

A CASE STUDY OF SHUKRA KSHAYA W.R.S TO OLIGOSPERMIA

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ABSTRACT

According to Ayurveda Purusha (individual) consists of Three doshas(i.e Vata, Pitta & Kapha) and Seven dhatus(i.e Rasa, Rakta, Mansa, Medha, Asthi, Majja & Shukra). Shukra dhatu is whitish, sluggish with jala mahabhuta and present all over the body. The function of shukra dhatu according to modern aspects can be explained as reproductive strength of the person, in this shukra means semen only. Factors affecting decrease of shukra dhatu leads to Shukra kshaya can be co-related with Oligospermia in males. This present case discussion is about the effective management of a case diagnosed as shukra kshaya with Ayurvedic treatment. It has got a significant role and scope for treating the present condition. The aim of this case report is to evaluate the effect of Ayurvedic treatment in Shukra kshaya which leads to Male infertility. And its outcome reveals that the Oligospermia associated with Male infertility can be effectively managed by Ayurvedic treatments.

KEYWORDS: Shukra kshaya, Oligospermia, Case report, Vrushya Chikitsa.**INTRODUCTION**

Infertility is a disease of the Male or Female Reproductive system defined by the failure to achieve pregnancy. It affects millions of people of reproductive age worldwide. It can be Primary or Secondary. According to Acharya Charak ,”The man without offsprings can be like a single tree without branches, fruits and with foul smell”. Vrushya chikitsa is one of the branches of Ashtanga Ayurveda, which deals with remedies for increasing the quantity of semen when the amount is scanty.

In these Rasayan and Vajikaran chikitsa played a significant role in the treatment of Shukra kshaya. In male reproductive system, infertility is most commonly caused by problems in the quantity of semen, low sperms or absence of sperms, abnormal morphology and motility of sperms. Sedentary Lifestyle, stress, occupational factors, various socio-economic factors, aging, congenital anomalies, other diseases etc are the causing factors. The availability, access and quality of intervention to address infertility remain a challenge in most countries. And the recent studies indicated that the prevalence of Oligospermia is extremely high in metropolis cities as well as in smaller towns of India. According to WHO, the prevalence of infertility in the general population is 15 to 20 percent, and male infertility factor contributes 20-40 percent in this rate.

According to modern science hormonal treatments, medications, Assisted Reproductive Technology (ART) and through surgeries it can be treated. Though conventional medicine was successful in treating Oligospermia, but on the other hand it also has many unwanted and serious adverse effects such as increased risk of prostate cancer, visual field disturbances etc.

MATERIAL & METHODS

Material:- The present case study of a patient diagnosed with Shukra kshaya(Oligospermia) was used for publication as a case report after receiving proper informed consent . A 35 years old male patient having normal secondary sexual characters complained of infertility for past 3 years. Their was no past history of any other major illness nor any family history of reproductive disorders. He was married since 4 years.

All the related investigations of his partner were completely normal. His Semen analysis report revealed Shukra kshaya (Oligospermia). Previously he was on conventional medicine and later stopped it as he was cautious about the unwanted and serious adverse effects and was started on ayurvedic treatment on OPD basis. On Physical examination his vitals was normal, he was conscious and well oriented.

METHOD

It is a single drug open labelled case study. The treatment was planned based on the ayurvedic diagnosis as Shukra kshaya. Vajikaran chikitsa along with rasayan as explained in classics were used as the main source of

treatment in the present condition. Patient was treated with shaman chikitsa.

Tablets of Pushpadhanwa Rasa each 125mg was given in a dose of 250mg twice a day with Anupan of cow milk 200ml. During these treatment patient was on strict diet. Treatment was given for duration of 3 months.

RESULTS

Semen analysis done in pre and post treatment period showed, marked increase in total sperm count and its motility.

Parameters	Before Treatment (24/12/2020)	After Treatment (27/03/21)
PHYSICAL EXM.		
Volume	3ml	4ml
Viscosity	Viscous	Alkaline
Appearance	Opaque grey	Grey white
Time of liquefaction	30 mins	15 mins
CHEMICAL R.		
Reaction (pH)	7.6	Alkaline(8.0)
Fructose (Qualitative)	Present	Present
MICROSCOPIC EXM.		
Sperm count	48 mill/ml	80 mill/min
Actively motile	40%	82%
Sluggishly motile	40%	
Non-mobile	20%	
ABNORMALITIES		
Head abnormalities	} 10%	-
Body abnormalities		
Tail abnormalities		
OTHER FINDINGS		
Pus cells	2-3/hpf	Absent
Macrophages	7-8/hpf	

DISCUSSIONS

This study has shown that ayurvedic management is very much effective in shukra kshaya. Pushpadhanwa rasa contains

- Shuddha paradh (mercury) which is tridoshaj, balya, rasayan, yogvahi, having shodhan and ropan karma.
- Naag bhasma (lead) which is shukra vardhak.
- Abraka bhasma (purified mica) which is medhya, rasayan, deepan and pachan, vayasthapan, garbhapradha.
- Vanga bhasma (tin) which is also shukra vardhak.
- Yashtimadhu which is rasayan, reduces stress and depression.
- Shalmali which helps in increasing the quality and quantity of shukra (semen).
- Bhanga (vijaya) which is laghu and vyavayi.
- Dhatura which improves fertility, anti-inflammatory & antipyretic, inducing sleep.

CONCLUSIONS

Overall assessment of treatment shown a significant improvement in seminal parameters, especially total sperm count and its motility. Ayurveda has got a very important role and scope for treating such present

conditions. As explained in our classical texts shukra dhatu is of the saptadhatu. It is one of the main component of reproductive system. Its primary function is garbhadhana as explained by acharya charak. Shukra dhatu is formed from Sneha of majja dhatu (bone marrow). Acharya Charak also referred it as Beja, Retasa, Veerya, Punsatvam, Majjarasa. It is one of the factors responsible for the basic constitution of an individual (Purusha). Shukra dhatu contains four elements which are vayu, agni, Prithvi and jala. Acharya charak explained a Shuddha shukra (semen) is Snigdha (unctuous), Ghana (viscous), Pichhila (shiny), Madhura (sweet) and Avidhahi. Hence Shukra kshaya is a vyadhi in which shukra is vitiated quantitatively and qualitatively. We have administered Shaman Chikitsa which is overall Balya, Rasayan, Shukra vardhak and Garbhapradha. It showed a significant effect without any adverse side effects during the study. The outcome of this case study reveals that Shukra kshaya leading to Male Infertility can be effectively managed by Ayurvedic interventions.

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