



CASE SERIES ON INFERTILITY TREATMENT BASED ON AYURVEDIC PRINCIPLES

**Dr. Borate
Narendra
Nandkishor***

BAMS, Ayuurvedic Consultant and Founder Director, Sanskruti Clinic, Shop no. 10-A, Samarth Complex, Gulab Nagar, Dhankawadi, Pune-411043. *Corresponding Author

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.” Despite the high burden, couples and individuals, who desire but are unable to achieve and maintain a desired pregnancy, have needs which are not being addressed, especially in lower resource settings worldwide. Yet, the field of reproductive medicine and endocrinology is rapidly growing, with success stories that have resolved infertility and fertility problems – from the most simple fertility awareness methods to more advanced innovations. Infertility and subfertility affect a significant proportion of humanity (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). Present case series showed that treatment based on Ayurvedic principles was found to be effective in male and female infertility patients.

CASE 1- CHALLENGES ON BOTH FRONTS

Couple married for last 4 years were trying for the conception for last three years but it was unsuccessful. Couple visited our clinic in October 2018. On careful history taking and study of laboratory investigations it was revealed that female partner was having very low ovarian reserve and male partner had Oligoasthenospermia. Before visiting our clinic they had already undergone failed 2-3 IUI cycles. They were ultimately advised for IVF with donor egg by private hospital where they were taking treatment.

They came to know about our clinic with one of our previous patient who was successfully treated by us and who happened to be known to couple. It was really challenging case as both partners had medical issues. We simultaneously started treatment for both husband and wife for the medical issues with our Ayurveda medications. They were properly educated about how to take the medication along with other counselling for stress management and diet. They had adhered to our treatment guidelines and taken it for next four months. We had regularly followed up the treatment. They had a successful conception after 4 months and delivered full term normal healthy baby in November 2019.

CASE 2- CASE OF ASTHENOSPERMIA

Couple in which husband 33 years and wife of 27 years Married since 2 years, first tried natural conception for first 3-4 months but without any positive results. Through one of the benefited relative from our Clinic the couple visited our Clinic for treatment.

The Laboratory results shown that male partner has 20 million sperm count but without any mobility. The treatment was started accordingly but due to familial pressure they shifted for treatment under Senior Gynaecologist. They had taken treatment for around four month without any positive result.

They again reverted back to us for treatment and started on same treatment previously designed for the patient. The Sperm count was increased to 40 million along with improved mobility of Sperms. It has resulted in positive conception.

To conclude with, these representative cases are examples of benefits of treatments based on Ayurveda principles.

REFERENCES:

1. Infertility, health topics as available from, <https://www.who.int/reproductivehealth/topics/infertility/perspective/en>
2. Borate NN. Study of effectiveness of Ayurvedic treatment in idiopathic azoospermia, oligospermia and asthenospermia. GJRA, June 2019;8(6):189-190