

**A CASE STUDY ON THE EFFECT OF VANARI GUTIKA IN THE MANAGEMENT OF KSHINA SHUKRA W.S.R. TO OLIGOSPERMIA****Dr. Monika V. Ambekar<sup>1\*</sup>, Dr. Sandhya M. Yennawar<sup>2</sup> and Dr. Jayashri S. Deshmukh<sup>3</sup>**<sup>1</sup>PG Scholar, Department of Prasuti Tantra and Streerog, C.S.M.S.S. AyurvedMahavidyalaya, Kanchanwadi, Aurangabad.<sup>2</sup>Associate Professor and Guide, Department of Prasuti Tantra and Streerog, C.S.M.S.S. Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad.<sup>3</sup>Professor and H.O.D., Department of Prasuti Tantra and Streerog, C.S.M.S.S. Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad.**\*Corresponding Author: Dr. Monika V. Ambekar**

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**ABSTRACT**

Infertility is defined as a failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse. Reasons such as weight, diet, smoking, medical conditions, other substance abuse, environmental pollutants and family medical history, infections might have an effect on conception in couples. Infertility can arise from either of the partners. Male infertility is one of the burning problems now a days and incidences of infertility increase day by day due to disturbing lifestyle. Oligospermia has been diagnosed with low sperm count after doing a semen analysis. Oligospermia is one of the major leading causes of infertility. According to Ayurveda, anatomical and physiological variations in Shukra Dhatu leads to infertility. There is no direct connection between Oligospermia and Shukra Kshaya but we can compare them. There are various medicines in modern science but at the same time they have adverse effects on the body. In modern science, IUI, IVF, hormonal injections, etc lots of treatments but these are really very painful methods for getting pregnant. In Ayurveda, so many medicines are given in Samhitas. But in this case, we use only Vanari Gutika along with lifestyle modifications. As Apana Vayu is responsible for proper expulsion of Shukra, so medicines are given at Apankala. It shows significant improvement in sperm count and motility, improvement in erectile dysfunction and sexual desire.

**KEYWORDS:** Oligospermia, Shukra Kshaya, Vanari Gutika, Apana Vayu.**INTRODUCTION**

Oligospermia means a condition of reduced number of sperms. It may also show significant abnormalities in sperm morphology and mortality. According to WHO 2010 criteria, sperm concentration should be less than 15 million spermatozoa per milli/litre.<sup>[1]</sup> The following points need to be considered while studying male infertility,

- 1) Volume of semen
- 2) Sperm count
- 3) Motility of sperm
- 4) Structural defect of sperm
- 5) Any obstruction in the genital tract
- 6) Erectile dysfunction

Ayurveda is a branch of science which deals with the health and wealth of the humans. In Ayurveda, Vajikaran is the branch which deals with male infertility. Vajikaran is the 8<sup>th</sup> branch of Ayurveda. It provides offspring to the infertile couple and potency to the impotent. Ayurveda explains Vajikaran Chikitsa in a systematic and scientific

manner. Vajikaran is indicated in diseased persons for curative purpose and in healthy person for maintaining Swasthya and promoting positive sexual health. Ayurveda describes Oligospermia in various terms such as Kshina Shukra, Kshina Retasa, Alpa Retasa and Shukra Dosh.<sup>[2]</sup>

In this study, Vanari Gutika used as a Vajikaran yog. In this medicine, Kapikachhu is the main ingredient. Kapikachhu with virtue of viryavardhaka, madhur, pushthikara, vatanashaka, balyadayaka, kapha-pitta-rakta vikar vinashaka. It's Beej has the property of vatanashaka and significantly vajikaran.

<sup>[3]</sup>Kapikachhu recovers the Hypothalamus-pituitary-gonadal axis and it increases the number of testicular germ cells. Ultimately leading to increased sperm count and motility.<sup>[4]</sup> So taken this medicine for Oligospermia.

**Patient's profile**

A 33 years old male patient with BMI 32.5 m<sup>2</sup>/kg came

in CSMSS Ayurveda College Kanchanwadi. Patient was married since 6 years and the couple wanted an issue. His wife fail to conceive with unprotected frequent coitus even during 12<sup>th</sup> and 18<sup>th</sup> day of menstruation since last 4 years. The woman was normal at clinical and endocrinologist examination. Couple have already taken modern medication for the same. IUI was also done in two cycles. It was found that progressively patients report was getting worse during modern medication. Latest report of semen before wash in IUI showed Severe Oligospermia. No other parameters except sperm count, motility and morphology were abnormal in the male investigation.

The personal history revealed that he worked in company as a supervisor. No habits of tobacco, drinking occasionally, no major stress factors. He was not having past medical history of mumps, hydrocele, orchitis, Tuberculosis and trauma to gonadal part or history of any other long term illness or life threatening emergency. He was not having history of previous surgical intervention like vasectomy reconstruction, herniorrhaphy and no history of consumption of gonadotoxic agents.

Before starting medicine, semen examination report revealed very low sperm count 8mil/ml out of which about 30 % of sperms were motile.

**Treatment**

Firstly patient was given Deepana - Pachana for 5 days with the Ayurvedic remedy Panchakola Churna with koshna jal. Then Vanari Gutika 2 tab before meal 2 times / day was started for 3 months continuous without any type of gap in the taking medicine.

