

**SUCCESSFUL CONCEPTION FOLLOWING AYURVEDIC
MANAGEMENT OF AZOOSPERMIA: A CASE STUDY****Aarati Patil, Gauri More, Kshitija Berde* and Aishwarya Deshpande**

India.

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***Corresponding Author****Dr. Kshitija Berde**

India.

ABSTRACT

Male infertility is often associated with abnormalities in semen parameters, including sperm count, motility, and morphology. Azoospermia, the complete absence of sperm in the ejaculate, is one of the most severe forms of male infertility and poses significant challenges to natural conception. Conventional treatments, such as hormonal therapies and antioxidants, aim to address these issues but often yield variable results.^[1,2] Ayurveda, with its holistic approach, offers alternative treatments that enhance spermatogenesis, supporting improved semen quality through their antioxidant properties and restorative effects on the reproductive system.

This case study examines a 32-year-old male patient diagnosed with azoospermia, characterized by 0 sperm count, motility, and morphology, as indicated by his semen analysis in January 2025. The patient also reported symptoms of premature ejaculation and low libido. After excluding other potential causes of infertility, the patient was treated with *Beehj* (Ayurvedic proprietary medicine), *Shilajit*, *Makar*, and *Vata Balancer* for three months. These medicines possess well-documented *Vrushya* (Aphrodisiac), *Balya* (Strength-promoting), and *Shukra dhatu vardhaka* (Reproductive tissue-rejuvenating) actions, which contributed to marked improvements in semen parameters—including sperm count, motility, and morphology—as well as significant relief from sexual dysfunction symptoms such as low libido and premature ejaculation. Following the completion of the three-month treatment course, conception occurred. The absence of any reported adverse events further supports the safety and potential clinical utility of these Ayurvedic interventions in the management of male infertility.

KEYWORDS: Male infertility, Azoospermia, Sperm motility, Spermatogenesis.

INTRODUCTION

Male infertility, a condition that exerts significant emotional and psychological pressure on individuals and couples trying to conceive, has been on a notable rise. Compared to female infertility, it remains less frequently diagnosed due to societal stigmas, lack of reporting, and a historical focus on female reproductive health. Additionally, limited understanding of the male reproductive system makes diagnosis and treatment more complex.^[1,2] Major factors influencing male fertility include poor nutrition, unhealthy lifestyle habits, tobacco use, alcohol consumption, and exposure to environmental pollutants, all of which can impair sperm count, motility, and morphology, reducing the probability of conception.^[3,4] While hormonal treatments and assisted reproductive technologies are available, they are often expensive and yield inconsistent outcomes.

Azoospermia, defined as the complete absence of sperm in the ejaculate, is one of the most severe forms of male infertility. It may result from pre-testicular (Hormonal), testicular (Spermatogenic failure), or post-testicular (Obstructive) causes. Despite being a less common diagnosis, azoospermia accounts for about 10–15% of male infertility cases and poses a significant challenge due to its complex etiology and limited treatment options.^[5]

Ayurveda approaches male infertility through a holistic understanding of *Shukra dhatu* (Reproductive tissue) health. Conditions affecting sperm production and quality are seen as resulting from imbalances in the *Tridoshas* or depletion of *Shukra dhatu*.^[6] Several classical formulations have been used to enhance fertility and reproductive vitality. The medicine—*Beehj* (Ayurvedic proprietary medicine), along with *Makar*, *Shilajit*, and *Vata-balancer*—support spermatogenesis and reproductive health. These remedies are believed to offer *Vrushya* (Aphrodisiac), *Balya* (Strength-enhancing), and *Shukra dhatu vardhaka* (rejuvenating reproductive tissue) effects, promoting overall male fertility.

This case study investigates the impact of Ayurvedic treatment on improving semen parameters in a patient diagnosed with azoospermia. Following a consistent three-month treatment regimen, the patient showed significant improvement in semen parameters along with overall enhancement in sexual health, which led to successful conception. This case study discusses the treatment protocol, patient outcomes, and potential implications for future research in the integrative management of male infertility.

