



## CASE REPORTS OF FEMALE INFERTILITY TREATMENT BASED ON AYURVEDIC PRINCIPLES

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### KEYWORDS :

#### Case Reports of Female Infertility Treatment based on Ayurvedic Principles

Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. Infertility affects millions of people of reproductive age worldwide – and has an impact on their families and communities. Estimates suggest that between 48 million couples and 186 million individuals live with infertility globally. In the male reproductive system, infertility is most commonly caused by problems in the ejection of semen (1), absence or low levels of sperm, or abnormal shape (morphology) and movement (motility) of the sperm. In the female reproductive system, infertility may be caused by a range of abnormalities of the ovaries, uterus, fallopian tubes, and the endocrine system, among others. Infertility can be primary or secondary. Primary infertility is when a pregnancy has never been achieved by a person, and secondary infertility is when at least one prior pregnancy has been achieved (1). Infertility results from female factors about one-third of the time and both female and male factors about one-third of the time. The cause is either unknown or a combination of male and female factors in the remaining cases. Female infertility causes can be difficult to diagnose. There are many treatments, depending on the infertility cause. Many infertile couples will go on to conceive a child without treatment (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 female infertility patients.

#### Case 1:-

25 years old married female visited our centre in year 2016. Couple were facing infertility issue for the past 6 years. Husband had normal semen analysis report. Female partner had irregular menses since her menarche. Her anti-mullerian hormone (AMH) level was 1.24. They have tried treatment at much private hospital in Jalana as well as Pune but meets with failure.

We started Ayurveda medicine based on complaints and her reports she followed treatment 9 to 10 months and got positive results. In May 2018 she delivered a healthy baby girl.

#### Case 2:-

A couple from Nashik had visited our centre in January 2021. Couple had been trying for the conception. They had undergone IVF cycle in Mumbai but it was not successful. Wife had Polycystic Ovarian Disease (PCOD) with anti-mullerian hormone (AMH) 9.24 ng/dl and husband was suffering with teratozoospermia.

We started treatment for both based on their reports. Sperm parameters improved gradually with 5-6 months regular

treatment couple achieved the natural conception in August 2021 and delivered a healthy baby girl in May 2022.

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 female infertility cases.

#### REFERENCES:

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