

THE ROLE OF VRISHYA YAWAGU IN SHUKRAKSHAYA (OLIGOSPERMIA)

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ABSTRACT

Shukra is seventh *Dhahu* and it is best among all. It is produced from *Majja Dhatu* during process of metabolism. *Shukrakshaya* is a disease which comes under *Dhatukshaya*.^[1] According to ancient saint, *Moksha* is most important duty called *Purusharth* and it is depend upon progeny of human kind. For begetting a healthy progeny, the *Shukra* should be without any defect. In *Ayurveda* the management of disease is by *Nidana Parivarjan* & and also *Samprapti Vighatan*. The *Pathyahaar*, which comes under *Nidanaparivarjan* has its own role in treatment. The *Yawagu* is also *Pathyahaar* which can be consumed daily. This *Yawagu* main ingredients is *Masha has vrishya* quality which improve quality and quantity of *Shukra*.

INTRODUCTION

There are drastic changes in present life style including day to day activities, foods, habits, various sexual activity, environmental pollution, medication, occupational hazards and these changes have adverse effects on *Shukradhatu*, causing its *Kshaya* which leads to infertility. Today near about 9-12% couple from entire world population suffering from failure to get a child its prevalence is 2 million per year in metropolitan city as well as in small town of India. Oligospermia is a male fertility issue defined as a low sperm concentration in the ejaculate. Low sperm concentration or "sperm count" is the number of sperm in a presc of ejaculate (typically milliliters or mL). As defined by the World Health Organization (WHO) in 1999, a low sperm count is less than 20 million sperm /mL.

AIMS AND OBJECT

1. To study *Ayurvedic* concept of *Shukrakshaya*.
2. The role of *Vrishya Yawagu* in *Shukrakshaya*.

MATERIALS AND METHODS

- Classical text books of *Ayurveda*.
- Text books of contemporary science.
- Published articles from journals and authentic websites

SHUKRAKSHAYA NIDAN*Aaharaj*^[2-4]

- **Guna** - *Ruksha annapan avm Ruksha aushadha ka nirantar sevan*
- **Ras** - *Katu, amla, Kashaya, Lavana*
- **Matra** - *pramitashana, alpashan,*
- **Kal** - *Akalik bhojan, asatmya aahar*

Viharaj^[3]**Mansika** - *Chinta, Shoka, Krodha, Bhaya, Irshya, Utkantha, Udvega, Mada,***Sharirika**- *Jara, Atikarshan, Atistreessevan(Atimaithun), Utrottat Dhatukshaya***SHUKRAKSHAYA LAKSHANA**

<i>Lakshana</i>	<i>Charaka</i> ^[5-6]	<i>Shushruta</i> ^[7]	<i>Ashtrang Sangraha</i> ^[8]	<i>Ashtrang Hridaya</i> ^[9]	<i>Bhavprakash</i> ^[10]	<i>Harita samhita</i> ^[11]
<i>Sarvadehagata-</i>						
<i>Dourbalyta</i>	+	-	+	-	-	-
<i>Bhrama</i>	+	-	+	-	-	+
<i>Panduta</i>	+	-	+	-	-	-
<i>Sandhishool</i>	-	-	-	-	-	+
<i>Sadana</i>	+	-	+	-	-	+
<i>Shosha</i>	-	-	-	-	-	+
<i>Shrama</i>	+	-	+	-	-	-
<i>Sthanika -</i>						
<i>Mukhashosha</i>	+	-	-	-	-	-
<i>Timir darshana</i>	-	-	+	-	+	-
<i>Medhru vrishana vedana</i>	-	+	+	+	-	-
<i>Vrishana dhumayamana</i>	-	+	-	-	-	-
<i>Medhru dhumayamana</i>	-	-	+	+	-	-
<i>Mansika -</i>						

