



OLIGOASTHENOSPERMIATREATMENT BASED ON AYURVEDA PRINCIPLES : SUCCESSFUL CASE REPORTS

**Dr. Borate
Narendra
Nandkishor***

BAMS, Ayurvedacharya *Corresponding Author

KEYWORDS :

INTRODUCTION:

Oligoasthenospermia (OA) is a primary cause of male infertility where two seminal parameters are altered: sperm count and sperm motility. Oligoasthenospermia is the resulting disorder when oligozoospermia and asthenozoospermia are combined, which aggravates infertility in the male affected. Oligoasthenospermia is a general is an important cause of male infertility. Clinically, it is mainly characterized by decreased sperm concentration and sperm motility. In recent years, under the influence of many harmful factors, such as environmental pollution, mental stress, and unhealthy lifestyles, the global annual prevalence of oligoasthenozoospermia among men has increased to 10–15%, leading to a heavy burden on individuals and the social health care system (1,2).

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. Treatments based on Ayurveda Principles were found to effective as well as beneficial in both male as well as female infertility cases (3,4).

In the present case reports we discussed the treatment based on Ayurvedic principles was found to be effective and successful in patients with Oligoasthenospermia (OA).

Case Report No. 1 :-

A 24years old male visited our centre in 2019. He was diagnosed with oligoasthenospermia. As per laboratory parameters his total sperm count 3 million/ml and zero progressive motility. Couple has been advised for IVF at private hospital.

After taking detailed history and thorough examination we started him on Ayurvedic medicines. He followed medicines for 3 months and repeated semen analysis in which sperm count improved to 16 million/ml and total motility 20%. Couple achieved natural conception after 6 months and delivered healthy baby boy in full term.

Case Report No. 2 :-

A male patient from visited our centre in November 2022. He was diagnosed case of oligoasthenospermia . On laboratory parameters his sperm count was 5 million/ml and total motility was only 6%. Couple has been advised for IVF at private hospital.

After taking detailed history and thorough examination we started his treatment based on Ayurvedic principles. After 3 months continuous medicinal treatment his sperm count improve to 7 million with 25% to total motility. In April 2023 he is wife got natural conception. In ultra sound report there is a normal foetal maturity with nasal bone visualised.

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 cases such as Oligoasthenospermia.

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