

IMPORTANCE OF VAJIKARAN CHIKITSA IN MALE INFERTILITY

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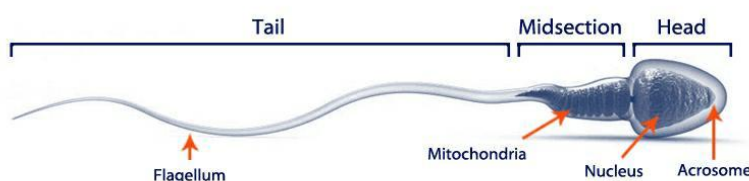
• Male infertility definition

Inability of male to cause pregnancy in a fertile female is called as male infertility. In about 30% cases of infertility there is fault found in males but in India due to male dominating society female partner is generally blamed. Physiological state of infertility in male is occur before puberty & in old age.

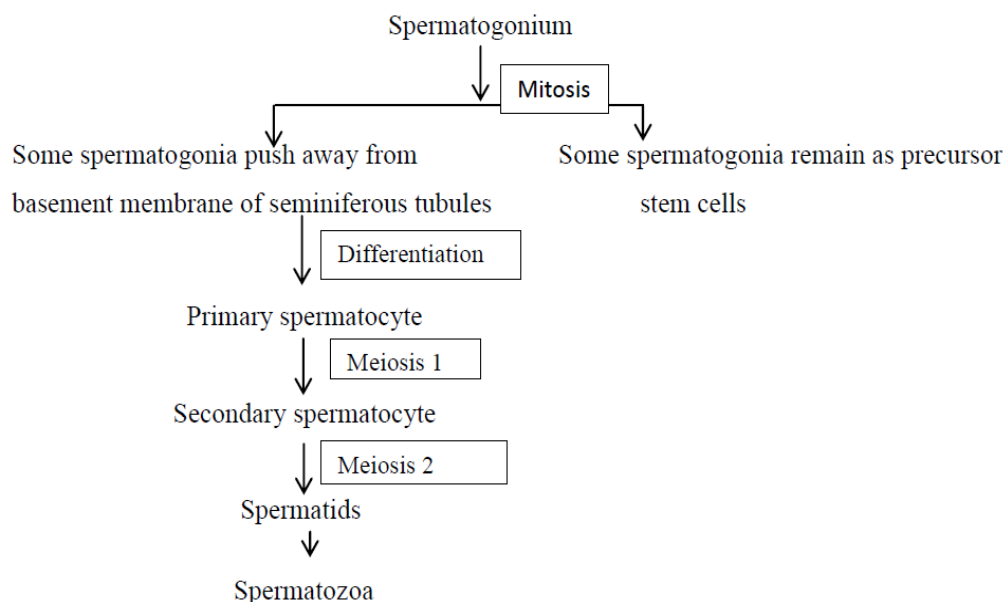
• Normal physiology of spermatogenesis

Sperm is cell in male reproductive system or gamete which takes part in the process of reproduction.

Normal Sperm Structure



Process of sperm cell formation is known as spermatogenesis which takes place in seminiferous tubules of testis.



Sperms ejaculated normally into woman's body during sex. Under hormonal control sperms form, store & transport in male reproductive system. After formation of sperm in testis they travel through epididymis, vas deferens to ejaculatory duct & ejaculate through urethra. In this process sperm mix with fluid from prostate & seminal vesicles forms semen.

Fertility of male depends on normal sperm formation & delivering them. Sperm then go into female vagina to cervix into her uterus & fallopian tubes where it meets with egg (ovum) & fertilization occurs. All this process occurs when genes, hormonal levels & environmental condition are good.

• Ayurvedic physiology of spermatogenesis

In Ayurveda, there are seven fundamental elements which support basic structure & functioning of the body, they are called as *Dhatus*. These elements maintain functioning of different systems, organ & vital parts of body & play a role in the development & nourishing of the body. These seven elements are:

1. **Rasa (Plasma):** It contains nutrients & minerals from digested food which nourishes all tissues & organs.
2. **Rakta (Blood):** It transports oxygen to all tissues & organs, maintains life.
3. **Mamsa (Muscle):** It covers delicate vital organs & enables movements of bones & joints which maintains strength of body.
4. **Meda (Adipose tissue):** It maintains lubrication of all tissues.
5. **Asthi (Bone & cartilages):** Give support to body structure.

6. **Majja (Bone marrow):** It fill up bony spaces.
7. **Shukra:** This element is present in 2 forms in the body. One which is formed from the *Majja* & occupying all the body. Other one are responsible for reproduction which called sperm in males & Ova in female.

For the formation of sperms the duration required is by

Parashar - 8 days

Acharya Sushruta – 30 days

Acharya Charak – 7 days

By modern science – 64 days

For good progeny both sperm & ovum should be healthy. Ayurvedic texts gives features of good & healthy sperm are as follows :

स्फटिकाभं द्रवं स्निग्धं मधुरं मधुगन्धि च ।

शुक्रमिच्छन्ति केचित्तु तैलक्षौद्रनिभं तथा ॥

सु. शा. २/१३

स्निग्धं घनं पिच्छिलं च मधुरं चाविदाहि च ।

रेतः शुद्ध विजानियात्श्वेतं स्फटिक सन्निभम् ॥

च. शा.

• Factors promoting healthy spermatogenesis

Ayurveda explained & give importance to daily routine for maintaining health. For healthy spermatogenesis person should be healthy. Daily routine for achieving healthy life is given below:

- Wake up early in the morning – 2 hours before sunrise.
- Maintain hygiene – Oral hygiene consist of gargling of mouth, brushing teeth & cleaning tongue.
- Exercise & bath: Exercise removes body tiredness, increases digestive power, burns fat & promote feeling of peace & joy. After that warm water shower to remove sweat & grime.
- Pray & meditation
- Lunch: should take between 12 – 1 pm. Lunch should consist of food with all six tastes.

