



# **Homoeopathic Management of Oligospermia: A Case Study of Calcarea Phosphorica Role in Male Infertility**

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## **Abstract:**

Infertility, a significant concern affecting many couples, is often linked to male factors such as low sperm count (oligospermia). This case study documents the successful homeopathic treatment of a 28-year-old male patient with oligospermia, characterized by a sperm count of 10 million/ml and motility below 40%. The patient, presenting with symptoms like low sexual desire, disturbed sleep, and constipation, was treated with Calcarea phosphorica after a comprehensive individualized assessment.

Over eight weeks, homeopathic intervention improved the patient's sperm count to 62 million/ml and motility to 50%, alongside enhanced general well-being. The remedy selection was based on repertorial analysis and aligned with the principles of individualized homeopathy. This study highlights the potential of homeopathic remedies as a safe, cost-effective alternative for addressing male infertility. However, it emphasizes the need for further clinical research to establish broader efficacy and applicability.

**Keyword:** male infertility, Oligospermia, Homoeopathy, Individualized

## **Introduction**

Infertility is a deeply emotional journey that affects countless couples, marked by the inability to conceive after at least a year of consistent, unprotected intimacy. This experience can profoundly impact both men and women, touching on their hopes, relationships, and sense of identity.

Infertility is typically classified into two categories: primary infertility and secondary infertility. Primary infertility occurs when a couple has never achieved pregnancy despite their efforts. Secondary infertility, on the other hand, is the heartache of being unable to conceive again after previously having a child. According to the World Health Organization, factors like miscarriages, stillbirths, or other reproductive health issues may contribute to these challenges[1]. The causes of infertility are shared between genders. In approximately 20–30% of cases, male factors are the primary issue, while female factors account for 20–35%. In another 20–40% of cases, infertility arises from a combination of both partners' challenges. Unfortunately, in 10–20% of cases, no definitive cause can be determined [2]. For women, age is often a critical factor, with

irregular menstrual cycles frequently being a sign of declining fertility. For men, semen quality is a key consideration. Healthy sperm concentrations typically range between 20 and 120 million per milliliter, but when levels drop below 20 million per milliliter, the condition is known as oligospermia. In more severe cases, where no sperm are present in the ejaculate, the condition is called azoospermia [2].

However, infertility is far more than just a medical diagnosis—it represents a significant emotional and personal challenge, deeply affecting the lives and dreams of those involved. Homeopathy takes a holistic and individualized approach to treatment, focusing on understanding each patient's unique constitution, personal history, and emotional state. Rather than targeting specific conditions, practitioners carefully evaluate the patient's lifestyle, dietary preferences, emotional health, and physical symptoms to find the remedy that most closely aligns with their overall condition—referred to as the “simillimum” [3, 4, 5].

In this approach, homeopathic remedies aim to support the body's natural healing processes. For chronic conditions like infertility, remedies may be complemented with **anti-miasmatic treatments**, addressing deeper constitutional imbalances [6]. In the case of male infertility, homeopathy has shown promise for conditions like oligospermia by improving overall health and reproductive function.

## Rising Concerns About Male Fertility

Globally, male fertility has been declining, with concerning trends also noted in India. A long-term study in South India revealed a 30–31% drop in sperm count over 13 years, a 22.92% decrease in motility, and a 51.25% increase in sperm abnormalities. These findings reflect broader global concerns about male reproductive health [9]. Surprisingly, many men facing infertility appear outwardly healthy, with no visible signs of reproductive issues. The underlying challenges often involve problems with sperm maturation or movement through the reproductive tract. Factors like testicular dysfunction, inadequate hormonal stimulation, or physical blockages may contribute. Additionally, infections or inflammatory conditions such as **prostatitis** can severely affect sperm quality, potentially leading to azoospermia [10].

