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IP International Journal of Forensic Medicine and Toxicological Sciences

Journal homepage: <http://www.ijfmts.com/>

Case Report

Conception in a case of primary infertility with intra mural fibroid–A case report

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ARTICLE INFO

Article history:

Received 24-02-2022

Accepted 02-03-2022

Available online 13-04-2022

Keywords:

Infertility

Uqr

Muqawwirahm

Unani medicine

ABSTRACT

Infertility is a state of inability to conceive after unprotected intercourse for 1 year. Incidence of infertility is 10%–15%. In the Unani system of medicine, many herbal drugs are used empirically for enhancing fertility. This case report was an effort to understand the role of Unani formulations in conception. This patient had unilateral tubal blockage with Bilateral PCOS and twice IVI and IUI was failed.

Location: This study was performed in the Gynae OPD of A&U Tibbia College, Karol Bagh, New and Delhi.

Interventions: A 23-year-old female patient with primary infertility for 3 years was diagnosed with intra mural fibroid. She was given Unani treatment with Majoon Supari Pak, 5gm BD, Qurs -e-Kafoor 2BD and Itrifal Shatrtta 5gm B.D and Majoon Ard Khorma 5g b.i.d. for 1 month for husband in first cycles. Medicines were added and changed and she conceived in third month.

Outcome measures: The main outcome measure was to observe the conception in the patient.

Results and Conclusions: The patient conceived within 3 months of the treatment. These formulations might have assisted in conception as they are considered to have uterine tonic, vitalizer, and aphrodisiac properties in Unani medicine.

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1. Introduction

Infertility is defined by the failure to be pregnant after 12 months or more of regular unprotected sex.¹ Infertility affects millions of people worldwide. It affects their families. It is estimated that about 48 million couples face problem of infertility worldwide.^{2–4} In the males, infertility is most commonly attributed to problems in the ejection of semen,¹ absence or low levels of sperm, or abnormal shape (morphology) and movement (motility) of the sperm. While in the females infertility may be due to abnormalities of the ovaries, uterus, fallopian tubes, and the endocrine system, among others. Infertility can be primary or secondary. Primary infertility is when a pregnancy has never been

achieved by a person, and secondary infertility is when at least one prior pregnancy has been achieved.

Unani system of medicine infertility is termed as Uqr and unani physicians attribute Uqr (Infertility) to some defect in either of the couple.

2. Case Presentation

A married couple (23 years female partner & 28 years male partner) presented to OPD of Gynae OPD A&U Tibbia College, Karol Bagh, New Delhi with the complaint of infertility issue. The couple had been married for 3 years and since then has been trying to conceive and reported a high degree of stress related to their lack of success. Patient had regular menstrual cycle of 30–32 days with 6–7 days' duration of flow of moderate amount. On examination

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P/A-soft and non –tender. P/S-vagina and cervix found healthy, P/V-uterus anteverted. On investigation- CBC – Hb-13.5,TLC-5500.DLC-66/32/ blood group of patient is A negative and her partner was positive, PRL-3.59 on 23.06.21. Patient had undergo diagnostic HCG in which both fallopian tubes were normal, and uterine cavity was also normal. USG revealed intramural fibroid of 1.7 and 1.9 cm in anterior wall. The patient attempted for IVI but failed. She had moderate built with no significant medical or surgical history. There was no history of family infertility on either side of partners. The patient was a housewife, belonged to middle socio economic group and had no history of STDs, smoking, alcohol or other drug. The patient's partner also reported good health and no problems with erection, ejaculation or pain during intercourse. His seman analysis was normal. He worked in a private company and had no habits of smoking, alcoholism, drug abuse or self-medications.

