



# In-Vitro Fertilization (IVF)

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## Why in News?

- A recent **ICMR–National Institute for Research in Reproductive and Child Health (ICMR-NIRRCH)** study revealed that **infertile couples in India face extremely high out-of-pocket expenditure for IVF**.

## What is In-Vitro Fertilization (IVF)?

### About

- IVF is a major **Assisted Reproductive Technology (ART)** used to treat infertility.
- Process:
  1. Woman's eggs are retrieved.
  2. Eggs are **fertilized with sperm outside the body** in a laboratory.
  3. The resulting **embryo** is cultured and then **transferred into the uterus**.

## When is IVF Recommended?

- **Blocked / damaged fallopian tubes**
- **Low sperm count or motility issues**
- **Ovulation disorders** (e.g., PCOS)
- **Endometriosis**
- **Age-related infertility** (declining ovarian reserve)
- **Unexplained infertility**
- **Fertility preservation**
  - for cancer patients undergoing chemotherapy/radiation
- **Repeated miscarriages** or failed IUI cycles

## Why IVF Matters – India's Context

- Rising infertility due to:
- High stress & urban lifestyle
- Late marriages
- Hormonal disorders (especially **PCOS**)
- Obesity and changing dietary habits
- Declining sperm quality
- **One in six couples in India** experiences infertility.
- With **falling fertility rates** across states, experts warn that
- **lack of affordable reproductive care may affect India's demographic balance** (replacement-level fertility concerns).

## Cost of IVF in India

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- **?1 lakh+ per IVF cycle even in government hospitals (ICMR-NIRRCH).**
- India's public health system currently spends:
- **?6,822 – ?11,075 per patient per year**
- Globally, an ART cycle costs about **166% of the average annual Indian income**, making it financially burdensome.
- Most expenses are **out-of-pocket**, as IVF is not covered comprehensively under health insurance.

## Regulation of IVF in India

### Assisted Reproductive Technology (Regulation) Act, 2021

- Regulates:
- IVF clinics and ART banks
- Egg and sperm donation
- Embryo handling & cryopreservation
- Qualifications, standards, and ethical practices
- Mandatory **registration of all ART clinics**.
- Prohibits unethical practices like sex selection, anonymity abuse, or commercial exploitation of donors.