

Successful Ayurveda management of female subfertility with PCOD: A case study

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This case study reports the successful Ayurveda management of subfertility in a 26-year-old G2P0C0 female with a six-year history of irregular menstruation and five years of unsuccessful conception despite allopathy treatment. The patient had two complete miscarriages, at 8 weeks in 2018 and at 11 weeks in 2021, and had never used contraceptives. Menstrual history included menarche at 15 years, normal volume and colour, absence of clots or odour, but intermittent spotting and scanty bleeding during the first two days of menstruation, accompanied by moderate lower abdominal pain in the preceding year. She presented with clinical features of PCOD with low follicular maturity, confirmed by D12-TVS on 04th December 2023. Hysterosalpingography in January 2024 showed normal tubal patency, and her husband's semen analysis was normal, ruling out male factor infertility. An individualized Ayurveda treatment protocol was implemented over eight weeks in three phases. The initial two-week outpatient phase focused on *Ama pachana* and *Agni deepana* using *Pranadajamoda* decoction, *Chandraprabhavati*, *Avipaththikara choorna*, and *Manibadra choorna*. The subsequent four-week inpatient phase included internal medications such as *Punarnavashtaka* decoction, *Kanchanara Guggulu*, *Gokshura Guggulu*, *Arogyawardhani Vati*, *Hingvashtaka choorna*, *Guduchi choorna*, and *Dhatri choorna*. Local therapies comprised *Nadi Sweda* with *Sarshapadi* oil and *Nikadi pottani*, *Yoga Vasti* (8 days of *Anuvasana* with *Nirgundyadi* oil and *Niruha Vasti* with *Kaluduru–Shatapushpa* decoction), and abdominal applications of *Dashanga Lepa*. Further Panchakarma procedures included *Shirodhara*, *Nasya* (*Nirgundyadi* oil and *Nuga Karati*), and *Yoni Sheka* with *Panchavalkala* decoction and lastly *Tharpana* treatment with *Shathavari gopakanya* decoction and *Pushpadhanwa rasa* for 2 weeks. Following the treatment, the patient conceived naturally in September 2024 reported with matured follicles and delivered a healthy infant via normal vaginal delivery in June 2025. No adverse drug reactions were reported. This case illustrates the potential of comprehensive, individualized Ayurveda interventions in enhancing reproductive health through systemic detoxification, hormonal regulation, and reproductive tissue rejuvenation in female subfertility with PCOD.

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