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Study the *Vrushya* effect of *Bastand Ksheer Basti* in *Ksheena Shukra* with special reference to Male Infertility

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ABSTRACT

Male infertility which has substantial 76.7% increase in the last decade in India. The affected area of this problem has no bar irrespective of metro cities as well as small town population. Due to dietary and lifestyle changes in modern era, cases of male infertility are rising. *Ayurved* mentions various causes of *Shukradushti* which leads to *Vandhyatva*. This study was an approach for practical application of *Samanya-Vishesh Siddhant* in male infertility. Testicles of goat were used for preparation of *Siddha Ksheer* for *Yapan Basti*. *Basti Karma* plays a major role in *Ksheen Shukrajanya Avastha*. This study mainly focuses on *Shukrajanan* effect; hence all the patients were previously treated by *Shodhan Chikitsa* for *Shukrashuddhi* before the administration of *Bastand Ksheer Basti*. This study was performed on 5 patients with age ranging in between 20-40 years. Sperm count below 15 million/ml with primary infertility with *Pratyatmaka Lakshana* of *Kshinashukra*. Patients were given above *Basti* regimen for 8 days. *Bastand Ksheer Basti* was prepared and administered. **Findings:** All Five patients have shown significant effect on objective pathological parameters of semen analysis. Two patients got successfully treated for infertility and are presently under Gynecological observation for their partner's ANC. There is a wide scope of using this simple *Samanya-Vishesh Siddhant* and *Shukradushti Chikitsa* in male infertility.

Key words: Male infertility, *Bastand Ksheer Basti*, sperm count, Panchkarma

INTRODUCTION

Sushruta (Father of Indian surgery) mentions four important factors essential for fertility in a human being, i.e. *Ritu* (reproductive period), *Kshetram* (female reproductive tract), *Ambu* (nutritional factors), and *Beejam* (sperm and ovum).^[1] Here well-being of all four factors not only essential for fertility but also for *Supraja* - healthy progeny. But even after so many advancements in medical innovations, one in every four couples in developing countries is affected by

infertility and out of the fertile couples also, the delayed fertility or chances of unhealthy progeny are the hidden problems which showcases somewhere due to *Beeja Dushti* (improper Sperm or ovum).

Amongst these barriers in healthy progeny, Male infertility number is substantially increased in last decade by 76% in India.^[2] Reason for the same maybe due to increased availability for testing, documentation and awareness that, Male can also be Infertile. Among this issue, major concern which causes male infertility is oligospermia - which resembles *Ksheena-Shukra* as per Ayurvedic literature. There are multiple options while searching for treatment of the same, *Aahar*, *Aushadh*, *Basti Chikitsa*.

Basti Chikitsa is a type of *Panchkarma* (procedure based treatment) which plays very important role in treatment. *Basti* is a procedure in which medicine prepared in different formulations is given through anal canal and which travels upto *Pakvashay* and either eliminates *Utkleshit Doshas* or nourishes the *Dhatu* which with-holds the Body. In *Ksheena-Shukra* - *Ayurved* has *Yapana Basti* as a treatment. *Yapana Basti*

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is mainly indicated for nourishment of components of the body. While thinking about *Shukra-Janana* (increase in sperm count). Here *Samanya Vishesh Siddhant* comes to the rescue. *Siddhant* based on the qualities of substances which either increases or decrease quality and quantity of *Dravya, Guna* and *Karma*.^[2]

Thus with this understanding, Testicles of Goat (*Dravya Samanya*) was used for *Yapan Basti* for *Shukrajanana* in primary infertility for the present study.

AIM

To study the *Vrushya* effect of *Bastand Ksheer Basti*.

OBJECTIVE

To study effect of *Bastand Ksheer Basti* on Sperm count, Sperm motility, Concentration and viability before and after the treatment.

MATERIALS AND METHODS

Consecutive incidental sampling study (Case Series)

Patients included - Number of patients - 5

Age - 20-35 years, male

Oligospermia (Sperm count below 15 million/ml)

Primary infertility

Intervention - *Bastand Ksheer Basti*

Materials required

1. For *Basti* procedure

Tila Taila, Nadiswedan Yantra, syringe or enema pot, rubber catheter

2. For Preparation of *Basti Drava*

(*Ashwagandha + Kanchbeej + Devdar + Bala + Guduchi*) for decoction.

Goat testicles - 1 pair (60-70 gms approx.) for each *Basti Pranidhan*.

Cow milk (*Godugdha* 150 ml) per administration

Water - around 600 ml.

