



## A CONVENTIONAL APPROACH TO SHUKRAKSHAYA MANAGEMENT WITH MUSTADIYAPANA BASTI W.S.R TO OLIGOZOOSPERMIA - A CASE REPORT

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### ABSTRACT

Background: Infertility is the failure to achieve conception by a couple having regular coitus for more than one year. Infertility is presently the disease that will afflict 8 to 12% of the world's population. While treating infertility, a male factor is equally important while investigating fertility profile Oligozoospermia is defined as having a sperm count of less than 15million in 1 ml of semen which is one of the main causes of infertility. Asthenospermia is termed as reduced motility of sperms. *Shukrakshay* is the depletion of *Garbhotpadak shukra dhatu* which can be correlated to Oligozoospermia. *Yapan Basti* is well-known in *Ayurveda* for its *balya* effect, which enhances the *Sharir dhatu*. *Mustadiyapana basti* is described in *Charak Samhita*, *Siddhisthan* which is *Rasayanbasti* causing *Shukra-Mansa-Baljanan*. The strength of *Shukradhatu* (sperm) can be restored by *Yapan Basti*, and occurrences of oligozoospermia will subsequently fix themselves. In order to establish and validate the significance of *Yapan basti* as it is described in *Ayurveda* with regard to oligozoospermia, we are performing *basti karma*. A case report of a 41-year-old male anxious to conceive for 10 years with semen analysis report showed a volume of 2ml, a sperm count of 1 million/ml with progressive motility of 1%, pus cells 18-20/hpf, normal viscosity and liquefaction time. With 3 months of *Ayurvedic* medicines and *Mustadiyapan basti* significant improvement was seen in seminal parameters like sperm count of 15 million/ml with progressive motility of 62%.

**Objective:** To assess the effectiveness of the *MustadiYapan Basti* on sperm count, sperm motility, and semen volume by *Mustadiyapana basti* that is ease to perform and cost-effective.

**Methodology:** *Mustadiyapana basti* was administered for 8 days in one month and 3 cycles of *basti* for the duration of a total of 3 months were given. **Results:** Results were drawn from the observations of objective parameters that defined an excellent increase in sperm count along with the motility of sperm.

**Conclusion:** *MustadiYapan Basti* is effective in oligozoospermia.

**Keywords:** *Shukrakshay, Shukra dhatu, Oligozoospermia, Mustadi Yapanbasti.*

## INTRODUCTION

Failure to conceive after more than a year of regular coitus is known as infertility<sup>[1]</sup>. Investigating the fertility profile is just as important as treating infertility while taking into account the male factor. One of the main causes of infertility is Oligozoospermia, which is defined as having less than 15 million sperm in one millilitre of semen. Sperm motility is said to be impaired in Asthenospermia. There are numerous synonyms for *Shukra* in *Ayurvedic* classics, including *Retas, Virya, Tej, Beeja, and Indriyam*<sup>[2]</sup>. All the synonyms represent the same, i.e., *Shukra dhatu*. Two forms of *Shukra dhatu*—*Sarv sharirgat shukra* and *Garbhotpadak shukra*—have been discussed in *Ayurveda*. *Sarva sharir gata* occupies the entire body and may be assessed by *Shukra Saara Parikshana*. *Garbhotpadaka Shukra* emerges from the body during sexual activity and has the quality and capacity to reproduce.

“गर्भोत्पादः श्रेष्ठ कर्म शुक्रस्य।” अ.ह.सू.११/४  
*Shukrakshay*, which is associated with oligospermia, is the depletion of the *Garbhotpadaka Shukra dhatu*. *Basti* specifically works in the *Apan* region, where it is capable of managing and treating the vitiated state of *dosha* from this location. The significance of *Basti* in Oligozoospermia is explained in numerous *Ayurvedic* literature

*Ayurveda* indicates *Basti chikitsa* is helpful in *Ksheenshukra*, which is oligozoospermia. *Niruha basti's* alternate name is described as *Yapana Basti* by *Sushrutacharya*<sup>[3]</sup>. *Yapanbasti's* value as *Shukra-Mansa-bala-pradhana* is eloquently explained by *Charakacharya* when discussing its significance. *Ksheenshukra* is one of the *Shukradushti* explained by *Acharya Sushrut*. The combination of *Vata dosha* and

*Pitta Dosha* vitiates the body and disturbs the regular qualities and quantities of *Shukra Dhatu* leading to *Ksheenshukra*. Since *Dushta retas* directly affect *Shukra* through *Shukrajanana*. In the *Charak Samhita, Siddhistan, Acharya Charaka* has mentioned *Mustadiyapana basti*<sup>[4]</sup> as a *Rasayanbasti* that results in *shukra-mansa-baljanan*. To learn more about *Mustadi Yapan Basti's* function in Oligozoospermia, this study will make an effort by analyzing the effectiveness of sperm count, sperm motility, semen volume, and semen PH.

