



INFERTILITY TREATMENT BASED ON AYURVEDIC PRINCIPLES: CASE REPORTS OF CHALLENGING MALE INFERTILITY CASES

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KEYWORDS :

INTRODUCTION:

As per World Health Organization (WHO) Infertility is "a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse." Despite the high burden, couples and individuals, who desire but are unable to achieve and maintain a desired pregnancy, have needs which are not being addressed, especially in lower resource settings worldwide. Yet, the field of reproductive medicine and endocrinology is rapidly growing, with success stories that have resolved infertility and fertility problems – from the most simple fertility awareness methods to more advanced innovations. Infertility and subfertility affect a significant proportion of humanity (1)

Ayurveda is an Indian system of medicine with historical roots in the ancient Vedas. In countries beyond India, Ayurvedic therapies and practices have been integrated in general wellness applications and in some cases in medical use (2,3,4). Present case report we discussed the treatment based on Ayurvedic principles was found to be effective in male infertility patients

CASE 1-

30 year old married Male patient Pharmacist by occupation visited our clinic in December 2018. He was diagnosed as a case of azoospermia with normal FSH level and advised for TESE/ICSI treatment by private IVF Centre.

Patient was willing for natural conception. He was started on customized treatment based on the Ayurveda principles considering all the laboratory findings mentioned above. Patient has taken regular treatment for 5 months his semen analysis was done. Semen analysis shown that sperm count was increased to 20 million with 25 % progressive mobility. We have again repeated semen analysis after 2 month and 3 days of abstinence. Semen analysis revealed that sperm count was increased to 75 million with 63 % progressive mobility. In the October 2019 his wife conceived naturally and delivered healthy baby boy in June 2020. This particular case is an example which concludes that treatment based on Ayurveda principles was effective in case of male infertility.

CASE 2-

A 36 year old married male patient approached our clinic in July 2019. He was the diagnosed case of the azoospermia with low FSH and Low Testosterone level (Hypogonadism). He had history of surgery for pituitary tumour which resulted in hypopituitarism. Thereafter he was on Hormonal Replacement Therapy (HRT)

We have started him on customized treatment based on the Ayurveda principles considering all the laboratory findings mentioned above. He has taken treatment for 9 months regularly. After 9 months of regular treatment his sperm count was improved to 70 million with 30% progressive motility. Patient was referred for IUI treatment to ART centre.

To conclude with, these representative cases are examples of benefits of treatments based on Ayurveda principles.

Treatments based on Ayurveda principle are also found to be beneficial in challenging male infertility cases.

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