**Advice<sup>[5]</sup>**

1. Advice of diet and lifestyle changes was given.
2. Have sex less often maintain a gap of 3 days between two consecutive ejaculations.
3. Avoid the habits like smoking, alcohol consumption, etc. Alcohol affects liver function which in turn causes a dramatic rise in oestrogen levels. Even two drinks a day will have long term effects on sperm production.
4. Do exercise regularly.
5. Take a diet that's low in fat and high in protein vegetables and whole grains are good for weight loss as well as reproductive health.
6. Avoid bitter, astringent and spicy food.
7. Reduce caffeine intake.
8. Avoid heat of testicle, wear loose, cotton boxer shorts, avoid hot bath and loose excess weight which tend to cause Testosterone and oestrogen imbalance.
9. Reduces stress levels by Relaxation techniques i.e. with the help of Yoga and meditation.
10. Do body massage which improves blood circulation.

**BEFORE TREATMENT**

Parameter	Observations	Lower Reference Limit
<b>Physical examination</b>		
Liquefaction	30 Minutes	< 30 Minutes
Appearance	Gray Opaque	Gray opaque
Viscosity	Normal	Normal
Semen Volume	2 mL	1.5 mL
Agglutination	Nil	Nil
Clumping	Nil	Nil
Ph	7.2	>=7.2
<b>Microscopic Examination</b>		
Sperm Concentration	4million/mL	15 million/mL
Total Sperm Number	8million/Ejaculate	39 million/Ejaculate
Total Motility	30%	40% (PR+NP)
Progressive Motile (PR)	15%	32%
Non Progressive Motile (NP)	15%	
Immotile (IM)	70%	
<b>Cellular Elements</b>		
Round cells	3-4/hpf	< 1/hpf
RBC's	Present	Absent
Cell debris	present	Absent
<b>Sperm Morphology</b>		
Normal	<1%	4%
Head Defects	26%	
Neck and Mid piece defects	30%	
Tail Defects	28%	
Multiple Defects	12%	
Impression :-	SEVER OLIGOSPERMIA	

**AFTER TREATMENT**

	Observed	Normal (WHO Standard)
Volume	2 ml	> 2.0 ml or More
Liquetaetion time	30 min	< Within 60 minute
pH	-	> 7.2 or more
Concentration	20 million	> 20 million / ml
Total Sperm Number	40 million	> 40 million per ejaculate
Motility	30%	> 50% or 25% with progresive forward modility
Vitality	-	> 75% live
White Blood Cells	1	< 1 million / ml
Morphology	-	> 30% normal sorus

**Examination of seminal fluid**

Test	Before treatment	After treatment
Method	Masturbation	Masturbation
Abstinence	4 days	4 days
Collected at	8.00 am	9.30 am
Examined at	8.20 am	9.50 am
Physical examination		
Quantity	2 ml	2 ml
Viscosity	Normal	Normal
Liquefaction	Within 30 min	Within 30 min
PH	7.2	-
Microscopic examination		
Total sperm count	8 mil / ml	40 mil / ml
Active motility	30 %	30 %

**RESULT**

After taking the treatment of Vanari Gutika, repeat semen analysis was done. In that analysis, sperm count was 40 mil/ml out of which 30 % of sperms were motile. Increased sperm count seen in the after treatment semen analysis.

**DISCUSSION**

Acharya Sushruta clearly defines the condition of Kshina Shukra to be Vata and Pitta predominant (6). Vitiated Vata-Pitta are the main culprits in Kshina Shukra. In short, Kshina Shukra is one kind of Shukra Dushti, in which both quantitative and qualitative vitiation of Shukra Dhatu is found. Nidana of Shukra Dhatu Kshaya, Shukra Dushti, Shukravaha strotodushti, Vitiating of Tridosha (mainly Vata and Pitta). Some Nidanarthkara Vyadhi, Vaidyakrita Nidana, Dravya sevana Nidana and some miscellaneous causes are considered as the Nidana of Kshina Shukra. Vitiating Vata-Pitta causes Jatharagni vaishamya ending in Aamotpatti. Aama causes Rasavaha strotorodha and progressive evaluative metamorphosis of Dhatu is hampered leading to poor nourishment of Shukra Dhatu, which in turn produces Shukra Dhatu of low quantity and quality.<sup>[7]</sup>

Although a number of medicines are described in Ayurveda, we have selected one recipe called Vanari Gutika from Bhavaprakasha. Kapikachhu is Dhatu Pushtikar and has Viryavardhaka action. In addition Kapikachhu is a good source of Dopamine. Centre Dopamine is a key neurotransmitter in the control of sexual function.<sup>[8]</sup> In the preparation of Vanari Gutika, milk and sugar should be used. Dugdha is well known Aphrodisiac and life stabilizer drug. Being Rasayana, Dugdha improves the quality of Dhatu produced and also brings the Dushti of Dhatu to a normal state. Sharkara is madhur in Rasa, Balya, Dhaha Nashaka and Shukrala. So it is useful in sperm count.

**CONCLUSION**

The Conclusion is the final outcome of any scientific study. The Alpa Shukra is a disease which affects one's normal life to a great extent by making cracks in the relation of partners and there by disturbing the peace of mind of both the partners. The Alpa Shukra is one of the basic reasons for divorces and suicides among married partners.<sup>[9]</sup>

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