2.1. Intervention

Unani formulation Majoon Supari Pak comprises of Gokhru,Jaiphal,Laung Gokhru has diuretics (agents increases urination) action due to which it is helpful for the treatment of urinary tract infections such as dysuria (painful urination), leucorrhea, and kidney stonesJaiphala contains aphrodisiac action that helps in the treatment of spermatorrhea. It also can stimulate the sperm count, therefore, it is helpful for the treatment of oligospermia (low sperm count)Laung helps maintain kapha as well as pitta dosha and it is also effective for the treatment of bleeding disorders taken in a dose of 5g twice a day with milk.⁵⁻¹¹

Qurs Kafoor 2BD and Itrifal Shahtra 5gm BD was given for resolution of fibroid and Majoon Ard khorma 5gm BD to husband and advised that female should not get up after coitus. Patient conceived in the treatment of third cycle. Treatment plan was modified each month. Month wise treatment details are enlisted below.

Table 1: The month wise treatment of the couple is enlisted in the table

		Wife	Husband
1.	First Month	1. Majoon supari pak 5gm BD. 2. Qurs Kafoor 5mg BD. 3. Itrifal Shahtra 5mg BD.	Majoon Ard Khorma 5gm BD
2.	Second Month	1. Majoon supari pak 5gm BD. 2. Qurs Kafoor 5mg BD. 3. Itrifal Shahtra 5mg BD. 4.Jwarish Amla Sada 5gm BD	Majoon Ard Khorma 5gm BD

3. Follow Up & End Result

Patient took the Unani medicine for two consecutive cycles. No response was observed in first cycle, and then she was counselled and advised to continue the same in the next cycle one medicine was added to the treatment. After receiving Unani medicine in second cycle, when she had missed her period & urine for pregnancy test was positive. This pregnant woman is having regular ANC.

4. Discussion

In this case a married couple (23 years female partner & 28 years male partner) presented to OPD of Gynae OPD A&U Tibbia College,KarolBagh,New Delhi with the complaint of infertility issue. The couple had been married for 3years and since then has been trying to conceive and reported a high degree of stress related to their lack of success. Patient had regular menstrual cycle of 30-32 days with 6-7 days' duration of flow of moderate amount. On examination P/A-soft and non –tender. P/S-vagina and cervix found healthy, P/V-uterus anteverted. On investigation- CBC – Hb-13.5,TLC-5500.DLC-66/32/ blood group of patient is A negative and her partner was positive, PRL-3.59 on 23.06.21. Patient had undergo diagnostic HCG in which both fallopian tubes were normal, and uterine cavity was also normal. USG revealed intramural fibroid of 1.7 and 1.9 cm in anterior wall. The patient attempted for IVI but failed. She had moderate built with no significant medical or surgical history. There was no history of family infertility on either side of partners. The patient was a housewife, belonged to middle socio economic group and had no history of STDs, smoking, alcohol or other drug. The patient's partner also reported good health and no problems with erection, ejaculation or pain during intercourse. His seman analysis was normal. He worked in a private company and had no habits of smoking, alcoholism, drug abuse or self-medications.

In first month patient was given Majoon Supari Pak 5gm BD, Itrifal Shahtra 5gm BD and Qurs Kafoor 2 BD. In second cycle Jwarish Amla sada 5gm BD was added and husband was given Majoon Ard Khorma 5gm in both cycles. Patient conceived in third cycle. Majoon Supari Pak helped in conception by being uterine tonic and Itrifal Shahtra and Qurs Kafoor were given for resolution of fibroid.Jwarish Alma sada was given because of its antioxidant property.

All the Unani medicines might have cumulative effect and helped in conception.Furthur studies are needed to establish the role of above mentioned medicines in conception.

5. Conclusion

Majoon Supari pak, Majoon Ard Khorma has been mentioned in the classical unani literature for the treatment of infertility. Based upon the above case study, it is further

recommended to have a clinical trial on a larger sample size in order to prove its efficacy in treatment of an ovulatory infertility scientifically.

6. Acknowledgement

We are highly thankful to patient who had trust in Unani medicines and continued medicine for two cycles despite failures.

7. Conflict of Interest

None.

8. Source of Funding

None.

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Cite this article: Raza A, Wani P. Conception in a case of primary infertility with intra mural fibroid–A case report. *IP Int J Forensic Med Toxicol Sci* 2022;7(1):36-38.