

Understanding Diminished Ovarian Reserve through Ayurveda: A Case Report

¹Dr. Harsha Gangadher.S & ²Dr. Asha Sreedhar

¹3rd year PG Scholar, Dept., Prasutihantra Streeroga, Govt. Ayurveda College, Thiruvananthapuram.

²Professor and HOD, Dept., Prasutihantra Streeroga, Govt. Ayurveda College, Thiruvananthapuram.


Email ID: harshagangadher@gmail.com

ABSTRACT

Infertility is defined as failure to conceive even after one year of regular unprotected intercourse. Ovulatory disorder is one of the most common reasons of female infertility in 30% of all cases. Diminished Ovarian Reserve (DOR) is characterized by poor fertility outcomes, and it represents a major challenge in reproductive medicine. Antral follicular count (AFC) and Antimullerian Hormone (AMH) are the most sensitive markers of ovarian reserve. Due to low quality of oocytes there is the need of Artificial Reproductive Technique (ART) to conceive but with poor prognostic factor. Infertility due to DOR can be correlated to Dhathuksaya Vandhya in Haritha Samhita. For the proper formation of dhathus proper functioning of Agni and Tri dosas (Vata, Pitta, Kapha) are essential. Any changes leading to improper dhathuparinama leads to appearance of symptoms accordingly.

An Ayurvedic treatment protocol including sodhana and samanachikitsa was done in the present case which successfully improved not only the quantity of oocytes but also the quality to a satisfactory level so that the patient conceived without any Artificial Reproductive Technique.

Key Words: Diminished Ovarian Reserve (DOR), Anti Mullerian Hormone (AMH), Antral Follicular Count(AFC), Dhathuksaya Vandhya

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