



REPRESENTATIVE CASE REPORTS OF SUCCESSFULLY TREATED INFERTILITY CASES 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. Every human being has a right to the enjoyment of the highest attainable standard of physical and mental health. Individuals and couples have the right to decide the number, timing and spacing of their children. Infertility can negate the realisation of these essential human rights. Addressing infertility is therefore an important part of realizing the right of individuals and couples to found a family (1).

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 (2,3,4,5).

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

Case Report 1 :-

Couple from Mumbai visited our centre in April 2024. The husband had severe oligoasthenospermia, which consists of a decrease in the concentration and percentage of motile spermatozoa in a sperm sample and is determined by means of a semen and sperm analysis. Sperm count was 3.5 million and progressive motility was 10%. Due to which couple was advised In vitro fertilization (IVF) at private hospital. At our centre we have detailed history and analysed the reports thoroughly. Then we started customised treatment based on Ayurveda principles. After 2 months of regular treatment sperm count was increased to 12 million and progressive motility to 20%. The couple achieved natural conception after 3 months of regular treatment at our centre.

Case Report 2 :-

A 32 year female with her husband visited our centre in February 2024. She was diagnosed with poor ovarian reserve. Anti-Müllerian hormone (AMH) was 0.058 and ultrasound (USG) for antral follicle count (AFC) only one tiny follicle was seen. The couple had 2 failed intrauterine insemination (IUI) cycles at private hospital. The couple was advised In vitro fertilization (IVF) with donor eggs at private hospital. At our centre we started treatment based on Ayurveda Principles considering history and all investigations. After 3 months of regular treatment antral follicle count was improved to 12-13. The couple achieved natural conception after 9 months of treatment in December 2024.

To conclude with, these representative cases are examples of successful treatments based on Ayurveda principles. It is therefore evident that the treatment approach based on Ayurveda principles can give encouraging results.

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