

INTERNATIONAL JOURNAL OF AYURVEDA360



**AYURVEDA
360**

**PEER-REVIEWED
BIMONTHLY JOURNAL**

| www.ayurveda360.in/journal

ISSN

PRINT:

3048-7382

ONLINE:

3048-7390

2024

VOLUME 1

ISSUE 1

JULY-AUGUST

CASE STUDY

Access this article online

Scan Here



Website:

www.ayurveda360.in/journal

ISSN

PRINT: 3048-7382

ONLINE: 3048-7390

Publication History:

Submitted: 20-May-2024

Revised: 16-June-2024

Accepted: 27-July-2024

Published: 15-August-2024



How to cite this article:

Jaiswal, N. (2024). Ayurveda approach to managing infertility in polycystic ovarian syndrome and hypothyroidism: A case study. *International Journal of Ayurveda 360*, 1(1), 33-38. <https://doi.org/10.5281/zenodo.14027825>

Ayurveda Approach to Managing Infertility in Polycystic Ovarian Syndrome and Hypothyroidism: A Case Study

Dr. Nikita Jaiswal*

*Presently, Ph.D.Scholar, Department of Prasutitantra & Streeroga, Parul University (PU), Vadodara, Gujarat & Assistant Professor, Sardar Patel Institute of Ayurvedic Medical Sciences & Research Centre, Lucknow (Uttar Pradesh) Email id: nikitajaiswal2017@gmail.com

Abstract

Introduction:

Infertility due to Polycystic Ovarian Syndrome (PCOS) is a significant concern among women of reproductive age, exacerbated by modern lifestyles. PCOS, a prevalent endocrine disorder, often leads to irregular menstruation and anovulatory cycles, hindering conception. *Ayurveda* medicine offers holistic approaches to address underlying imbalances and enhance reproductive health through personalized treatments.

Materials & Methodology:

This case study focuses on a couple struggling with infertility linked to the wife's bilateral PCOS and hypothyroidism. Methodology involved thorough medical history assessment, *Ayurveda* diagnostic principles (including *Dosha* evaluation), and detailed examination of reproductive symptoms. Treatment included *Shamana* (~pacifying therapies) and *Shodhana* (~purificatory therapies) to rebalance *dosha*, improve metabolic function, and support follicle development and ovulation. Individualized herbal

formulations, dietary adjustments, and lifestyle modifications tailored to the patient's constitution were also implemented.

Result:

Ayurveda treatment resulted in successful conception, overcoming irregular cycles and anovulation challenges. The pregnancy progressed smoothly to full term without complications, demonstrating *Ayurveda's* efficacy in managing PCOS and hypothyroidism-related infertility.

Discussion & Conclusion:

This case underscores *Ayurveda's* potential in treating infertility associated with PCOS and hypothyroidism. Personalized *Ayurveda* therapies aim to restore physiological balance and optimize reproductive health, contrasting with Western medicine's symptom-focused approach. By addressing root causes holistically, *Ayurveda* not only promotes fertility but also enhances overall well-being. Further research is needed to validate these findings and explore integrative approaches in reproductive health.

Keywords: Infertility, PCOS, *Shodhana*, Holistic Medicine, *Nashtartava*

Address for Correspondence:

Dr. Nikita Jaiswal., Assistant Professor, Sardar patel Institute of Ayurvedic Medical Sciences & Research Centre, Lucknow (Uttar pradesh Pradesh) Email id: nikitajaiswal2017@gmail.com.