- Avoid nap after lunch because it may trigger vitiation of *Kapha*.
- Dinner between 6 – 7 pm. It should be lighter.
- Bedtime.

- **Factors affecting normal spermatogenesis**

Factors which causes formation of abnormal sperms are –

- Change in lifestyle – Due to sedentary lifestyle there is increase in obesity which affects spermatogenesis.
- Continuous exposure to chemicals & toxins in environment is associated with reduced sperm concentration & quality.
- Constant exposure of male to extreme heat like working in factories, occupational drivers, bakers etc. affect spermatogenesis.
- Chemotherapy used for treatment of cancer can affect spermatogenesis.
- Local trauma to testis
- Excessive smoking, drinking
- Constant intake of drugs like steroids, antidepressants, antihypertensive.

- **Causes of male infertility**

- 1) Disorders of sperm: Here problem is with formation & growth of sperm includes:
 - ✓ Oligospermia: low sperm count
 - ✓ Azoospermia: No sperms
 - ✓ Teratozoospermia: Abnormal shape of sperm
 - ✓ Asthenozoospermia: reduced sperm motility
- 2) Infection: some infections interfere with spermatogenesis
- 3) Obstruction: Blockage in the pathway of sperm transport
- 4) Ejaculation Problems: When semen enters into bladder instead of emerging out of penis is called retrograde ejaculation.
- 5) Varicocele: It is swelling of veins which drain testicles
- 6) Hormonal: Hormones produced by hypothalamus, pituitary & testis are required for sperm formation Alteration in its production impares sperm production.
- 7) Undescended testis
- 8) Chromosomal abnormalities
- 9) Medical: Drugs for treating depression, digestive problems, infection, blood pressure, cancer can affect spermatogenesis.

• Etiopathological conditions in Ayurveda

Thousands of years ago when there is no any facility available Ayurveda have explained abnormalities in primordial cells will damage fertility. Some conditions are given as:

- ✓ Eight types of abnormalities are seen due to affliction of body elements leads to male infertility.
- ✓ Erectile dysfunction or impotency is condition which prevent man from sexual pleasure with his female partner.
- ✓ Symptoms of decrease in sperm count are also given in text as below –

दौर्बल्यं मुखशोषश्च पाण्डुत्वं सदनं श्रमः ।

क्लैब्यं शुक्राविसर्गश्च क्षीणशुक्रस्य लक्षणम् ॥

च. सु. १७

• Diagnosis

It depends on following –

- Detailed history of patient
- Physical examination
- Semen analysis
- Trans-rectal USG
- Testicular biopsy
- Hormonal profile

In *ayurvedic* literature gives some features to diagnose the problem as *Shloka* given above in *Shukrakshaya*.

• Management

In the modern science have only symptomatic treatment. It includes medical & surgical treatment depends on condition. But Ayurveda always focus on proper digestion of dietary products because good metabolic products are essential for production of one by one body elements, which helps in rejuvenation. Here we are focusing on the management of infertility in male can be done according to second chapter of *Charak Samhita Chikitsasthan* labeled as *Vajikaran adhyay*. While going through the aims 7 objectives of management if infertility it was noticed that this is most important & special management for infertile person.

नहि जातबलाः सर्वे नराश्चापत्यभागिनः ।

बृहच्छरीरा बलिनः सन्ति नारिषु दुर्बलाः ॥

सन्ति चाल्पाश्रयाः स्त्रिषु बलवन्तो बहुप्रजाः ।

प्रकृत्या चाबलाः सन्ति सन्ति चामयदुर्बलः ॥

च. चि. २/४/४-६

Acharya Charak described that every person was not strong & all strong persons are not have same fertility. The person whose built was good & strong externally was not always fertile & the person who is thin may have many childrens means they may have more fertile capacity.

In Sanskrit Vaji means horse which is symbol of sexual potency. Vajikaran means producing horse like strength in sexual activity. The main aim of Vajikaran is successful copulation for the healthy reproduction with additional benefit of sexual pleasure. The persons who are below age of 18 & age above 70 are not indicated for this treatment. This treatment nourishes Shukra-dhatu & restores its function. It is useful in persons who want to enhance their sexual performance.

• Action of Vajikaran drugs

वाजीकरण्यस्त्वोबधयः स्वबलगुणोत्कर्षाद्विरेचनवदुपयुक्तः शुक्रं शीघ्रं विरेचयन्ति ।

सु. सु. १४

Here Acharya Sushruta described that like virechana dravyas these drugs are helpful in fast ejaculation of semen.

• Vajikaran dravyas

- ✓ Female is the best remedy to increase sexual desire.
- ✓ The herbal drugs who have same properties like semen are are used to increase that count
- ✓ Also the semen of other animals is also useful to increase semen
- ✓ Crocodile semen is best to increase semen quality in males
- ✓ Milk
- ✓ Ghee
- ✓ Ashwagandha
- ✓ Shatavari

- ✓ Kokilabeej
- ✓ Gokshura

- **DISCUSSION**

All this study reveals that use of these drugs are not only to increase pleasure of sexual life but also useful to treat the infertile males. The products like milk we can use it on regular basis as it has instant action & so that the use instead of medicines. These herbal drugs have action on whole body, it decreases general debility & gives instant relief, it maintains body hormones level, it increases absorption power of metabolic products.