



Research Article

Drug Review: Effect of Yawadi Tail in Vandhyatva

 Dr. Anushriyam Kirti ^{1*}, Dr. Anjana Saxena ², Dr. Shashi Singh ³, Dr. Deepika Gupta ⁴

¹ P.G. Department of Prasuti Tantra and Stree Rog, Govt. Ayurvedic P.G.College Chaukaghat, Varanasi, Uttar Pradesh, India


² Reader, Dept. of Prasuti Tantra and Stri Roga, Govt. Ayurvedic P.G. College and Hospital, Varanasi, Uttar Pradesh, India

³ Professor (HOD) & Department of Prasuti Tantra Evam Stree Roga Rajkiya Ayurvedic College, Chaukaghat, Varanasi, Uttar Pradesh, India

⁴ Assistant Professor, Dept. of Prasuti Tantra and Stri Roga, Govt. Ayurvedic P.G. College and Hospital, Varanasi, Uttar Pradesh, India

Corresponding Author: * Dr. Anushriyam Kirti 

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Abstract	Manuscript Information
<p>Background: A Vandhyatva (infertility) is a significant reproductive health problem affecting both males and females. Ayurveda considers defects in Ritu, Kshetra, Ambu, and Beeja as the fundamental causes of infertility. Disturbances in Artava, Shukra, Garbhashaya, and Artavavaha Srotas due to Vata-Kapha Dosha, Dhatukshaya, Agnimandya, and Srotorodha contribute to impaired fertility. Anovulatory cycles, one of the common causes of female infertility, can be understood in Ayurveda as Artava Dushti resulting from Apana Vata Vaigunya and obstruction of reproductive channels.</p>	<ul style="list-style-type: none"> ▪ ISSN No: 2583-7397 ▪ Received: 13-05-2026 ▪ Accepted: 27-06-2026 ▪ Published: 30-06-2026 ▪ IJCRM:5(3); 2026: 1300-1307 ▪ ©2026, All Rights Reserved ▪ Plagiarism Checked: Yes ▪ Peer Review Process: Yes
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KEYWORDS: Yavadi Taila, Artava Dushti, Shukra Dushti, Apana Vata, Vandhyatva.

1. INTRODUCTION

यदापत्यानां मूलं नार्यः परं नृणाम्। तद्विघातो गदैश्चासां क्रियते
योनिमाश्रितैः॥
तस्मात्तेषां समुत्पत्तिमुत्पन्नानां च लक्षणम्। सौषधं श्रोतुमिच्छामि
प्रजानुग्रहकाम्यया ॥

(Ch. chi . 30/5-6)

Acharya Charaka recognises women as the foundation of reproduction and emphasises that diseases affecting the female reproductive system can impair fertility. This concept forms the basis for understanding Vandhyatva in Ayurveda, where reproductive disorders involving the Yoni, Garbhasay, and Artava, Shukra are considered important etiological factors leading to infertility. Therefore, timely diagnosis and appropriate management of such disorders are essential for achieving successful conception and healthy progeny."

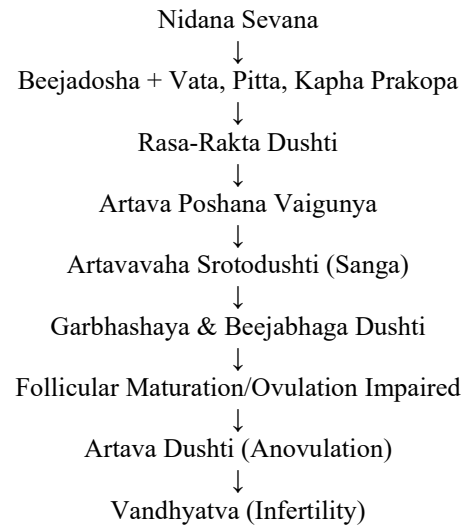
According to all Acharyas, the pivotal role of Vata Dosha is in the pathogenesis of reproductive disorders. Among the five subdivisions of Vata, Apana Vayu is chiefly responsible for reproductive functions and is situated in the Basti (urinary bladder), Garbhashaya (uterus), and Guda (rectum). It governs menstruation, ovulation, fertilisation, conception, and childbirth. When Vata becomes vitiated due to improper diet, lifestyle, stress, or other etiological factors, it leads to Apana Vayu Vaigunya (dysfunction of Apana Vayu). This disturbed Apana Vayu causes derangement of the normal flow within the reproductive channels, resulting in Srotodushti, particularly Margavarodha (obstruction of channels). Consequently, the proper functioning of Artavavaha Srotas and Shukravaha Srotas is impaired, leading to defective nourishment, maturation, and transport of Artava and Shukra. Such disturbances ultimately hamper the process of conception and manifest as Vandhyatva (infertility). Therefore, the correction of Vata, especially Apana Vayu, is considered a fundamental principle in the Ayurvedic management of infertility.

In Vandhyatva, Dhatukshaya, particularly depletion of Rasa, Rakta, and Artava/Shukra Dhatu, leads to aggravation of Vata. The vitiated Vata may obstruct the normal functioning of Apana Vata, causing disturbances in ovulation, menstruation, fertilisation, and implantation.

