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Infertility management in Persian medicine: case report

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The life style modification is the basis of infertility management in Persian medicine. The six essential lifestyle factors including foods and beverage, weather, sleep, psychological mood, cleaning excreta and physical activity are the most important areas that need to be addressed. A 36 years old female with secondary infertility and a past history of induced abortion one year ago was evaluated in the infertility part of Persian medicine clinic. She had normal menstruation and hormonal level but a septum in hysterosalpyngography. Physical exam was normal. Her lab data was as follow: Hb 15.5, TSH 5.5, AMH 0.3, FSH 19.9, LH 22 and AntiTPo 10.7. Her husband had normal spermogram. The treatment protocol was focused on lifestyle modification including sleep disturbance management, relaxation techniques, exercise, eating and drinking healthy habits, intercourse healthy habits, gastrointestinal cleansing methods and constipation prevention. Several herbal remedies were also prescribed for treatment of patient's complaints including the drug Monzej-e-soda (*Ziziphus jujuba*, *Cordia myxa*, *Echium amoenum*, *Melissa officinalis*, *Lavandula angustifolia*, *Adiantum capillus-veneris*, *Pimpinella anisum*, *Fumaria officinalis*, *Glycyrrhiza glabra*) for obsessive compulsive disorder management, Capsul-e-Kabed (which includes *Cichorium intybus* L seed, *Fumaria officinalis*, *Coriandrum sativum* seed, *Lactuca sativa* seed, *Ziziphus vulgaris*, *Cassia angustifolia* Vahl, *Thymus vulgaris* and *Rheum officinale*) for liver cleansing; and raha capsul (which includes *Vitex agnus castus*, *Foeniculum vulgare*, *Daucus carota*) for herbal ovulation induction. Also, levothyroxine tablet was prescribed for hypothyroidism management. The patient was pregnant after six months while two fetus sac was shown in the sonography with normal position and diameter.

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