



## INFERTILITY TREATMENT BASED ON AYURVEDIC PRINCIPLES: CASE REPORTS

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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). Present case report we discussed the treatment based on Ayurvedic principles was found to be effective in male infertility patients.

#### CASE 1-

26 year old married Male patient visited our clinic in August 2019 with history of infertility since 3 years. He was diagnosed as a case of azoospermia by the outside clinic. Semen analysis revealed that ejaculate volume was 2 ml and the fructose test was positive, FSH level was 6.29. Both the testes were of normal sizes and echo structure. He was advised for TESE/ICSI or donor sperm ART by the previous doctor under whom he was taking treatment.

We have started him on customized treatment based on the Ayurveda principles considering all the laboratory findings mentioned above. Patient has taken regular treatment for 6 months as advised to him. After 6 months his semen analysis was done. Semen analysis shown that sperm count was 74 million with 52 % progressive mobility. We have again repeated semen analysis after one month and 3 days of abstinence. Semen analysis revealed that sperm count was increased to 110 million with 67 % progressive mobility. In the same month couple had positive conception. This particular case is an example which concludes that treatment based on Ayurveda principles was effective in case of male infertility.

#### CASE 2-

A 39 year old married male doctor consulted in our clinic in February 2021. Patient has 8 year old child and was trying for second child. He was the diagnosed case of the secondary azoospermia and was taking treatment at male infertility center in north India for last 5 to 6 months.

The laboratory reports of the patient were suggestive of azoospermia with unilateral testis. Left testis was undescended one. There was also moderate hydrocele. Other hormonal parameters were within normal limits. We have started him on customized treatment based on the Ayurveda

principles considering all the laboratory findings mentioned above. After 6 months of regular treatment his sperm count was improved to 75 million with 80% progressive motility.

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

#### REFERENCES:

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