In dhatukshaya, vitiated vata assumes the state of gatavata (increase of movement of vata) and occupies different sites, leading to dhatugata (affecting tissues) vata, ashayagata (affecting different sites) vata and avayava (organs) gatavata. Avarana (obstruction by covering) is a special pathology of vata where the free mobility of vata is impeded. Accordingly, avarana may occur either due to two other dosha, dhatu (rakta, etc.) or mala (waste). The different types of vata have different directions of movement, and hence, avarana may also occur between two subtypes of vata. This is known as anyonyavarana. Thus, both Dhatukshaya-janya Vata Prakopa and Avarana of Apana Vata play significant roles in the pathogenesis of infertility.

NIDANA SAMPRAPTI

Vandhya hetu –beejadosha,dosha-vata pitta kapha, dusya –rasa raktadi artava, adhistan –garbhasaya beejabhag, srotas – artavavaha, srotodusti-sanga, rogamarga –abhyantara Samprapti



इह नच्छेति गर्भं स्त्री वातेनोपहता तथा। योनिदोषेण चान्येन न हि
वन्ध्याऽस्ति ना काचन ॥

(Bhe .sam .sha 2) Bhela has stated that vandhyā is mainly due to vāta

योनिप्रदोषान्मनसोऽभितापाच्छुक्रासुगाहार विहारदोषात्।
अकालयोगाद् बलसंक्षयाच्च गर्भं चिराद्विन्दति सप्रजाऽपि ॥

(Ch. sha. 2/7)

Ācārya Caraka says that yonidosha, manasika dosa, sukra dosa, asrga dosa, āhāra dosa. vihāra doṣa, akāla yoga, bala sañkṣaya are factors which delay conception even in a saprajā. In other words, they can be de factors of factors influencing fertility or causative factors influencing fertility or causative factors of primary as well as secondary infertility.

Acharya Chakrapani has stated that if yoni is vitiated (kṣetra), then śukra is not received by a diseased yoni, thus fertilisation is hampered. Even if fertilisation takes place, implantation is hampered, hence conception does not take place.

वात-पित्त-श्लेष्म-कुणप-ग्रन्थि-पूतिपूय-क्षीण-मूत्रपुरीषरेतसः
प्रजोत्पादने न समर्था भवन्ति ॥

(Su. sha 2/3)

Acharya Sushruta also said in this verse that vitiated vātādi ārtava duṣṭi (bija rupa ārtava), the dosas lead to ovulatory factor infertility. Due to the violation of vataadi dosha, the development of khavagunya, which leads to rukshata dryness in saravsharigata dhatu, ultimately affects the artavavaha srotasa and shukra vaha srotasa, which may result in vandhyatva.

"सा च शुद्धिर्वातादिदुष्टशुक्रस्येति वातादिभिः
पृथक्समुदितैर्दुष्टशुक्रतामाह- वातेत्यादि। एवम्भूतेरेतसः पुरुषा
गर्भोत्पत्तौ न क्षमा भवन्तीति पिण्डार्थः ॥३॥"

The commentator explains that the text deals with the purification and management of semen vitiated by the doṣas (sā ca śuddhiḥ vātādi-duṣṭa-śukrasya). Here, Duṣṭa Śukra refers to

semen that has become abnormal due to the influence of Vāta, Pitta, Kapha, either acting individually (prthak) or collectively (samuditaiḥ). The subsequent descriptions beginning with “vāta ityādi” explain the various forms and characteristics of semen vitiated by different doṣas. Such pathological alterations affect the normal qualities and reproductive capacity of Śukra Dhatu. Therefore, men possessing such vitiated semen (evambhūta-retasaḥ puruṣāḥ) are considered incapable of achieving conception (garbhotpattau na kṣamāḥ bhavanti), as healthy and pure semen is essential for successful fertilisation and embryo formation. Thus, the concise meaning (piṇḍārthah) of the passage is that doṣa-vitiated semen leads to impaired fertility, and its purification and restoration are necessary for the attainment of progeny.

2. AIMS AND OBJECTIVES

This study aims to investigate the impact of YAVADI TAIL as a safe, cost-effective and better treatment approach in Male and Female Vandhyatva.

OBJECTIVES

- To study the purpose of the probable mechanism of action of the study drug on Male and Female Vandhyatva.
- To find out the effect of the Yavadi tail in male and female Vandhyatva.

