

A CASE STUDY ON AROHANA SNEHAPANA IN KSHINA SHUKRA

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ABSTRACT

Ayurveda is a science of life, and it has taken the foremost place in the management of lifestyle disorders. In a country like India where the population is a burning problem, infertility is a much more serious problem that may become the basis of marital disharmony. The major Focus of fertility problems in the past has been the female patient but with the advancement of diagnostic technology, it was realized that males were also responsible for infertility. In general Male infertility, factors are suspected of contributing to infertility in almost 40% of infertile couples. Out of many causes of male infertility, Oligospermia is the leading cause. In the present case study, A 32-year-old male patient (Registration No 104290) had visited *Panchakarma* OPD of *S J G Ayurveda* Medical College & Research Center, *Koppal* with chief complaints of low sperm count, erectile dysfunction to get a child since married life of 5 years and the associated complaint was the inability to maintain a prolonged erection. Based on the patient's complaints and semen analysis reports the patient was diagnosed with Oligospermia (*KSHINA SHUKRA*) according to Ayurvedic view. The patient was treated with *Arohana snehapana* with *Ashwa-gandha Ghrita* and *Madhatalika Basti*. This case report provides us with a guideline that even nearly oligospermia can be successfully treated in Ayurveda with valid *Chikitsa Siddhanta*.

Keywords: *Oligospermia, Snehapana, Arohana, Madhatalika Basti,*

INTRODUCTION

Though the population of the world is increasing day by day yet 20-30% population of the world are the victims of infertility.^[1] In India, 1 out of 10 couples suffer from infertility and in about half of cases, men alone are the victims. Fertility is an essential thing for a human being. It is an important factor to keep both the partners leading a happy married life. Acharya Kashyapa while explaining the importance of children; says that 'Aputrasya Gatirnasti', without progeny the person will not attain Moksha

Vajikarana is the specialized branch of Ashtanga Ayurveda deals with Shukra Dushti and Klaibya. Though it mainly concentrates on Shukra Dosha and Vandhyatwa (Infertility), the basic aim of this therapy is to maintain sexual potency, fertility and to procreate healthy progeny^[2] to fulfil the four-fold means of life i.e., Dharma, Artha, Kama and Moksha.^[3]

A couple may be considered infertile if notconceived even after one year of regular sexual intercourse without any contraception. 40% of infertility is due to male sexual dysfunction. It is due to the factors like Oligozoospermia, Asthenozoospermia, etc. ^[4] For successful fertility sperm count should be 40 mill/ml or more,^[5] but studies have shown that if sperm cells are having good progressive motility besides less sperm count (even less than 20 million/ml), there is a probability of conception.

There is no satisfactory treatment in modern medicine for these conditions as it is based on Hormonal therapy. This Hormonal therapy has got its side effects and limitations. Even with the advancement of modern techniques, the success rate of conception is low; the cost of treatment is very expensive, and the common man cannot afford it. So, Ayurveda is the better option for these conditions.

In Ayurveda terms like Kshina Shukra, Alpa Retas, Kshina Retas, Shukra Dosha are indicated towards Oligospermia. In this case study, the patient suffering from low sperm count has been presented who was treated with Arohana snehapana and Madhupalika Basti procedure followed by Shamanoushadhi.

CASE REPORT

A 32-year-old male patient (Registration No 104290), residing in Koppal, visited Panchakarma OPD of S J G Ayurveda Medical college & Research centre, Koppal on 13th January 2021, presented with chief complaints of Unable to get a child since married life of 5 years. And other associated complaints were the Inability to maintain erectile dysfunction, less penile rigidity, Watery semen, post-coital exhaustion, Early ejaculation of 3-4min for 5 years.

Based on the patient's complaints and semen analysis reports the patient was diagnosed with Oligospermia and Kshiina Shukra according to Ayurvedic view.

History of Present Illness

- The patient was normal 5 years back. After getting married he was unable to conceive his partner even after regular unprotected sexual intercourse and inability to maintain a prolonged erection.
- He was non-diabetic, non-hypertensive with a good physical build. His appetite was normal, with regular bowel habits. He had a chronic history of tobaccochewing for 10 years.
- He came to S J G Ayurveda Medical college & Research centre, Koppal for Ayurvedic management of Infertility.

History of Past Illness

- No/H/o DM, HTN, Thyroid disorder, TB, Mumps
- No H/o Trauma, No/H/o Pelvic Surgery
- He did not have any kind of allergies concerning food and medicines.

Family History

No significant family history was found.

