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Ayurvedic management of *Ksheena Shukra* - A Case Study

Shrinidhi Sanjay Sabnis¹, Vinaykumar Hiremath²

¹Final Year Post Graduate Scholar, Dept of Samhita Siddhant, Ayurved Mahavidyalaya & Hospital, Hubli, Karnataka, India.

²Associate Professor, Dept. of Samhita Siddhant, Ayurved Mahavidyalaya & Hospital, Hubli, Karnataka, India.

ABSTRACT

Low sperm count (oligospermia) and reduced motility of sperms (asthenospermia) is the main causes of male infertility and it can be correlated with *Shukravaha Srotas Dushti* and is a problem of global proportions. Worldwide infertility is affecting on an average 8-12% of couples. Acharya Sushrut has explained 10 types of *Shukra Dushti* which are incapable of producing a progeny. *Shukravaha Srotas Dushti* leads to *Aharsha*, *Klaibya* etc. there is no direct correlation of oligospermia but we can correlate it with *Shukra Kshaya* or *Ksheena Shukra*. A 38-year-old male who had been diagnosed as Oligoasthenospermia with low sperm count and non-motile spermatozoa with 10 years of married life and his wife with regular menstrual cycle, were treated successfully with Ayurvedic management. After *Aamapachana*, patient was administered with *YapanaBasti* along with *Apatyakar Ghrita* as *Sneha* for 30 days. There was marked improvement in the seminal parameters.

Key words: *Shukravaha Srotas Dushti*, *Ksheena Shukra*, *Male infertility*, *Yapana Basti*, *Apatyakar Ghrita*.

INTRODUCTION

Oligospermia^[1] means a condition of reduced number of sperm cell spermatozoa. Oligospermia, may also show significant abnormalities in sperm morphology and motility. According to WHO 2010 criteria sperm concentration <15 million spermatozoa per milliliter^[2] is termed as oligospermia. Except for some physical defects, low sperm count (Oligospermia) and poor sperm quality is responsible for male infertility in more than 90% of cases.^[3]

Address for correspondence:

Dr. Shrinidhi Sanjay Sabnis

Final Year Post Graduate Scholar, Dept of Samhita Siddhant, Ayurved Mahavidyalaya & Hospital, Hubli, Karnataka, India.

E-mail: shri3690@gmail.com

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Shukra is the terminal tissue element of the body which is considered as the *sara* of all other *Dhatu*s. The specific function of *Shukra* is *Garbhotpadan*.^[4] Healthy functioning of *Shukravaha Srotas* plays a vital role in maintaining the harmony and happiness in marital life. According to Charakacharya "The man alone without offspring looks like a single tree having single branch, shade less, fruitless and with foul smell".^[5]

Karma of *Shukra* is *Dhairya*, *Chyavana*, *Priti*, *Dehabala*, *Harsha* and helps in production of progeny.^[6] Charak Samhita as well as Sushrut Samhita explain about the *Shukravaha Srotas* & its *Moolasthan*.^[7,8] Acharya Sushrut has proposed the following *Shukradoshas* - *Vata*, *Pitta*, *Kapha*, *Shonit*, *Kunap*, *Granthi*, *Puti*, *Puya*, *Ksheena*, *Mutra*, *Purish*, *Retas*.^[9]

CASE STUDY

Presenting Complains

A 38 year old male pt. driver by occupation visited OPD of HASS's Ayurved Mahavidyalaya & Hospital in August 2021. He & his better half were trying for their second issue but unable to conceive despite unprotected

coitus for more than a year. Past family clinical history was non-contributory.

Local Examination & History

Development of secondary sexual characters is normal. Pt. has never suffered from any chronic medical illness, Infections (mumps, orchitis, sexually transmitted infections) and genitourinary tract infections. There was no any history of delayed ejaculation, pre-mature ejaculation, erectile dysfunction, surgical procedures involving the inguinal and scrotal areas (vasectomy, orchiectomy and herniorrhaphy), exposure to heat or radiation. The local examination did not show any anatomical abnormalities and there were no signs of inflammation, ulceration or rashes on scrotum, testes or penis.

Semen analysis conducted on 02/08/2021 indicated oligospermia (5 million/mi with 40% active motile). Through detailed history it was found that patient is a habitual tobacco chewer and consumes alcohol occasionally. He was often sleep deprived as he is a cab driver.

