

AN AYURVEDIC LITERATURE REVIEW ON SHUKRADUSHTI

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05 April 2024,Revised on 25 April 2024,
Accepted on 15 May 2024

DOI: 10.20959/wjpr202411-32310



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ABSTRACT

Fatherhood is the prime desire of every male. Sadly, the incidence of male infertility is increasing day by day extensively. Shukradushti and shukrakshaya is the main cause. Shukra plays important role in formation of Garbha. Shukra under the influence of vayu and pitta ejaculated from genitalia enters into uterus through female genitalia, in garbhashaya shukra combines with artava to form 'Garbh'. Ayurveda has been successful in treating infertility since several thousand years without the help of modern advances in medicines as it gives the ability to infertile couples through treatment to become fertile, to improve the possibility of natural conceive without the aid of western medicine.

KEYWORD: Male infertility, shukradushti, shukrakshaya, shukra, Garbh.

INTRODUCTION

Parenting is the blessing of God received by human kind. Both the female fertility and male fertility are significant for conception. Infertility is defined as inability to conceive within one or more years of regular unprotected coitus.^[1] Male factor is observed in 50% of couples experiencing infertility. For the infertility, male factor contributes about 30-40%.^[1] Only oral medications available in allopathy medicine; comparatively Acharyas has given different oral medications, medicinal herbs and herbo-mineral preparation as well as different treatment modalities like panchakarma, uttarbasti, pathyapathya to treat infertility. Ayurveda treatment has less side effects, more efficacy and cost effective.

Ayurveda mentioned Garbhasambhava samagri for the conception of fetus i.e. Ritu (Menstrual cycle), Kshetra (Uterine cavity), Ambu (liquor), Beeja (Ovum & sperm).^[2] But

for the healthy progeny- healthy artava(ovum) and healthy shukra(sperm) is crucial. Acharya Sushruta described the types of shukradushti which is the main reason for male infertility.^[2] In 'Vajikarana Adhyaya' of chikitsa sthana, Acharya Charak has mentioned many Shukravardhaka yogas^[3]; also Acharya Sushruta and Vagbhata have described different therapeutics in shukra dosha. Thus, this article is an Ayurvedic review on shukra utpatti (spermatogenesis), shukradushti (abnormalities of sperm), shukrakshaya (oligo-spermia) and their chikitsa.

AIM AND OBJECTIVES

Review on Shukradushti and its management.

MATERIAL AND METHOD

Review of Literature from Brihatrayee, Laghutrayee and other Ayurvedic literature compiled.

REVIEW OF LITERATURE

Shukra Vyutpatti- '*klee shuch klede rujendragravjneti eti*' means shukra is white pure excellent Dhatu of all. Shukra is the best dhatu among-st all the seven.^[4]

Paryaya- Tejas, retas, bijam, viryam, indriyam etc.^[4]

Sthana- ◎Throughout the body.^[3] (Acc. To Acharya Charak)

◎Shukradhara nama kala.^[5] (Acc. To Acharya Vagbhata)

Shukravaha srotasa moola- Sthana (breast) and Vrishana (testis)^[2]

Pramana- *Shukrasyardhanjalihi pramanam*^[6] - 1/2 Anjali

Formation of shukra - Shukra utpatti takes place from majja dhatu with presence of some shukra saman guna, those gunas when comes in contact with shukra dhatu-agni convert it into shukra dhatu.^[7]

Shukra Swaroopa - *Soumyamshukra...*|

Functions of Shukra

- This shukradhatu gives Dhairya (firmness), Chyavana (ejaculation), Priti (happiness), Dehabalam (strength), Harsha (feeling contentness) to the body and useful for conception.^[8]

- Shukra plays important role in formation of Garbha.^[7]

The characteristics of **shuddha shukra** are described by

Acharya Charaka	Snigdha(unctuous), ghana(solid), pischila(sticky), madhura(sweet), avidahi(not hot) and spatikasannibham (white like alum). ^[3]
Acharya Sushruta	spatikabha (like clear crystal), drava (liquid), snigdha(viscous), madhura (sweet), madhugandhi (smells like honey). ^[2]
Acharya Vagbhata (Garbhadhanayogya shukra)	Soumya(calm in nature), snigdha(unctuous), guru(heavy), shukla(white), madhugandhi(smells like honey), madhura(sweet), pischila(sticky), bahu, ghrita-taila-kshoudra varna(like ghee, oil and honey). ^[5]

In Ayurveda, pathological conditions of shukra mentioned as shukrakshaya and shukradushti. Shukrakshaya is the deficiency of shukra.

