



Male Infertility and Ayurveda: Review Literature.

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ABSTRACT:

A couple fails to achieve pregnancy after 1 year of unprotected and regular intercourse said to be infertile, in 1/3 rd of all cases male is directly responsible. Male infertility is defined as male's inability to cause pregnancy in a fertile female⁽¹⁾. Some of the known responsible factors for male infertility is low sperm count and reduced motility. Apart from the different seminal morbidities causing male infertility, impairment in the sperm count and motility is gaining attention.

Acharya Charaka Vajikaran Adhyaya, 2/16-18 infertile person is like a tree without leaves and branches he represents a "picture of a lamp" which looks like giving a light but unable to give light to vanish the darkness⁽²⁾. Prajotpadana (creation of new generation) is the main karma of Shukradhatu. Among the medical system, Ayurveda has also built with own unbreakable fundamental principles. Ayurveda described lots of good remedies to cure problem related to shukradusti. So present study has been selected to review.

KEYWORDS: Male infertility, Vajikaran, Prajotpadana, Shukradhatu, shukradusti.

Introduction:

Male life changing day by day in various aspects, especially concern to health, unhealthy diet, faulty lifestyle, stress, many more unknown causes, result in morbidity and mortality. The formation of Shukra dhatu depends on diet, lifestyle, and state of mind (psychology), general health of an individual. Impairment in the above factor results in Vitiated Tridosha (three of humor), impaired Agni (digestive fire), Impaired production of Dhatu (an essential ingredient of the body) (Rasa to Shukra). All these factors impair the Shukra Dhatu. result into male infertility. Ayurveda explains 8 types shukradushti i.e. Vataja Pitta, Kapahaj; Granti (semen becomes knotty by kapha and vata); Kunapagandhishukra (copious and has cadaveric smell); shinshukra (deficiency of semen is due to pitta and vata) Pooti (semen mixed with putrid pus); Mala samsrushtashukra (semen smell of urine and faeces). Its management also described by acharya in granthas

AIMS AND OBJECTIVES:

To review the literature in ayurveda related to male infertility.

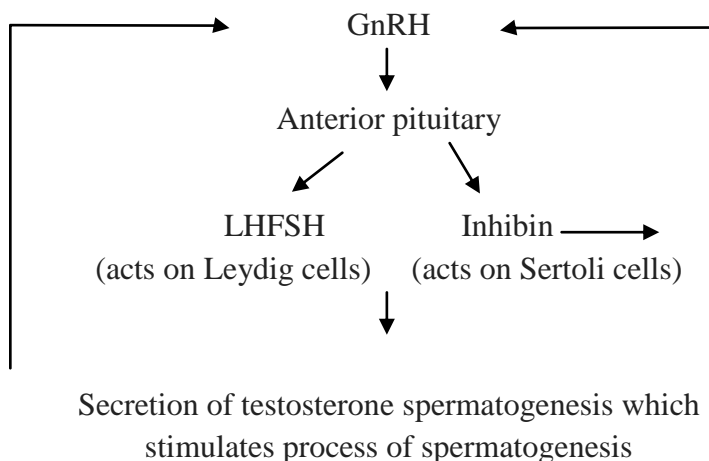
MATERIAL AND METHODS:

By using *Ayurvedic Samhita* and modern science Gynaecology book and also websites reference collected.

FACTOR CONTRIBUTE TO MALE INFERTILITY:⁽³⁾

1. Disorders of spermatogenesis 45%
2. Obstruction of efferent Ducts 30%
3. Disorders of sperm motility 10%
4. Sexual dysfunction 5%
5. Unexplained 10%

SPERMATOGENESIS-



ABNORMALITIES OF SPERM –

- Aspermia,
- Azoospermia,
- Oligospermia,
- Asthenozoospermia,
- Necrospermia,

TREATMENT:

Treatment options depend on the causative factor, if an injury is causing the problem, there may be reconstructive surgery. If an infection proper antibiotic needed. something difficult to treat, In such condition IVF procedure intracytoplasmic sperm injection (ICSI) useful. The couple may also use donor sperm.

Medicinal Treatment- *Clomiphene citrate, Testosterone, Tranilast, ketotifen, Zinc, Vit E & Vit C.*

ACCORDING TO AYURVED- PRODUCTION OF SHUKRA

There is a difference of opinion between the *Achaaryaas* regarding the time required for the production of *Shukra dhatu*. According to *Achaarya Sushruta* one *Dhatu* is produced from its previous *Dhatu* by the action of specific *Agni*, so *Ahar -rasa* required 3015 “*kala*” for production of *Shukra* that is one month.

Achaarya Charaka mentioned six *Ahoraatra* for the transformation of *Ahaara* into *Shukra dhatu*. some ‘*Vrushya*’ *Dravyas* causes instant *shukra* production by the effect of ‘*Prabhava*’ i.e. its power. *Charaka* says that the *Ahara Rasa* is spread and distributed into the entire body at the same time, continuously and always with the help of *Vyan Vayu*.⁽⁴⁾

Factors for garbhotpatti–

Rutu, Bija, Kshetra, Ambu.

Any deformity in one of these factors leads to infertility.

