



## CASE REPORTS OF SUCCESSFUL INFERTILITY TREATMENT 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:

A 32 years old female and her husband visited our centre in October 2023. Couple were trying for the conception but failed to achieve. She had a history of Endometriotic cyst which was operated 5 years back and also right sided oophrectomy done at same time. Recently she had a 6.5cm left Endometriotic cyst and diagnosed as poor ovarian reserve (Anti-müllerian Hormone (AMH) = 0.5). Couple were advised for IVF with donor egg at private hospital in Pune.

Considering all above reports and after comprehensive history taking, we started our Ayurveda treatment in October 2023. In June 2024 obstetrics scan was done which showed 18 weeks gestation age with no obvious foetal anomaly seen and no evidence of endometrial cyst.

#### Case Report 2:

A couple from Pimpri (Pune) visited our centre in February 2024. Husband diagnosed as Asthenoteratozoospermia and wife had a poor ovarian reserve (Anti-müllerian Hormone (AMH) = 0.8) due to which couple undertwent 3 IUI cycles at private hospital in Pimpri but met with failure and then advised for IVF.

After taking comprehensive history we started our Ayurveda treatment considering all other facts in February 2024 for 3 months. The female patient missed the period date in May 2024. In June 2024 early pregnancy scan done which showed viable 7 weeks and 5 days gestation, age assigned as per last menstrual period.

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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