



CASE REPORTS OF INFERTILITY TREATMENT BASED ON AYURVEDIC PRINCIPLES

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KEYWORDS :

INTRODUCTION:

As per World Health Organization (WHO) Infertility is “a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse.” (1)

Male infertility is defined as the inability of a male to make a fertile female pregnant, also for a minimum of at least one year of unprotected intercourse. The male is solely responsible for about 20% and is a contributing factor in another 30% to 40% of all infertility cases. As male and female causes often co-exist, it is important that both partners are investigated for infertility and managed together. Overall, the male factor is substantially contributory in about 50% of all cases of infertility (2). Azoospermia, defined as the absence of sperm in the ejaculate, is identified in approximately 1% of all men and in 10 to 15% of infertile males (3). Female infertility can result from age, physical problems, hormone problems, and lifestyle or environmental factors.

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 (4,5,6,7).

In the present case reports we discussed the treatment based on Ayurvedic principles was found to be effective in male and female infertility patients.

Case 1:

A 33 year old male visited our centre in August 2023. He was diagnosed as Azoospermia in private hospital. He was advised for TESE/ICSI. His hormonal parameters (FSH-7) & Testosterone 412) were normal. We started Ayurveda medicine considering all above reports and repeated semen analysis in December 2023 his sperm count improved to 36 million with 52 % progressive motility. His wife's (27 year) AMH level was 1.98ng/ml (Feb 2024). We continued his treatment and also given supportive for his wife. In March 2024 couple achieved natural live healthy pregnancy.

Case 2:

A Couple from Mumbai visited our centre in November 2023. They were trying for conception since past 1 year. Husband (36 year old) diagnosed as severe oligiasthenospermia and wife (31 year) was suffering with poor ovarian reserve (AMH-1.3 ng/ml) couple was advised for IVF at private hospital. After taking brief history we started our Ayurveda medicine for both of them. They followed treatment for 2 months and repeated semen analysis, sperm count improved to 9 million from 1.5 and progressive motility to 10% from 5% we also done Antral follicular count for his wife reached to total 15 (Feb 2024) in both ovaries. Couple continued treatment for another 1 & 1/2 month and got natural conception march 2024.

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 male as well female infertility cases. It is therefore evident that the treatment approach based on Ayurvedic principles can produce encouraging results.

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