

AYURVEDIC MANAGEMENT OF KSHEENA SHUKRA (OLIGOSPERMIA) LEADING TO MALE INFERTILITY: A CASE STUDY

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<https://doi.org/10.46607/iamj2912092024>

(Published Online: September 2024)

Open Access

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Article Received: 08/07/2024 - Peer Reviewed: 29/07/2024 - Accepted for Publication: 14/08/2024.



ABSTRACT

As per the World Health Organization (WHO) report in India, the overall prevalence of primary infertility ranges between 3.9 and 16.8%. A recent report on the status of infertility states that 50% of it is related to productive anomalies or disorders in males. In comparison, 90% of male infertility problems are related to Oligospermia and other abnormalities in semen analysis. As per *Ayurveda*, Oligospermia can be considered as *Ksheena Shukra* (Oligospermia). Surgery, Hormone treatments, medications and Assisted Reproductive Technology (ART) are the main lines of treatment in Conventional medicine, but these are associated with many unwanted and severe adverse effects. The present case discussion is about effectively managing a case diagnosed as *Ksheena Shukra* with *Ayurvedic* intervention. This case report aims to evaluate the effect of *Ayurvedic* treatment in managing *Ksheena Shukra*. In this case study, *Shodhana* (Purificatory Therapy) procedures {especially *Virechana Karma* (Purgation) and *Vasti*(Enema)} were performed before administering *Rasayana* (Rejuvenation) drugs; the pre- and post-semen analysis during the treatment period shows a marked increase in sperm count and motility. The outcome of this case reveals that *Ayurvedic* treatments can effectively manage the Oligospermia associated with male infertility.

Keywords: *Ksheena Shukra*, Oligospermia, Case Report, *Shodhana*, *Rasayana*, *Vajikarana*,

INTRODUCTION

Failure to conceive is known as infertility⁽¹⁾. Millions of persons who are in reproductive age are affected with this problem globally. Infertility is a problem of global presentation with 8-10% of couples worldwide. One of the divisions of Ayurveda known as *Vajikarana Chikista* (Aphrodisiac) details as for the methods to increase semen quality and quantity if it is insufficient. A disorder called Oligospermia is defined as having lesser Sperm count. Oligospermia is defined by WHO as having less than 15 million Sperm per ml⁽²⁾. In more than 90% of cases male infertility is caused by low sperm quantity and poor sperm quality. *Shukra* is the body's final *Dhatu* (Tissue) and *Sara* (Essence) of *Sapta Dhatu's* (Seven Tissues). The primary *Karma* (Action) of *Shukra* (Semen) is *Garbothpadana* (Reproduction). The *Karma* of *Shukra* is *Dhairya*, *Chyavana Preethi*, *Harsha*, *Dehabala* and helps to produce offspring. *Charaka & Sushruths Acharya's* explain about *Shukravaha Shrothas* and its *Moolastana*.

Case Presentation

The Present case study of a patient diagnosed with *Ksheena Shukra* was used for publication as a case report, after receiving proper informed consent. A 38-year-old male patient having normal secondary sexual characters complained of infertility for past 2 years. There was no past history of major medical illness or family history of reproductive disorders. He was married for 2 years and was a teacher by profession. All the related investigations of his wife were completely normal. The Semen analysis revealed Oligospermia (2.3 million sperm/ml). At first, he approached Conventional medicine and was advised Hormone treatments, Medications and Assisted Reproductive Technology (ART). As he was cautious about the unwanted and serious adverse effects of these therapies, he refused the Conventional line of treatment and was started on Ayurvedic treatment on OPD basis.

Ayurvedic Diagnosis

In Ayurveda, terms like *Ksheena Shukra*, *Alpa Retasa*, *Kshina Retasa*, *Shukra Dosha*, *Bijopaghata* are indicating towards Oligospermia⁽³⁾.

Treatment Principles

The treatment was planned based on the Ayurvedic diagnosis as *Ksheena Shukra*. *Vajikaranatantra* is one of the branches of *Ashtanga Ayurveda* (Eight Branches), which deals with remedies for increasing the quantity of semen when the amount is scanty, methods of purification of semen when vitiated for replenishing the losses and methods of improving virility. *Vajikarana Chikista* along with *Rasayana* as explained in classics were used as the main stay of treatment in the present condition. Also, *Shodhana Karma* was done for the proper effect of *Rasayana* and *Vijikarana*⁽⁴⁾. The first 3 days *Pachana Deepana* (Digestive and Appetizer) with *Vaishwanara Churna* (5gm), followed by 5 days of *Snehapana* (Internal administration of medicated ghee) with *Tiktaka Gruta* in early morning empty stomach (1st to 5th day 30ml, 60ml, 100ml, 120 ml and 150 ml respectively). During the entire period, the patient was advised to follow strict *Pathyapathyas* (Wholesome and unwholesome diet and regimen); *Pathyas* need to be followed and *Apathyas* to be avoided. *Danvanthara taila* was recommended daily for external application on body (*Abhyanga*). *Virechana Karma* (Purgation Therapy) was done for *Vatanulomana* and to balance the *Sthanik Pitta Dosha* by oral administration of *Trivit Lehyam* 40 gm followed by *Ushna Jalapana* at morning (9 am) on an empty stomach for one day. Then, the patient was advised to follow *Samsarjana Krama* for a period of five days.

