

## Iranian traditional medicine in the treatment of infertility

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### Summary

Ovarian cyst is one of the relatively common diseases among women that can occur at any age. Ovarian cysts are fluid-filled or sometimes solid sacs that grow inside or on the ovaries, which is one of the causes of infertility in women. Conventional methods of treatment include hormone therapy and surgery.

This study is a combined study of modern medicine and traditional Iranian medicine to diagnose and treat ovarian cysts and improve the function of ovaries and healthy pregnant women.

The doctor prescribed the use of hormonal drugs. After the examination, the patient considered hormone replacement therapy and accepted Iranian traditional medicine in his treatment method.

**Method:** A 28-year-old female patient with a 2-year history of primary infertility, which was diagnosed by the diagnosis of ovarian laziness in ultrasound and the absence of dominant follicles in the ovary in ultrasound performed by ultrasound and with low AMH by the laboratory.

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 lose weight and implement the correct diet in order to treat first-class fatty liver 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 It was given in the form of a capsule with the name "Dacty Phoenix" 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 three months of pregnancy prevention in order to strengthen the ovary and improve liver function and prevent abortion and recommending fertility in the fourth month, the patient is pregnant and the result of fertility is a healthy male child.



**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, fatty liver