REVIEW OF DRUG

- So many preparations have been mentioned in our samhitas for the treatment of vandhyatva

YAVADI TAIL

यवकोलकुलत्थानां श्रेयस्याः शुष्कमूलकात् | बिल्वाच्चाञ्जलिमेकैकं
द्रवैरम्लैर्विपाचयेत् |
तेन तैलं कषायेण फलाम्लैः कटुभिस्तथा | पिष्टैः सिद्धं महावातैरार्तः
शीते प्रयोजयेत् ||

(Ch. chi 2/148)

सर्ववातविकाराणां तैलान्यन्यान्यतः शृणु ||
चतुष्प्रयोगाण्यायुष्यबलवर्णकराणि च |

CONTENT OF DRUG

Drug	Botanical name	Family	Rasa guna veerya vipaka	Chemical constituents	Uses
YAVA	Hordeum vulgare	Poacea	Madhura guru ruksha mridu sheetakatu Kaphavatasamak	Flavonoids, glycoside tannis Vit c free amino acids, protein, carbohydrates	Anti-oxidant anti-inflammatory anti-bacterial
KOLA	Zizyphus jujuba	Rhmnaceae	Madhura laghu ushna madhura vaatkapha samak	Zinzyberalic acid, Vit C, jujube, side oleanolic acid, carotenes	Anti-allergic antitussive
KULATHA	Dolicos biflorus	Fabacea	Madhura Kashaya laghu tikshana ushana Amla kaphavata samak	Phenolic acid flavanoids astringent sitosterol	Diuretic Emmenagogue
BILVA	Aegle marmelos	Rubiacea	Kashaya tikta laghu ruksha usna katu kaphavata samak	Marmelosin sitosterol aegletlin marmeson γ fragrine	Alkaloids Anti-inflammatory
GAJAPIPALI	Scindapsus officinalis	Aracaea	Katu laghu ushna katu tridoshar	Glucose fructose sterol scindapsin rhamnose	Aphrodisiacs anti-oxidant
MULAKA	Raphanus sativus	Cruciferae	Katu madhura ruksha teekshna ushna tikshna tridosha samak	Glycosinolats, oleic acid, linoleinic, Vit. C	Anti-inflammatory, anti-oxidant, and neurological effects

रजःशुक्रप्रदोषघ्नान्यपत्यजननानि च |

Yavdi tail given in vatavyadi chikitsa. Here, the main cause of vandhyatva is vitiation of vata dosha. Yava has been in practice since time immemorial due to its rich nutritional entities and various therapeutic benefits. Preparations of oils for all types of diseases of vata that can be used in all the four therapeutic modes; that are promotive of longevity, strength and complexion; that are curative of menstrual and seminal disorders; which are inductive of progeny; and which are free from harmful effects and are generally curative of all kinds of morbidity.

A decoction is prepared using one anjali (approximately 16 tolas each) of Yava (Hordeum vulgare – barley), Kola (Ziziphus jujuba), Kulattha (Macrotyloma uniflorum – horse gram), Shreyasi (Gajapipali), dried Mulaka (dry radish), Bilva (Aegle marmelos), and Dadima (Punica granatum) by cooking them in a sour liquid medium. This decoction is then used for the preparation of Tila Taila (sesame oil), to which a paste (kalka) of sour fruits such as Amalaki and Dadima, along with pungent drugs, is added during the cooking process. After proper processing and cooling, the medicated oil is administered for the management of severe Vata disorders (Vatavikara).

From an Ayurvedic perspective, this formulation possesses Vata-Kaphahara, Deepana, Pachana, Srotoshodhana, and Shukra-Artava Prasadana properties. The sour (Amla) and pungent (Katu) ingredients help to alleviate aggravated Vata, remove obstructions in the channels, and improve tissue nourishment. Tila Taila, being the best oil for pacifying Vata, acts as an excellent carrier, facilitating the delivery of the therapeutic properties of the herbs to the reproductive tissues. The formulation helps correct Shukra Dushti and Artava Dushti, enhances the quality of reproductive elements, improves the function of Artavavaha and Shukravaha Srotas, and promotes proper conception. Therefore, this medicated oil is especially useful in the treatment of Vandhyatva (infertility) associated with Vata predominance, defective ovulation, impaired reproductive tissue nourishment, and abnormalities of Shukra and Artava, thereby supporting fertility and healthy progeny.

DADIMA	Punica granatum	Punicaceae	Madhura Kashaya amla laghu snighdha anusna madhur amla Tridosha samak	Punicalinellagic acid gallic acid	Vit C Anti-oxidant
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Ayurvedic & Pharmacological View