Shukra Vriddhi lakshanas^[7,8]

1. Ati streekamana(excessive desire of coitus),
2. shukrashmari(calculi in seminal vesicle),
3. ati-pradurbhava(excessive ejaculation of semen during coitus)

Shukrakshaya hetu - Jara(old age), chinta(mental worries), vyadhi(debilitating disease), karshana(malnutrition), kshaya(debility), atya-anashana(not taking sufficient quantity of diet), Stree atisevan(excessive indulgence in sex).^[3]

Shukrakshaya lakshanas

Acharya Charaka	Daurbalya(weakness), mukhashosh(dryness of mouth), pandutva(paleness), sadana(lassitude), shrama(tiredness), klaibya (impotence), kshina shukra visarga(little quantity of semen on ejaculation). ^[6]
Acharya Sushruta	Medhra-vrishana vedana(pain in penis and scrotum), maithune-ashakti(inability to have intercourse), chirat praseka(late ejaculation), alpa praseka(little quantity of semen), raktadarshana(blood in semen). ^[8]
Acharya Vagbhata	Chirat prasichhya(late ejaculation), shukra shonitamev(blood in semen), vrishana-medhra tod atyartham(severe pain in penis and scrotum), dhumaytiva(feeling of burning fumes coming out of genitalia). ^[7]

Shukradushti Hetu^[3]

- ♦ Ativyavaya
- ♦ Ativyayama
- ♦ Asatmya-sevana
- ♦ Akale maithuna, balya-vridhha avstha or vyadhigrastha avasthagata maithuna

- ♦ Hastha maithuna, guda maithuna, maithuna with animals
- ♦ Ati- ruksha, tikshna, kashaya, amla, lavana and ushna gunayukta ahara sevana
- ♦ Narinam arasdnya (female not interested in indulgence)
- ♦ Gamanjaraya (coitus with old lady)
- ♦ Miathuna during chinta, shoka, bhaya, krodha, abhichara
- ♦ Improper use of shastra, kshara, agnikarma
- ♦ Vegadharana
- ♦ Kshta of shukravaha srotasa
- ♦ Rasadi dhatu vitiation.

Types of Shukradushti

Acharya Charaka ^[3]	Ashtanga Samghraha ^[5]	Ashtanga Hridaya ^[7]	Acharya Sushruta ^[2]
Phenila (frothy)	Vataja	Vataja	Vatena
Tanu (thin)	Pittaja	Pittaja	Pittena
Ruksha (dry)	Shleshamaja	Shleshamaja	Shleshamana
Vivarna (discoloured)	Kunapgandhi(with putrid smell)	kunapa	Raktena (Kunapgandhi)
Puti (foul smelling)	Granthi(solidified appearance)	Granthi	Shleshma-vatabhya Granthi
Pichhila (excessively slimy)	Puya (associated with pus)	Puya	Pitta-shleshmabhya (Puti-puya)
Anya dhatu-upasansrushta (associated with other dhatu)	Ksheena (scanty)	Ksheena	Pitta-marutabhyam (KSheena)
Avsadi (sinks in water)	Mutra-purisha (associated with urine or faeces)	Maladvayam (associated with mutra and purisha)	Sannipatena (mutra-purisha gandhi).

