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Review Article

A REVIEW ON AYURVEDA PERSPECTIVE AND THERAPEUTIC CONSIDERATION OF OLIGOZOOSPERMIA

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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 life style 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.

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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 problem¹⁻⁴. 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 disease²⁻⁶. 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 factors³⁻⁵.

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 *brihana* and *balya* effect, however *vajikarana* drugs should be used after *strotoshuddhi* and detoxification of *shareera* which devoid of *malas*⁴⁻⁷.

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.

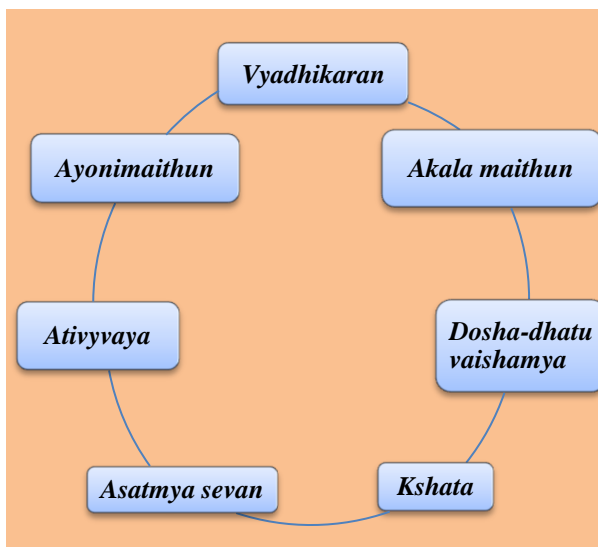


Figure 1: Causative factors of oligozoospermia as per Ayurveda

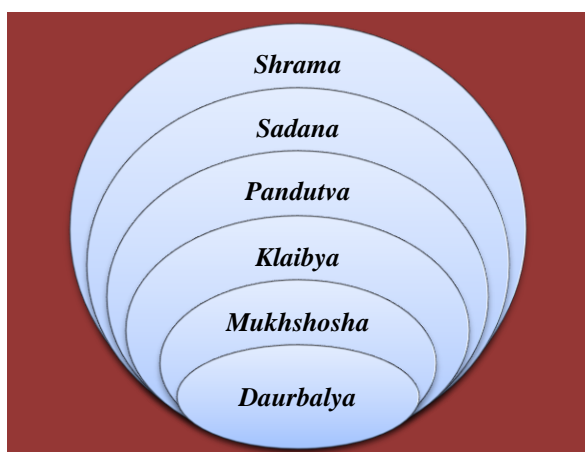


Figure 2: Clinical symptoms of oligozoospermia

Pathological Consideration:

Ayurveda literature quoted various pathological conditions responsible for male infertility (oligozoospermia) which are as follows:

- ❖ *Doshaja Shandtva*
- ❖ *VyadhijanitaShandtva*
- ❖ *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*.

Vyadhijanita 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 *Shukradhatu* 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, Navnita, 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 *viriyavardhaka* 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, Kulatha, Milk, Dadhi, Ghrita, Navnita, Kharjura, Amalaki phala, Lashuna, Guda-sharkara, Mamsarasa, Veshavara, Amla vilepi, Saindhava and Rasala these dravyas offers shukrala and vrishya properties.

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

Aushadha: Mamsa and Ghrita which offers Shukarajanana effect, Kshir yukta asthapana and Trivruttchurnayukta ghrita for virechana possessing Shukrashodhana properties, Ashwagandha having Brimhana effect and Amalaki offers Vayasthapana effect.

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

S. No.	Dravya category	Effect	Examples
1	Shukrajanaka	Nourishes rasaparinatashukra dhatu possesses similar properties as shukra dhatu	Mansa, Musali Ashvagandha
2	Shukrapravartaka	Helps in ejaculation	Bhallataka phala majaa and Amalaka
3	Shukrajanaka-pravartaka	Used for genesis and also offers ejaculatory effect	Ghrita and Godhuma
4	Shukrastambhaka	Control the ejaculation thus useful in premature ejaculation	Nagbala, Ahiphen and Bhanga

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 oligozoospermia⁵⁻¹⁰.

Virechana: Virechana recommended for shukra dosha and klaibya.

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

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

Herbs recommended for oligozoospermia:

- ❖ Shatavar
- ❖ Ashwagandha
- ❖ Amla
- ❖ Gokshur
- ❖ Vidaari
- ❖ Shweta Musli

Ayurveda Formulation for Oligozoospermia:

❖ **Chandrprabha Vati**

Chanderprabha vati consisted of different natural ingredients such as; Guggul, Karpoor, Vacha, Mustak, Haridra, Amalaki, Vidanga, Guduchi, Pippali, Lavan,

Dalchini, Tejpatta and Ela, these all ingredients improves functioning of male reproductive organs.

❖ **Atirasadi Churna**

It comprises of Safed Musli Musli, Kali Musli, Semal Musli, Gokshura, Shatavari, Silk Cotton, Asparagus, Ashwagandha, Akarkara, Vidari Kand, Safed Behmen, Jaiphal, Taalmakhana and Kesar. Atirasadi Churna offers aphrodisiac property.

❖ **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 oligospermia.

❖ **Tribull Oil**

This oil contains various herbs like Shatavari, Ashwagandha, Gambhari chal, Kaner root and Vjradanti. 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, Jatamamsi, Swetamusli, Satavari and Kshira Vidari etc. were tested in study and were found to be effective in case of male infertility.

- ❖ *Vajikarana Yoga, Satavaryadi Yoga, Amalaki Rasayana* and *Narasimha Curna* etc. also offers relief in male infertility.
- ❖ A research study proved that *Vajikarana Karma* of *Kokilaksa, Atmagupta* and *Jatamansi* help in *Sukravrdhi* and also control symptoms of *Daurbalya*.
- ❖ *Satavari Curna* was also found to be effective in oligozoospermia when administered in dose of 5 gm once daily with milk⁸⁻¹².

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 Sapta Dhatus* 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 bebefecial effects in oligozoospermia.

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