



TREATMENT OF MALE AND FEMALE INFERTILITY BASED ON AYURVEDA PRINCIPLES

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KEYWORDS :

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 (1). Men and women are equally likely to have fertility problems.

Ayurveda is an Indian system of medicine with historical roots in the ancient Vedas. Ayuurvedic therapies and practices have been integrated in general wellness applications and in some cases in medical use (2,3,4). In the present case reports we have discussed the treatment based on Ayuurvedic principles found to be effective in both male and female infertility patients.

Case Report 1 :-

28 years old female and her husband visited our centre in July 2018. She had been operated for 13 cm simple cyst with right sided oophorectomy. She was diagnosed with chocolate cyst and low ovarian reserve (Anti-Müllerian Hormone level- 0.97 ng/mL). AMH is a hormone produced by the developing follicles in the female ovaries. Low AMH and pregnancy are often discussed simultaneously. This is because low AMH levels signify the decreased number of eggs or very low number of eggs in the ovarian reserve. Depleted eggs in ovarian reserve implies the meagre chances of getting pregnant. This couple had been trying to conceive from last 2 years. They were advised for IVF at private hospital in Pune. After taking thorough history we started treatment based on Ayuurveda Principle at our centre. Patient followed the treatment for 3 months and got natural conception in October 2019. She delivered healthy baby girl in August 2020.

Case Report 2 :-

A 34 years old male visited our centre in July 2022. He was diagnosed with Azoospermia with high FSH level (32.81 IU/L). Earlier Couple have undergone IVF cycle at private hospital in Pune. 15 oocytes retrieved but no sperm found in TESA Procedure. All eggs were freezed for IVF.

We started Ayuurvedic treatment for husband based on principle of Ayuurveda. He followed treatment for 4 months. His sperm count improved to 1.125 million/ml and progressive motility to 10%. Couple again went for IVF cycle with freezed egg and own sperm. Couple achieved twin pregnancy through ICSI procedure and delivered healthy baby girls in July 2023.

To conclude with, these representative cases are examples of successful treatments based on Ayuurveda principles both for female and male infertility issues.

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