Drug	Major Constituents	Ayurvedic Action	Probable Role in Infertility
Yava (<i>Hordeum vulgare</i>)	β -glucans, flavonoids, vitamin E, selenium, zinc, proteins, minerals	Lekhana, Medohara, Kaphahara	Improves insulin sensitivity, reduces obesity and PCOS-related infertility, enhances ovulation, follicular development, sperm quality, and Shukra-Artava nourishment.
Kola/Badara (<i>Ziziphus jujuba</i>)	Flavonoids, saponins, polysaccharides, vitamin C, phenolics	Brimhana, Balya, Rasayana	Antioxidant and adaptogenic action protect ovarian follicles and testes, improve oocyte and sperm quality, supports endocrine balance.
Bilva (<i>Aegle marmelos</i>)	Marmelosin, coumarins, alkaloids, tannins, flavonoids	Deepana, Grahi, Shothahara	Reduces reproductive tract inflammation, improves digestion and metabolism, enhances nutrient assimilation and reproductive tissue nourishment.
Kulattha (<i>Dolichos biflorus</i>)	Polyphenols, flavonoids, proteins, iron, calcium, fibre	Lekhana, Medohara, Kapha-Vatahara	Useful in obesity and PCOS-associated infertility; improves insulin resistance, ovarian responsiveness, and metabolic health.
Gajapipali (<i>Scindapsus officinalis</i>)	Glycosides (Scindapsin A & B), sugars	Deepana, Pachana, Vajikarana, Rasayana, Shukrala	Improves Agni, removes Ama, balances Apana Vata, enhances sperm count, motility, and libido, and clears Shukravaha-Artavavaha Srotas.
Mulaka (<i>Raphanus sativus</i>)	Isothiocyanates, flavonoids, vitamin C, amino acids, sulfur compounds	Deepana, Lekhana, Artavajanana	Useful in Amenorrhoea, improves metabolism, detoxification, and supports normal menstrual and reproductive function.
Dadima (<i>Punica granatum</i>)	Punicalagin, ellagic acid, tannins, anthocyanins	Grahi, Hridya, Balya, Vrishya	Potent antioxidant; improves semen quality, reproductive tissue protection, hormonal balance, and supports fertility.
Tila Taila (<i>Sesamum indicum</i>)	Sesamin, sesamol, vitamin E, calcium, fatty acids	Vatahara, Balya, Vrishya, Artavajanana	Pacifies Vata, nourishes reproductive tissues, improves ovarian and uterine function, supports conception and menstrual regulation.

YAVA:

There is detail description of Yava in the Veda, Aranyak, Upanishada, Grihya Sutra, Shatpath Brahman and also in various Ayurvedic Samhitas and Nighantus.

यवः कषायो मधुरो हिमश्च कटुर्विपाके कफपित्तहारी |
 व्रणेषु पथ्यस्तिलवच्च नित्यं प्रबद्धमूत्रो बहुवातवर्चाः ||४१||
 स्थैर्याग्निमेधास्वरवर्णकृच्च सपिच्छिलः स्थूलविलेखनश्च |
 मेदोमरुत्तृद्हरणोऽतिरुक्षः प्रसादनः शोणितपित्तयोश्च ||४२||

(Ch. Su. 27/18)

Yava

Kapha Shamana and Srotoshodhana

The Ruksha Guna and Katu Vipaka of Yava help reduce excessive Kapha and Meda, thereby removing obstruction (Sanga) in Artavavaha Srotas and facilitating normal ovulation.

Artava Prasadana: By improving the quality and function of Artava (ovum and menstrual health), Yava supports proper follicular development and timely ovulation.

Agndeepana and Metabolic Correction: Yava helps maintain proper Agni and reduces Ama formation, which is considered a contributing factor in anovulatory disorders and infertility.

Rasadhatu and Artava Poshana: Its nutritive components provide nourishment to Rasa Dhatu, which subsequently supports the healthy formation of Artava, promoting reproductive health.

Antioxidant Effect: Flavonoids and Vitamin C protect ovarian follicles from oxidative stress, improving oocyte quality and ovarian function.

Anti-inflammatory Action: Reduces low-grade inflammation associated with reproductive disorders, thereby creating a favourable environment for conception.

Weight Management and Hormonal Balance: Yava is traditionally indicated in conditions associated with Kapha-Meda predominance. By helping regulate body weight and metabolism, it may improve ovulatory function, especially in women with obesity-related anovulation.

KOLA

The small jujube (*Ziziphus maritima* Lam.) is a sweet, unctuous, laxative and is effective in treating vata and pitta. The dried small jujube (*Ziziphus Sp.*) is effective in treating kapha and vata and is not contraindicated in pitta.

Vata-Kapha Shamana: Kola alleviates Vata and Kapha Doshas, which are commonly involved in anovulation and Artavavaha Srotodushti. This helps restore normal reproductive function and ovulation.

Rasa and Artava Poshana: Due to its Madhura Rasa and Madhura Vipaka, Kola nourishes Rasa Dhatu, thereby promoting proper formation and nourishment of Artava (female reproductive tissue).

Garbhashaya Poshana: The nutritive and rejuvenating properties of Kola support the health of the uterus and reproductive organs, creating a favourable environment for conception.

Antioxidant Activity: Vitamin C, carotenes, and oleanolic acid protect ovarian follicles and oocytes from oxidative stress, thereby improving ovarian function and egg quality.

Stress Reduction and Neuroendocrine Support: Jujubosides possess calming and adaptogenic properties, which may help

regulate the hypothalamic-pituitary-ovarian axis. Reduction of stress can improve menstrual regularity and ovulation.

Immunomodulatory Effect: By supporting immune balance and reducing hypersensitivity reactions, Kola may help maintain a healthy reproductive milieu conducive to implantation and pregnancy.

Anti-inflammatory Action: Oleanolic acid helps reduce subtle inflammatory changes affecting the reproductive system, thereby enhancing fertility potential.