### Case Report:

A couple with a chief complaint of inability to conceive for 10 years came to Streeroga and Prasuti tantra OPD of DR.G.D. POL Foundation Y.M.T. Ayurvedic Medical college & Hospital Kharghar, Navi Mumbai They were married for 11 years. Both male and female factors were investigated., Female spouse had normal USG pelvis and hormone test results, consistent ovulatory menstrual cycles, and bilateral patent fallopian tubes. Male companion, 41years of age had a normal USG of the pelvis and scrotum but semen analysis dated 12/05/22 showed a volume of 2ml, sperm count of 1 million/ml with progressive motility of 1%, pus cells 18-20/hpf, normal viscosity and liquefaction time. The patient had no prior surgical or medical history. The patient had no issues with erections, orgasms, or ejaculation. Moreover, the patient had no prior history of infections (mumps, STDs, orchitis).

**Physical Examination:** Built – Moderate

Nutrition – satisfactory

Pallor / Icterus – Nil

General and Systemic evaluation revealed normal.

**Personal history:** Diet – Mixed, Appetite – Normal, Micturition – Normal, Bowel – Normal, Allergy – Nil, Addiction – Occasionally alcohol.

**Genitourinary Examination:**

**Local Examination-** Bilaterally descended testes of normal size, no varicocele detected.

**Investigations :**

- **USG** – Pelvis – Urinary bladder normal, Prostate normal in size measuring 3.1\*3.0\*2.8 cm vol – 14cc., Both seminal vesicles appear normal in size and echotexture.
- **USG** – Scrotum - Both tests are normal in size, and shape and show smooth margins with homogenous

echotexture. Normal vascularity is seen in the Doppler study.

Right testis – 4.4\*2.8\*1.9 cm vol – 13.2cc

Left testis – 4.5\*2.9\*2.0 cm vol 14.1 cc.

Both scrotal sac and spermatic cords appear normal. Each epididymis appears normal in size, echotexture, and vascularity.

**Haematological investigations:**

CBC: Hb – 16.7 gm%,

WBC – 8400/cumm

Platelet – 2.77 lakhs/cumm

BSL – F- 93.6 mg/dl PP – 125.3 mg/dl

HbA1C – 5.8 %

**Semen Analysis – 12/05/2022**

Volume	2ml
Colour	Gray
Viscosity	Viscous
Liquification time	Within 30 mins
pH	Alkaline
Fructose	Positive
Sperm count	1 million/ml
Sperm motility –	
Progressive	01%
Non – progressive	14%
Immotile	85%
Pus cells	18-20/hpf

**Materials and Methods:**

**Study Setting:** The study was conducted at G. D. POL Foundation Y.M.T. Ayurvedic Medical college & Hospital Kharghar, Navi Mumbai.

**Screening Parameters:** Semen Analysis

Primary Outcomes: We observed the impact of MustadiYapanbasti on total sperm count, sperm

motility and semen volume, abnormal sperm. Information is communicated as a standard mistake of a mean 5% level of noteworthiness. It is hypothesized that Mustadi Yapanbasti is more effective in cases of Oligozoospermia.

**Table 1. Materials of Mustadi Yapanbasti**

Ingredients of Basti	Quantity
Musta Siddha Ksheer (Musta, Ushir, Bala, Aragvadha, Kutaki, Trayamana, Punarnava, Bibhitak, Guduchi, Laghupanchamul)	500ml
Kalka (Yashti, Sauf, Yandrayav, Rasanjan, Priyangu.)	30gm
Madhu	50gm
Saindhav	10gm
Ghrita	30ml
Mansaras	100ml
<b>Total</b>	<b>720ml</b>

## Methodology:

### A) Abhyantar Chikitsa (Internal medication)-

1. Vrushya Ghrit 10ml BD before food with warm water for 3 months.
2. Cap Rejuspermin 1 tab TDS after food with water for 3 months.