Personal History

- Diet: Mixed
- Addiction: Tobacco chewing/Smoking (Since 10years)
- Sleep: 6-7 hours/Day (Undisturbed)
- Occupation: labour
- Education: 10th standard
- Bowel Habits: Regular 1time/day
- Micturation: 4-5 times/day

General Examination

- Built: Well, built
- Gait: Not Affected
- Clubbing/Cyanosis/Icterus/Edema/ Lymphadenopathy: Absent
- Pallor: Mild

Systemic Examination

- CVS: S1, S2+. No murmurs. NAD
- RS: NVBS, B/L Air entry equal, NAD
- CNS: Higher mental functions were intact.
- Sensory and Mental functions: Normal.
- P/A: Soft, Non-tender, No organomegaly on palpation.

Reproductive System (Local Examination)

- Prepuce skin: Normal with both testes are distended.
- Proper hygiene was maintained.
- Testicles: No abnormalities, No tenderness
- Spermatic cord: No abnormality detected.
- No Varicocele, No edema, No redness
- Penis: No abnormality detected.
- Secondary sexual characters: Normal (Pubic hairs, Axillary hairs, Beards and Moustache)

Vital Signs

- Pulse Rate: 82b/min (With normal Rhythm and Volume)
- Weight: 78kgs

- Respiratory Rate: 19 cycles/min
- Blood Pressure: 130/70 mm of Hg
- Temperature: 98.4°F

Ayurvedokta Pariksha [Physical Examination]

Ashtavidha Pariksha [8 Types Of Examination]

- Nadi: 82 b/min (Sama Nadi)
- Mala: Regular 1time/day (No vit Vibandha; Prakruta Varna, Gandha).
- Mutra: 4-5time/day (Prakruta Varna, Gandha)
- Jiwaha: Militate
- Shabda: Prakruta
- Sparsha: Khara (Prakruta)
- Drika: Prakruta
- Akrti: Madhyama

Dashavidha Pariksha [10 Types Of Examination]

- Prakruti: Kapha-Vataja
- Vikruti: Dosh- Vata, pitta
- Dushya- Rasa, Majja, Shukra
- Sara: Madhyama
- Samhanan: Madhyama
- Pramana: Madhyama
- Satmya: Madhura, Lavana, Katu Rasa
- Satwa: Madhyama
- Ahara shakti: Abhyavarana Shakti: Madhyama
- Jarana Shakti: Prakruta
- Vyayamashakti: Pravara
- Vaya: Madhyama

Investigations

Before Treatment Semen Analysis:

SEMEN ANALYSES REPORT DATE: 01/02/2021	SL NO: 34113 RCPT NO: 14834	Volume: 1.0 ml	Appearance : Grey Opaque	Liquefaction : 20 min
Active Motilie : 10 %	Sluggish progressive Movement: 10 %	Non-Motile : 80 %	TOTAL Sperms COUNT: 02 millions/ml	Pus Cells : 10-15.

After Treatment Semen Analysis:

SEMEN ANALYSES REPORT DATE: 17/02/2021	SL NO: 34334 RCPT NO: 16177	Volume: 2.0 ml	Appearance: Grey Opaque	Liquefaction : 30 min
Active Motilie : 20 %	Sluggish progressive Movement: 60 %	Non-Motile : 20 %	TOTAL Sperms COUNT: 32 million/ml	Pus Cells : 5-10.

Impression: Good volume of semen with more number sluggish and active sperms are seen.

Roga Pariksha: Nidana Panchaka Nidana

Atisevana of Amla, Lavana, Katu Aahara dravyas
Atisevana of Ruksha and Ushna, Ativyayama Virudda

Ahara-Vihara

Poorvaroopa

Phenila Shukra, Tanu Shukra and Ruksha Shukra.

Roopa

Linga Shaitilya, Glana Shishnata, Nir-
beeja/Nirveerya, Mogasankhalpa, Maithuna Ashakta,

Upashaya

Vrushya, Brumhana

Anupashaya

Vata Vardhaka Ahara (Ruksha, Laghu, Katu) Vata
Vardhaka Vihara (Ativyayama, Ativyavaya)

Samprapti Ghataka

- Dosh: Tridosha with Vata-Pitta Pradhana (Vyanavata, Apanavata)
- Dushya: Rasa, Majja, Shukra Pradhana
- Agni: Shukra Dhatwagni
- Ama: Dhatwagni Janya Ama.
- Srotas: Rasavaha, Majjavaha, Shukravaha and Manovaha
- Sroto Dusti: Sanga.
- Adhithana: Shukravaha Srotas (Vrushana and Medra)
- Udbhava Sthana: Pakwashaya.
- Vyakta Sthana: Apana Kshetra (Vrushana and Medra)
- Sanchara Sthana: Rasayani, Shukravaha Srotas
- Vyadhi Swabhava: Chirakari
- Rogamarga: Abhyantara
- Sadhyasadhyata: Krichrasadhya

