



## SUCCESSFUL 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)

There are many causes of infertility, and sometimes, there isn't a simple answer as to why you're not getting pregnant. Only a healthcare provider can determine the cause and find the best treatment for you. While causes of infertility vary, studies show that: 33% of infertility involves the partner with a uterus and ovaries, 33% of infertility involves the partner with a penis and testicles, 33% of infertility involves both partners or is unexplained. Twenty-five percent of infertile couples have more than one factor that contributes to their infertility(2).

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.

In the present case reports we discussed the treatment based on Ayurvedic principles was found to be effective in male as well as female infertility factors

**Case 1:**

A 29 year old male patient from rural area of Pune visited our centre in June 2023. He was diagnosed as Azoospermia with normal Follicle Stimulating Hormone (FSH) level (4.05). He was advised for vitro fertilization, also called IVF with testicular sperm extraction associated with intracytoplasmic sperm injection (TESE / ICSI) at private hospital. Patient got our reference through social media. After taking detail history we started our treatment on Ayurveda principle. He has taken regular treatment and follow up for over 4 months. We repeated his semen analysis. Sperm count was improved to 70 millions/ml with 40 % progressive motility.

**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 vitro fertilization, also called IVF with testicular sperm extraction associated with intracytoplasmic sperm injection (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 addressing both male and female infertility.

## REFERENCES:

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