BIJA BIJA – BHAG DOSH (congenital abnormalities)

- Defects in the gamete

**AYURVEDIC CAUSES OF MALE INFERTILITY –
SHUKRA DOSHA– 8**

Sr	TYPE	Doshprakopa	Sadhyasadyatva
1	<i>Vataja</i>	<i>Vata</i>	<i>Sadhya</i>
2	<i>Pittaj</i>	<i>Pitta</i>	<i>Sadhya</i>
3	<i>Kaphaja</i>	<i>Kapha</i>	<i>Sadhya</i>
4	<i>Granthibhuta</i>	<i>Kapha+vata</i>	<i>Kricchrasadhyā</i>
5	<i>Kunapa-gandhi</i>	<i>Rakta</i>	<i>Kricchrasadhyā</i>
6	<i>Putipuya</i>	<i>Pitta-kapha</i>	<i>Kricchrasadhyā</i>
7	<i>Khshina</i>	<i>Pitta+vata</i>	<i>Kricchrasadhyā</i>
8	<i>Mutrapurisha- Gandhi</i>	<i>Tridosha</i>	<i>Asadhyā</i>

ETIOLOGY of shukradusti: ⁽⁵⁾⁽⁶⁾**Excessivecoitus:**

Excessive sexual intercourse directly leads to *Shukrakshaya* which is one of the *Shukradushtis*. Excessive coitus leads to *Shukra* and *Ojakshaya* which are the *Sneha* of the body leads to the aggravation of *Vatadosha* or vitiation of *Vatadosha* which further leads to *PratilomaGatikshaya* of the remaining dhatus which may further hamper the *Shukrotpatti*.

Excessiveexertion:

Excessive exertion results in an increase in *ruksh*, *laghu*, *khara*, *chalaguna* of *vayu*. Which result in hamper *agni* and *shukra* produced become defective.

Ayonimaithuna:

Sexual intercourse through the tract other than female genital organs, for example, *Gudamaithuna*, *Pashuyonimaithuna* these are considered as abnormal or perverted sexual behaviors. Which ultimately leads to sexually transmitted diseases.

Intake of ruksha, tikta, kashaya, atilavana, amla:⁽⁷⁾

It dries up the dhatus as it does the *Shoshana* of the *dravamsha*, so this *Rookshaguna* is opposite to that of the *ShuddhaShukragunas* like *Snigdha*, *Picchila* which leads to *shuradushti*.

Excess quantity *tikta* for the longer period makes *Balakshaya*, *Shareerakrushata*, *Harshanasha*, and *Shukradushti*.

Excessive intake of *Kashaya rasa dravya* leads to constriction of *Shukravahasrotas* followed by *avarodha*. *Kashaya rasa dravya* form *Katuvipaka* which produces *Pumsatvanasha*.

As *Shukrais* having *Saumyaguna* and *Lavana rasa* is having opposite qualities like *Agneya*, *Ushna*, *Teekshna*, *Vikaasi*, etc, it is considered as *Shukragna*, hence when taken in excess quantity for a longer period it leads to *Shukradushti*.

When *amla rasa* took in excess quantity for a longer period it *vitiates Rakta*, *Mamsa dhatu*. On *Prajananasamsthaana* it acts as *Shukragna*.

Excessive exposure to heat (*ushna*)

For longer duration, it aggravates the *Pitta* and burns the *Dhaatus* by its *Agneeyaguna* and alleviates the *Snigdha*, supposes if the *Shukravahasrotas* is affected then it leads to *Shukradushti*.

Oldage:

During this *Vriddhavasta* the *vatadosha* is more dominant which brings about *dhatu kshaya*. *Balakshaya*. Hence in *Vriddhavasta* the *shukra dhatu* will become *Ksheena*, here the word *Ksheena* can be taken into account both quantitatively and qualitatively so, therefore, *Vruddhavastacana* lead to *Shukradushti*.

SIGNS AND SYMPTOMS OF SHUKRA DUSTI^(8,9,10,11)

The characteristics of abnormal sperm are explained by *acharya*.

- *Phenila* (frothy), *tanu* (diluted),
- *ruksha* (rough), *vivarna* (discoloration),
- *puti* (foul smelling), *anya* (with other dhatu mixed),
- *picchila* (slippery), *avsadi* (high specific gravity),
- *putigandhi* (foul smell), *dahallina* (Burning sensation penis),
- *atipicchila* (excess slippery), *sarakta* (mixed with blood),
- *grathita* (excess viscosity), *kunapgandhi* (smell like blood),
- *puyabha* (mixed with yellow discharge), *kshina* (small amount),
- *aruna* (red colored), *Krishna* (black),
- *Toda* (prickling pain), *bheda* (shooting pain),
- *alpa* (less quantity), *vicchina* (disconnected),
- *chirata* (come after a long time), *prabhuta* (excess quantity),
- *vibadha* (obstruction), *mutragandhi* (smell of urine),
- *majjopasansrista* (mixed with bone marrow),
- *visragandhi* (bad odor), *purishgandhi* (smell of stool).

CHIKITSA:

snehana, *swadana*, *vaman*, *virechan*, *basti*, *uttarbasti* these are constitute of common management of *shukradusti*.⁽¹²⁾

According to *acharya charakvatapittaharayoga*, *vajikaran yoga*, *yoniyapadchikitsa* used in *shukradusti*.⁽¹³⁾ Also, two main

branches of *Ayurveda* which deal with *Shukradusti* are *Rasayan* and *Vajikarana* therapy. These two chapters occupy a very prime position regarding this subject.

Shukrala:

consumption of this drug causes an increase in the volume of semen and increase sperm count.

Example: *ashwagandha* (*Withaniasomnifera*), *musali* (*curculio orchoidis*), *shatavari* (*asparagus racemosus*)

Vajikarana:

The drug causes excitement during sexual intercourse after its consumption.

Example: *kapikachu* (*mucunaprurita*)

Shukra-pravatak and shukra-janak:

Production of semen and its expulsion **Example:** milk, *amla*, *masha*.etc

PREVENTION –

By following- *Dincharya*, *Rutucharya*, *Trayoupasthambhapalan*, *AcharRasayan*,

DISCUSION:

In modern gynecological practise there is no definite medical treatment for male infertility, so we can use protocol as per *Ayurveda* and following principle we can prevent male infertility.

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