A REVIEW ON AYURVEDA PERSPECTIVE AND THERAPEUTIC CONSIDERATION OF OLIGOZOOSPERMIA

Dr. Bhupendra Singh Chouhan¹, Dr. Surendra Singh Rajput², Dr. Ramakant Dwivedi³, Dr. A. K. Singh⁴

¹P.G. Scholar, Dept. of Kaya Chikitsa, Shubhdeep Ayurved Medical College, Indore (M.P.) India.
²P.G. Scholar, Dept. of Kaya Chikitsa, Shubhdeep Ayurved Medical College, Indore (M.P.) India.
³Assistant Professor, Dept. of Kaya Chikitsa, Shubhdeep Ayurved Medical College, Indore (M.P.) India.
⁴Professor, Dept. of Kaya Chikitsa, Shubhdeep Ayurved Medical College, Indore (M.P.) India.

ABSTRACT

Male infertility is one of the burning problems now a day’s and incidences of this problem increases day by day due to the disturbed pattern of living style. The Oligozoospermia is one of the conditions related to male infertility which associated with low sperm count. Ayurveda the science of Indian medical system described various terms related to male infertility such as; Kshina shukra, Kshina retasa, Alpa retasa and Shukra dosha which resembles conditions associated with oligozoospermia. Ayurveda also described various treatment modalities for the management of oligozoospermia such as use of herbs & formulation, conduction of balanced lifestyle and diet control, etc. This article presented a conclusive review on ayurveda perspective of oligozoospermia and its management.

Keywords: Ayurveda, Male Infertility, Oligozoospermia, Sperm, Vajikarana.

INTRODUCTION

Ayurveda encompasses great historic background related to health and disease. Ayurveda mentioned that conduction of specific rules of pathya-apathya, dincharya, rutucharya and Aahar-vihar along with medicine help to manage good health and prevent occurrence of diseases. The traditional text of ayurveda provides great knowledge related to various diseases and their management including sexual problem¹,². The disease associated with sexual issue not only confined to female but male population also suffer with sexual problems such as: oligospermia which refers condition of low sperm count (less than 20 million sperm per milliliter).

As per ayurveda anatomical and physiological variation in Shukra Dhatu lead infertility and oligospermia is one of the major causes of male infertility. The decrease sperm count is one of the major clinical observations of oligozoospermia which further leads other problems such as; erectile dysfunction, premature ejaculation and loss of lust. Ayurveda considered oligozoospermia as Napunsakata (impotency) and described beejopghat, kshayaj and ageing as major causative factors of disease²,³. Consumption of Ruksha, Tikta, Kashaya, Amla and Ushna Ahara are other triggering factors along with Jara, Chinta, Shoka and Krodha. As per ayurveda excessive loss of shukra dhatu may occur due to the vitiation of pitta dosha along with mentioned factors³,⁴.
The literature study revealed that use of ayurveda drugs such as; Rasa sindura, Ashvagandha, Safed Musli, Rasayana, Gokshura and Vajikarana therapy offers beneficial effects in oligospermia and help to improve sperm count and motility. Vajikarana therapy imparts brihanna and balya effect, however vajikarana drugs should be used after strotoshuddhi and detoxification of shareera which devoid of malas.

Causes of oligozoospermia as per modern science:
- Obstruction of the normal flow of sperm
- Infection and sexually transmitted diseases
- Hormonal disorders and diseases of the testicles
- Stress, smoking and alcohol consumption
- Malnutrition and obesity
- Adverse effects of some medications
- Irregular sexual intercourse
- Lack of physical activity and conduction of disturbed life style pattern
- Consumption of low protein and high fat diet
- Bitter, astringent and spicy foods, etc.

Pathological Consideration:
Ayurveda literature quoted various pathological conditions responsible for male infertility (oligozoospermia) which are as follows:
- Doshaja Shandtva
- VyadhiyanitaShandtva
- JarasambhavajaShandtva
- Shukrakshayajaklaibya

Doshaja Shandtva:
This condition involves vitiation of Shukra by Tridoshic imbalance; Katu-Amla-Lavana Atisevana may vitiate soumyadhatukshaya and shukara, these condition further associated with Pitta vruddhi resulted Shukrakshaya.

Vyadhiyanita Shandtva:
Medhrarogas and Marmacheda may also leads Shukraksaya which are associated with vitiation of Vata-Dosha and Dhatukshaya.

Jarasambhavaja Shandtva:
The Vridhavasta also results Shukrakshaya and Dhatukshaya due to Avrashyasevana. Vridhavasta predominant by Vata prakopa and Kaphakshaya which further leads Dhatukshaya and shukrakshaya.

Shukrakshayaja klaibya:
Excess indulgence in sex may lead regression in Shukaradhatu and low quantity of sperm.

Ayurveda Management
Apyayana, Prasadana, Upachaya and Janana are basic principle approaches for the management of male infertility:

Apyayana
Nourishment of dhatu using Go-ghruta, Navniita, Dadhi, Milk and Mamsa which resemble gunas of shukra.