## The Role of Lifestyle in Fertility

Lifestyle choices, especially diet, significantly influence male fertility. Diets rich in fruits, vegetables, antioxidants (such as lycopene), fiber, and folate are associated with improved sperm quality. Conversely, diets high in unhealthy fats and proteins may negatively affect reproductive health. Antioxidants are particularly important, as they protect sperm from oxidative stress caused by harmful free radicals, which can impair their function and quality [11]. Raising awareness about these factors and promoting healthier lifestyles are crucial steps toward addressing the global decline in male fertility. Simple changes, such as adopting a nutrient-rich diet and minimizing oxidative stress, could make a significant difference for individuals struggling with infertility. In sum, infertility is not just a medical issue—it's a deeply human experience that requires understanding, compassion, and a willingness to explore holistic and individualized solutions. Homeopathy, alongside lifestyle changes, offers a pathway of hope for those on this challenging journey.

## Material and methods

A case of male infertility with low sperm count was documented in the outpatient department. The case was recorded and examined using standardized homeopathic case-taking criteria. The selection of the remedy was guided by repertorization and cross-referenced with *Materia Medica*. The patient's diagnostic test results were used as supporting evidence, and regular follow-ups were meticulously documented in the case records.

## Case Report

A man of age 28yr came to the opd of SNHMC lucknow on 2<sup>nd</sup> of november 2023, with a semen analysis report stating oligospermia. Stating following complaints;

- Low sexual desire and having 10 million around sperm count with less than 40% sperm motility.
- Spermatorrhea occasionally mainly diurnal discharge at the time of stool only for past 6 year.
- Stool constipated, with unsatisfied desire
- Sleep disturbed

### **Personal History**

The patient's wife had been unable to conceive after three years of marriage, prompting the couple to consult a gynecologist. The doctor recommended a semen analysis, which, on 05/11/22, revealed a sperm count of 35 million/ml. The patient was prescribed medications to improve his sperm count. However, after five months of treatment, a follow-up semen analysis on 02/04/23 showed a significant decline, with the sperm count dropping to 10 million/ml, of which only 30% were sluggishly motile. Disheartened by the lack of improvement, the patient sought homeopathic treatment on 02/11/23. He reported occasional semen discharge during bowel movements, occurring once every two to three months, and occasional nocturnal emissions. Additionally, he experienced a noticeable decline in sexual desire over the past year.

### **FAMILY HISTORY**

- Mother had Diabetes mellitus, died 5 yr ago.

## **PHYSICAL GENERAL SYMPTOMS**

- APPEARANCE: Tall, lean and fair skinned
- THERMAL RELATION- chilly, fear of thunderstorm
- APPETITE- Good, regular on time
- THIRST- Less ( 11 or less ) in a day
- TONGUE- Yellow coated
- DESIRE- milk product++, cold drink+, sweet+
- URINE- Clear, no offensiveness and pain or burning
- STOOL- Constipated usually, unsatisfied evacuation.
- PERSPIRATION- mainly on mental exertion or bring nervous, clammy on palm.
- SLEEP- sound sleep
- DREAM- lewd dream occasionally, frightful dream mostly

## MENTAL GENERAL SYMPTOMS

- Company desire for
- Fear being alone , desire to go home when he is outside but when he is there he likes to go to travel outside
- Memory weak , forgetful
- Easily nervous on any mental exertion work.
- Love disappointment – before his marriage he had affair with a girl who had ditched him, 6 years ago after that he broods over the past and feels sorry for himself.

### Analysis Of Symptom

#### Common Symptoms

- Low sexual desire
- Memory weak

#### Uncommon Symptoms

- Fear of thunderstorm
- Desire milk product + + + & cold drink
- Love disappointment
- Company desire for
- Home desire to go out when he is
- Nervous on mental exertion
- Perspiration on palm clammy and on mental exertion
- Dream frightening

#### Totality Of Symptoms

- Thermal – chilly , fear of thunderstorm
- Desire milk product + + + & cold drink
- Love disappointment
- Company desire for
- Home desire to go out when he is
- Nervous on mental exertion
- Perspiration on palm clammy and on mental exertion
- Dream frightening
- Weakness of memory

## Miasmatic Analysis

Symptoms	Psora	Sycosis	Syphilis
Company desire for	✓	✓	
Fear of thunderstorm	✓		
Sperm count low			✓
Deam frightfull	✓	✓	
Love disappointment		✓	✓
Traveling desire for	✓	✓	

After reportorial analysis it is seen that case is multi-miasmatic in nature with one miasm predominate, as here it is Syco-psoric .

