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## CASE REPORT

# A Low Risk Successful Treatment for Human Infertility with a Multisource Herbal Preparation in Ayurvedic Medicine: A Case Study From Sri Lanka

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## ABSTRACT

Worldwide statistics show 8-12% of married couples have infertility problems. Between 80-90% of these were reported due to the male, and 10% due to the female. Orthodox western treatments are expensive and have side effects, so we tried an Ayurvedic regime, with its lower costs and fewer side effects. Fifteen infertile couples were selected for the treatment; of them ten completed the treatment, whilst five dropped out. We recommended a low-stress lifestyle, avoid acidic foods such as pineapple, tomato, fizzy drinks, and fast foods, and abstain from alcohol and tobacco. Those who continued the course became pregnant within three months. It would be interesting to understand the exact mechanism underlying the improvement of these treated females. Therefore further studies should focus on the characterization of the chemical composition of these herbal preparations and understanding the physiological processes involved in the process.

**KEYWORDS:** Family Medicine, Fertile Treatment, Herbs, Traditional Medicine.

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## INTRODUCTION

Infertility is significant public health issue in the modern world, affecting over 10 % of women involved in active marital relationship <sup>1</sup>. Recent studies, suggest in increase in infertility during the past few years. This may be due to delayed childbearing, alterations in semen quality due to changing life styles, environmental poisons, or changes in sexual behavior. More proximate physiological factors are: the ovulatory –the adequate development, maturation, and rupture of the follicle in about 20% of the problems. The utero-tubal-peritoneal tubal integrity, the state of the uterine cavity or presence of pelvic adhesions, in about 30% of cases; sperm mobility the number of mobile spermatozoa within the cervical mucus, in about 10% of the cases where the semen is normal: a finally the amount and the quality of

sperm, important in about 30% of the cases. These problems have various causes, for instance varicocele, genital infections, trauma, surgeries, gene dysfunctions, and toxins <sup>2</sup>. Infertility or subfertility has drawn the attention of both biomedical and scientific community. Interventions range from simple adjustment of lifestyle and behavioral practices to more advanced and expensive techniques such as *in vitro* fertilization <sup>3, 4, 5, 6, 7, 8</sup>. However, many of the newer methods are neither reliable nor free from side effects <sup>5, 9, 10</sup> and lifestyle adjustments on their own are not always reliable either <sup>1</sup>.

The use of plant-derived preparations is a widespread practice in the traditional medicines of developing countries <sup>11, 6</sup>. In Sri Lanka, herbal extracts have long been used in the

treatment of infertility and subfertility in both men and women, but the exact modes of actions were not known and the success rates are not recorded. The current case studies are presented to stimulate an interest in traditional medicine that will lead to better, funded, larger, and better designed studies. The figures here presented allows hope that these will prove worthwhile

### CASE REPORT

A native Sri Lankan couple, the husband aged 32 and the wife 29 were admitted to outpatient care at Ayurveda Medical Hospital in August 2015. They had been trying unsuccessfully to conceive for the six years following their marriage in 2009. The wife reported normal menstrual cycles of 28 days and a flow of 3-4 days. There was no family history of infertility. The husband has a job, but no occupational disorders. The couple had not used any contraception since their marriage.

Upon their admission to the hospital in August 2015, both the patients were given a tablet (250mg) along with decoction (mixture of herbs-table 2) (15ml) and powder (one teaspoon with bee honey) twice a day before morning and evening meals. Minor changes in day-to-day activities were suggested such as pucker up with their partner, meditation, participate on clean-up day, gardening, attend to outdoor

events, make a trip, etc., and also once a week visit to hospital for checkup was requested. After following the treatments for 1.5 months the woman was found pregnant and after 9 months a healthy baby was delivered normally.

### Some other cases

A total of 14 other couples, all native Sri Lankans with similar case histories, were given the same treatment. The outcomes are summarized in table 1. Out of the 14 patients, one couple gave up after two weeks, one after one month, and three after two months of treatment. Those who completed the treatment all conceived successfully.

### Treatment

Kasayam is a remedy for women who are infertile in pregnancy. As such the preparation method is to mixed varieties of herbs (Table 2) to which two cups of water are added, and then reduced to half by boiling. In addition, some herbs are should be blended to drink for the females. Gents who are infertile the following herbal preparations have been successful in treatment.