KULATHA

उष्णः कुलथो रसतः कषायः कटुर्विपाके कफमारुतघ्नः |
शुक्राश्मरीगुल्मनिषूदनश्च साङ्ग्राहिकः पीनसकासहन्ता ||३७||

Kapha-Vata Shamana: Kulattha alleviates Kapha and Vata Doshas, which are major factors in anovulation and Artavavaha Srotorodha (obstruction of reproductive channels). This facilitates normal ovulatory function.

Artava Janana and Artava Pravartana: Due to its Ushna Veerya and Tikshna Guna, Kulattha stimulates the proper formation and flow of Artava, helping to regulate menstrual cycles and promote ovulation.

Srotoshodhana Action: The Tikshna and Laghu properties help clear obstruction in Artavavaha Srotas, thereby improving follicular maturation and release of the ovum.

Lekhna and Medohara Effect: Kulattha helps reduce excess Kapha and Meda Dhatu. This is particularly beneficial in women with obesity-associated anovulation and conditions resembling polycystic ovarian syndrome (PCOS).

Deepana-Pachana: By improving Agni and reducing Ama, Kulattha corrects metabolic disturbances that may impair reproductive function.

Antioxidant Activity: Phenolic acids and flavonoids protect ovarian follicles from oxidative damage, thereby improving follicular health and oocyte quality.

Phytohormonal Support: β -Sitosterol may contribute to hormonal balance and support normal reproductive endocrine function.

Emmenagogue Action: Its traditional emmenagogue property helps establish regular menstrual flow, which is essential for maintaining a healthy ovulatory cycle.

BILWA

Kapha-Vata Shamana: Bilva alleviates Kapha and Vata Doshas, which are commonly involved in anovulation, irregular menstruation, and Artavavaha Srotodushti.

Srotoshodhana (Channel Cleansing): Due to its Laghu and Ruksha properties, Bilva helps remove Kapha-induced obstruction in Artavavaha Srotas, facilitating normal follicular development and ovulation.

Deepana-Pachana: Bilva improves Agni and reduces Ama, thereby correcting metabolic disturbances that interfere with reproductive functions.

Anti-inflammatory Effect: Chronic inflammation in the reproductive tract may adversely affect ovulation and implantation. Bilva's anti-inflammatory activity helps maintain a healthy uterine and ovarian environment.

Antioxidant Protection: Marmelosin and other phytoconstituents reduce oxidative stress, thereby protecting ovarian follicles and improving oocyte quality.

Garbhashaya Shodhana and Poshana: By promoting a healthy uterine environment, Bilva supports implantation and conception.

Mode of Action in Male Infertility

Shukra Dhatu Protection: Bilva nourishes and protects Shukra Dhatu by reducing oxidative damage to sperm cells.

Improvement of Sperm Quality: Antioxidant constituents may help improve sperm count, motility, and morphology by protecting sperm membranes from free radical injury.

Reduction of Genital Tract Inflammation: Anti-inflammatory and antimicrobial actions help maintain healthy reproductive organs and may reduce subclinical infections affecting fertility.

Enhancement of Metabolic Function: Proper Agni and Dhatu Poshana contribute to the healthy formation of Shukra Dhatu, supporting reproductive capacity.

Hormonal Support: β -Sitosterol and related phytoconstituents may aid in maintaining normal reproductive endocrine function.

GAJAPIPPALI

Kapha-Vata Shamana: Gajapippali alleviates Kapha and Vata Doshas, which are frequently implicated in anovulation, irregular menstruation, and Artavavaha Srotodushti.

Artava Janana and Artava Pravartana: Its Ushna Veerya helps stimulate reproductive functions, promoting proper maturation and release of the ovum and supporting regular menstrual cycles.

Srotoshodhana: The Katu Rasa and Laghu Guna help clear obstruction in Artavavaha Srotas, facilitating normal follicular development and ovulation.

Deepana-Pachana: By improving Agni and reducing Ama, Gajapippali corrects metabolic disturbances that may adversely affect fertility.

Antioxidant Activity: Protects ovarian follicles from oxidative stress, thereby enhancing oocyte quality and ovarian function.

Garbhashaya Poshana: Supports uterine health and creates a favourable environment for implantation and conception.

Mode of Action in Male Infertility

Vrishya (Aphrodisiac) Effect: Gajapippali is traditionally regarded as a Vrishya drug, enhancing sexual vigour, libido, and reproductive capacity.

Shukra Dhatu Vardhana: It nourishes Shukra Dhatu and supports healthy sperm production.

Improvement of Sperm Quality: Antioxidant constituents help protect spermatozoa from oxidative damage, thereby improving sperm count, motility, and viability.

Enhancement of Reproductive Strength: Ushna Veerya promotes proper circulation and nourishment of reproductive tissues, supporting male fertility.

Hormonal and Metabolic Support: By improving Agni and tissue metabolism, it facilitates the proper formation and maturation of Shukra Dhatu.

Kapha-Vata Shamana and Srotoshodhana: The Tikshna, Ruksha, and Ushna properties help remove Kapha-induced obstruction in Artavavaha Srotas, promoting proper follicular development and ovulation.

MULAKA

Artava Pravartana: Mulaka supports the normal flow and regulation of Artava, thereby aiding menstrual regularity and ovulatory cycles.

