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# Ayurvedic management of *Ksheena Shukra* w.r.t. Asthenozoospermia : A Case Study

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## ABSTRACT

A couple is considered as infertile, when they failed to have baby in one year of their marriage life, without using any of the birth control methods.<sup>[1]</sup> To conceive a child, women's egg must be combined by men's sperm, thus it will be get fertilized. A hormonal imbalance, varicocele, blockage of sperm movement, environmental factors, diet, age, bad habits etc will affect the fertility in men. Studies suggest that after 1 year of having unprotected sex, 15% of couples are unable to conceive. Asthenozoospermia is a condition, where it compromises the men's fertility by preventing the sperm from reaching and fertilizing the egg. In Ayurveda, diseases of *Shukra* are considered under *Shukra* Doshas. Ayurveda is best choice of treatment in the treatment of men's infertility. A 35 year old, men visited OPD of Panchakarma with complaint of unable to conceive with marriage history of 5 years. Semen analysis revealed that, he has reduced motility of sperms. This patient was managed with *Virechana Karma* and *Shamana* treatment for 3 months. Later after 3 months, motility in the sperms got improved. This case study reveals the importance *Shodhana* and *Shamana* in the management of *Ksheenashukra* w.r.t Asthenozoospermia.

**Key words:** Asthenozoospermia, *Ksheenashukra*, *Shukra*, Infertility, *Virechana*, *Shamana*.

## INTRODUCTION

Ayurveda explains about the importance of *Shukra Dhatu* in the *Garbhadharana*.<sup>[2]</sup> *Shukra Dushti* leads to the *Laxanas* as *Daurbalya*, *Mukhashosha*, *Pandutava*, and *Klibata* described in classics. Fruitfulness of *Shodhana Karma* are - it results in disease cure, restoration of normal health, the sense faculties and mind become clear; strength gain, plumpness, offspring and virility.<sup>[3]</sup> *Shodhana* procedure helps to

increase *Shukra* both qualitatively and quantitatively.<sup>[4]</sup> Among men with Asthenozoospermia, 31% were found to have high levels of DNA fragmentation. As reviewed by Wright et al.,<sup>[5]</sup> high levels of DNA fragmentation have been shown to be a robust indicator of male infertility. Other reasons for Asthenozoospermia are Necrozoospermia, Structural tail abnormality Ultrastructural defects, stumpy tail, absence of dynein arms, mitochondrial abnormality etc. Asthenozoospermia continues to pose a major therapeutic challenge since modern medical or surgical therapy are of no significant benefit. Hence, there is a significant need of Ayurvedic line of management in treating this condition. In Ayurveda, *Vajeekarna* is a specialised branch, which has been told for the amplification of sexual potency, to treat the various seminal diseases and to have healthy progeny.<sup>[6]</sup> *Ksheena Shukra* enumerated under *Shukra Dushti*. Acharya Sushruta, defined *Kshina Shukra* as *Vata- Pitta* predominant condition and its treatment is *Upachaya*.<sup>[7]</sup> In present case study, a patient

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suffering from Asthenozoospermia has been treated with *Virechana* procedure followed by administration of *Shaman* drug as *Madhuka Churna*.

## MATERIALS AND METHODS

Patient came to BVVS Hospital, Panchakarma OPD. After taking full history of patient, he was advised to investigate for Semen Analysis. After the investigation and proper history taking, patient was diagnosed with *Ksheena Shukra* (Asthenozoospermia). Patient has been treated with *Shodhana* (*Virechana*) followed by *Shaman Chikitsa* for 3 months. Later, he was being investigated again for Semen Analysis.

A 35-year-old male patient visited our hospital with history of failed to conceive in spite unprotected frequent intercourse even during 12 to 18th day of menstruation since last 5 years of his married life. On inquiry, his complain premature ejaculation, decreased sexual desire, general debility and fatigability. Occupationally he was a driver. Regularly he is to drive for long distances and he is to consume tobacco regularly. His diet is irregular and consuming outside food more. He was not having past medical history of tuberculosis, varicocele, mumps, orchitis, hydrocele, trauma to gonadal part or history of any other long-term debilitating disorder or life-threatening emergency; he was not having history of previous surgical intervention like vasectomy reconstruction. In present subject, motility of sperms got altered. He was advised semen analysis after proper abstinence of 3 days. Before starting medicine semen examination report revealed that sperm count 15 million/ml out of which about 25% sperms were motile and 30% sperms were sluggishly motile while 35% were non-motile. 10% sperms were abnormal. Smear showed 7-12 pus cells.

### General Examination

On Examination of patient, has no pallor with clear tongue. Patient is basically vegetarian. His appetite was good and he usually prefers salty and spicy diet. He has disturbed sleep and frequency of micturition was 8-10 times in day time and around 2 times in

night time. His bowels habits are irregular with complain of mild constipation.