Method of preparation of *Basti Drava*

Step 1 - *Dravya* for decoction 30 gms + *Bastand* (testicles of goat - after cleaning) added in 600 ml of water and *Siddha* decoction prepared - 150 ml

Step 2 - *Ksheer-Kashay* method - 150 ml above decoction + 150 ml Cow Milk

Boiled until 150 ml remains = 150 ml dose of each *Basti* administration



Figure 1: Bastand Siddha Ksheer Kashay (For Basti)

SOP of *Basti* - *Basti* administered followed by *Sthanik Snehan* and *Swedan* as per routine method. After that, *Bastand Ksheer Basti* was administered in left lateral position

Total Duration - 8 days

Table 1: Case Report and General Observation

Case Report	Patient 1		Patient 2		Patient 3		Patient 4		Patient 5	
	BT	AT	BT	AT	BT	AT	BT	AT	BT	AT
Age (in years)	31		32		30		35		29	
Occupation	Business		Trading		Labour		Chemical engineer		IT job	
Primary infertility since (in years)	4.5		6		3		8		3	
Mean of <i>Basti Dravya</i> Retention time	1.5 hours		2 hours		40 mins		30 mins		3 hours	
Semen analysis reports										
Sperm concentration (Millions/ml)	8 mil/ml	60 mil/ml	4 mil/ml	12 mil/ml	12 mil/ml	18 mil/ml	8 mil/ml	16 mil/ml	12 mil/ml	40 mil/ml

Viability	50%	50%	60%	60%	68%	60%	50%	50%	45%	45%
Motility	50%	50%	40%	40%	64%	50%	33%	33%	40%	40%

OBSERVATION

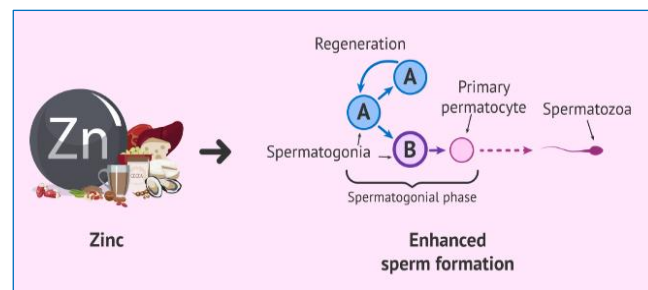
After administration of *Basti*, Mean of retention time of *Basti Dravya* was recorded as per table 1. Time required for each procedure was hardly 15 minutes per day for every patient. Testicles of Goat were available at local vendor and were not much expensive. *Basti* was administered by dripping method (using gravity) which improved retention time of *Basti Drava*. As the dose of *Basti* was 150ml, any specific precautions were not required during the study duration. None of the five subjects faced any adverse effects during or after administration of *Basti*.

This study was mainly aimed to see the effect of *Bastand Ksheer Basti* on Sperm count, Sperm motility, concentration and viability but other factors of semen analysis was also analyzed. As mentioned in Table 1, sperm count and concentration in all five subjects were significantly improved with lowest of them measuring about 12 million/ml after the trial. Although Motility, viability, pH morphology remains unchanged.

DISCUSSION

1. Simplified *Samanya-Vishesh Siddhant*^[3] - The specific *Gunas* and *Karmas* of *Dravyas* which either increases or decrease quality and quantity of *Dravya*, *Guna* and *Karma*. Therefore, *Dravya* (food and medicines, etc.), *Guna* (small, large, hot, cold and dry, etc. properties of *Dravya*) and *Karma* (exercise, meditation, Yoga, swimming, sleeping and massage, etc.) helps to maintain equilibrium of *Dosha*, *Dhatu*, *Mala* and *Agni*. Previously *Gunasamanya* (*Madhura*, *Sheeta*, *Snigdha*, *Picchila*, *Guru Guna Dravya* i.e., *Gunas* which increases *Shukradhatu*) concept is routinely practiced for *Shukra-Janana* in oligospermia patients. But, here effort was made to implement *Dravya-Samanya* - testicles of goat for *Shukra-Janana*.
2. Theory of zinc for spermatogenesis^[5] - Zn is assembled in the testis during early

spermatogenesis and may play a main role in the adjustment of the spermatogonial reproduction and in the meiosis of germ cells. Mostly, Zn assembles in germ cells and its concentration in testis increments during spermatogenesis. That's why Zn is not detectable in either interstitial tissue or sterol cells and that a Zn deficiency impedes spermatogenesis.



3. *Basti Chikitsa* for *Shukra-Janana* – (Spermatogenesis and Sperm Growth) - Further study has to be carried out to see the further scope of *Basti Chikitsa* in *Shukravaha Strotodushti*. From the above case series, it was seen that *Basti Chikitsa* has *Aashukari* action which can be beneficial for good quality and quantity of sperm. As we already know the recent technical advancements for fertility practice, *Basti Chikitsa* should definitely help for tackling *Beeja-Dushti* and also quantitatively increase the count and concentration.

Declaration of patient consent

The authors certify that they have obtained all appropriate patient consent forms. In the form, the patient(s) has/ have given his/ her/ their consent for their clinical information to be reported in the journal. The patients understand that their names and initials will not be published and due efforts will be made to conceal their identity, but anonymity cannot be guaranteed.

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