### B) Panchakarma –

- Materials required for undergoing Basti treatment include a syringe or enema bag, Tilataila, Dashamoola qwath for swedan, Swedan yantra, towels, stove, freshly prepared Mustadi Yapanbasti.

#### • Purva Karma (Pre- Procedure):

1. Informed consent in writing.
2. The entire procedure was explained to the patient.
3. The patient is allowed to eat according to the basti type which will be administered.
4. The patient is made to get on to the dhroni and is given snehan with til tail and mild sudation is done with dashmoola kwath.

#### • Pradhan Karma (Procedure):

1. The patient is made to lie comfortably in the left lateral position with his left leg extended or

stretched out and right leg folded in front and the left hand kept beneath the head.

2. The anal region is well lubricated with Tila taila.
3. A very soft simple rubber catheter is inserted in the anus.
4. Mustadiyapanabasti fluid is put into the rectum by a syringe enema pot that is attached to a rubber catheter.

- Day 1 – Anuvasanbasti with Sahachar tail 100ml.

- Day 2 to Day 7 – Mustadi Yapan Basti

- Day 8 - Anuvasanbasti with Sahachar tail 100ml.

As Mustadiyapana basti is a type of Niruh basti hence on Day 1 & Day 8 Anuvasan basti was administered.

#### • Paschat karma (After procedure):

1. The patient was advised to sleep in the prone position for 20 mins.
2. Tapping of the hips and thighs was done.
3. He was instructed that maximum time basti is to be retained and to avoid the use of the washroom as soon as the procedure is concluded.
4. The patient instructed to strictly follow the diet

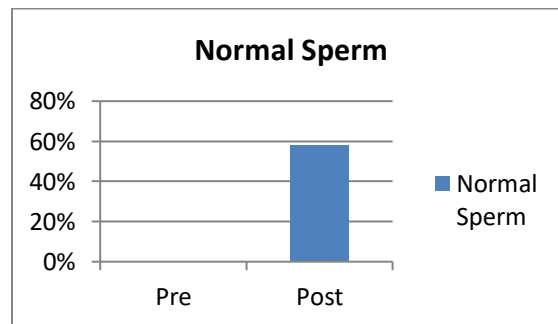
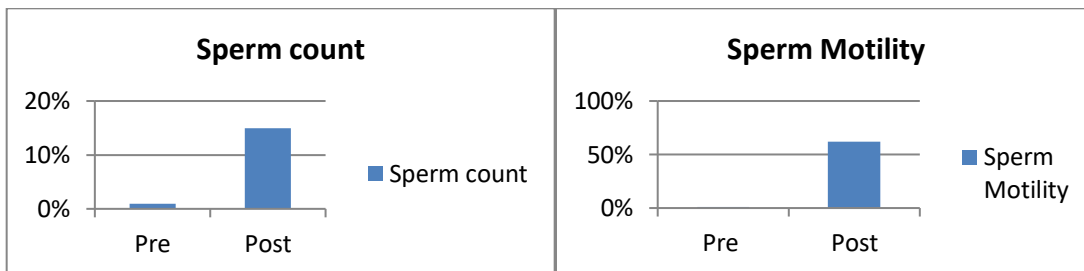
### Contents of Mustadiyapana basti:

Sr no.	Name	Latin name	Rasa	Vipaka	Virya	Doshaghnta
1	Musta	Cyperus rotundus	Tikta, Katu, Kshay	Katu	Shit	Kapha pitta
2	Ushir	Andropogon muricate	Tikta, Madhur	Katu	Shit	Vata pitta
3	Bala	Sida cordifolia	Madhur	Madhur	Shit	Vata pitta
4	Argwadha	Cassia fistula	Madhur	Madhur	Shit	Vata pitta
5	Rasna	Pluchea lanceolata	Tikta	Katu	Ushna	Vata
6	Manjistha	Rubia cordifloia	Tikta, Madhur, Kshay	Katu	Ushna	Kapha pitta
7	Katurohini	Picrorhizakurroa	Tikta	Katu	Shit	Kapha pitta
8	Trayamana	Gentiana kurro	Tikta	Katu	Ushna	Vatakapha
9	Punarnava	Boerhaviadiffusa	Madhur, Tikta, Kshay	Madhur	Ushna	Tridosha
10	Bibhitak	Terminalia belerica	Kshay	Madhur	Ushna	Tridosha
11	Guduchi	Tinospora cordifolia	Tikta, Kshay	Madhur	Ushna	Tridosha
12	Shalaparni	Desmodium gangeticum	Madhur, Tikta	Madhur	Ushna	Tridosha
13	Prushniparmni	Uraria picta	Madhur, Tikta	Madhur	Ushna	Tridosha
14	Bruhati	Solanum indicum	Katu, Tikta	Katu	Ushna	Kapha vata
15	Kantakari	Solanum xanthocarpum	Tikta, Katu	Katu	Ushna	Kapha vata
16	Gokshur	Tribulus terrestris	Madhur	Madhur	Shit	Vata pitta
17	Madanphal	Randia spinosa	Kshay, Madhur, Tikta	Katu	Ushna	Vatakapha
18	Sauf	Foeniculum vulgare	Madhur, Katu, Tikta	Madhur	Shit	Vata pitta