Also, these herbs should be added as ingredients for further development of male fertility. In addition advice for the cultivation of a calm and positive mindset should be given in cultural terms the patients will understand. And the same applies to dietary and attitudinal changes.

**Table 1: Summary of patients who received treatments for infertility**

Patients	Age (Years)		Married year	Start of treatments (Year/Month)	Period of treatment	Results
	Female	Male				
01	29	32	2009	2015/August	1.5 months	Positive
02	30	31	2009	2017/September	2 months	Given up
02	27	30	2013	2013/May	1 month	Positive
				2018/ Feb (For 2 <sup>nd</sup> Baby)	1 month	Positive
03	25	30	2015	2016/ June	1 month	Positive
04	28	31	2016	2016/November	2 months	Positive
05	36	37	2015	April/2017	2 months	Positive
06	35	47	2011	2017/ May (For 2 <sup>nd</sup> baby)	1 month	Positive
07	30	30	2016	2017/September	1.5 months	Positive
09	36	37	2014	2017/September	2 months	Given up
08	31	34	2016	2018/March	2 months	Positive
09	29	34	2012	2018/March (For 2 <sup>nd</sup> baby)	1 month	Positive
10	31	32	2012	April/2018 (For 2 <sup>nd</sup> Baby)	2 months	Positive
13	37	38	2011	2018/April	2 months	Given up
14	32	42	2012	2018/April	1 month	Given up
15	32	34	2007	2018/ Sept	2 weeks	Given up

**Table 2: List of Medicinal Plants**

- *Solanum melongena*
- *Solanum virginianum*
- *Aerva lanata*
- *Tribulus terrestris L*
- *Alysicarpus vaginalis*
- *Cissampelos pareira L*
- *Picrorhiza scrophulariiflora*
- *Phyllanthus emblica*
- *Tinospora cordifolia*
- *Asparagus gonocladus*
- *Hibiscus rosa-sinensis*
- *Semnopithecus vetulus*
- *Withania somnifera*
- *Ipomoea mauritiana*

## DISCUSSION

In most of the cases, infertile couples tend not to receive treatments for infertility due to shame or privacy considerations. In the currently reported cases, all the patients who gave up treatments were having different attitudes from each other. Some did not want to reveal their faults and follow treatment procedures. Some were not comfortable with the treatments and had no belief about the success of these treatments.

Among the successfully treated patients, even the females above age 35 were also successfully conceived after treatments, indicating the importance of the procedure for patients in mid ages. Interestingly except for one case all the female patients who showed results within 1 month, were in the age below 30. Among all, four of the patients experienced infertility after their first child's birth. There are different reasons for secondary infertility in different countries. Most common causes are sexually transmitted infections (SITs), medical interventions under unhygienic conditions such as unsafe termination of pregnancy and unsafe birthing practices<sup>12, 13</sup>.

Recommendations for couples seeking treatments, included suggesting changes in their behavior and their emotions for an instance control of the anger, maintain a calm and happy mood, Also they were advised to keep an eco-friendly environment and follow correct food habits avoiding acidic foods such as pineapple, tomato, fizzy drinks, and fast foods etc., but should follow a diet including green vegetables till conceive the baby. However, it is important to understand exact mechanisms underlying the improvement of reproductive success of these treated females. Therefore further studies must be focused on characterization of the chemical composition of these herbal preparation and understanding physiological processes involved in the process.

## CONCLUSIONS

The treatment method we propose makes sure having a healthy baby without any developmental or other disorders. This traditional treatment is found to be very effective and has given successful results within two months time if it is followed correctly.

## CONSENT FOR PUBLICATION

We certify this manuscript has not been published elsewhere and not submitted to another Journal

## COMPETING INTERESTS

The author(s) declare that they have no competing interests.

## AUTHORS' CONTRIBUTIONS

LS and MU made initial observations and designed the study, and conducted the data collection. LS and AD analyzed the data and compiled the manuscript. LS, AJK and, SCK are revised critically to the manuscript. All authors read and approved the final version of the manuscript.

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