## Rubrics Taken



<b>MIND</b>			
1 MIND - AILMENTS FROM - love; disappointed	☒		
2 MIND - COMPANY - desire for	☒		
3 MIND - FEAR - thunderstorm, of	☒		
4 MIND - HOME - desires to go - go out; and when there to	☒		
5 MIND - MEMORY - weakness of memory	☒		
<b>DREAMS</b>			
6 DREAMS - FRIGHTFUL	☒		
<b>GENERALS</b>			
7 GENERALS - FOOD and DRINKS - milk - desire	☒		
Remedies	ΣSym	ΣDeg	Symptoms
calc.	7	13	1, 2, 3, 4, 5, 6, 7
calc-p.	7	12	1, 2, 3, 4, 5, 6, 7
phos.	6	16	1, 2, 3, 5, 6, 7
nat-m.	6	14	1, 2, 3, 5, 6, 7
bry.	6	11	2, 3, 4, 5, 6, 7
sep.	6	10	1, 2, 3, 5, 6, 7
lach.	6	9	1, 2, 3, 5, 6, 7
carc.	6	8	1, 2, 3, 5, 6, 7
sulph.	6	8	1, 2, 3, 5, 6, 7
hyos.	5	12	1, 2, 3, 5, 6

## Repertorial selection-

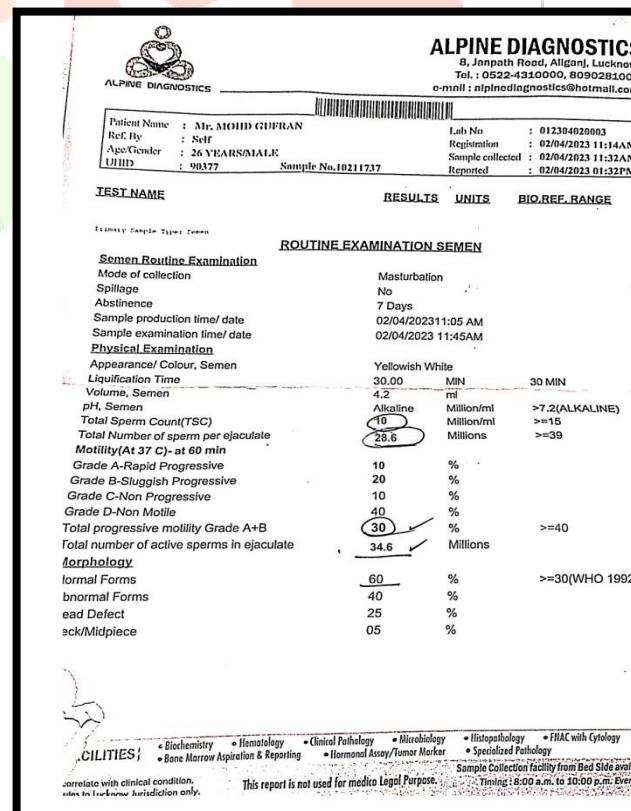
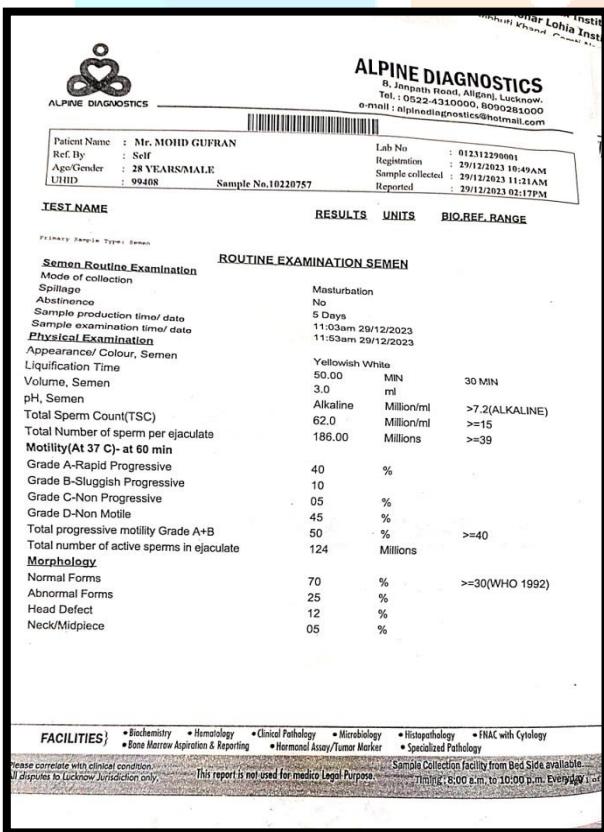
Calcarea phosphoric 200 / 2d

