



CASE REPORTS OF MALE INFERTILITY TREATMENT BASED ON AYURVEDA PRINCIPLES

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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.” (1)

Male infertility is defined as the inability of a male to make a fertile female pregnant, also for a minimum of at least one year of unprotected intercourse. The male is solely responsible for about 20% and is a contributing factor in another 30% to 40% of all infertility cases. As male and female causes often co-exist, it is important that both partners are investigated for infertility and managed together. Overall, the male factor is substantially contributory in about 50% of all cases of infertility (2). Azoospermia, defined as the absence of sperm in the ejaculate, is identified in approximately 1% of all men and in 10 to 15% of infertile males (3).

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 (4,5,6,7).

In the present case reports we discussed the treatment based on Ayurvedic principles was found to be effective in male infertility patients such as azoospermia.

CASE 1-

A 28 years old male individual approached our centre in December 2019. He was diagnosed with azoospermia. Initially it was oligoasthenospermia and gradually became zero. He was advised for IVF/TESE-ICSI at Guwahati.

After taking brief history and previous treatment details we started our medicines. He followed our treatment for 2 months and repeated semen analysis. We found sperm count improved to 70 million with 75 % active motility. Thereafter he followed the medicines for 3-4 months. The couple was blessed with a baby girl in November 2021 in a natural way.

CASE 2-

A 30 years old male visited our centre in February 2019. He was diagnosed as case of azoospermia with normal FSH and advised for TESE/ ICSE at private IVF centre in Pimpri Chinwad.

We studied this case in details and started customised treatment based on Ayurveda Principles. After 4 months of uninterrupted treatment his sperm count was increased to 81 millions with 20% rapid progressive motility in May 2019. The couple achieved natural conception in April 2020.

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 such as azoospermia. It is therefore evident that the treatment

approach based on Ayurveda principles can produce encouraging results.

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