

A LITERARY REVIEW ON INFERTILITY (PCOS) WITH SPECIAL REFERENCE TO SHUKRA DHATU

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ABSTRACT

The Shukra is created as part of a long chain of metabolic transformations. but nowadays due to modern lifestyle, junk food, late marriage, anxiety, depression etc leads to PCOS in female. So, all the cause leads to Shukradushti, which is similar to hormonal imbalance which leads to PCOS (infertility) Female infertility is the major disorder which has altered the mankind for lack of conception and reproducibility, stressful world, excess radiation has resulted the female infertility. Infertility/ childlessness cause great personal suffering & distress. Most of this agony & misery is hidden from the public gaze. Infertility is in approximately 90% of couple. i.e. Male related problems account for about 30%, female related problem

account for another 30 %, in next 30% both are responsible.

KEYWORD: Infertility, PCOS, *Shukra* dhatu etc.

INTRODUCTION

Shukra means bright, pure, and radiant. *Shukradhatu* is produced by *Posaka* (unstable) *Majjadhatu* flows through the *Shukravaha srota* into the *Shukradharakala* and is digested by the *Shukraggni*. In Ayurveda, the term has often been used to refer both the male semen and the female egg, as they contain the essence of all other dhatus (tissues) of the body. *Shukra* is the seventh and final dhatu in the dhatus formation cycle. A person who passes healthy *Shukra* has a brightness of confidence, with eyes and skin that seem to radiate light. A sensitive individual can perceive this light. Others may notice it as lustre or may simply feel

the strength and confidence of the one who possesses it. At times, two distinct terms are used to describe the male and female seed. *Shukra* universally applies to sperm, but can also apply to the entire makeup of semen.

In this study we compare the relation between *Shukra* and Hormone which causes infertility. according to some scientist, function of hormone which is related to infertility and function of *Shukra* are same.

The rate of infertility is becoming fast a common phenomenon in today's hectic stressful life. Some of the common causes of infertility are Life style, occupation , lack of awareness about normal sexual life and family life, depression, sexually transmitted diseases, late marriages some unknown causes male infertility, female infertility, or infertility to both. Nowadays PCOS is a common endocrine disorder in a women of reproductive age group. It is found in about 70% of women who have ovulation difficulties leading to infertility.

Causes of infertility

According to Ayurveda infertility occurs when “*Shukra dhatu*” does not get the proper nutrition which can happen due to poor digestion, lack of balanced diet.

Few other causes which also can be a cause of infertility are:

1. Sexual overindulgence is also a cause of “*Shukrakshya*” (decrease of “*Shukra dhatu*”) and can sometimes lead to *Klaibya* (Impotency).
2. Mental disturbances like anxiety, depression and insomnia can also be a cause of infertility.
3. Eating extra hot and spicy food increases the Pitta in our body and weakens the formation of “*Shukra dhatu*” inside our body which ultimately delay chances to conceive.
4. In female PCOS is main cause of infertility

Pcos

- ❖ The polycystic ovary syndrome is the most common metabolic abnormality of reproductive age.
- ❖ Most common cause pof infertility in women.
- ❖ Studies of pcos in India reported a prevalence of 3.7% to 22.5%. And up to 36% prevalence in adolescents

A clinical presentation of women with pcos

- Reproductive
- Menstrual irregularities, miscarriages
- Acne, hirsutism, endometrial hyperplasia
- Insulin resistance
- Hyper androgenism
- Ovulatory dysfunction
- Metabolic
- Pre-diabetes, cancer, obesity
- Diabetes, CV risk

Pcos and Infertility

- Approx. 85-90% women with oligomenorrhea have pcos
- 30-40% of women with ammenorrhea
- Spontaneous abortion is seen more frequently in PCOS with incidences ranging from 42-73%
- Hirsutism occur in up to 70% of women with PCOS

Endocrine glands & their hormones which are co-related to shukra

- Anterior pituitary hormones- gh, fsh, lh, prolactin
- Ovary- oestrogen, progesterone
- Testes- testosterone, androgen

❖ Growth hormones

- Regulates general body growth
- Stimulates tissue growth

❖ Follicle stimulating hormone

- It leads to developments and maturation of graffian follicles prior to ovulation
- It stimulates secretion of oestrogen

❖ Lutenising Hormones

- It promotes formation of corpus leutum
- Stimulates secretion of progesterone

❖ Prolactin

- Promote milk secretion during postnatal period
- It maintain activity of the fully developed corpus luteum

❖ Thyroxine

- For sexual function thyroid secretion needs to be approx. normal
- It countrol the function of gonads

It stimulates metabolism in tissue

❖ Adrenal cortex

Sex hormones of adrenal cortex are believed to countrol

- 1) The differentiation of sex in the foetus
- 2) Growth of sex glands, sex organ, and secondary sex character after birth

❖ Oestrogen

Sources: 1) Ovary

2) Adrtenal cortex

3) Testes (Very small amount)

4) Placenta

Functions: In females

Ovaries: Oestrogen helps stimulate the growth of an egg follicle.

Vagina: It also stimulates the growth of the vagina to its adult size, the thickening of the vaginal wall, and an increase in vaginal acidity that reduces bacterial infections.

Fallopian tubes: Oestrogen is responsible for the growth of a thick, muscular wall in the fallopian tubes, and for the contractions that transport the egg and sperm cells.

Uterus: Oestrogen enhances and maintains the mucous membrane that lines the uterus

What is estrogen?

Source- ovary placenta, testis (Oestrogens is hormones found in female and low level in male)

Normal range: 1) Men- 10 to 50pg/mL for men

2) Female - 30 to 400pg/mL for premenopausal women.

0 to 30pg/mL for postmenopausal women.

Cervix: Oestrogen is thought to regulate the flow and thickness of uterine mucous secretions. This enhances the movement of a sperm cell to an egg and enables fertilization.

Mammary glands: Oestrogen forms unique relationships with other hormones in the breast. They are responsible for the growth of the breasts during adolescence

What is progesterone

Sources:- Corpus luteum

Placenta

Adrenal cortex

Function: Progesterone is essential for the maintenance of pregnancy and various factor associated with it. It also takes part in it.

-It essential for the formation of placenta

DISCUSSION AND CONCLUSION

Reproductive health, in both men and women, depends on the health of the reproductive tissue or *Shukra dhatu*. In women, *Shukra* creates the ovum as part of the monthly cycle, and in men the semen is formed due to sexual stimulation. The *Shukra* is created as part of a long chain of metabolic transformations. but nowadays due to modern lifestyle, junk food, late marriage, anxiety, depression etc leads to PCOS in female. So, all the cause leads to *Shukradushti*, which is similar to hormonal imbalance which leads to PCOS(Infertility). Thus, the Ayurveda provides a truly comprehensive and balanced approach about shukra and infertility.

Ayurveda addresses the internal balances and external influences contributing to the problem by building the Ojas, improving the overall health of the individual, stimulating the hypothalamus and pituitary glands thereby indirectly inducing the ovaries to ripen and release eggs.

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