SI 200 / BD x 15 days

**Basis of selection-** calcarea phosphorica cover 7 symptoms with 12 score and as disease is syco-psoric in manifestation with his built lean thin and dependency like calcaria and phosphorus like diffusivity , combining the picture of the medicine , calcarea phos is choosen.

## Follow up of case

Serial no.	Date	Observation	Prescription
1	2/11/23	Low sperm count , fear of thunderstorm, Ailment from love disappointment Stool unsatisfactory Thermal chilly	Calcarea 200/2dose SI 200 / bd for 7 days
2	23/11/23	No such changes observed , stool normal Perspiration moderate	SI 200 / bd for 15 days
3	30/11/23	Mentally feeling calm, stool normal	SI 200/ bd for 15 days
4	14/12/23	Much improved	SI 200/ bd for 7 days
5	28/12/23	Much improved , stool nomal Urine normal Perspiration moderate Advice for seminal emission	SI 200/ bd for 7 days
6	4/01/24	Mentally feeling better Stool normal Urine normal Perspiration improved Sperm count increase to 62 million/ml, motility increase to 50 %. 	SI 200/ bd for 7 days



Report - 29/12/23

Report – 2/04/23

After treatment

Before treatment

## DISCUSSION

Low sperm count is a prevalent reproductive health issue among men, especially those of childbearing age. Identifying the condition early and initiating effective treatment is vital for improving outcomes. In this case, the homeopathic remedy *Calcarea phosphorica*, a versatile and widely used medicine, was chosen after a meticulous evaluation of the patient's symptoms using the Synthesis Repertory mobile application. This selection was further validated by consulting *Materia Medica*, a comprehensive resource on homeopathic remedies. *Calcarea phosphorica* was specifically suited to the patient's condition, characterized by physical fatigue, emotional stress, and suppressed grief, which had weakened his constitution. The remedy was prepared in a 200c dilution using dispensing alcohol and administered as per homeopathic standards [7]. Beyond addressing reproductive health, the treatment also contributed to broader improvements in the patient's well-being. These included better sleep quality and a noticeable boost in energy levels, signaling the holistic benefits of this approach.

The remedy aligns with the mental and emotional characteristics often associated with *Calcarea phosphorica*. Individuals needing this remedy frequently feel overburdened and fatigued, with an underlying sense of restlessness or dissatisfaction. They may experience anxiety tied to concerns about their future and often suppress emotional pain or grief, which manifests physically as exhaustion or weakness [8]. After receiving *Calcarea phosphorica* in the prescribed potency, the patient showed remarkable progress. His sperm count and motility improved significantly, alongside enhancements in his overall health. This case underscores the critical role of personalized homeopathic treatment, where careful selection of the remedy, appropriate potency, and tailored dosing schedules are essential for achieving optimal results. Moreover, this example highlights the scientific foundations of homeopathy and its capacity to provide holistic care. By addressing both the physical symptoms and the emotional underpinnings of conditions like low sperm count, homeopathy emerges as a promising alternative, offering outcomes comparable to conventional treatments while maintaining a focus on individualized care.

## CONCLUSION

For many couples facing infertility, the journey to parenthood often involves options such as adoption or assisted reproductive technologies like IVF. This case study highlights homeopathy as a potential alternative treatment for addressing male infertility, particularly cases of low sperm count. The treatment proved to be safe, cost-effective, and showed promising results for improving fertility outcomes.

However, it is important to recognize that the findings from this single case report do not establish *Calcarea phosphorica* as a definitive or universally effective remedy for low sperm count. To validate the potential of homeopathy in managing male infertility, further research through well-structured clinical studies is essential. These studies would help determine the broader applicability, efficacy, and long-term success of homeopathic approaches for this condition.

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