Deepana-Pachana: It improves Agni and eliminates Ama, correcting metabolic disturbances that can contribute to anovulation and infertility.

Reduction of Inflammation: Anti-inflammatory activity helps maintain a healthy ovarian and uterine environment, supporting implantation and conception.

Antioxidant Protection: Vitamin C and glucosinolates reduce oxidative stress in ovarian tissues, improving oocyte quality and reproductive function.

Hormonal Regulation: By improving metabolism and tissue nourishment, Mulaka may indirectly support the endocrine balance necessary for ovulation.

Mode of Action in Male Infertility

Shukra Dhatu Poshana: Through proper digestion and Dhatu nourishment, Mulaka supports the formation and maintenance of healthy Shukra Dhatu.

Improvement of Sperm Quality: Antioxidant constituents protect spermatozoa from oxidative damage, helping improve sperm count, motility, and viability.

Anti-inflammatory Effect: Reduces inflammation within the male reproductive tract, thereby supporting normal spermatogenesis.

Neuroprotective and Adaptogenic Support: Its neurological benefits may help reduce stress-related reproductive dysfunction and improve neuroendocrine regulation of fertility.

Metabolic Enhancement: By correcting Agnimandya and Ama accumulation, Mulaka promotes optimal reproductive tissue metabolism.

Artava Poshana: Dadima nourishes Rasa and Rakta Dhatu, which are the primary precursors of Artava. This supports healthy follicular development and menstrual function.

Garbhashaya Poshana: Its Madhura and Snigdha properties provide nourishment to the reproductive organs, enhancing uterine health and receptivity for implantation.

DADIMA

अम्लानि रसतः पाके गुरूण्युष्णानि वीर्यतः |
पित्तलान्यनिलघ्नानि कफोत्क्लेशकराणि च ||१४०||
कषायानुरसं तेषां दाडिमं नातिपित्तलम् |
दीपनीयं रुचिकरं हृद्यं वर्चोविबन्धनम् ||१४१||
द्विविधं तत्तु विज्ञेयं मधुरं चाम्लमेव च |
त्रिदोषघ्नं तु मधुरमम्लं वातकफापहम् ||१४२||

Tridosha Shamana: By balancing Vata, Pitta, and Kapha, Dadima helps maintain normal reproductive physiology and supports regular ovulation.

Rakta Prasadana: Dadima improves the quality of Rakta Dhatu, thereby enhancing endometrial nourishment and supporting implantation.

Antioxidant Protection: Punicalagin, ellagic acid, gallic acid, and Vitamin C protect ovarian follicles from oxidative stress, improving oocyte quality and ovarian reserve.

Anti-inflammatory Activity: Reduces inflammatory changes that may impair ovulation, fertilisation, or implantation.

Mode of Action in Male Infertility

Shukra Dhatu Vardhana: The Madhura and Brimhana properties help nourish Shukra Dhatu, supporting healthy sperm production.

Improvement of Sperm Parameters: Potent antioxidants protect spermatozoa from oxidative damage, improving sperm count, motility, morphology, and viability.

Enhancement of Seminal Quality: Dadima promotes proper nourishment of reproductive tissues and may improve seminal plasma quality.

Reduction of Oxidative Stress: Oxidative stress is a major cause of male infertility; Dadima's rich polyphenolic content protects sperm DNA and cellular membranes.

Rejuvenative Effect: Its Rasayana-like action supports overall reproductive vitality and fertility.

The drugs Yava, Kola, Kulattha, Bilva, Gajapippali, Mulaka, and Dadima collectively act on the fundamental Ayurvedic factors responsible for conception, namely Ritu, Kshetra, Ambu, and Beeja. They help correct the pathological factors involved in Vandhyatva, such as Kapha-induced Srotorodha, Vata vitiation, Agnimandya, Ama accumulation, impaired Artava formation, and Shukra Dushti.

1. Srotoshodhana and Removal of Artavavaha Srotorodha Yava, Kulattha, Bilva, Gajapippali, and Mulaka possess Laghu, Ruksha, Tikshna, and Ushna properties that remove Kapha obstruction from Artavavaha Srotas. This promotes proper follicular maturation, ovulation, and menstrual regularity.
2. Artava Janana Kola, Kulattha, Gajapippali, and Dadima nourish and stimulate Artava Dhatu. They support healthy follicular development, ovulation, and endometrial growth, thereby improving female fertility.
3. Deepana-Pachana and Ama Pachana Yava, Kulattha, Bilva, Gajapippali, and Mulaka improve Agni and digest Ama. Correction of metabolic dysfunction is particularly important in anovulatory infertility and PCOS-like conditions where Kapha and Meda are predominant.
4. Medohara and Hormonal Regulation Yava and Kulattha reduce excess Meda and Kapha, helping regulate body weight and endocrine function. This may improve ovulation in women with obesity-related anovulation and polycystic ovarian syndrome.
5. Antioxidant Protection of Reproductive Tissues. All the selected drugs contain antioxidant phytoconstituents such as flavonoids, phenolic acids, Vitamin C, ellagic acid, gallic acid, and punicalagin. These compounds protect ovarian follicles and spermatozoa from oxidative stress, thereby improving oocyte quality, sperm quality, and reproductive outcomes.
6. Garbhashaya Poshana and Endometrial Receptivity Kola, Bilva, Gajapippali, and Dadima nourish the uterus and improve the quality of the endometrium, creating a favourable environment for implantation and pregnancy.
7. Shukra Dhatu Vardhana Bilva, Gajapippali, Mulaka, and Dadima support Shukra Dhatu formation and maturation, improve sperm count, motility, and morphology, and protect sperm from oxidative damage. Thus, they are beneficial in male factor infertility.

