



ASSISTED REPRODUCTIVE TECHNIQUES: BOON OR BANE? ROLE OF HOMOEOPATHY IN REDUCING THE NEED.

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ABSTRACT

Assisted reproductive techniques (ARTs) have become a prevalent solution for couples facing infertility issues, including methods such as in-vitro fertilization (IVF) and intracytoplasmic sperm injection (ICSI). However, concerns have arisen regarding the potential adverse effects of ARTs on both parents and children. Studies have highlighted an increased risk of birth defects, chromosomal abnormalities, and developmental disorders among children conceived through ARTs. In India, where heirship holds significant cultural value, the use of ARTs is on the rise. Nevertheless, many underlying causes of infertility can be addressed through homoeopathy, thereby potentially reducing the need for ARTs. Homoeopathic treatments tailored to individual cases have shown promising results in addressing male and female infertility. Moreover, homoeopathy may offer support for children impacted by ARTs, potentially aiding in the mitigation of developmental problems through its influence on genetic expressions and epigenetics. This article infers that, while ARTs remain an effective solution for infertility, homoeopathy presents an alternative approach to addressing infertility, to reduce the use of ARTs and supporting children affected by ARTs.



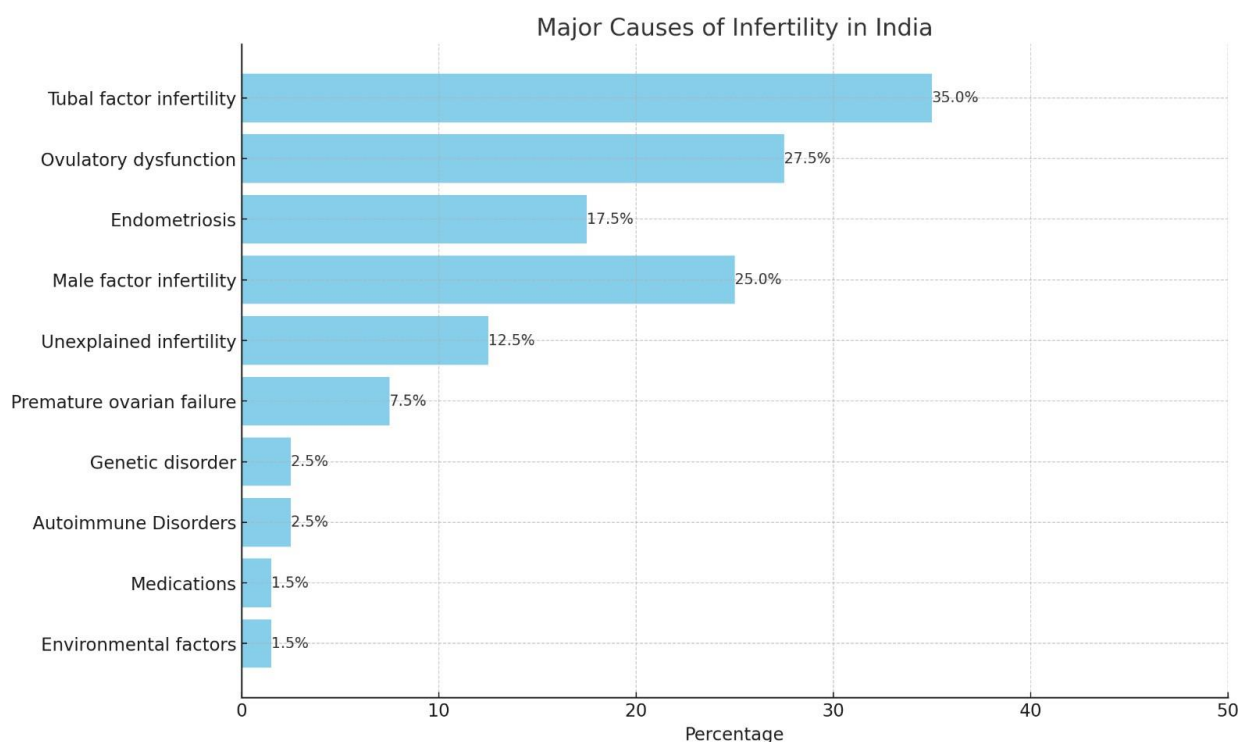
BACKGROUND

Assisted reproductive techniques (ARTs) are considered an effective treatment option for couples who couldn't get pregnant for a long period of time. Fertility therapies that include the in vitro alteration of oocytes and sperm are referred to as assisted reproductive technologies, or ART, these includes techniques such as in-vitro fertilization (IVF), and intracytoplasmic sperm injection (ICSI), embryo transfer techniques, and luteal phase support.^[1] Though they are considered a good way to possibly overcome infertility, but there have been studies showing a lot of complications related to the ARTs especially having a significant impact on the children as product of it. India as a country values the heirship more than any country and ARTs help in overcoming infertility and so the trends of use of ARTs is on the rise in India, which cannot be exempted. Though ARTs are unavoidable treatment option in infertility, a lot of these causes for infertility are treatable especially with Homoeopathy. This article discusses about the ARTs and their impact on the children and how Homoeopathy could possibly help in avoiding the use and help the children who have been already impacted by it.

WHAT IS ART AND ITS IMPACT ON THE PARENTS AS WELL AS THE CHILDREN