CASE REPORT

A 22-year-old female and her 32-year-old male partner presented to the clinic with a history of primary infertility. The couple had been trying to conceive for the past four years without success. The male partner reported no significant medical, surgical, or family history. He also reported symptoms of mild premature ejaculation and reduced libido. As part of the evaluation, a semen analysis was conducted, which confirmed azoospermia. A transrectal ultrasound was also performed to assess the ejaculatory ducts and seminal vesicles, aiming to rule out any obstructive pathology.

Family history: No relevant findings.

Past Medical History and Treatment: No significant findings

Surgical history: None reported.

Fertility treatment history: None

Male patient's general health

Table 1: Patient Vital Signs.

Vitals	Values
Pulse	78/min
BP (Blood Pressure)	122/80
RR (Respiratory Rate)	14/min
SPO2 (Oxygen Saturation)	98%

Table 2: Other examinations.

Parameter	Observation
Naadi Pariksha	Vata
Appetite	Normal
Bowel	Normal
Sleep	Normal
Energy Levels	Normal

Personal history

Table 3: Personal history of patient.

Alcohol consumption	No
Smoking	No
Junk Food	Thrice a week
Stress	Extreme

Sexual history

Table 4: Sexual history of patient.

Premature Ejaculation	Yes
Erectile Dysfunction	No
Loss of Libido	Yes

Semen Analysis Report: Done in Jan 2025**Table 5: Semen analysis report of patient.**

Parameter	Value
Sperm Count	0 million/ml
Motility	0%
Morphology	0%
Fructose	Present
Pus Cells	0
Liquefaction time	Normal

Ayurvedic Management

The prescription included- *Beehj* (Ayurvedic proprietary medicine), *Shilajit*, *Makar*, and *Vata Balancer* for improving the semen analysis parameters- sperm count, motility and morphology.

Table 5: Ayurvedic Medicines, Ingredients and Dosage for Treatment.

Medicine given	Ingredients/Contents	Dosage
1. Tablet Beehj (500mg)	<i>Shweta Musali, Shuddha Kaucha, Gokshur, Ashwagandha, Guduchi, Vriddhadaru, Shatavari, Bala, Amalaki, Varahi Kanda, Kokilaksha, Vidarikanda, Jivanti, Akkalgaru, Jayphal, Swarnamakshik bhasma, Swarna Bang, Shuddha Shilajit, Salab Mishri Churna</i>	2 pills after breakfast and 2 pills after dinner
2. Shilajit	<i>Purified Asphaltum</i>	Pea sized piece, once daily at night with warm milk
3. Makar	<i>Makardhwaj, Karpur, Jatiphala, Marich, Javitri</i>	1 tablet at night before sleeping
4. Vata Balancer	<i>Haritaki</i>	2 tablets at night

Advice

The patient was guided to follow a balanced diet and adopt a healthy lifestyle to promote overall well-being and enhance fertility. Key suggestions included maintaining a regular sleep routine, avoiding staying up late and engaging in daily physical activity for at least 30 minutes to support both physical and mental wellness. Emphasis was placed on effective stress management techniques and minimizing the consumption of processed and junk foods. Additionally, the patient was encouraged to include nutrient-dense foods in their diet and to establish a habit of regularly consuming warm milk to boost vitality and support reproductive function.

Follow-Up

Table 6: Follow-up assessment of clinical progress.

Follow-up	Duration from start treatment	Clinical Observations
Baseline	Day 0	Azoospermia, low libido, premature ejaculation
Follow-up 1	30 days	Mild improvement in libido and stress levels
Follow-up 2	60 days	Improvement in time taken for ejaculation seen
Follow-up 3	90 days	Patient reported natural conception

The patient consistently adhered to the treatment, the diet, lifestyle recommendations, stress management and practised 30-minute exercise daily. Post three months of treatment, the patient and his partner have successfully conceived, highlighting the treatment's effectiveness in restoring fertility.

