

### **AYURVEDIC SHODHAN TREATMENT APPROACH FOR THE MANAGEMENT OF KSHEENSHUKRA (OLIGOZOOSPERMIA) - A REVIEW ARTICLE**

#### **ABSTRACT:**

The dismal unawareness and mistreatment about the causes of childlessness and its treatment are the main reason for the lack of public sustenance for a childless couple. In many parts of the world, childless couples are socially isolated and thus emotionally very vulnerable. In some societies, the pressure to conceive is directed towards the woman, and it is often she who has to bear the brunt of its impact. Low sperm count (oligozoospermia) is one of the main causes of male infertility and is correlated with KsheenaShukra (oligozoospermia). Shodhana procedures are to be performed before the administration of Vajikarana drugs, especially Virechana Karma has been indicated in the cases of ShukraDushti.

**KEYWORDS:** Infertility, Oligospermia, KsheenaShukra, Virechan Karma, BastiChikitsa.

#### **INTRODUCTION**

Regardless of the enormous growth in population it is still noticed around the corner of the world that more and more couples are approaching the fertility clinics with having the hope for achieving the ultimate parenthood while searching for the answers. Earlier the major focus for infertility was considered for female partner but with advanced technology the male partner was found equally responsible for the same. The term ksheenshukra refers to the condition in which there is qualitative and quantitative decrease of ShukraDhatu and it is considered as one among the shukradushti<sup>1</sup>. Acharya Sushruta and Vagbhata considered the term "KsheenaRetas" as a synonym to KsheenaShukra<sup>2,3</sup>. On the counter part term oligozoospermia refers to low sperm count of the semen with a low concentration of sperm which is a common cause in male infertility. Infertility affects up to 15% of reproductive-aged couples worldwide with the overall prevalence of primary infertility between 3.9 to 16.8%<sup>4</sup> for India. The contribution from the male gender accounts with the prevalence of infertility is

about 20-30%<sup>5</sup> worldwide. As per Ayurvedic treatise, the doshas involved for causing KsheenaShukra are Vata and Pitta. There are many factors (causes) for KsheenShukra: Ativyavaya and Ativyaayama – excessive sexual intercourse and exercise, AsatmyaAharasevana – intake of incompatible food, Akala Maithuna – untimely sexual intercourse, AyoniMaithuna – coitus through marga other than yoni, Amaithuna – No sexual intercourse for long time, Intake of food which is having more Tikta, Kashaya, Lavana and Amla Rasa, RukshaGuna and UshnaVeerya, Atiyoga of Sastra, Kshara and Agni Karma, Bhaya (Fear), Krodha (Anger) and Abhichara Karma, VyadhiKarshana (debility due to diseases), Vegadharana (Suppression of urges), NarinaamArasajnanam - Sexual intercourse with a woman who has no interest for sex, Excessive Chinta (thinking) and Shoka (excessive grief). In the present era of not so good life style, hectic job patterns, busy life schedules with cherry on the top being the wrong dietary habits created adverse health effects both physically and mentally. **Improper** diet will further cause the indigestion of the food and will be resultant in the substandard Rasa Dhatu due to which there will be further derangement of the consecutive dhatus especially the ShukraDhatu hence creating loop hole for creating the pathological conditions one of them is Ksheenshukra. Therefore Shodhan must be performed. On this concept the effect of shodhan chikitsa especially virechan karma and basti karma on creating the sampraptivighatana effect was studied in the present study and presented here.

**Comment [A3]:** Les reference on evidence based researches

The etiological factors such as urban lifestyle including irregular eating and sleeping habits, lack of exercise, consumption of fast food, cold drinks, and stress with fast life were reported in the present clinical trial, which may hamper the metabolism and become a cause of poor nutritional status and oligozoospermia.

### **SAMPRAPTI GHATAKA**

Dosha: Tridosha especially Vata, Pitta

Dhatu: Rasa, Shukra

Srotas: Rasavaha, Shukravaha

Agni: Jataragni, Dhatwagni

Ama: Jataragnimandyajanya, Dhatwagnimandyajanya

Srotodushti: Sanga

Udbhavasthana: Amashaya

SancharaSthana: Rasayani

Adhishtana: Medra, Vrishana

VyakthaSthana: Shukra, Vrishana, Medra

Rogamarga: Madhyama

Vyadhiswabhaba: Chirakari

People from low strata of the society are unaffordable to the current costly private diagnostic and medical facilities. Persons under the conditions of poverty eat less nutritious, cheaper food which are usually Vata provoking. It is also noted that malnutrition causes hypogonadism which leads to a decrease of Leydig cell function which in turn causes reduced stimulation of LH, ultimately resulting in decreased testosterone secretion causing oligozoospermia. This is supported by findings that very low caloric or protein deficiency causes hypogonadism and decreases the function of Leydig cell, which may result in hampered testosterone secretion and further leads to infertility. Most of the workers who are working in hot temperature zone are more prone to testicular Hyperthermic changes. Further, a decrease in sperm output in testicular hyperthermia has also been reported. Vishamagni reported in the patients is probably because of comparative hyperactivity of Vata on Agni. It may lead to Vata and Agni vitiation causing Amottpati, ultimately improper formation of Dhatu causing ShukraKshaya, which can also be correlated with vitiation of ApanaVata. Faulty food habits (Vishamashana) lead to improper formation of Rasa and subsequently irregular Dhatu metamorphosis. The data are also suggestive of the current trend of lifestyle and food habits in the present day lifestyle. Addiction of smoking tobacco and excessive use of tobacco hamper the normal digestive pattern, resulting in malnourished state, ultimately resulting in oligozoospermia. A study of infertility evaluation of Indian men who were addicted to tobacco chewing has associated its use with decrease in sperm quality. The study showed that nicotine causes degenerative changes in the seminiferous tubules, which was revealed by altered general tubular architecture, decreased thickness of the spermatogenic cell masses, sertoli cell vacuolation, and thickened basal lamina. Cigarette smoke has also effects on spermatogenesis which may be due to toxic substances in the cigarette or the histologic reactions due to hypoxemia induced by smoke. Psychological factors such as stress and worry which were reported in the present clinical trial have been listed as the causes of Ajirna and