Investigations

Complete Blood Count

Hb - 15.9%

WBC - 8470 cells/ mm³

ESR - 10 mm/hour

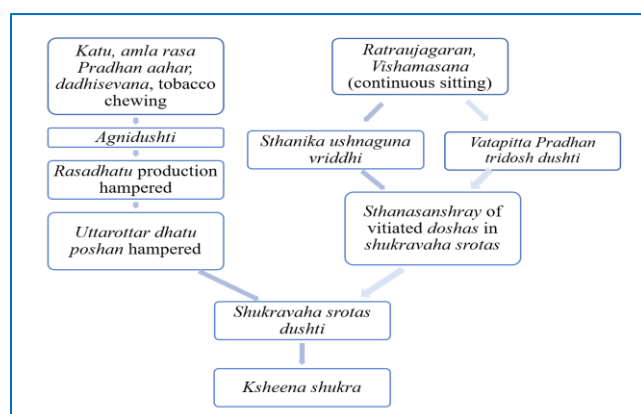
Random Blood Sugar - 102mg/dl

Semen Analysis

Total Sperm Count - 05 million /ml

Motility - 40% active motile

Samprapti



MATERIALS AND METHODS

Pachana

For *Amapachana* and *Koshtha Shodhana Haritakyadi Churna*^[10] 1tsp BD with hot water and jaggery was given for 5 days.

Abhyanga and Swedan

Sarvanga Abhyanga was done daily with *Tila Taila* and then *Bashpa Sweda* was given.

Shodhana Chikitsa

Yapana Basti^[11] was planned in *Karma Basti* schedule (30 days). In total 12 *Yapana Basti* and 18 *Anuwasana Basti* were administered. *Sneh* used in *Yapana* and *Anuwasana Basti* was *Apatyakar Ghrita*.^[12]

Shaman Chikitsa

1. Tb. Spermon 1BD
2. Half tsp *Shatawari* + half tsp *Ashwagandha Churna* with milk
3. *Vanari Kalpa* 2 tsp with milk BD

Pathya-Apathya

Patient was asked to stop the *Ratraujagrana* as well as tobacco chewing. Advised to have *Shadrasatmak Aahar* without prolonging the hunger.

RESULTS

Before treatment, the Sperm count was 05 million/ml and after treatment, it increased to 30 million/ml and after 3 months of follow-up it doubled. Actively motile % increased from 40% to 60%.

Test Name	Before Treatment [02/08/2021]	After Treatment [28/09/2021]	Follow Up after 3 months [04/01/2022]
Volume	01ml	01 ml	1.5 ml
fructose	Positive	Positive	Positive
Color	Greyish White	Pale yellow	Whitish
Reaction	Alkaline	Alkaline	Alkaline

Viscosity	Mucoid	Viscous	Viscous
Liquefaction time	< 30 minutes	< 20 minutes	< 30 minutes
Total Sperm Count	05 million / ml	30 million / ml	60 million / ml
Actively motile	40%	50%	60%
Sluggishly motile	20%	10%	20%
Non motile	40%	40%	20%

DISCUSSION

Generally, in Oligospermia the sperm count as well as its motility is found to be low. Treatment of Oligospermia should be aimed at increasing the sperm count as well as their motility. *Shukradushti* is the causative factor for the infertility. *Ksheenashukra* is a type of *Shukradushti* which can be correlated to Oligoasthenospermia. The treatment of *Ksheenashukra* mainly aims at *Shukrajanaka* and *Shukrapravartaka* in-terms of increasing the sperm count and motility by using *Vajeekarana Dravya*.

Haritakyadi Churna has *Haritaki*, *Amalaki*, *Haridra*, *Shunthi*, *Pipalli*, *Vacha*, *Vidanga* and *Saindhav*. Mainly these drugs being *Katu*, *Tikta Rasa Pradhan*, *Ushna Veerya* help to correct the *Agnidushti* as well as do *Vaata* and *Mala Anuloman*.

Drugs used in *Yapana Basti* were *Sahachar*, *Bala*, *Darbhamool*, *Sariva*, *Bruhati*, *Kantakari*, *Shatawari* and *Guduchi*. *Kalka* of *Madanphala*, *Yashtimadhu* and *Pippali* was added to the *Ksheerapaka* of above drugs. Along with the *Kalka*, *Madhu*, *Saindhav*, *Tila Taila* and *Apatyakar Ghrita* were added as *Prakshepa Dravya*. *Apatyakar Ghrita* is prepared by *Shatawari*, *Gokshur*, *Masha*, *Aatmagupta* and *Vidarikanda* along with 8 times quantity of *Godugdha*. *Sahachar*, *Bruhati* and *Kantakari* have *Katu*, *Tikta Rasas*, *Katu Vipaka* and *Ushna Veerya*. Thus, they help to regulate the vitiated *Vata* and correct its *Prakrit Gati* and *Karma*. *Kantakari* and *Bruhati* act on the actual *Shukra Dhatu* and help in its *Sravana*.^[13] *Guduchi*, *Shatawari*, *Bala* have *Rasayan*,

