



CASE REPORTS OF AZOOSPERMIA SUCCESSFULLY TREATED WITH AYURVEDIC APPROACH

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KEYWORDS :

Azoospermia is the medical term used when there are no sperm in the ejaculate. It can be "obstructive," where there is a blockage preventing sperm from entering the ejaculate, or it can be "nonobstructive" when it is due to decreased sperm production by the testis. Around 10 percent of infertile men and 1 percent of all men have azoospermia (1). This condition is a primary cause of male infertility and can be a source of significant emotional and psychological distress for those affected. The exact pathophysiology of azoospermia is not always known. Azoospermia can be due to pre-testicular, testicular, and post-testicular causes and may result from various underlying factors, including hormonal imbalances, obstructive or nonobstructive blockages in the reproductive tract, or certain genetic conditions (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 Ayurveda, Azoospermia corresponds to shukrakshaya (diminution of semen). This ailment can be effectively treated with an Ayurvedic approach. In the present case reports we discussed the treatment based on Ayurvedic principles was found to be effective in male infertility patients such as Azoospermia.

Case Report 1:

28 year old male visited our centre. He was diagnosed as Azoospermia with normal FSH level. Testicular biopsy showed Germ cell with maturation arrest striking arrest of maturation at the stage of primary spermatocytes. Testicular biopsy showed Germ cell with maturation arrest striking arrest of maturation at the stage of primary spermatocytes. He had been advised for TESE/ICSI at private hospital. We started our Ayurveda treatment based on all above report after 3 months of medicinal treatment sperm count improved to 85 million with 42% progressive motility. Couple achieved natural conception after 9 months of regular treatment and follow up.

Case Report 2:

30 year's old male from Bhosari visited our centre in February 2019. He was diagnosed as Azoospermia with normal FSH level. He was advised for IVF/TESE. After taking brief history we started our treatment considering all his previous reports. We repeated semen analysis after 3 months in May 2019 his sperm count improved to 81 million and progressive motility to 52%. The couple achieved natural conception in April 2020.

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 difficult male infertility cases such as Azoospermia.

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