Prasadana
Cleansing or detoxification using shodhana karma which helps medicine to offers nourishment of shukra dhatu.

Upachaya
Spermatogenesis using drug like Kapikachu which offers viryavardhaka effect.

Janana
Regeneration using drugs like; Yashtimadhu and Musali.

Ayurveda also described Shamana and Shodhana Chikitsa for the management of male infertility:
Ayurveda emphasized Vajikarana tantra for the management of oligospermia using rasayanas and vajikara dravyas (virilificatory or aphrodisiacs drugs) along with panchakarma. Diet and lifestyle modifications help in better conception and healthy offspring.
SHAMANA: Ahara, Vihara and Aushadha

SHODHANA: Virechana and Basti

SHAMANA CHIKITSA:

Ahara: Shalidhanya, Godhuma, Mamsa, Kalatha, Milk, Dadi, Ghrita, Navnita, Kharjura, Amalaki phala, Lashuna, Guda-sharkara, Mamsarasa, Veshavara, Amla vilepi, Saundhava and Rasala these dravyas offers shukrala and vrishya properties.

Vihara: Abhyanga, Vyayama, Snana, Nidra and Savichara.

Aushadha: Mamsa and Ghrita which offers Shukrayukta effect, Kshir yukt a asthapana and Trivrutchurnavayukta ghrita for virechana possessing Shukrashodhana properties, Ashwagandha having Brimhana effect and Amalaki offers Vayasthapana effect.

Table 1: Effects of some Aushadha (dravyas) in oligozoospermia:

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Dravya category</th>
<th>Effect</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Shukrajanaka</td>
<td>Nourishes rasaparinatashukra dhatu possesses similar properties as shukra dhatu</td>
<td>Mansa, Musali Ashwagandha</td>
</tr>
<tr>
<td>2</td>
<td>Shukrapravartaka</td>
<td>Helps in ejaculation</td>
<td>Bhallataka phala majaa and Amalaka</td>
</tr>
<tr>
<td>3</td>
<td>Shukrajanaka-pravartaka</td>
<td>Used for genesis and also offers ejaculatory effect</td>
<td>Ghrita and Godhuma</td>
</tr>
<tr>
<td>4</td>
<td>Shukrasthambhaka</td>
<td>Control the ejaculation thus useful in premature ejaculation</td>
<td>Nagbala, Ahiphen and Bhanga</td>
</tr>
</tbody>
</table>

SHODHANA CHIKITSA:

Shodhana procedure performs before using Vajikarana drugs. Virechana and Basti are major Shodhana procedures employed for the treatment of shukra doshas, klaibya and oligozoospermia.5-10

Virechana: Virechana recommended for shukra dosha and klaibya.

Basti: Basti used for kshina shukra vajikarotis, following approaches of Basti Karma recommended in male infertility:

- Kshira basti with Mamsarasa to increase shukra dhatu.
- Yapana basti in shukra dosha and klaibya.
- Gudachyadi niruha basti for viryavardhana.
- Uttara basti useful in shukra dashti.

Herbs recommended for oligozoospermia:

- Shatavar
- Ashwagandha
- Aamla
- Gokshur
- Vidaari
- Shweta Musli

Ayurveda Formulation for Oligozoospermia:

- Chandraprabha Vati

Chanderprabha vati consisted of different natural ingredients such as; Guggul, Karpoor, Vacha, Mustak, Haridra, Amalaki, Vidanga, Gaduchi, Pippali, Lavan, Dalchini, Tejpatra and Ela, these all ingredients improves functioning of male reproductive organs.

- Atirasadi Churna


- Shilajit Capsules

Shilajit capsules contain pure extract of Shilajit (Asphaltum), which helps to improve process of spermatogenesis. This herb offers beneficial effects in oligozoospermia and gives satisfactory results in case of male infertility.

- Tribulus Power

It contains pure extract of Gokshura, helps to increase testosterone levels and thus boost functioning of sex organs. Maintain good sperm health and act as effective remedy for the treatment of oligozoospermia.

- Tribull Oil

This oil contains various herbs like Shatavari, Ashwagandha, Gambhari chal, Kaner root and Vrjadanti. This oil improves functioning of male reproductive organs and offers symptomatic relief in low sperm count.

Research Studies:

- An investigational study confirm efficacy of some herbs in male infertility. Herbs like; Kapikacchu, Kokilaksha, Jatamansi, Swetamusli, Satavari and Kshira Vidari etc. were tested in study and were found to be effective in case of male infertility.
CONCLUSION

The literary study concluded that drug possess Snigdha Guna, Balya and Vata-Sthapana properties offers good effect in oligozoospermia. Tikta Rasa and Laghu Guna of some drugs produce Prakruta Saphala Dhatu leads formation of potent shukradhatu. Herbs like; Shweta Musli act as tonic to rejuvenate the reproductive system. Shilajit also act as restorative and rejuvenating tonic improves physical performance and harmonious health. Similarly Madhura rasa, Sheeta Virya, Vrishya, Brimhana and Vatapittahara properties of many drugs offers benefecial effects in oligozoospermia.

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