



MALE AND FEMALE INFERTILITY TREATMENT BASED ON AYURVEDA PRINCIPLES : SUCCESSFUL CASE REPORTS

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KEYWORDS :

INTRODUCTION:

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.

Poor ovarian reserve (POR) indicates a reduction in the quantity of ovarian follicular pool in women of reproductive age group and is an important cause of infertility in many couples. Teratozoospermia, sometimes called teratospermia, is defined as abnormal sperm morphology. It is a sperm disorder that causes males affected to produced abnormally shaped sperm. The pregnancy rate in males affected by teratozoospermia depends on the grade of severity. It is considered a cause of male infertility, and its causes are varied or even unknown (1).

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 (2,3,4,5,6).

In the present case reports we discussed the treatment based on Ayurvedic principles was found to be effective in female infertility as well male infertility patients such as poor ovarian reserve and teratozoospermia respectively.

Case Report No. 1 :-

A 30 Years old female patient and her husband from Paithan, Aurangabad District has got our clinic reference from one of her relative in Pune. Couple visited our clinic in August 2022. Patient was diagnosed as poor ovarian reserve. anti-müllerian hormone (AMH) value was less than 0.02 ng/ml (normal range- 2–6.8 ng/ml).

Couple was trying for conception since past 2 years. After taking detailed history we started her treatment as per Ayurveda principle she followed treatment for 5 months and conceived naturally in February 2023.

Case Report No. 2 :-

A couple visited our centre in February 2023. They have been married for the past 8 years couple was eager to conceive. They had undergone one full cycle of in vitro fertilization (IVF) as well as two intrauterine inseminations (IUI) but without any success.

In the couple wife had poor ovarian reserve (decreased antral follicle count (AFC)) and husband was suffering with teratozoospermia (characterized by the presence of spermatozoa with abnormal morphology over 85 % in sperm).

We started treatment based on Ayurveda Principle for both based on their reports. Couple achieved natural conception April 2023.

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 as well as female infertility cases.

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