

# Management of Oligospermia (Ksheena Shukra) through Virechana & Uttarabasti - A Case Study

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## ABSTRACT

Infertility, defined as the inability to achieve a pregnancy after 12 months of regular, unprotected intercourse<sup>1</sup>. Incidences of Infertility increasing day by day due to change in lifestyle. Causes of male infertility include abnormal sperm production or function and/or impaired delivery of sperm<sup>2</sup>. Oligospermia is the male infertility issue defined as low sperm concentration in the ejaculation. As per World Health Organization (WHO), a low sperm count is less than 15 million sperm/ml<sup>3</sup>. Deepana pachana with Trikatu churna, Snehapana with Murchita Gritha, Sarvanga abhyanga with Murchita Tilataila, virechana karma with Trivruth avaleha followed by Uttarabasti with Shatavari Gritha was selected as these measures serves the purpose of VataPitta Hara, Brumhana, Vrushya and Shukrala.

Semen Parameters showing remarkable improvement after intervention. Before treatment Sperm count was 05 Million/ml improved to 34 Million/ml after intervention, which indicates that Oligospermia can be effectively managed with ayurveda treatment modalities.

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## INTRODUCTION

Oligospermia is reduced sperm concentration less than 15 million/ml. It is one of the major cause infecundity. In ayurveda its act be correlated to Ksheena shukra. Vitiation of vata pitta dosha leading to qualitative and quantitative reduction is shukra Dhatu can be called as Ksheena Shukra<sup>4</sup>.

Shukra is that substance which is responsible for systemic body activities especially regeneration, reproduction metabolism and tends to impart vigour and energy, and part of which comes out of the body at the time of sexual act and performs the specific function of reproduction. Shukra is the terminal tissue element of the body, which is considered as the sara (essence) of all other tissue elements. According to Sushruta, Vyana and ApanaVayu are responsible for Shukradushti. KsheenaShukra being one of the major varieties of Shukra Dosha, the affliction of Vyana and ApanaVayu should be considered. Here VyanaVayu

situated in Hridaya which circulates in the whole body act as central controlling system and ApānaVāyu seated in Pakvāshaya circulates in Medra acts as peripheral controller of physiology related to Shukra

## METHODOLOGY

### CASE REPORT

A 26year old male patient, visited *Panchakarma* OPD of Taranath Government Ayurveda Medical Hospital, Ballari presented with chief complaints of - Unable to get a child since married life of 03 years associated with Dourbalya, Watery semen, Post-coital exhaustion.

On the basis of patient's complaints and semen analysis reports patient was diagnosed as Oligospermia - Ksheenashukra according to Ayurvedic view.

**History of Present Illness**

Patient was apparently normal 03 years back. After getting married he was unable to conceive his partner even after regular unprotected sexual intercourse. He had no History of Diabetes and Hypertension. His appetite was normal, with regular bowel habits. His semen analysis is indicative of Oligospermia.

**Personal History**

Diet: Mixed, Addiction: smoking, Sleep: 6-7 hours/Day (Undisturbed), Occupation: Mestri (Civil labour), Bowel Habits: Regular 1time/day

**Reproductive System (Local Examination)**

Prepuce skin: Normal with both testes are distended. Testicles: Descended, No tenderness. Spermatic cord: No abnormality detected. Penis: No abnormality detected. Secondary sexual characters: Normal (Pubic hairs, Axillary hairs, Beards and Moustache)

**Asthavidha Pariksha**

*Nadi:* Vatapitta, *Mala:* 1time/day, *Mutra:* 4-5time/day, *Jiwha:* Nirlipta, *Shabdha:* Prakruta, *Sparsha:* Prakruta, *Drika:* Prakruta, *Akruti:* Madhyama

**Dashavidha Pariksha**

*Prakruti:* vatapittaja, *Vikruti:* Dosha- Vata and Pitta, *Dushya:* Rasa, Majja and Shukra, *Sara:* Madhyama, *Samhanana:* Madhyama, *Pramana:* Madhyama, *Satmya:* Madhura, Lavana, Katu Rasa, *Satwa:* Madhyama, *Ahara shakti:* Abhyavarana Shakti: Madhyama, *Jarana Shakti:* Madhyama, *Vyayamashakti:* Pravara, Vaya: Madhyama

**INVESTIGATIONS****Semen Analysis: Suggestive of Oligospermia (Ksheena Shukra)**

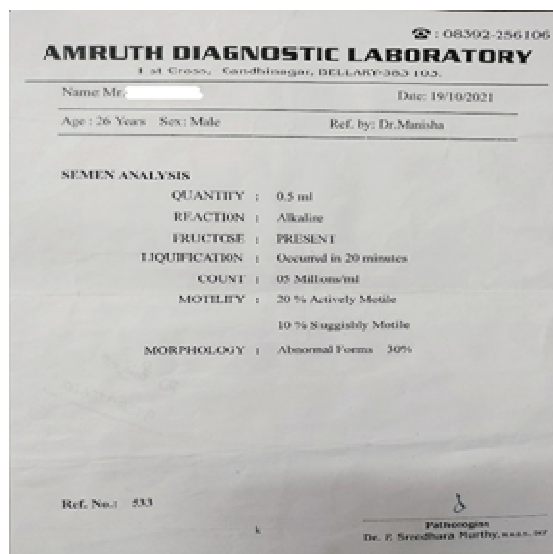
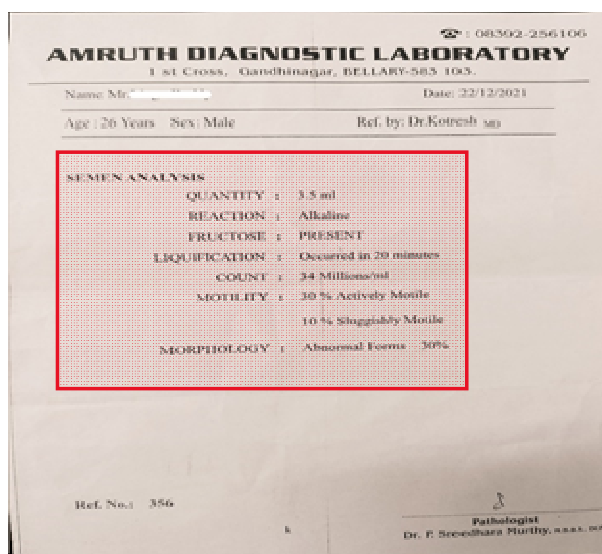
- Semen Volume: 0.5ml
- Sperm Count- 05 Million/ml
- Liquefaction- Occurred in 20 Minutes