Assisted reproductive techniques (ARTs) is a method of manipulating the oocyte and sperm to conceive in couples who have been infertile for a long time. This includes techniques such as in-vitro fertilization (IVF), and intracytoplasmic sperm injection (ICSI), embryo transfer techniques, and luteal phase support. Major causes of infertility in India are Tubal factor infertility (30-40%), Ovulatory dysfunction (25-30%), Endometriosis (15-20%), Male factor infertility (20-30%), Unexplained infertility (10-15%), Premature ovarian failure (5-10%), Genetic disorder (2-3%), Autoimmune Disorders (2-3%), Medications (1-2%), Environmental factors (1-2%). ARTs help in overcoming the infertility in couples having any of these causes as their problem for being infertile.^[2] Though ARTs help overcome the parent's problem we must keep in mind the probability of its impact on the child as well, as they are the product of these ARTs. Many recent studies show ARTs have led to increase in birth defects in children conceived through ARTs. Although as preliminary as it maybe it has been demonstrated that ART is linked to more chromosomal abnormalities, particularly in the X chromosome. Offspring conceived using assisted reproductive technology (ART) are more susceptible to embryonal cancers and imprinting disorders, such as Beckwith-Wiedemann and Angelman syndromes ^[3]. The methylation

abnormalities affecting hundreds of genes are found on a greater (genome-wide) scale in children conceived using assisted reproductive technologies (ART). A later development of chronic illness may be impacted by changed genes linked to developmental pathways and carcinogenesis.^[4]



HOW THE USE OF ARTS CAN BE REDUCED AND WHAT IS THE ROLE OF HOMOEOPATHY

A lot of infertility cases can be treated by treating underlying cause as mentioned above. Though many causes such as tubal damage or congenital abnormalities of the reproductive organ or any structural changes that might be leading to the infertility still require ARTs to conceive, a large portion of the causes can be treated especially male infertility, ovulatory regulation, endometriosis, PCOS or any other hormonal causes. Homoeopathy has a greater scope in treating all the above-mentioned causes and it is very good way to reduce the need for ARTs which will negate the harmful impact the ARTs might have on the children of the future generations. Individualised Homoeopathic treatment have been proven to help treat the underlying causes of infertility and help conceiving with a success of more than 60%.



ROLE OF HOMOEOPATHY IN TREATMENT OF FEMALE INFERTILITY

Remedies such as Natrum Muriaticum, Pulsatilla, Lycopodium, Silicea, Calcarea carb, Sepia, etc. have been useful in the Homoeopathic treatment of infertility in females ^[5]. The indications of the remedies and the condition its used are given down with references ^{[6] [7] [8] [9] [10]} ^[11] in tabulated form.

