



## SUCCESSFULLY TREATED POLYCYSTIC OVARIAN DISEASE (PCOD) RELATED INFERTILITY CASES BASED ON AYURVEDA PRINCIPLES

**Dr. Borate  
Narendra  
Nandkishor\***

BAMS, Ayuurvedic Consultant and Founder Director, Sanskruti Clinic, Shop no. 10-A, Samarth Complex, Gulab Nagar, Dhankawadi, Pune-411043  
\*Corresponding Author

### KEYWORDS :

#### INTRODUCTION:

Polycystic ovarian disease (PCOD) is the most common endocrine pathology in females of reproductive worldwide. Stein and Leventhal initially described it in 1935. The prevalence ranges between 5% and 15% depending on the diagnostic criteria applied. It is widely accepted among specialty society guidelines that the diagnosis of PCOD must be based on the presence of at least two of the following three criteria: chronic anovulation, hyperandrogenism (clinical or biological), and polycystic ovaries. PCOD is the primary cause of hyperandrogenism and oligo-anovulation at the reproductive age and is often associated with infertility and clinical and metabolic disorders(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. In the present case reports we discussed the treatment based on Ayurvedic principles was found to be effective in infertility cases with PCOD.

#### Case Report 1:

A 25 years old female and her husband from Sasawad visited our centre in August 2018. Couple had been trying to conceive from past 2 years. They tried 3 IUI cycle but meets with failure female partner diagnosed with PCOD and male partner had Oligoasthenospermia. We started Ayurveda treatment considering all above facts in August 2018. In November 2018 she had normal ovulation in follicular study she got natural conception in the same cycle she delivered healthy baby girl in August 2019.

#### Case Report 2:

A 30 year old female had secondary infertility since 8 years she had history of irregular menses and diagnosed as PCOD. She was taking treatment at private hospital in Pune since 3 years and advised for IVF. She got reference of our centre from her friend after studying all her previous report we started Ayurveda treatment in May 2017. She followed treatment for 3 months and got natural conception in August 2017 and delivered a healthy baby girl in April 2018.

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 infertility cases due to PCOD.

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