



SUCCESSFUL MALE INFERTILITY TREATMENT BASED ON AYURVEDA PRINCIPLES- REPRESENTATIVE 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." (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 : 31 Years old male got our infertility centres contact through internet (Google). He was diagnosed with azoospermia and tried other medicines treatment but meets with failure. Couple was advised for TEST /ICSI at private hospital in Ratnagiri. He approached our center in October 2021 for treatment. He followed our medicines for 3 months of millions for 3 months and repeated semen analysis. After 3 months of treatment sperm count improved to 6.5 millions with 20 % active motility. In the month of Jan 2021 couple achieved natural conception. His wife delivered a healthy baby boy at full term.

CASE 2 : A 34 year doctor got our contact from his one his friend who happens to be our patient. He was suffering with oligoasthenospermia (14 million/ml with 15 % motility). His wife had AMH level 0.7ng/dl. He was advised for IVF in a private Hospital. After consultation we started treatment for both after 3-4 months of continuous treatment sperm count improved to 26 million with 50% motility. Couple achieved the natural conception after 5 months of continuous treatment.

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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