After *Samsarjana Krama* 8 days of *Yapana Basti* in the form of *Yoga Basti* is given.

Here, *Danwantara Taila* - 100 ml for *Anuvasana*

For *Niruha* – *Saindhava* – 10gms

Madhu (Honey) – 100ml

Danwantara Taila – 100ml

Tiktakagurta – 100ml

Shathapushpakalka – 25gms

Ksheerapaka of Bala, Ashwagandha, Gokshura, Kapikachu and Panchadaanya – 300ml is used.

Table No.1

A	A	N	A	N	A	N	A
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(A- Anuvasana, N – Niruha)

After proper *Shodana*, *Bhringarajasavam* 30ml twice daily after food, *Ikshuradhi Leham* 10gm in the morning, *Kapikachu Choorna* 10gm with boiled cow’s milk at bedtime were advised for 45 days. The patient was asked to repeat semen analysis.

DISCUSSION

Charaka Acharya says, ‘The man alone without offspring looks like a single tree having single branch, shadeless, fruitless and with foul smell’⁽⁵⁾. *Shukra dhatu* is one among the *Sapta Dhatu*’s mentioned in *Ayurvedic* literature, predominant in *Saumya Guna*

(Mild) and having *Shadrassa* (Six Tastes). The prime function of *Shukra* is *Garbtopadana*. *Shukra* is produced from the *Sneha* of *Majja* by the action of *Shukra Dhatwagni*. As per *Ayurveda*, 8 types of *Shukra Dushti* were explained. When *Vata* and *Pitta Dosha*’s are vitiated, quality and quantity of *Shukra* gets altered leading to *Ksheena Shukra*. *Vata* having the property of *Shoshana* (Dryness) brings about hindrance in the *Uttarottara Dhatu Parinama* leading to the depletion in *Shukra Dhatu*. *Pitta* vitiation causing *Amotpatti*, leading to improper formation of *Dhatu*, causes *Shukra Kshaya*. Oligospermia’s can be correlated with *Ksheena Shukra Dushti*.

Table 2: Semen Analysis reportR

Parameters	BT	AT
Total sperm out	2.5 million/ml	22.3million/ml
Rapid progression	10%	30%
Slow progression	10%	20%
Sluggish Motile	30%	20%
Immotile	50%	30%
Normal forms	50%	60%
Abnormal forms	50%	40%

(BT: Before treatment, AT: After treatment)



Figure 1: Report of semen Analysis Before treatment

Figure 2: Report of semen Analysis After treatment

RESULT

Semen analysis done in pre, and post treatment period showed, marked increase in total count, forward

motility of sperms as shown in the Table 2 and Figure 1 and 2. After the treatment, the couple gave positive feedback as news of pregnancy. Ayurveda has got a significant role and scope for treating the present condition. Rasayana and Vajikarana Chikista played a significant role in treatment of the Ksheena Shukra causing infertility. Vajikarana chikista and Rasayana Chikista was sought to yield a good result in the condition, especially after proper Shodhana (Virechana karma). Shukra is Saumya and Jala Mahabhuta Pradhana Dhatu; Shukra Kshaya was said to be due to increased Pitta Dosh and motility dysfunction was said to be due to vitiated Vata Dosh. Hence Virechana Karma was performed for pacifying the vitiated Vata Pitta Doshas. For Vata and Pitta

Doshas involved with Shukra Kshaya, Virechana Karma is considered as the best line of treatment. Virechana Karma also helped in Shukravaha Srotoshodhana. Yapana Basti is also Srotoshodhana, Rasayana and Balya in nature, in Ksheenashukra it pacifies vitiated Apanavata and helps to increase the Shukra. After proper Shodhana (Virechana Karma), Rasayana and Vajikarma Chikista were done to enhance the sperm count and motility. Rasayana and Vajikarana drugs have a fundamental effect at the level of Agni or digestion and metabolism. It does Srotoshodhana, vitalizing the organic metabolism and leading to an enhanced structural and functional pattern of Shukra Dhatu.

Table 3: Rationale of Treatment protocol adopted

Procedure/Drug	Rationale
Pachana Deepana with Vaishwanara Churna	Ama Pachana, Agni Deepana, Vatapittahara
Snehanpana with Tiktakaghruta	Vatapitta Shamana, Brimhana
Abgyanga with Danwantara Taila	Vatahara, Pushtikara
Virechana Karma with Trivit lehyam	Dosha Nirharana
Yapana Vasti	Shrotosodana, Balya, Rasayana
Brihatwata Chintamani with Gold	Dhatuwardhaka, Vrishya, Vajeekarana
Bringarajasavam	Vishya, Daatuwardhaka
Kapikachu Choorna with Cow's milk	Balya, Rasayana
Ikshuradhi leha	Shukravardhaka

CONCLUSION

Overall assessment of the treatment showed a significant improvement in seminal parameters, especially total sperm count and motility. The outcome of this case reveals that, Ksheena Shukra (Oligospermia) leading to Male infertility can be effectively managed with Ayurvedic intervention.

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Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Rajarama D K & Ambika N G: Ayurvedic management of Ksheena Shukra (Oligospermia) leading to male infertility: a case study. International Ayurvedic Medical Journal {online} 2024 {cited September 2024} Available from: http://www.iamj.in/posts/images/upload/1783_1786.pdf