MATERIALS AND METHODS

Opinion of Vangasena regarding dosage of Arohana Snehapana:

DOASGE[MATRA]	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
UTTAMA	12KARSHA	14KARSHA	16KARSHA	18KARSHA	20KARSHA	22KARSHA	24KARSHA
MADHYAMA	6KARSHA	7KARSHA	8KARSHA	9KARSHA	10KARSHA	11KARSHA	12KARSHA
HRASVA	3KARSHA	3 ^{1/2} KARSHA	4KARSHA	4 ^{1/2} KARSHA	5KARSHA	5 ^{1/2} KARSHA	6KARSHA

By going through all the opinions mentioned in the table it seems that the Arohana Krama Snehapana is advised to achieve Snigdha Lakshana within 7 days. But the method of Arohana Krama Snehapana is left to the discretion of the physician.

- According to Kosta of the person, one has taken Ghritha in Hrusva, Madyama & Uttama Matra

Treatment given

- Kesari Shakti Kalpa - (1 teaspoon twice a day)
- Tab Durance - (1 tablet with lukewarm water BD after food)
- Churna-Ashwagandha- (10gms with lukewarm milk BD after food)
- Sri Gopala Taila (Local Application)
- Duration of treatment: 2 months

Panchakarma

- Arohana Snehapana with Ashwagandha Gritha for seven days
- Madhatalika Basti in Yoga Basti pattern

(2 part of course 1-Snehapana and 2-Madhutailika Basti Schedule)

1stcourse: From 02/02/2021 to 08/02/2021 - 7days,

2ndcourse: From 09/2/2021 to 16/02/2021 - 8days

Arohana Snehapana^[06]

- The word Arohana means the act of rising, ascending. [Monier Williams 1899].
- Arohana Snehapana can be defined as an oral administration of Sneha in the increment dosage.
- The clear-cut references of Arohana Snehapana are available on Kalyan karaka [6th A.D], where it is quoted that the individual who is posted for Snehapana should drink Ghritha or Taila in the increment [Krama Vardhitam Pibet] Dosage for 3,5 or 7 days.
- Then Acharya Vangasena [9th A.D] described the method of Arohana Snehapana.

Ashwagandha Ghritha^[07]

- The ingredients of this Ghritha are having Brumhana, Balya and Vrushya properties. Its indication in Ksheena Shukra and Vandyatwa has been explained.
- Acharyas have stated that by using this Ashwagandhadi Ghritha, a Person becomes capable to perform sex even with one hundred women. It

turns the elderly into youthful and the person can even make a sterile woman pregnant.

Madhatalika Basti Dravya's^[08]

- *Madhu* :1 Prasruta -96gms
- *Saindhava Lavana*: ½ Karsha -6gms
- *Sneha Dravya*: *Murchita Tila Taila*-1 Prasruta-96gms
- *Kalka Dravya*: *Shatapuspha Churna* –1 Tola-12gms
- *Kwatha Dravya*: *Erandamooladi Mooladi* 200gms
- *Avapa Dravya*: *Ushnajala* 500ml
- *Total 8 days of treatment has been advised*

Madhatalika Basti^[09]

- *Basti Karma* is considered as the best treatment in *Shukra Dosh* by *Charaka's* statement "*Prashashtha-Shukradosheshu Basti Karma Visheshatha*".
- The ingredients used in the Preparation of *Madhatalika Basti* are *Madhu, Saindava, Murchita Tila Taila, Shatapuspha Kalka and Erandamooladi Kwatha* Because these are especially attributed with the property of *Vrushya, Shukrala, Brumhana, Rasayana, Dipana* and *Srotoshodhana* which enhance the quality and quantity of *Shukra*.
- Most of the ingredients of *Basti Dravyas* are having *Sheeta Virya, Madhura Vipaka, Balya, Snigdha* and *Vatapitta Shamaka* properties.
- Therefore, *Madhatalika Basti* by its potency can expel morbid *Doshas* and establish the *Dhatuamyata*. It is said to possess the best *Brimhana* and *Rasayana* effect which magnifies the quality of *Rasa Dhatu* and *Dhatwagni*.

