



CASE REPORTS: OLIGOASTHENOSPERMIA AND OLIGOASTHENOTERATOZOOSPERMIA TREATMENT BASED ON AYURVEDA PRINCIPLES

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KEYWORDS :

INTRODUCTION

Oligoasthenospermia (OA) is a primary cause of male infertility where two seminal parameters are altered: sperm count and sperm motility. Oligoasthenospermia is the resulting disorder when oligozoospermia and asthenozoospermia are combined, which aggravates infertility in the male affected. Oligoasthenospermia is a general is an important cause of male infertility. Clinically, it is mainly characterized by decreased sperm concentration and sperm motility. In recent years, under the influence of many harmful factors, such as environmental pollution, mental stress, and unhealthy lifestyles, the global annual prevalence of oligoasthenozoospermia among men has increased to 10–15%, leading to a heavy burden on individuals and the social health care system (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. Treatments based on Ayurveda Principles were found to effective as well as beneficial in both male as well as female infertility cases (3,4).

In the present case reports we discussed the treatment based on Ayurvedic principles was found to be effective and successful in patients with Oligoasthenospermia (OA).

Case 1

31-year-old male visited our centre in January 2025. He was suffering with Oligoasthenozoospermia. Semen analysis revealed that total sperm count was 6.9 million/ml while progressive motility was 1% only. He was advised for In vitro fertilization (IVF) at a private hospital in Wakad, Pune.

We started our customised Ayurvedic treatment considering history and laboratory parameters. After following our Ayurvedic medicines for 4 months, his sperm count improved to 9.7 million/ml and progressive motility increased to 30% from 1%. Couple also achieved natural conception after 4 months of our treatment.

Case 2

Couple from Thane visited our centre in November 2024. They underwent 3 cycles of Intrauterine Insemination (IUI) at a private hospital but met with failure. Husband was diagnosed with severe Oligoasthenoteratozoospermia (OAT). His sperm count was 4.5 million/ml and wife had low ovarian reserve, her Anti-Müllerian Hormone value was 0.93. Couple was advised for In vitro fertilization at a private hospital.

We started our Ayurvedic treatment based on thorough history and laboratory findings. Couple followed medicines for 3 months regularly. Husband's Sperm count improved to 15 million from 4.5 million while wife's Antral follicular count reached to 12 to 14. Couple achieved natural in April 2025.

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 cases such as Oligoasthenospermia and Oligoasthenoteratozoospermia.

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