TIL TAILA

ईषत्कषायो मधुरः सतिक्तः साङ्ग्राहिकः पित्तकरस्तथोष्णः |
तिलो विपाके मधुरो [१] बलिष्ठः स्निग्धो व्रणे लेपन एव पथ्यः ॥३९॥
दन्त्योऽग्निमेधाजननोऽल्पमूत्रस्त्वच्योऽथ केश्योऽनिलहा गुरुश्च ॥४०॥
सवेषां तैलजातानां तिलतैलं विशिष्यते ॥

(Cha Su 13/13)

Among all varieties of oils, sesame oil is considered the best and is ideal for giving strength and unctuousness.

मारुतघ्नं न च श्लेष्मवर्धनं बलवर्धनम् ।
त्वच्यमुष्णं स्थिरकरं तैलं योनिविशोधनम् ॥

(Cha Su13/15)

Tila Tail alleviates vitiated vata, does not aggravate kapha (rather, it improves strength). It is very beneficial for the skin, ushna virya, increases stability, and purifies or cleanses the vagina/ uterus.

नास्ति तैलात् परं किञ्चिदौषधं मारुतापहम् ।
व्यवायाद् उष्णगुरुस्नेहात् संस्कारादवलेपनम् ॥१८१॥
गुणैरेवमतिरस्तस्माच्चतुशोऽथ सहस्रशः ।
सिद्धं क्षिपत्यं हन्ति सूक्ष्मागमस्थितान् गदान् ॥१८२॥

Ch. Chi 28/181-182

There is no other medicine that can cure Vata better than this (Tail). If it is mixed with another drug, then it becomes more powerful, i.e. it especially removes vata. Therefore, if it is cooked a hundred or four times with Vatnashak Gana, it quickly destroys the diseases occurring in the subtle pathways. According to Acharya Sushruta

4. DISCUSSION

The ingredients of this formulation work synergistically to address the major factors involved in Vandhyatva (infertility), particularly Vata-Kapha vitiation, Artava Dushti, Srotorodha, and impaired ovulation. Yava helps improve metabolism and reduces inflammation, thereby supporting healthy follicular development. Kola nourishes Rasa and Rakta Dhatu, which are essential for the proper formation of Artava. Kulattha, owing to its Ushna and Tikshna properties, removes Kapha-induced obstruction in the reproductive channels and promotes regular ovulation. Bilva pacifies Vata and Kapha, improves digestion, and supports a healthy uterine environment. Gajapippali acts as a Vrishya and Rasayana, enhancing the quality of Shukra and Artava while improving reproductive vitality. Mulaka helps clear channel obstruction and improves pelvic circulation, thereby facilitating normal reproductive function. Dadima, rich in antioxidants, nourishes reproductive tissues, improves endometrial health, and supports conception.

Collectively, these drugs perform Deepana, Pachana, Vata-Kapha Shamana, Srotoshodhana, and Dhatu Poshana, helping to restore the normal function of Artavavaha and Shukravaha Srotas. Thus, the formulation improves ovulation, enhances the quality of Artava and Shukra, and creates favourable conditions

for conception, making it beneficial in the management of Vandhyatva associated with anovulatory cycles.

Vandhyatva is the inability to achieve conception due to defects in Beeja, Kshetra, Ritu, and Ambu. Acharya Charaka and other Acharyas have emphasised that disturbances in Yoni, Artava, Shukra, and Garbhashaya are the principal factors responsible for infertility. In the present study, the pathogenesis of Vandhyatva can be understood predominantly as Vata-pradhana Tridoshaja Vyadhi involving Artavavaha and Shukravaha Srotas.

According to Ayurvedic principles, Dhatukshaya of Rasa, Rakta, Artava, and Shukra leads to aggravation of Vata. The aggravated Vata, particularly Apana Vata, loses its normal direction and function. Simultaneously, Kapha and Meda may cause Srotorodha (obstruction), resulting in Avarana of Apana Vata. This disturbed Apana Vata impairs ovulation, menstruation, fertilisation, sperm transport, implantation, and maintenance of pregnancy. Thus, both Dhatukshaya Janya Vataprakopa and Avaranajanya Vata Dushti contribute significantly to the development of Vandhyatva.

Yavadi Taila, mentioned in Vatavyadhi Chikitsa, is specifically indicated for Raja-Shukra Pradosha and Apatya Janana. The formulation contains Yava, Kola, Kulattha, Bilva, Gajapippali, Mulaka, Dadima and Tila Taila as the base. The collective pharmacodynamic properties of these drugs effectively break the samprapti of Vandhyatva.

