



## REPRESENTATIVE CASE REPORTS OF SUCCESSFUL INFERTILITY TREATMENT BASED ON AYURVEDA PRINCIPLES

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### KEYWORDS :

Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. Infertility affects millions of people of reproductive age worldwide – and has an impact on their families and communities. Estimates suggest that between 48 million couples and 186 million individuals live with infertility globally. Every human being has a right to the enjoyment of the highest attainable standard of physical and mental health. Individuals and couples have the right to decide the number, timing and spacing of their children. Infertility can negate the realisation of these essential human rights. Addressing infertility is therefore an important part of realizing the right of individuals and couples to found a family (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 (2,3,4,5).

In the present case reports we have discussed the treatment based on Ayurvedic principles found to be effective in both male and female infertility patients.

#### Case Report 1 :-

22 years old female patient visited our clinic in Nov.2013. She had history of 3 missed abortions. She was diagnosed as poor ovarian reserve (AMH-0.1 mg/dL) and bicornuate uterus at private hospital in Pune. She was advised for IVF with donor egg considering above facts. After taking detailed history we started her treatment as per principle of Ayurveda. She followed treatment for 6 month and AMH level improved to 4 mg/dL. In Nov - 2014 she conceived naturally and delivered healthy baby boy at Aug- 2015.

#### Case Report 2 :-

A couple from Vadgaon Sheri, Pune female aged 37 years and male aged 37 years with primary infertility visited our centre in August 2016 . They were under tremendous stress due to failure of 5 IUI cycle and 1 IVF cycle at private hospitals in Pune. Wife had poor ovarian reserve (AMH-0.3 mg/dL) and husband was suffering with Oligoasthenospermia. We started our treatment as per principle of Ayurveda considering reports and detailed history. They followed the treatment for 9 months. AMH level and sperm parameters improved gradually. They got natural conception in April 2017 and delivered baby girl in Dec 2017.

To conclude with, these representative cases are examples of successful treatments based on Ayurveda principles. It is therefore evident that the treatment approach based on Ayurveda principles can give encouraging results.

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