**Investigations:** Semen Analysis.

**Diagnosis:** *Ksheena Shukra* (Asthenozoospermia)

**Treatment Plan:** *Shodhana* followed by *Shamana* Treatment.

*Deepana* and *Pachana* were done with *Chitrakadi Vati*,<sup>[8]</sup> 500mg 1tab thrice daily with *Ushna Jala* as *Anupana*, before the meal for 5 days before the *Snehapana*. *Snehapana* was given with *Shatavari Gritha*<sup>[9]</sup> for 5 days as 30ml on 1<sup>st</sup> day, 50ml on 2<sup>nd</sup> day, 80ml on 3<sup>rd</sup> day, 100ml on 4<sup>th</sup> day and on 5<sup>th</sup> day 120ml. After this, *Samyak Snigdha Laxana* was achieved. Later for three days, *Sarvanga Abhyanga* was done with *Ksheera Bala Taila*.<sup>[10]</sup> Next day *Virechana* was done with *Trivritta Avalehya* 80gms with *Sahapana* as *Dugdha* 200ml and *Anupana* as *Ushna Jala*. Patient had totally 29 Vegas, thus *Pravara* type of *Shudhdhi* was seen. After this, *Sansarjan Karma* was advised for 7 days. From 8<sup>th</sup> day onwards, patient had been given with *Shamana* medicine *Madhuka Choorna*, 1 *Karsha*(12gms) with 1-1 *Karsha* of *Madhu* and *Gritha* 3 months.<sup>[11,12]</sup>

After *Samsrjana Karma*, patient has asked to take *Pathya* Aharas like *Dugdha*, *Navneeta*, *Ghritha* etc. and to follow *Viharas* like proper *Nidra*, *Vyayam*, *Vega Adharana* etc. Patient asked to avoid *Apathyas* like *Ati Sevana* of *Katu*, *Tikta*, *Lavan Rasa Sevana*, *Guru-Virudha Bhojan*, Ice cream, Cold drink, Bread, biscuit, Alcohol, Tobacco, Tea and Coffee. *Viharas* like *Ati Maithuna*, *Shukra Vega Dharan*, Fasting, Stress and strain etc.

Three months after the course of *Shodhana* and *Shamana* treatment, Semen Analysis has been repeated. The results were found as follows,

### Examination of Seminal Fluid

Physical Examination	Before Treatment	After Treatment
Quantity	2.00ml	2.00ml
Liquefaction	Within 10 min	Within 10 min

Reaction (pH)	Alkaline	Alkaline
Viscosity	Viscid	Viscid
<b>Microscopic Examination</b>		
Total sperm count:	38 mill/ml	51mill/ml
<b>Sperm Motility</b>		
Actively Motile	25%	50%
Sluggishly Motile	30%	22%
Non-Motile	35%	20%
Abnormal Forms	10%	8%
Pus Cells	7-12/HPF	2-4/HPF

## DISCUSSION

*Sushruta* said, in *Ksheenashukra*, *Vata* and *Pitta* are dominant. Because of this, *Virechana* seems to very effective line of treatment. As it removes *Dushita Doshas*, at the same it clears the *Shukravaha Srotavarodha* and stimulates *Shukradhatvagni*. The process of *Virechana* helps in eliminating free radicles, which are possibly involving in this disease. Overall, through *Shodhana* therapy *Srotho Shuddhi*, *Bala*, *Varna*, *Vrushshata* etc. are achieved. Thus, *Virechana* is beneficial in managing *Ksheena Shukra*. *Dravyas*, which increases *Shukra* are called as *Sukrakala*. These are having properties like, - *Madhura Rasatmaka*, *Snigdha* and *Guru Gunatmaka*, *Brmhanakaraka* and *Usna Veeryatmaka*.<sup>[13]</sup> *Madhuka Churna* with *Madhu* and *Gritha* has the property of *Madhura Rasa*, *Guru Gunatmaka* and *Ushna Veerya*, which may be beneficial as it has been told as *Vrishya* both by *Charaka* and *Chakradatta*. The effect of *Shamana* seems to more effective after proper *Shuddi* by *Panchakarma* therapies. So that, combined execution of *Shodhana* and *Shamana* has much fruitful then any single treatment.

## CONCLUSION

Ayurvedic prospective in treating the *Ksheena Shukra* is very clear. Initially *Doshas* are supposed to be

treated by means of *Shodhana*, which is utmost necessary for cleaning *Shukravaha Srotases*. This ignites *Shukrgni* and thus later implemented *Shamana* with *Madhuka Churna* is properly absorbed and utilised which is essential for *Shukra Poshanartha* and *Vrishya Karma*. Thus, combined therapies help in correcting the current pathology.

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