DISCUSSION

Male infertility, a significant yet often overlooked factor in reproductive challenges, is commonly linked to abnormalities in semen parameters such as sperm count, motility, and morphology. While modern treatments like hormonal therapies and assisted reproductive techniques address these issues, they often fail to tackle the root causes. Ayurveda, with its integrative and personalized approach, provides a promising alternative by focusing on natural remedies, lifestyle adjustments, and dietary interventions to address infertility at its source. Azoospermia can result from a range of factors, including disruptions in hormonal regulation (pre-testicular), intrinsic testicular impairments (Such as genetic abnormalities, trauma, or infections), or physical blockages in the reproductive tract (post-testicular). In this case, the following Ayurvedic medicines—*Beehj* (Ayurvedic proprietary medicine), *Makar Shilajit*, and *Vata Balancer*—were prescribed to support spermatogenesis, improve semen parameters, and address associated symptoms such as low libido and premature ejaculation.

Beehj is formulated with a combination of several key ingredients with specific roles- *Swarna Makshika* and *Suvarnavanga* are believed to enhance sperm vitality and promote the formation of *Shukra dhatu* (Seminal tissue). *Shilajit* is traditionally used to improve testosterone levels, sperm motility and morphology.^[7] *Salab Misri* acts as a nutritive tonic, contributing to overall sexual wellness. *Musali* and *Kapikachhu* support spermatogenic activity, enhance stamina, and reduce Vata dosha, which is often implicated in fertility

disorders. *Gokshura* and *Ashwagandha* help improve circulation, metabolism, and testosterone levels, both of which are essential for optimal sperm production and motility. *Guduchi* and *Vridhdharu* assist in regulating hormonal functions and support tissue rejuvenation. *Shatavari*, *Bala*, and *Amalaki* offer restorative support to the reproductive system, enhancing potency and sperm viability. *Varahikand*, *Kokilaksha*, and *Vidari* are known to promote both sperm count and quality while improving sexual vigor. *Jeevanti* contributes to overall reproductive resilience by supporting sperm endurance and vitality. These ingredients collectively work to restore balance within the reproductive system and promote the natural physiology of sperm development, offering a potentially effective and well-tolerated approach to managing male infertility.^[7,8]

Shilajit, plays a pivotal *Rasayana* role. It enhances mitochondrial efficiency and boosts the body's natural antioxidant defense, both crucial for healthy sperm motility. Its ability to enhance nitric oxide production also aids in improving erectile function and addressing premature ejaculation.^[7]

The medicine- *Makar* is known for enhancing male reproductive health by improving libido, stamina, and seminal parameters. It contains ingredients like *Makardhwaj*, *Karpur*, *Jatiphala*, *Marich*, and *Javitri*, which work synergistically to support spermatogenesis and hormonal balance. *Makardhwaj* boosts vitality and testosterone activity, while *Jatiphala* and *Javitri* act as aphrodisiacs that reduce sexual fatigue. Collectively, *Makar* helps manage conditions like low libido, premature ejaculation, and poor sperm quality, contributing to better male fertility outcomes.^[9]

Vata Balancer, with *Haritaki* as its sole ingredient, works to pacify *Vata dosha*, which is often implicated in male reproductive and neurological disorders in Ayurvedic understanding. By regulating *Vata*, it improves neuromuscular coordination involved in ejaculation.^[9]

The patient was also advised dietary and lifestyle modifications to complement the treatment. Recommendations included a balanced, nutrient-dense diet, avoidance of junk food, regular physical activity (30 minutes daily), and stress management techniques. From an Ayurvedic perspective, these measures support the nourishment and rejuvenation of *Shukra dhatu* by enhancing *Agni* (digestive fire), reducing *Ama* (toxins), and pacifying aggravated *Vata*. A sattvic diet and disciplined lifestyle help maintain optimal *dhatu* formation—from *Rasa* to

Shukra—thereby strengthening reproductive tissue, improving vitality, and promoting fertility.

In this case, after three months of Ayurvedic treatment and lifestyle changes, the couple successfully conceived, validating the efficacy of the treatment in restoring fertility. This case emphasizes Ayurveda's ability to address underlying imbalances and improve male reproductive health, ultimately leading to sustained fertility outcomes.

CONCLUSION

Following a three-month regimen of *Beehj*, *Shilajit*, *Makar*, *Vata balancer* treatment, along with dietary and lifestyle modifications, the medicine facilitated spermatogenesis, leading to a successful conception.

Conflict of interest

The authors declare no conflicts of interest relevant to this article.