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Enhancing Ovarian Reserve with Phalasarpi Utarabasthi in Diminished Ovarian Reserve: A Case Report

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ABSTRACT

Ovarian reserve refers to the quantity and quality of the follicles present in the ovary. Diminished ovarian reserve (DOR) is significant cause of infertility characterized by a decrease in both the number and quality of ovarian follicles, posing challenges for conception. In this condition ovary loses its normal reproductive potential. In Ayurvedic classics, Utharabasthi mentioned, which plays a great role in gynaecological disorders. Chakrapani has mentioned Utarabasthi as 'Shrestanam Shrestagunathaya' which means it is the best and give best results. Phalasarpi is mentioned in our Samhitas, it is the best drug to improve the quality of ovum & for the successful conception and continuation of the pregnancy. It is vatahara and Garbhada as mentioned by Acharya Vagbhata.

Keywords: Ovarian reserve, DOR, Utarabasthi, Phalasarpi

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