Brumhan and *Balya* properties respectively as well as do *Pitta Shamana*.^[14] *Sariva* having *Madhur Rasa* and *Vipaka*, *Sheeta Veerya* will pacify the *Pitta* and act on *Shukra Dhatu*.^[15] *Darbhamoola* has regeneration property.

Bala Janana effect of *Yapana Basti* is observed if it is used for a long time, i.e., in *Karma Basti* schedule. Here it improves qualities of *Dhatu* upto the formation of *Ojas* by virtue of its *Rasayana* property and strengthens the body. *Indriya Balam Param* (increases strength of sensory and motor organs), *Visham Avisham Bhavati Gatre* (removes toxins from body parts), *Medha Smriti Karam* (promotes intellect and memory) and *Jaravyadhi Prashamanam* (allays aging). *Rasayana* conduce to the replenishment of *Rasadi Dhatus*. They contribute to the integrity of *Saptadhatu*s and thus increase longevity.^[16]

Apatyakar Ghrita contains all *Vrushya* and *Shukral* drugs. *Goghrita* and *Godugdha* both are *Nityasevaniya Dravya* and *Shukravardhak*.^[17]

After completion of 30 *Basti*, patient was given oral medication for 3 months. Tab. Spermon includes drugs like *Shatawari*, *Ashwagandha*, *Aatmagupta*, *Musali*, *Talimkhana* and *Shilajatu* which are all in the category of *Vajikarana Dravya*. *Shatawari* and *Ashwagandha Churna* have *Balya*, *Vrushya* and *Rasayan* properties. *Aatmagupta Beeja* also promote the *Vridhhi* of *Shukra* due to its *Vrushya* and *Sheeta Veerya*.

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Dr. S. J. Nagatolimath Memorial Diagnostic Laboratory	
P. B. Road, Vijayanagar, HUBLI - 580 021 Ph. 0836-2277501 - 2277502 - 2277503	
OPD NO	LAB NO: 5063
Reg Date: 02/08/2021	Printed On: 02/08/2021 - 14:10:44
Patient Name: Kumar Girish	Age: 38 Yrs. Sex: Male
Ref By: Dr. Vinaykumar R Hiremath- Navanagar Hbl	
Semen Analysis	Result Normal Values
GROSS EXAMINATION:	
Collection	: 1.30
Volume	: 01 ml
Colour	: Greyish White
Appearance	: Opalescent
Self Liquefaction time	: Within 30 minutes
Viscosity	: Mucoid
CHEMICAL EXAMINATION	
PH	: Alkaline
Fructose Test	: Present
Active Motile	: 40 %
Nonmotile	: 40 %
Sluggish Motile	: 20 %
Total Sperm Count	: 05 millions/ml >15 millions/ml)
Impression	: OLIGOSPERMIA
Report Entered By: <i>Dr. Vinay</i>	Pathologist
	Biochemist

SUSHRUTA MULTISPECIALITY HOSPITAL & RESEARCH CENTRE
 ಸುಶ್ರುತ ಬಹುತಜ್ಜ ಆಸ್ಪತ್ರೆ ಮತ್ತು ಸಂಶೋಧನಾ ಕೇಂದ್ರ
Dr. S J Nagalotimath Memorial Diagnostic Laboratory
 P.B Road, Vidyannagar, HUBLI - 580 021 Ph :0836-2277501 - 2277502 - 2277503

OPD NO : LAB NO: 5063
 Reg Date : 02/08/2021 Printed On: 02/08/2021 - 14:10:41
 Patient Name : Kumar Udupdi Age : 38 Yrs Sex : Male
 Ref by : Dr. Vinaykumar R Hiremath- Navanagar Hbl

Result	Normal Values
COMPLETE BLOOD COUNT	
Haemoglobin : 15.9	M 14.0 - 17.0 gm/dl F 12.0 - 16.0
W.B.C Count : 8,470	4000 - 11000 Cells/ cumm
DIFFERENTIAL COUNT	
Neutrophils : 72	40 - 75 %
Lymphocytes : 19	20 - 45 %
Eosinophils : 02	01 - 06 %
Monocytes : 07	2 - 10 %
Basophils : 00	0 - 1 %
E.S.R : 10	0 - 15 mm/hr
Random Blood Sugar : 102	80 - 140 mg/dl

