



CASE REPORTS OF OLIGOASTHENOSPERMIA TREATMENT BASED ON AYURVEDIC PRINCIPLES

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KEYWORDS :

Oligoasthenospermia (OAT) is a general term for oligospermia and asthenozoospermia and is an important cause of male infertility. Clinically, it is mainly characterized by decreased sperm concentration and sperm motility (1). In recent years, under the influence of many harmful factors, such as environmental pollution, mental stress, and unhealthy lifestyles, the global annual prevalence of oligo asthenozoospermia among men has increased to 10–15%, leading to a heavy burden on individuals and the social health care system (2, 3). Oligoasthenospermia is the most common cause of male infertility, and the annual incidence of the disease continues to increase (4).

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 infertility patients such as Oligoasthenospermia.

Case Report 1:

A middle aged male patient has got our clinic reference from his friend. He and his wife visit our center in November 2015. He was diagnosed case of severe oligoasthenospermia (0.5 mil/ml Sperm count) and 0% progressive motility. Couple were eager to conceive. Previously they were taking treatment at private hospital in Pimpri and after failure of medicinal treatment they were advised for IVF, but due to financial problem they have stopped treatment. After taking detailed history, we started our Ayurveda treatment as per his laboratory reports. We repeated his semen analysis report after 3 months of treatment, his sperm count improved to 28 million with 20% progressive motility. Couple achieve natural conception with 5 months continuous treatment & delivered healthy baby boy on February 2017.

Case Report 2:

29 years old male from Amravati referred by general physician to our center for evaluation & treatment of male infertility. Patient's sperm count in August 2012 was less than 1 million (severe oligoasthenospermia). We started his treatment as per basic principles of Ayurveda. After 2 months of medicinal treatment sperm count improved to 4.9 million (October 2012) and 30 % progressive motility couple has achieved natural conception in next 2 months of continuous treatment & delivered a healthy full term child.

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 and complicated male infertility cases such as Oligoasthenospermia.

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