

Iranian traditional medicine in the treatment of infertility with PCOS

Maryam Khazaei Sani , CEO Banooye Armaghane Tab Company , Iran

Summary

One of the relatively common diseases among women of reproductive age is polycystic ovary. In the ultrasound of these women, the ovaries are large and contain many small cysts with symptoms such as menstrual disorders, hirsutism and acne, and may also be associated with infertility. Conventional methods of treatment include hormone therapy.

This study is an integrated study of modern medicine and Iranian traditional medicine to diagnose and treat polycystic ovary and improve ovarian function and healthy fertility.

Method: The patient is a 25-year-old woman with a four-year history of primary infertility, diagnosed with treatment-resistant PCOS and the presence of free fluid in the pelvis in the ultrasound performed by a sonographer.

The doctor's prescription was to use hormonal drugs and metformin tablets, and after several three-month periods of drug use and no successful treatment, the patient thought of alternative treatment of hormone therapy and Iranian traditional medicine in the treatment method. has adopted

The traditional treatment regimen encompassed six key health factors:

- 1-Tailored diet addressing mood and elimination of soda foods.
- 2- Regular exposure to fresh air
- 3- Adequate sleep duration and quality
- 4- Stress reduction and fostering positive thoughts.
- 5- Engaging in physical activity and scheduled walking.
- 6- Adoption of a high-fiber diet with natural laxative properties

With the strict implementation of Iranian medicine measures by the patient and strict advice to the patient to be fit and to implement the correct nutrition in order to treat ovarian cysts and by recommending the patient to use herbal and natural products with the effectiveness of medicine and food and for the convenience of consumption with a specific dose in the form The capsule called Ducty Phoenix was given every six hours.

The above extract is from the extract and compounds of the palm tree, which has a great effect on strengthening the sex glands of men and women, and is consumed in the form of halva in date-growing areas of the country.

Results: By implementing measures and emphasizing the trimester of pregnancy prevention in order to strengthen the ovary and improve the function of sexual organs and prevent abortion, the measures led to fertility in the tenth month of implementing the measures..

Conclusion: This case study shows the potential of Iranian traditional medicine in the development of non-invasive methods and chemical drugs in the treatment of infertility. In the treatment of infertility, it is important to pay attention to the main organs, including improving the function of the liver, heart and brain in the treatment of infertility.

Keywords: infertility, Iranian traditional medicine, pcos