

**A CASE STUDY - EFFECT OF SHATAVARYADI CHURNA IN
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ABSTRACT

Shukra Beej Ksheenata is an important disorder in Vajikaran chapter of Ashtang Ayurveda. Many of peoples are suffering from infertility and its cause is mainly the Shukra Beej Ksheenata (oligospermia). Oligospermia is the condition where the sperm count is low in the semen as per its normal value. A patient of Shukra Beej Ksheenata came in rishikul campus Kayachikitsa OPD registration no. KC-16588/31552, dated 14.9.17 and was taken for treatment of infertility. He was given the simple Virechana by Panchsakar churna. Then he was given Shatavaryadi churna with cow milk morning and evening at the time of snacks for 45 days. After completion of the treatment the patient got good result and in follow up after 1 month his report was again normal.

KEYWORDS: Shukra Beej Ksheenata, Infertility, Shatavaryadi churna, Oligospermia, Vajikarana.

INTRODUCTION- India is a traditional country. Here the infertility is a big abuse in the society. In many cases of infertility oligospermia is the main cause of infertility. Normal count of sperms in one ejaculation is 20 to 150 million/ml. Below 20 million/ml sperm count is called oligospermia. Important causes of oligospermia are improper diet, hormonal imbalance, disease, weakness and excessive coitus.

The peoples are also not aware about the proper diet for Vajikarana. So to search the proper cause of oligospermia is very typical. A lot of investigations and observations are required to treat the patient. So there is the necessity of a drug which has a wide range of effect, less cost and proper availability. Shatavaryadi churna is an important drug of vajikarana chapter which is described by many of acharyas.

MATERIAL AND METHOD

A 30 year old male person with registration no. KC-16588/31552 dated 14.9.17 came in Kayachikitsa OPD of Rishikul campus, Uttarakhand Ayurved University with complaint of infertility.

History of present illness- The patient got married 5 years ago. He took precautions to avoid pregnancy for three year. After that 16 month of precaution less contact his wife got no sign of pregnancy. Then he went to doctor for the treatment. In investigations the reports of wife was normal and the report of husband shows oligospermia. The patient took the treatment but not got sufficient relief. The patient was advised for IUI or IVF. The procedures are too costly for patient. Then the patient came to the OPD of Rishikul campus for Ayurvedic treatment.

History of past illness- There was history of typhoid 7 years back. There was no history of any severe illness.

Treatment history- Patient has been taken many of modern medicines. But the sperm level did not reach to normal level and was advised for IUI or IVF.

Surgical history- no surgical history.

Family history- All family members have no history of any severe disease.

Personal history- B.P.- 120/70, Nadi (pulse)- 75/minute, Urine- normal, Tongue- normal, Stool- constipation, Sparsh- Khar, Drik- Samanya, Aakriti- Samanya, Agni- Mandagni, Shabda- Samanya.

Treatment Schedule- On 1st day 5gm of Panchsakar churna mixed with 1 gm of Lavanbhaskar churna was given to patient with warm water at 10 PM to remove the

constipation and Shrotavarodh. From 4.00 AM to 10 AM 5 Virechan Vegas happened which was normal. Simple diet of Khichdi was advised for whole day.

From next day the 5 gm of Shatavaryadi churna with a glass of cow milk was advised at 8 am and 5 pm on every morning and evening.

Shatavaryadi churna- This drug is available in market made by many companies. The drug is described in Sharangadhar Samhita- Madhyam khand. Other acharyas also describe this drug in their books. In this case the drug is self made as per following contents-

No.	Content name	Botanical name	Family	Part used
1	Shatavari	<i>Asparagus recemosus</i> Willd.	liliaceae	Root
2	Gokshur	<i>Tribulus terrestris</i> L.	Zygophyllaceae	Seed
3	Talmakhana	<i>Astercantha longifolia</i> L.	Acanthaceae	Seed
4	Nagbala	<i>Grewia hirsuta</i> L.	Tiliaceae	Whole plant
5	Atibala	<i>Abutilon indicum</i> L.	Malvaceae	Whole plant
6	Kapikachchhu	<i>Mucuna pruriens</i> L.	leguminoceae	seed

All above drugs are easily available in market. Drug was powdered in mixer and filtererd with sieve for use.

Diet schedule- Normal diet chapatti, rice, vegetable, pulses and milk was advised to patient. Heavy food like nonveg, fast food & junk foods was restricted. Milk, butter milk and mustard oil were allowed. Fruits were also advised to patient in diet. The time of meal was advised to regularize.

OBSERVATION AND RESULTS

After every 30 days of drug administration sperm count, motility & morphology was investigated by pathology lab.

The investigation shows following result Volume- 2.5 ml, Colour- whitish, Liquification time 20 minutes, pus cell- 1-2, RBC's- 00.

Sperm count- normal count- 20 to 150 million/ml

Before Treatment Million/ml	30 days after treatment Million/ml	60 th day of treatment Million/ml	Follow up 90 th day of treatment (without medicine) Million/ml
5.6	59.56	101.5	93.6

Other important investigation also shows mark improvement in result.

Sperm motility- above 50% of sperm should be motile.

Before Treatment	30 th days after treatment	60 th day of treatment	Follow up 90 th day of treatment (without medicine)
57	64	67	65

Volume of semen- 1.5 to 4.5 ml per ejaculation

Before Treatment	30 th days after treatment (ml)	60 th day of treatment (ml)	Follow up 90 th day of treatment (without medicine) (ml)
1.5	2.0	2.5	2.0

Sperm morphology- more than 50% of sperm should be normal

Before Treatment	30 th days after treatment	60 th day of treatment	Follow up 90 th day of treatment (without medicine) Million/ml
65%	65 %	67 %	65 %

All other investigation like colour, liquification time shows no remarkable changes.

DISCUSSION

As concern to infertility the every column of seminogram is important. In above case the main problem of patient was less counting of sperms in semen. All other investigations were in normal range. To remove constipation the Panchsakar churna was used which also removed the Shrotavrodh to some extents. The content of Shatavaryadi churna has Madhur rasa and Sheeta Veerya property. The Shukra have the same property. This drug is reported by many of the acharyas so it could be thought that the drug may have the good effect. An earlier research also shows good result for this drug. The Shatavari has a good property as Shukra vardhak. So it also increases the number of sperm. The Gokshur has the property of Shukra Shodhak. It also removes the infection. The Kapikachchhu has the aphrodisiac property, improve the nervous sensation, so also remove the impotence. Nagabala is the drug of choice for Kshatksheena (debility due to excess work, exercise, Injury related to courage, urge retention, deterioration and improper diet). Atibala is Balya drug, so improves the power. Talmakhana has the same property like Shukra. It increases the semen and its content. Godugdha has the property of Shukravardhan & Balya. The drug was self made. So its quality was confirmed. The diet regulation and pathya - apathya also improves the health and Shukra dhatu. The patient has been taken much modern medicines. It improves sperm count to some extent but patient did not get proper result. These modern drugs also have side effects. The contents of this drug are easily available so it can be prepared on home. The drug

is also available in the market by the same name. The patient has the history of typhoid which is also a cause of orchitis (leads to oligospermia). It also shows that the Shatavaryadi churna has a good effect on oligospermia due to typhoid because the drug content Gokshur have Shukrashodhan property. The ayurvedic drugs have a wide range of effect. It does not only improve the symptom but also improves and repair the function of whole system. So the follow up result was also very good.

CONCLUSION

The drug Shatavaryadi Churna has a good effect on oligospermia. The other important factor of seminogramme also shows improvement in their values.

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