**Comment [A4]:** All things are available in Classical Ayurveda Books

hamper metabolism, ultimately causing oligozoospermia. Experimental studies show that there is hypothalamic testicular suppression due to stress which results in deranged spermatogenesis leading to oligozoospermia.

### **DISEASE REVIEW**

The term KsheenaShukra comprises of two words Ksheena and Shukra. The term Ksheena is derived from “Kshi + Kla”. This has got the meanings like Sukshma, Abala, Durbala, Kshama and Tanu. The word Shukra is derived from the Sanskrit root “Suc-Klede” meaning purity. Literally, Shukra means the one which is in pure state, bright and white.

### **VIRECHAN KARMA**

In the Ayurvedic treatise shodhana karma is mentioned for the biopurification of the morbid doshas and for the rejuvenation and restoration of the dhatus. By the effect of shodhana karma the quality and quantity of the shukradhatu improvise markedly.

In Ayurveda classics mentioned the fruitfulness of Shodhana Karma as, by the administration of these therapies disease are cured and his normal health is restored; the sense faculties, mind become clear; he gains strength, plumpness, offspring and virility. With the Shodhana procedure Shukra also increased in qualitative as well as quantitatively. In KsheenaShukra main vitiated Dosha are Vata and Pitta, In order to remove the vitiated Pitta Dosha, Virechana is administered. It also eliminates the Srotorodha and active transformation of Dhatu through DhatvagniVyapara and the most desirable ShuddhaShukra is procured. The whole process helps in eliminating the free radicals (oxidants) present in the micro circulatory channels of ShukraVahaSrotasa, which interferes with the function of Shukra and by doing so, increases the activity of Shukra (motility) as well as ShukraVahaSrotasa and the respective Dhatvagni thereby facilitating the production of more ShukraDhatu. (Volume, Count). Virechana is an important modality and eminent bio cleansing process for vitiated Pitta Dosha. Through Shodhana, Srotoshudhi (Clearing of channels) can be accomplished. Further, Virechana Karma increases the bio-availability of drugs by opening channels and improves the nutritional assimilation of the trial drug.

### **BASTI KARMA**

Basti administrated through anal route provides nourishment to whole body as water given in roots of a tree provides nourishment to whole plant. Basti eliminates the vitiated dosha from the rectal route. Medicines which are administered through rectal route are absorbed in rectum

and large intestine. The rectum has rich blood and lymph supply and drugs can cross through the rectal mucosa like other lipid membrane. According to the Ayurveda the virya of the ingredients used in the Basti gets absorbed and then through general circulation reaches at the sites of the action and relieves the disease. That's why Acharyasushruta has mentioned that, by using the different ingredients, Basti can cure Pittaja, Kaphaja, Raktaja, Sansargaja and Sannipatika disorders, though it is the best treatment for Vatadosha. Dwarakanath suggested that Basti therapy by virtue of its medicaments greatly influences the normal bacterial flora of the colon. By doing so it modulates the rate of endogenous synthesis of Vit. B12. This vitamin B12 may have a role to play in the maintenance or regeneration of nerves. According to him it was one of the possible mechanisms through which Basti could help in vatika or Neurological diseases. Basti has its effect on two important factors Viz. Vata and Agni. Both are responsible for proper formation of Dhatu. Action of Basti on different SukraDhatu - Pakvashaya is the main seat of Apanavayu which performs the function of sukrapravartana. By controlling Apanavayu, Basti shows its effect on shukradhatu. Basti containing Vajikaranadravya is mentioned for Vajikarana purpose.

## CONCLUSION

ShodhanChikitsa is the key to clinical success especially in the diseases like Ksheenashukra. The application of Virechana Karma and BastiChikitsa are a broad spectrum clinical modality, and well known purification process for Pitta Dosha. Srotoshuddhi is achieved by its virtue of Shodhana, and thus it improves the DhatuPoshanaKrama. Application of VajikaranaAushadha following VirechanaKarma will further give better result due to better absorption and utilisation.

## NOTE:

The study highlights the efficacy of "AYURVED" which is an ancient tradition, used in some parts of India. This ancient concept should be carefully evaluated in the light of modern medical science and can be utilized partially if found suitable.

## REFERENCES

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<sup>3</sup>Vagbhata, AshtangaHridaya with Sarvanagasundara Commentary of Arunadatta and Ayurveda Rasayana Commentary of Hemadri, edited by Pt. BhisagacharyaHarishastriParadkarVaidya, ChowkhambaKrishnadas Academy, Varanasi, 2006, UttaraSthana, Chapter-40, Verse 35, pp-956, pg-942.

<sup>4</sup><https://www.nhp.gov.in/disease/reproductive-system/infertility> on 15/02/2021 at 09:41 AM.

<sup>5</sup>Agarwal, A., Mulgund, A., Hamada, A., &Chyatte, M. R. (2015). *A unique view on male infertility around the globe. Reproductive Biology and Endocrinology*, 13(1). doi:10.1186/s12958-015-0032-1.

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