Shodhana in Klaibya

The main factors involved in the *Samprapti* of *Klaibya* are *Bahudoshavastha* particularly *Prakupita*

Vata, Dhatukshaya in general and *Shukra Kshaya* in particular with the involvement of *Shukravaha Srotodusti* and *Manodosha*. Hence to overcome *Bahudoshavastha, Shodhana* is must that to *Sasneha Shodhana*. Some scattered references glorify the importance of *Shodhana* in *Klaibya*.

- "*Beejam Bhavati Karmukam*"^[10]
- "*Prashasta Shukradosheshu Bastikarma Visheshata*"^[11]
- "*Basti Prayogaat Shandopi Puman Bhavati Sarvasha*"^[12]
- "*Ksheena Shukram Vajikaroti*"^[13]
- In *Klaibya* and *Vandhyatwa*, *Basti* may be given in the form of *Niruha, Anuvasana, Uttara Basti* and *Yapana Basti*. *Basti* removes obstruction in the path of *Shukra Visarga*, protects the body from *Dhatu Kshaya*.^[14]

Kesari Shakti Kalpa^[15]

- *Kesari kalpa* is *Madhura, Tikta Rasa, Snigdha, Guru Guna, Sheeta Virya, Madhura Vipaka* and *Shukrala Prabhava*. i.e., *Vatapittahara, Balya, Brimhana, Vrishya*.
- If we look at the *Kesari Kalpa* daily with luke-warm milk which acts like anti-ageing properties which help to boost stamina, builds immunity, helps in faster cell generation and works towards the elimination of fatigue. it detoxifies the body and builds healthy tissues; thus, the theory of *Ayurveda* is beneficial in the treatment of male infertility.
- *in Kesari Kalpa ingredients which are Amla-rich sources of vitamin –c which helps in the motility of sperm, Ashwagandha- which revitalizes body and mind, Saffron-Rich a source of Antioxidants, Swarna Basma-Precious ingredient that acts as an anti-ageing property*. So, it is said to be the best *Vajikarana Dravya* in male infertility.



Durance Capsule^[16]

- The ingredients of this capsule are kokalaksha (*Hygrophila spinosa*), kaunchbeeja (*Mucuna Pruriens*), Shatavari (*Asparagus racemosus*), Gokshura (*Tribulus terrestris*), musali (*Curculigo orchiodes*), Jatiphalam (*myristica Fragrans*) Raktashalmali (*Bombax malabaricum*).
- All these ingredients are having *Shukra Janaka*, *Shukra Pravartaka*, *Balya*, *Vayosthapaka*, *Shukra Sthambhana* and *Apanavata Dustihara* properties.
- So, it corrects Erectile Dysfunction by relaxation of the cavernosum muscles resulting in increased blood flow. It also promotes Spermatogenesis by improving testicular functions.

Sri Gopala Taila^[17]

- This *Taila* was used for local application which promotes blood flow to the groin and helps to achieve stronger erection.
- The ingredients of this *Taila* are having *Vatashamaka*, *Shukra Sthambhaka*, *Shukra Rechaka*, *Balya* and *Vrushya* properties.
- It helps in Vaso-dilation of the penile tissue to allow stronger erections and thus corrects ED.
- It helps stay powerful and prolongs Ejaculation time so that person will get maximum desired pleasure.
- It also helps to soothe and moisturize.

Murchita Tila Taila^[18]

It was used for Sarvanga Abhyanga in this patient because it is *Brumhana*, *Balya*, *Pusthivardhana* and *Vatashamaka*.

Pathyapathya

- Strictly advise to no TOBACCO /ALCOHOL
- Advised to avoid salty, spicy and fried items in their routine diet.
- Advised to avoid any sort of physical or mentalexertion.
- Advised to follow Abstinence during ~~tamot~~
- Excessive exposure to heat or working under more temperature.
- Travelling or day sleep.

DISCUSSION

To produce progeny four things are necessary i.e., *Ritu*, *Kshetra*, *Ambu* and *Beeja* and the presence of any *Dushti* in the above factors will lead to *Shukra-dushti* which is the prime cause of infertility.

In the present era, Modernization is affecting all aspects of human life in the form of diet, diurnal, climatic change and harmful irradiations contributing a lot in producing *Shukra Dusti* (poor quality semen) as a result, a vast population is suffering from Male Infertility.

Out of many causes of male infertility, Oligospermia is the leading cause. According to WHO guidelines Oligo-spermia is the condition where the Sperm count is less than 20million/ml or 40million/Ejaculate and Sperm Motility less than 40%.^[19]

As per *Ayurveda* classics, *Garbhotpadana* is a vital function of *Shukra Dhatu*.^[20] If there is any form of *Bijadusti* (*Shukra Dusti*) ultimately fails conception.^[21] *Acharya Sushruta* explained that there is vitiation of *Apana Vayu* and *Vyana Vayu* in the *Shukradoshha* because the site of *Shukra* is the whole body and *Apana Vayu* is responsible for the proper expulsion of *Shukra Dhatu*. i.e., vitiation of *Apana Vayu* can impair the function of *Shukra*.

