

A Case Report On Infertility

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Abstract

Infertility is defined as failure to conceive within one to two years of regular unprotected coitus. 1 Primary infertility denotes those patients who have never conceived. Secondary infertility indicates previous pregnancy but failure to conceive subsequently. 80% of couples achieve conception if they so desire, within one year of having regular intercourse with adequate frequency (4-5 times a week). Another 10 percent will achieve objective by the end of second year. As such 10% remain infertile by end of second year.¹

Keywords: infertility, intercourse.

Methodology: A detailed case history was taken and medicine had been selected on the basis of totality of symptoms. Follow ups were taken on regular intervals.

Case:

A couple came to MHMC OPD on 4/ 11/ 2017 with the complaint of infertility, Case history was taken in detail separately.

Male:

Presenting complaints:

37 years old male Mr A.P. came with complaint of pain in lumbosacral region a/f overwork, which aggravated after exertion and was ameliorated by rest and warm fomentation. Since 4-5 months, c/o cough A/F exposure to dust when travelling from one place to another. H/O infertility since 3 years, married 3 years ago (reports S/O = oligospermia).

Generals:

His appetite was good. He has desire for spices and thirst adequately thirsty. Bowel movements are normal. He had complaint of disturbed sleep as his work schedule was highly disturbed. He had dreams of his work.

Mentals:

He had aversion to his family members specially his parents who had constant arguments and hence kept himself busy with his work. Hence he is unable to give time to his wife. Mostly he has thoughts about his work. He was optimistic that his problem will be solved.

Rubrics Selected:

MIND – OPTIMISTIC

MIND - AVERSION - family; to members of

BACK - PAIN - exertion – from

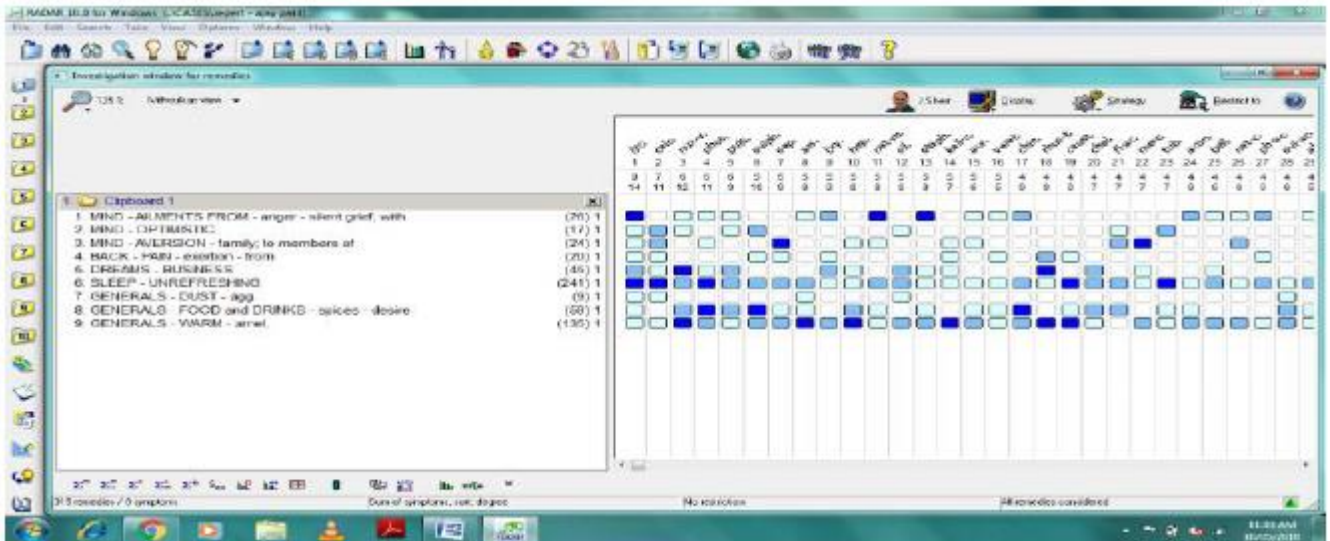
DREAMS - BUSINESS

SLEEP – UNREFRESHING

GENERALS - DUST – agg

GENERALS - FOOD and DRINKS - spices - desire

GENERALS - WARM - amel.



Prescription: 4/11/2017- Lycopodium 200/ 3D/ 8 hourly.

Phytum 200, 3 doses, 8 hourly for 2 months.

Female:

Presenting complaints:

A 26 year old female Mrs S.P. came with the complaint of inability to conceive in spite of 3 years of unprotected coition. Had taken treatment but no result obtained She also had c/o headache after exposure to sunlight. She had h/o delayed menarche.

Generals:

She had desire for Non veg food with apparently adequate thirst, Had perspiration only on chest and her bowel habits were regular.Her sleep was disturbed. Her menses were regular.

LMP: 6/10/17.

Mentals:

She is introverted person, reserved in nature. She doesn't express her anger to her in laws as they are elder to her. And is easily irritated at small things but can't express.