Most ingredients possess Laghu, Ruksha, Tikshna, and Ushna properties, which alleviate Kapha and remove obstruction in Artavavaha and Shukravaha Srotas. Yava, Kulattha, Bilva, Gajapippali, and Mulaka exhibit significant Srotoshodhana, Deepana, Pachana, and Medohara actions. By digesting Ama and reducing excess Kapha-Meda, they restore the patency of reproductive channels and facilitate normal follicular maturation and ovulation.

Kola and Dadima are rich in Madhura Rasa and possess Rasayana, Artava-Poshaka, and Garbhashaya-Poshaka properties. They nourish Rasa and Rakta Dhatu, thereby enhancing Artava quality, endometrial receptivity, and uterine health. This nourishment supports the implantation and maintenance of conception.

The presence of Gajapippali imparts Vrishya and Shukra-Vardhaka actions, improving reproductive vigour and supporting healthy spermatogenesis. Bilva, Mulaka, and Dadima contribute to Shukra Dhatu Poshana, thereby improving sperm quality, motility, and viability. Thus, the formulation acts on both male and female reproductive factors.

Modern pharmacological studies reveal that the ingredients of Yavadi Taila contain flavonoids, phenolic compounds, β -sitosterol, punicalagin, ellagic acid, Vitamin C, oleanolic acid, and other bioactive molecules possessing potent antioxidant and anti-inflammatory activities. Oxidative stress is recognised as an important factor in anovulation, poor oocyte quality, endometrial dysfunction, and male infertility. These antioxidants protect ovarian follicles, oocytes, and spermatozoa from oxidative damage, thereby improving reproductive potential.

Tila Taila serves as an ideal vehicle due to its Vatahara, Sukshma, Vyavayi, Yogavahi, and Yonivishodhana properties. Being the best among Sneha Dravyas for Vata disorders, it facilitates deeper penetration of the active principles into the subtle channels and reproductive tissues. Its Snigdha and Ushna

properties help normalise Apana Vata and support proper reproductive functions. From the Dosha perspective, Yavadi Taila primarily performs Vata-Kapha Shamana. From the Dushya perspective, it nourishes Rasa, Rakta, Artava, and Shukra Dhatu. At the Srotas level, it removes obstruction from Artavavaha and Shukravaha Srotas. At the organ level, it improves the functional integrity of Garbhashaya, Beejakosha, and reproductive tissues. Consequently, the formulation restores the normal functioning of Ritu, Kshetra, Ambu, and Beeja, which are essential prerequisites for conception.

Therefore, Yavadi Taila acts through Deepana-Pachana, Srotoshodhana, Vata-Anulomana, Artava-Janana, Shukra-Vardhana, Garbhashaya-Poshana, Rasayana, and antioxidant mechanisms. By correcting Dosha-Dushya imbalance and restoring reproductive physiology, it helps achieve fertility and supports healthy conception in both male and female Vandhyatva.

5. RESULTS

Yavadi Taila possesses Vata-Kapha Shamana, Deepana-Pachana, Srotoshodhana, Artava-Janana, Shukra-Vardhana, and Garbhashaya-Poshana properties. The ingredients help remove Artavavaha Srotorodha, improve Rasa-Rakta-Artava nourishment, support follicular maturation and ovulation, enhance uterine receptivity, and improve sperm quality. Modern pharmacological evidence suggests antioxidant, anti-inflammatory, immunomodulatory, and endocrine-supportive activities that may protect ovarian follicles and spermatozoa from oxidative stress and improve reproductive outcomes.

6. CONCLUSION

The selected drugs act through Kapha-Vata Shamana, Deepana-Pachana, Srotoshodhana, Artava-Janana, Shukra-Vardhana, Garbhashaya-Poshana, and Rasayana effects. By correcting Agnimandya, removing Artavavaha Srotorodha, improving ovarian and sperm function, reducing oxidative stress, and enhancing uterine receptivity, these drugs help restore normal reproductive physiology and support conception in both male and female infertility (Vandhyatva), particularly in infertility associated with anovulatory cycles. Although Ayurveda and contemporary medicine differ in terminology and diagnostic approaches, both recognize the importance of hormonal balance, metabolic health, tissue nourishment, and reproductive organ function in achieving conception. Ayurvedic management emphasises correction of the root cause through Dosha balance, Agni enhancement, Srotoshodhana, and Rasayana therapy, while modern medicine focuses on targeted interventions such as hormonal therapy and assisted reproductive techniques. Integrating both perspectives may offer a holistic and patient-centred approach to infertility management.

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About the Corresponding Author

Dr Anushriyam Kirti is associated with the P.G. Department of Prasuti Tantra and Stree Rog at the Govt. Ayurvedic P.G. College, Chaukaghat, Varanasi, Uttar Pradesh, India. Her academic interests include Ayurvedic obstetrics and gynaecology, women's health, reproductive care, and evidence-based Ayurvedic practices, contributing to research, education, and clinical excellence.