Homeopathic Remedy	Indication	Specific Condition	Reference
Sepia	Hormonal imbalances, irregular menstruation	PCOS, Ovarian Dysfunction	PubMed , Boericke's Materia Medica
Calcarea Carbonica	Hypothyroidism, menstrual irregularities	Ovarian Dysfunction	Boericke's Materia Medica
Thuja Occidentalis	Chronic pelvic inflammation, genital warts	PCOS, Fibroid Uterus	Clarke's Materia Medica
Lycopodium	Polycystic ovarian syndrome (PCOS), ovarian cysts	PCOS	PubMed
Pulsatilla	Hormonal disturbances, irregular menstruation	PCOS, Ovarian Dysfunction	Boericke's Materia Medica
Agnus Castus	Low libido, sexual debility	Ovarian Dysfunction	PubMed
Aurum Metallicum	Depression, uterine fibroids	Fibroid Uterus	Boericke's Materia Medica
Medorrhinum	Chronic gonorrhea, recurrent miscarriages	PCOS, Ovarian Dysfunction	PubMed
Silicea	Scarring from previous infections, abscesses	Ovarian Dysfunction, Premature Ovarian Failure	Boericke's Materia Medica
Folliculinum	Hormonal imbalance, menstrual irregularities	Premature Ovarian Failure	Clarke's Materia Medica

****Reference Citation:**^{[6] [7] [8] [9] [10] [11]}



ROLE OF HOMOEOPATHY IN TREATMENT OF MALE INFERTILITY

Many remedies are being used in treatment of male infertility such as *Agnus castus*, *Anacardium orientale*, *Argentum nitricum*, *Caladium*, *Conium*, *Lycopodium*, *Selenium*, etc. ^[12]. The indications of the remedies and the condition its used are given down with references ^[6] ^[7] ^[13] ^[14] ^[15] ^[16] in tabulated form.

Homeopathic Remedy	Indication	Specific Condition	Reference
Agnus Castus	Sexual debility, low libido	Oligozoospermia	PubMed
Conium	Weakness of sexual organs, testicular atrophy	Azoospermia	Boericke's Materia Medica
Caladium	Impotence, mental and physical exhaustion	Oligozoospermia	Clarke's Materia Medica
Medorrhinum	Genital warts, chronic gonorrhea effects	Azoospermia, Oligozoospermia	PubMed
Selenium	Sexual weakness, seminal emissions	Oligozoospermia	PubMed
Acid Phos	Mental and physical exhaustion, spermatorrhea	Azoospermia	Boericke's Materia Medica
Lycopodium	Erectile dysfunction, weak erection	Oligozoospermia	Clarke's Materia Medica
Nuphar Luteum	Increased sexual desire with lack of power	Oligozoospermia	Boericke's Materia Medica
X-Ray	Low sperm count, sterility	Azoospermia	PubMed
Damiana	Sexual neurasthenia, low vitality	Oligozoospermia	Boericke's Materia Medica

***Reference Citation:[6] [7] [13] [14] [15] [16]*



Though these remedies are predominantly used in treatment of infertility, Many articles have been published that individualised Homoeopathic medicines still is the best treatment option to overcome infertility as it takes in a lot of dispositions of a patient into consideration which is a major factor in arriving at a similimum ^[17]. Homoeopathy as a system believes in treating the patient Holistically and always gives importance in understanding patient as a person ^[18], thus Homoeopathic treatment for any suffering gives best results only by individualising patients. ^[19]

CONCLUSION

ARTs although being an efficient treatment to overcome infertility, it has a harmful impact on the children who are a product of it. Homoeopathy can be the best alternative to reduce the use of ARTs in infertility by treating the underlying causes in both male and female using individualised Homoeopathic medicine. How can Homoeopathy help the children Impacted due to ARTs remains a questions in this article. Although major birth defects need surgical corrections and other interventions, many consequences arising from ARTs like developmental problems and low birth weight leading to failure to thrive. According to the Khuda-Bukhsh hypothesis ^{[20][21]} ultra-high dilutions of Homoeopathic medicines can help in alteration of the genetic expressions and plays a key role in epigenetics. Thus, Homoeopathy might help in repairing the imprinting problems in the child arising from ARTs in future if this hypothesis proves that homoeopathic medicines really have an impact on genetic level and it can also help the children who are already impacted to overcome their developmental problems with the individualised Homoeopathic medicines.

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