident from the update research on above mentioned Herbs that focus on their hemostatic effect. [36,37]

Correcting blood circulation defects

Sometimes the deep rooted disease pathologies in the mother’s body are also hurdles for conception and success of pregnancy and healthy delivery,[25] Some herbs from this GD of fertility herbs are directly having specific disease curing capacity (Rogaghna). As can be found in the table no 2. For example- For curing Vatarakta pathology in a female’s body- Herbs like Bramhi, Guduchi, Haritaki are competent, likewise for curing Prameha-Bramhi, Kutaki, Haritaki etc. Thus, some of the GD herbs perhaps execute fertility action by, basically treating the embedded disease pathology, that challenging conception and relevant aspect of fertility. The update research also indicates this by evaluating the Anti-Microbial, Antibacterial,



Anticancer, Antidiabetic, Antimutagenic, Antioxidant, Antiviral, Cardioprotective, Hepato protective, immunomodulatory actions of the herbs like Haritaki, Guduchi, Kutaki. These pathologies are amongst the recognized anti fertility causes. [29,30,35,38,39,40]

Circulation medium as per Ayurved i.e., Rasa -Rakta is vital and contributes for the curing of pathologies efficiently. Charakacharya has also indicated that, the diseases can be corrected by correcting the process of circulation (i.e., by stabilized Rasa-Rakta Samvahan) which is a transport medium for both i.e. disease pathology and medicine consumed. This is because; rationally the correction of transport medium of medicine in the body, will facilitate the ideal treatment of that disease to reach the target sites in appropriate time, and yield positive results at soonest.[41] With this reasoning; if the Dosha vitiation in Rasa and Rakta tissues are cured, then the ideal Rasa-Rakta Samvahan, will be established in mother's body. As a result, the disease pathology thus reduced will diminish the harsh outcome in the form of deranged fertility.[42]

The disease pathology can also result in deranged fertility even in a male body. Correction of circulation medium can also help in a similar way to promote improved fertility in males.

Placental abnormality, rendering faulty fetal circulation

It is one of the major causes of fetal wastage. Ideal circulation if established, competently nourishes the fetus and subsequently achieves ideal fetal organ sustenance (Garbhavayava Poshan). Faulty nutrition may precipitate fetal organ malformation intrauterine life, which can cause premature fetal death due to uncertain viability of its organs ex-Fetal heart malformation. Actually Ayurveda has considered the crucial role of blood tissue (Rakta Dhatu) in the process of fetal organ development, i.e., Tongue of fetus is developed by the essence of Kapha Dosha, blood and muscle tissue likewise fetal kidneys are formed by essence of blood and fat tissue, the fetal scrotum is formed jointly by essence of muscle with blood tissue and Kapha Dosha and fat tissue, the fetal heart is formed by essence of blood tissue and Kapha Dosha, and fetal intestines are formed by essence of blood and Kapha Dosha. [43, 44] Hence, there is a great importance of correction of deformed blood tissue in mother's body, for avoiding the threat of fetal organ defects. From the group of fertility herbs, the herbs that are actually capable to execute fertility conducive action with

this focus are Durva, Guduchi, Kutaki, Haritaki by their actions like alleviating vitiated Pitta effect in blood tissue(Rasa Gata Pitta Saman), improving the nutritive value of Rasa tissue(Rasa Prasadana), metabolizing the impact of raw digestive toxins in blood tissue(Rakta Gata Ama Pachana), abolishing the impact of toxins developed due to long term Dosha imbalance on blood tissue(Rakta Gata Visha Nashan, Rakta Gata Tridosha Shaman), factor supporting individual cellular life sustenance(Jivan), stabilizing and improving circulation (Rasa Rakta Prasadana), clearing the channels of tissue circulation(Dhatuvaha Srotovibandha Nashan) etc. The update research supports the actions of these Herbs like the antitoxic, hepatoprotective and cardio protective, antioxidant and actions on digestive system, genitourinary and reproductive system.29,30,35

Therapeutic actions contributed majorly by this GD herbs

Out of 10, six herbs cure burning(Daha), four herbs promote digestion(Pachana), five herbs are antiemetic(Charadighna), antitoxic(Vishaghna), antipyretic(Jwaraghna), cure bleeding disorders (Raktapittaghna) and cure skin diseases(Kushthaghna), four herbs can cure revert pathology of diabetes(Pramehaghna), gout(Vataraktaghna) and spleen disorders(Plihavikara). All these pathologies are expected to act as antifertility promoting factor in female body, or can possibly account for fetal wastage.[25] Thus, the present study emphasizes and logically justifies, the Charakacharya's notion that the fertility group of herbs(Prajasthapan decoction) is capable to enhance fertility by taking care of maximum possible obstacles by several therapeutic and pharmacological actions of its herbs.

This study can prove as a foundation for an evidence-based evaluation through clinical and experimental studies of this aspect.

Conclusion

The 50 great decoctions described by Charakacharya is a exclusive herb classification technique. Overall the fertility group of herbs have dominance of bitter taste(Tikta Rasa), maximum herbs are light in property(Laghu Guna), cold(Sheeta) in potency and result in sweet (Madhura) metabolic taste(Vipaka). As a fertility group these herbs balance the three Doshas through



parallel actions. As a result they collectively rise as a potentially capable group to overcome a set of structural and functional obstacles for fertility in a female body. Their action is executed through two basic paths a) Maintenance of status quo of blood tissue,

b) Maintenance of healthy status of conception related apparatus (organs uterus, cervix etc.).

The rigorous analysis of all its herbs evaluates total 17 curative actions on body tissues, hence it can be interpreted that the correction of tissue abnormalities has a considerable role to play in encouraging and rationalizing the fertility action. Out of total curative actions on tissues 9 actions are on blood tissue (Rakta Dhatu) alone. This emphasizes the role of healthy blood tissue in fertility upgradation. Thus this study comes up with a recommendation that every individual should try at best level to avoid the factors responsible to degrade the quality and quantity of blood tissue in body. Though in this study, actions of fertility group of herbs are analyzed and interpreted for Prajasthapan action in perspective of female body, still the action of these herbs on Rasa, Rakta, Mamsa, Meda tissues can be logically applied in order to upgrade the fertility factor also in male body. With this endeavor a healthy pregnancy and healthy progeny can be obtained.

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Conflict of interest

Nil

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