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METHODS AND PREPARATIONS IN TRADITIONAL AND AYURVEDA MEDICAL SYSTEMS WITH SPECIAL REFERENCE TO INFERTILITY

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The very next aim of a married couple after marriage is entering the parental hood. Due to the busy lifestyle, different socio-economical issues the cases of infertility seem to incline rapidly. This study was done by referring the Khanda Grantha available in the Institute of Indigenous Medicine, and Ayurveda texts. According to Ayurveda texts, herbs are categorized into "Jeevaniya Gana", "Prajasthapana Gana", "Garbhashthapana Gana", "Vrishya Gana", "Vajikarana", "Rasayana" aiming to fulfill the requirements in different stages of fertility. Aim of this study to identify the infertility preparations. Some are helpful to rejuvenate the body and tissues, while some drugs boost physical strength. Some drugs are helpful to prevent abortion and stabilize the growing fetus. Certain herbs are described for the nourishment of breast feeding mothers. When considering both indigenous and Ayurveda treatment lines prescribed in texts for infertility, they have differences as well as similarities. For example Ayurveda focus on female infertility a lot, while traditional medical systems deal with male infertility. Traditional medicinal preparations using *Cardiospermum halicacabum* is very effective in male fertility. Nasal inhalation of leave extracts could be found in both systems. Combination of both these systems would be a good remedy to address the problems in infertility successfully.

Keywords: *Cardiospermum halicacabum*, infertility preparations, traditional medical systems