Rubrics selected:

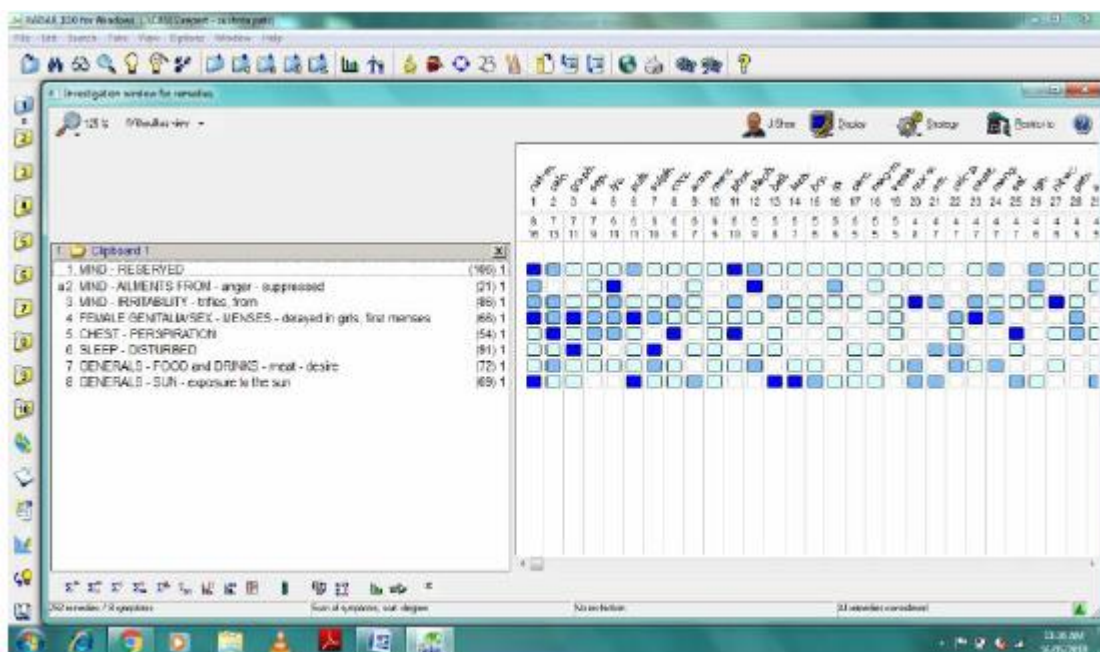
MIND – RESERVED MIND - AILMENTS FROM - anger - suppressed

MIND - IRRITABILITY - trifles, from

FEMALE GENITALIA/SEX - MENSES - delayed in girls, first menses

CHEST - PERSPIRATION SLEEP - DISTURBED

GENERALS - FOOD and DRINKS - meat – desire GENERALS - SUN - exposure to the sun



Prescription: 4/11/2017- Natrum Mur 200/ 3D/ 8 hourly.

Phytum 200 /3 doses / 8 hourly for 2 months.

Follow up:

DATE	COMPLAINTS	PRESCRIPTION
23/ 12/ 2017	(Mr. A.P)Lumbosacral pain reduced, dry cough after dust exposure reduced, generalities were better.	Lycopodium 200/1D /stat. Phytum 200 /tds/ 4 pills for 2 months
	(Mrs S.P.) LMP 9/12/2017. Anger irritability reduced. No any new complaints after medicine.	Natrum mur 200 /1D/ stat. Phytum 200 /tds/ 4 pills for 2 months
3/2/2017	(Mr. A.P)All c/o are better.	Lycopodium 200/1D /stat. Phytum 200 /tds/ 4 pills for 2 months
	(Mrs S.P.) LMP: 9/1/18 All c/o are better.	Natrum mur 200 /1D/ stat. Phytum 200 /tds/ 4 pills for 2 months
21/3/18	(Mr. A.P) All c/o are better, patient not present, follow up on call.	SL 200 /1D/ stat. Phytum 200 /tds/ 4 pills for 2 months
	(Mrs S.P.) Patient not present, pregnancy test positive.	SL 200 /1D/ stat. Phytum 200 /tds/ 4 pills for 2 months
17/4/2018	(Mr. A.P) All c/o are better	SL 200 /1D/ stat. Phytum 200 /tds/ 4 pills for 2 months
	(Mrs S.P.) USG 10/4/2018 Uterus is enlarged and anteverted, Gestational sac seen LMP 13/2/18 Foetal pole identified, 10.7mm Internal os closed.	SL 200 /1D/ stat. Phytum 200 /tds/ 4 pills for 2 months

Discussion:

Patient was given constitutional on the basis of symptom similarity along with guidance regarding fertile period and adequate knowledge of menses cycle and advice to healthily increase the frequency of intercourse in the fertile period, which along with constitutional medicine helped them to conceive.

1. DUTTA D.C Textbook of Gynaceology including contraception, 6th edition, new central book agency (P) Ltd. London. P 217