<i>Streedwesh</i>	-	-	+	-	-	+
Maithungata -						
<i>Klaibya</i>	+	-	+	-	-	-
<i>Alpacheshtha</i>	-	-	-	-	-	+
<i>Maithun aashakti</i>	-	+	-	-	+	-
Shukragata-						
<i>Shukra avisharga</i>	+	-	-	-	-	-
<i>Chirat praseka</i>	-	+	+	+	+	-
<i>Alpa raktayukta</i>	-	+	+	+	-	+
<i>Majja mishrita</i>	-	+	+	-	-	-
<i>Apatyagata</i>	-	-	-	-	-	-
<i>Vaikalya</i>	-	-	-	-	-	+
<i>Virupa</i>	-	-	-	-	-	+

Vrishya yavagu

Ingredients

SI. No	Ingredients	Ras	Guna	Veerya	Vipaka
1.	<i>Masha</i> (<i>Vigna mungo</i>) ^[12]	Madhur	Guru, Snigdha	Ushna	Madhur
2.	<i>Ghrita</i> ^[13]	Madhura	Snigdha	Sheeta	Madhur
3.	<i>Dugdha</i> ^[14]	Madhura	Mridu, snigdha, Guru, mand, Shlakshana, pichhila, Bahala, prasanna	Sheeta	Madhur

Analysis of drug vrishya yawagu

SI. No	Drugs	Doshaghanata	Karma
1.	<i>Masha</i> ^[12]	Vatahara	Vrishya, balya, punsatwa
2.	<i>Ghrita</i> ^[13]	Vatapitta shamak	Vrishya, balya, rochak
3.	<i>Dugdha</i> ^[14]		

Method of yavagu prepration^[15]

The main ingredients masha is taken and roasted with ghee on pan for 5 minutes then 6 parts of milk was poured in a pot and roasted masha was added to it the mixture was allowed to boil for 30 minutes and cooled up to room temperature and use as a drug in experimental group.

Dose & quality^[16]

The dose is prescribed as per ability of the individual is i.e. of daily routine diet. According to *Achaarya Kashyapa* the standard quality of *Yavagu* should possess normal semisolid texture and should not be excessive concentrated or dilute. it should be prescribed in warm and fresh condition.

Properties of yavagu^[17]

Mainly yavagu properties are grahi(digestive and absorbable), balya (strengthen the body), vatanasini (pacify the vitiated vata properties), tarpani (nutritious).

DISCUSSION

Shukrakshaya is a disease which comes under *Dhatukshaya*. caused by various etiological factor. Etiological factor may be Aaharatmak, Viharatmak, Mansik and others like Bijaswabhaba (Hereditary). According to charaka, Alpasana is responsible for *Shukrakshaya*. According to modern science malnutrition causes Hypogonadism and decreased function of leyding cells due to reduced response of the male accessory organs to testosterone stimulation. vit-A deficiency causes testicular atrophy and reduced sperm count. *Shukrakshaya* is a vatapitta janya vyadhi. Maximum number of patient belonged to vata-pitta prakruti, vata prakruti purusha will have alpa santana. pitta prakriti purusha will have Alpa Shukra, alpa Vyavaya shakti and will have alpa santana by virtue of katu amla rasa of pitta dosha. according to “samanyam vridhikarnam siddhant” mentioned in charaka samhita intake of medicine or food having similar properties to that of our body tissues (dhatus).

CONCLUSION

According to acharya vagbhatta at astang hridaya sutrasthan chapter 11 the management of *Dhatukshaya* also treats *Shukrakshaya*. But specific treatment for *Shukrakshaya* by using *Vajikarana Aushadha*. In *Charaka Samhita Sutrasthan 27 Annapanaadhyay Masha* is stated one of *Vajikaraka Aushadh*, which improves the quantity and quality of sperm. Masha (black gram) is madhur in ras, guru and snigdha in guna ushna in veerya, and madhur in vipaka shukra, which is spread in whole body, is also madhur and guru. Thus intake of masha (which is madhur in rasa) results in increase of shukra.

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