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## **A Clinical study to evaluate the efficacy of *Parshvapippaladi Churna* in *Streevandhyatva* W.S.R to Anovulation**

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### **ABSTRACT:**

Infertility is called when women failed to conceive within one or more years of regular unprotected coitus. Among both the partners of infertility, about 40-55% women are responsible. The most common cause of infertility is ovulatory disorder in Female partner (30-40%) i.e, characterized by anovulation or by infrequent, irregular ovulation. Ovulation failure is not only a problem of this era but also was a problem in the ancient period.

All *Acharyas* have mentioned *Beejadosha* with *Beejopaghata* as the factor for *Vandhyatva*. *Ashtartavadushti* which are caused by *Srotosanga*, *dushti* and *Vata vikruti* leads to physiological and pathological abnormalities of *Artava* are direct cause of the *Beejopaghata*, are described by all *Acharyas* in classics.


In conventional medicine, there are some treatments like clomiphene citrate for ovulation induction, but most of them have side effects like hyperstimulation etc. So there is necessity in *Ayurveda* to find out therapy which could contribute for the treatment of anovulation which can do *Samprapti vighatana*, *Garbhashaya shodhak* and *Rasayana*.

Hence present study has been taken to evaluate the efficacy of *Parshvapippaladi churna* in *Streevandhyatva* w.s.r to Anovulation. 30 patients being diagnosed with anovulatory cycles according to inclusion & exclusion criteria were given *ParshvaPippaladi churna* 10 gms in BD dose along with *Jala* as *Anupana* for three consecutive cycles.

The overall assessment of the role of *Parshvapippaldi churna* in *Vandhyatva* w.s.r. to anovulation was among 30 patients of anovulatory cycles and infertile 5 (16.66%) patients had conceived, 06 (20.00%) patients had shown complete remission, 14 (46.66%) patients had shown improvement and remaining 5 (16.66%)patients it was unchanged.

*Parshvapippaladi churna* shown significant result in managing infertility caused by anovulation by increasing follicular size and endometrial thickness and the “p” value in result is less than 0.0001.

**KEY WORDS:** Infertility, Anovulation, *Vandhyatva*, *Parshvapippaladi churna*.

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