**INTERVENTION**

Intervention	Treatment	Duration (Min-Max based on Kosta)
Poorvakarma	Deepana-Pachana with Trikatu Choorna 1-3gmTID	3-7 days
	Snehapana with Murchita Ghrita Dose -1 <sup>st</sup> Day- 40ml, 2 <sup>nd</sup> day-80ml, 3 <sup>rd</sup> day- 120ml, 4 <sup>th</sup> - 160ml, 5 <sup>th</sup> - 200ml Anupana – Ushnajala.	3-7 days
Vishrama Kala	Sarvadaihika Abhyanga with Murchita Tilataila followed by Bashpa Sweda	3 days
Pradhana karma	Virechana with Trivruth Lehyam Anupana: Ushnajala	1 day
Pashchat karma	Samsarjana Krama	3-7 days
Vishrama Kala		7 days
Uttara basti 1 <sup>st</sup> Intervention	NiruhaBasti (Madhutailika Niruha)	3 days
	Uttara Basti with Shatavari Ghrita	3 days
Vishrama kala		3 days
Uttara basti 2 <sup>nd</sup> Intervention	NiruhaBasti (Madhutailika Niruha)	3 days
	Uttara Basti with Shatavari Ghrita	3 days
Duration of treatment		25 to 37 Days
Follow up		15 days

**OBSERVATIONS AND RESULTS:**

Semen Parameters	Before treatment Date 05/01/21	After virechana and Uttarabasti 25/01/21
Semen Volume	0.5 ml	3.5 ml
Sperm Count	05 Million/ml	34 Million/ml
Semen PH	Alkaline	Alkaline
Liquefaction	Occurred in 20 Minutes	Occurred in 20 Minutes

**BEFORE TREATMENT****AFTER TREATMENT**

## DISCUSSION

Virechana karma is one of the prime treatment modality for Pitta<sup>5</sup>. It also has a significant role in mitigation of Vata. Acharya Kashyapa has glorified the importance of Virechana Karma in the management of Ksheena Shukra. Because it purifies the Beeja (sperm) thus making it effective in achieving Fertilization. It also improves sexual vigor (Vrishata) and helps in achieving good progeny (Apatya). Trivruth Lehya is used for Virechana in this case. Trivruth is said to be the best Virechana drug and classified under Sukha virechaka. Virechana itself having Vrushya and Rasayana properties. Virechana elicits srotovishodhana of Shukravahasrotas thus enabling movement of poshaka tatwas to the Vrushana and shepha, lead to tackle Ksheenashukra.

Uttarbasti<sup>6</sup> with shatavari gritha<sup>7</sup> adapted in this case. Apana vayu is responsible for Shukra-Artava-Sakruth-Mutra-garbhyanishkramana. In ksheenashukra Apana vata is vitiated, Apana vata function can be restored by Uttarabasti and facilitates shukra janana. In this clinical case, Uttarabasti with Shatavari Ghrita improves semen parameters as it mainly contains Shatavari<sup>8</sup> which is Tikta Madhura rasa pradhana, helps in pacifying Pitta and Vata. Murchita Ghrita and Shatavari combindly acts on Vata and Pitta, and by its Prabhava directly acts on Shukravahasrotas thus lead to Shukra Janana (Spermatogenesis).

## CONCLUSION

Shukra can be correlated with sperm and seminal plasma both. Ksheena shukra is reduction of Shukra dhatu due to vitiation of vata and pitta dosha. Oligospermia can be correlated to Ksheena shukra as there is reduction of sperm count less than 15million/ml in oligospermia. Virechana Karma corrects the gati of Apana and eliminates vitiated

Vata and Pitta dosha. Uttarabasti gains direct access to shukravaha srotas and does shukravaha sroto shodhana and improves qualitative and quantitative shukra.

Guru and snigdha guna and Madhura Rasa of shatavari is similar to that of shukra. Veerya of Shatavari is Sheeta in nature and the Vipaka of Shatavari is madhura, both these are as equal of Shukra Gunas, so they all are helpful for increasing the Shukradhatu by Samana guna siddhanta. Shatavari contain Sugar, glycosides, saponin, sitosterol. Presence of these chemical constituents promotes Spermatogenesis and improves Sperm count in oligospermia (Ksheena Shukra).Hence, it can be said that Ksheena shukra- Oligospermia manifested due to various causes can be effectively managed by Deepana pachana, Virechana, followed by Uttar basti.

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