



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 :

29 Years old male patient from Dombivali visited our infertility centres in March 2022. He was suffering from oligoasthenospermia which is a primary cause of male infertility where two seminal parameters are altered: sperm count and sperm motility (3). He had 5 million sperm count and 4 % progressive motility. His wife who was 23 years old had reduced ovarian reserve with Serum AMH value 2.72. Couple was advised for IVF treatment. The couple had attempted 2 failed IVF cycles till date. The couple was counselled and treated by customised Ayurveda treatment at our centre. They followed our medicines for 3 months regularly. After 3 months of treatment sperm count improved to 22 million with 40 % progressive motility. They continued the treatment for another one month and had successful conception.

Case 2 :

A 30 year male from Shirur visited our infertility centres in August 2019. Since 2016 he was diagnosed with azoospermia, is a condition in which there's no measurable sperm in a man's semen (4). Couple was advised for TESE /ICSI at private hospital. But he stopped treatment due to financial concerns. After going through his medical reports thoroughly we started treatment based on Ayurveda principles. After 4 months of continuous treatment sperm count improved to 84 million with 32% motility.

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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