Report Entered By: *Maana* Pathologist Biochemist

Sushruta Multispeciality Hospital & Research Center Pvt. Ltd.
 P.B ROAD, VIDYANNAGAR, HUBLI 580021
 Phone 1: 0836-2277500 | Phone 2: 0836 - 2277500 | Email: sushruta_hospital@rediffmail.com

Laboratory Report Sample No : 6463

UH ID : 165048
 Name : KUMAR MALLAPPA UDDUPUDI
 Gender/Age : M/35Y
 Referred By : DR.VINAYAKUMAR HIREMATH

OP/IP : 4199/O
 Order Date & Time : 04/01/2022 02:09 PM
 Sample Date & Time : 04/01/2022 02:09 PM
 Approve Date & Time : 04/01/2022 04:15 PM
 Print Date & Time : 04/01/2022 04:15 PM

Test Name	Result	Unit	Normal Range
Random Blood Glucose	115.8	mg/dl	>=200 : PROVISIONAL DIAGNOSIS OF DIABETES

Test Name	Result	Unit	Normal Range
SEMEN ANALYSIS(Provisional)			
PHYSICAL			
Time of Collection	2:30 pm		
Time of Examination	3:30 pm		
Method of Collection	Self Manipulation		
Liquefaction	Within 30 min		15-20 Minutes
Quantity	1.5 ml		
Colour	Whitish		
Viscosity	Viscous		
CHEMICAL			
Reaction	Alkaline		
Fructose	POSITIVE		
MICROSCOPIC			
Total Sperm Count	60	mill/ml	N : 60 - 150
Motility - Actively Motile	60	%	
Motility - Silugishly Motile	20	%	
Motility - Non Motile	20	%	
Abnormal Forms		%	
Others			
W.B.C. (Pus Cells)	Absent	/hpf	0-5
RBCs			
Epithelial Cells	Absent	/hpf	
Remark :	NORMAL STUDY		

LAB Technician: *Dr. Anand Desai* End Of Report

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 P.B ROAD, VIDYANNAGAR, HUBLI 580021
 Phone 1: 0836-2277500 | Phone 2: 0836 - 2277500 | Email: sushruta_hospital@rediffmail.com

Laboratory Report Sample No : 1882

UH ID : 165048
 Name : Kumar Mallappa Udupudi
 Gender/Age : M/35Y
 Referred By : DR. VINAYAKUMAR HIREMATH

OP/IP : 4199/O
 Order Date & Time : 28/09/2021 11:50 AM
 Sample Date & Time : 28/09/2021 11:50 AM
 Approve Date & Time : 30/11/2021 12:00 AM
 Print Date & Time : 28/09/2021 12:33 PM

Test Name	Result	Unit	Normal Range
SEMEN ANALYSIS(Provisional)			
PHYSICAL			
Time of Collection	11:50		
Time of Examination	12:30		
Method of Collection	Self Manipulation		
Liquefaction	Within 20 min		15-20 Minutes
Quantity	1.0 ml		
Colour	Pale Yellow		
Viscosity	Viscous		
CHEMICAL			
Reaction	Alkaline		
Fructose	POSITIVE		
MICROSCOPIC			
Total Sperm Count	30	mill/ml	N : 60 - 150
Motility - Actively Motile	50	%	
Motility - Silugishly Motile	10	%	
Motility - Non Motile	40	%	
Abnormal Forms		%	
Others			
W.B.C. (Pus Cells)	Absent	/hpf	0-5
RBCs			
Epithelial Cells	Absent	/hpf	
Remark :	NORMAL STUDY		

End Of Report: *Dr. Anand Desai*

CONCLUSION

Ayurvedic medicine deals with infertility by *Shodhana* i.e., detoxification. It focuses on all aspects like *Aahar*, *Vihara* that play an important role in manifestation of any pathology. In the present case we applied Ayurvedic principles in treating *Shukradushti*. We found that after completion of the proper treatment based on Ayurvedic principles and changes in diet and daily regimen there was significant improvement in semen parameters such as sperm count and motility of sperms. Due to improved status of *Dhatu*s and as well as the action of ingredients showed increased sexual desire, duration of coitus, getting an orgasm or sexual satisfaction along with increased sperm count and motility.

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