OBSERVATIONS

Subjective observation

After the *Snehapana* procedure followed by *Madhupalika Basti* patient was feeling lightness in the body with improved appetite and no weakness was reported after *Basti* evacuation. The patient has also reported a feeling of general wellbeing, physical and mental fitness and improvement in vigour and dynamism after completion of the *Basti* regimen. The results observed after the treatment was excellent. i.e., Marked improvement in sexual parameters like Sexual Desire, Erection and prolonged Ejaculation time was also observed.

Objective Observation

Significant improvement was observed in total sperm count (i.e., from 02 to 32million/ml) and sperm motility (i.e., from 10 to 40% actively progressive sperms).

RESULTS

- This case study showed that *Arohana Snehapana* followed by *Madhupalika Basti*, and *Vajikarana Yoga's* we used were containing *Shukra Janaka, Shukra Vardhaka and Shukra Shodhaka* properties.
- By this, we could be able to achieve from Oligospermia into normal sperm count and gradual progress helped to impregnate his partner.

CONCLUSION

Male Infertility is mainly discussed under the heading of *Klaibya* and *Kshina Shukra* with some scattered references relating to the symptoms in *Shukragatavata, Shukravrutavata, Shukra Kshaya* and *Sama Shukra* conditions. Based on the present study, it can be concluded that the combined effect of *Arohana*

Snehapana followed by *Madhupalika Basti*, and *Vajikarana Yoga's* have shown excellent results in bringing about excellent improvement in sexual and seminal parameters in cases of Oligospermia. However, it needs through more extensive studies and a greater period whether the ultimate goal of *Vajikarana* i.e., conception is achieved in all cases of male infertility through this line of treatment. The present case study highlights the efficacy of *Arohana Snehapana* followed by *Madhupalika Basti*, and *Vajikarana Yoga's*. But a study on a larger sample size could yield a significant statistical result.

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S.G.V.V.T'S SRI JAGADGURU GAVISIDDHESHWARA AYURVEDIC MEDICAL COLLEGE POST GRADUATE STUDIES AND RESEARCH CENTER . KOPPAL - 583231		
PL NAME : [REDACTED]	TIME : 01:20 PM	DATE : 01-02-2021
REF BY : DR SURESH HAKANDI MD	SL NO : 34113	RCPT NO : 14834
AGE : 37	SEX : Male	
LABORATORY REPORT		
INVESTIGATIONS	RESULT	NORMAL VALUES
SEMEN EXAMINATION Phy Examination		
ABSTINENCE	7 DAYS	
COLLECTION TIME	11:30 AM	
LIQUEFACTION TIME	AFTER 20 MIN	
COLOR	GREY OPAQUE	
VOLUME	1.0 ML	ML
VISCOSITY	NORMAL	
Motility		
SLUGGISHLY MOTILE	10 %	%
NON MOTILE	80 %	%
ACTIVE MOTILE	10 %	%
TOTAL SPERM COUNT	2 MILLIONS	Million's/M
MICROSCOPIC EXAMINATION	10-15 PUS CELLS	HPF

S.G.V.V.T'S SRI JAGADGURU GAVISIDDHESHWARA AYURVEDIC MEDICAL COLLEGE POST GRADUATE STUDIES AND RESEARCH CENTER . KOPPAL - 583231		
PL NAME : [REDACTED]	TIME : 10:41 AM	DATE : 17-02-2021
REF BY : DR SURESH HAKANDI MD	SL NO : 34334	RCPT NO : 16177
AGE : 38	SEX : Male	
LABORATORY REPORT		
INVESTIGATIONS	RESULT	NORMAL VALUES
SEMEN EXAMINATION Phy Examination		
ABSTINENCE	3 DAYS	
COLLECTION TIME	10:07 AM	
LIQUEFACTION TIME	AFTER 30 MIN	
COLOR	OPAQUE GREY	
VOLUME	2.0 ML	ML
VISCOSITY	NORMAL	
Motility		
SLUGGISHLY MOTILE	60 %	%
NON MOTILE	20 %	%
ACTIVE MOTILE	20 %	%
TOTAL SPERM COUNT	32 MILLIONS	Million's/M
MICROSCOPIC EXAMINATION	15-20 PUS CELLS	HPF

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Conflict of Interest: None Declared

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