19	Yashtimadhu	Glycyrrhiza glabra	Madhur	Madhur	Shit	Vata pitta
20	Kutaj	Holarrhenaantidysentrica	Tikta, Kshay	Katu	Shit	Kapha pitta
21	Rasanjan	Berberis aristata	Tikta, Kshay	Katu	Ushna	Kapha pitta
22	Priyangu	Callicarpa macrophylla	Madhur, Kshay, Tikta	Katu	Shit	Tridosha
23	Saindhav		Lavana	Madhur	Shit	Tridosha
24	Mansaras		Madhur			
25	Godugdha		Madhur	Madhur	Shit	Vata pitta

**Observation table and graph based on reports :**

Parameters	Before treatment	After Treatment
Volume	2ml	3ml
Colour	Gray	Gray
Viscosity	Viscous	Viscous
Liquification time	Within 30 mins	Within 30 mins
pH	Alkaline	Alkaline
Fructose	Positive	Positive
Sperm count	1 million/ml	15 million/ml
Sperm motility – Progressive	01%	62%
Non – progressive	14%	8%
Immotile	85%	30%
Pus cells	18-20/hpf	6-8/hpf



**Result:** Remarkable increase in sperm count of 15 million and motility of 62% was achieved after successful treatment of Ayurvedic oral medications and Mustadiyapana basti for 3 months.

## DISCUSSION

The management of *Shukrakshaya* i.e oligozoospermia is to treat low sperm count and motility. *Acharyas* have explicitly explained *Basti Chikitsa* for *Shukrakshaya*.

Mode of action of *Mustadiyapanabasti*:

*Mustadiyapana basti* is mainly *Vata- Pitta dosha shamak*. The contents of *Mustadiyapana basti* include *Kutaki, Aragwadha, Trayaman, Musta, Sauf* are *Koshtashudhikar, Mrudurechak, Guru, Madhur, and Sheeta* in nature. *Bala, Yashtimadhu, Priyangu* are *Dhatupushtikar* and *Prajasthapan*. *Guduchi* has property of the *Rasayan* and *Balya*. *Ushir* is regarded as *Shukrashodhan*. *Samanya- Vishesh Siddhant* is the basic principle of *Ayurveda*. *Godugdha* used in this *basti* has *Guna samanya* properties to *Shukra Dhatu* like *Madhur, Snigdha, Sheeta, Mridu, Guru, and Manda*. Hence this causes *Shukra dhatu vardhan*. *Aja Mansa ras* has properties of *Balya, Prinan, and Dhatupushitikar*. In effect of *Mustadiyapan basti* are *Balya, Vrushya, and Rasayan*. It helps to regulate the vitiated *Vata* and pacify *Prakopit Pitta* leading to its *Prakrut karma* of *Shukra janan*.

*Cap Rejuspermin* contains *Ashwagandha, Shatavari, shwet musli, Kapikacchu, Vasa, Bala, Vidari, sariva, Guduchi, Shunthi, Punarnava, Shilajit, Gokshur* and *Pippali* which benches Sperm count and motility. *Vrushya Ghrut* has contents of *Vajikaran* properties hence enhancing the *shukra dhatu* formation.

## CONCLUSION

Oligozoospermia being one of the specific causes of infertility needs holistic management in today's era. According to the classic texts treatment with *Basti* is a well-established strategy for oligozoospermia. *Mustadiyapana basti* has a remarkable effect on seminal parameters. Hence a well-established and cost-effective Ayurvedic treatment of *Mustadiyapana basti* is demonstrated for *Shukrakshaya* with special reference to Oligozoospermia.

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