Shukradushti Lakshana

	Acharya Charaka ^[3]	Acharya Vagbhata ^[5,7]	Acharya Sushruta ^[2]
Vata	phenila, ruksha, tanu, alpa, kruchhena shukra discharged with pain	Tanu, ruksha, Phenila, aruna, alpa, vichhinna, chirat; discharge with Saruja (pain-pricking, cutting)	Krishna-aruna varna srava, Discharge with pain(piercing, cutting)
Pitta	Saneela, putigandhi, discharged with burning sensation	Kinchita pitam, pichhala, aneela; discharge with daha (burning sensation)	Neelpita varna srava, Pain(heat, sucking)
Kapha	Baddhamarga, ati-pischhilam	Majjopsrushta, ambhasi (Sink in water) prabhoota Discharge with itching sensation	Shweta varna shukrasrava, pain (itching), fishy smell
Rakta		Kunapagandhi, na-alpa (large in quantity)	Aruna varna srava, with paittika pain

Atimaithuna/ abhighata	rudhiranvaya (bloody seminal discharge)	Granthibhoota shukrasrava	
Vegadharana	kruscheda, grathita avasadi, discharged with pain		

Sadhyata-asadhyata of shukradushti^[5]

- ♦ Kruchhsadhyata- Vatadi, kunapagandhi, granthi, puya ksheena shukradushti.
- ♦ Asadhyata- Mutra-purisha gandhi shukradushti

Shukradushti chikitsa

In all types of shukradushti use of ghee, milk, mamsa rasa, sali, yava, godhuma and vasti karma is beneficial.

Acharya Charaka has given treatment modalities such as^[3]

1. Vajikaran yogas
2. Raktapitta nashaka yoga
3. Yonivyapad chikitsa yoga
4. Jeevaniya ghrita, Chyavanprasha avleha, shuddha shilajatu.

According to dosha-adhikya^[3]

Vataja- Niruha and anuvasana basti

Pittaja- Abhayamalaki rasayana

Kaphaja- Pippali rasayana, amalaki rasayana, loha rasayana, triphala and bhallataka rasayana.

Other according to involvement of dhatus.

Acharya Vagbhata^[5,7]

Vataja shukradushti- Gritapana processed with vasuka, saindhava, madanphala, yavakshara; Niruha basti with bilva-vidarisiddha kwath, ksheerayukta. Anuvasana basti with madhuka-bhadradaru siddha taila and uttarbasti with ksheera-kuleera rasa siddha taila.

Pittaja shukradushti- Gritapana processed with kand-ikshu, shwadamshta, guduchi and churna of madhuka- murva. Trivrutta churna saghrita Virechana; Niruha basti with payasa-shreeparni siddha ksheerayukta. Anuvasana and uttarbasti with madhuka-mudgaparni siddha taila.

Kaphaja shukradushti- Gritapana processed with kwath siddhita of pashanabheda, ashmantaka, amalaka and pippali-madhuka churna; vamana with madanaphala kwath; virechana with oil mixed with danti-vidanga churna; niruha basti with rajavriksha and madanaphala kashaya; anuvasana and uttarbasti with madhuka-pippali siddha taila.

Kunapagandhi shukradushti- Gritapana processed with dhatakipushpa, khadira, arjuna, dadima, asanadi gana dravyas.

Granthi shukradushti- Gritapana processed with pashanabheda or palasha bhasma.

Puyanibha shukradushti- Gritapana processed with parushakadi gana or nyagrodhadi gana.

Ksheena shukradushti- Shukrakara i.e vajikarana chikitsa; snehapana, vamana, virechana, basti (niruha, anuvasana and uttara)

Mutra-purishagandhi shukradushti- Gritapana processed with hingu, ushira and chitraka, vitunnaka, priyangu, samanga, mrunala mixed with churna of ela and mocha.

Acharya Sushruta^[8]- given treatment option according to type of shukra dushti

1. Vataja Snehana, Swedana, Vamana, Virechana, Niruha, Anuvasana, Uttar Basti.
2. Pittaja- Snehana, Swedana, Vamana, Virechana, Niruha, Anuvasana, Uttar Basti.
3. Kaphaja- Snehana, Swedana, Vamana, Virechana, Niruha, Anuvasana, Uttar Basti.
4. Kunapa-Dhatakipushpa, Khadir, Dadima, Arjun Siddha Ghrita, Shalasaradi Gana Kashaya Or Kalka Siddha Ghrita.
5. Granthi- Shati Siddha Or Palasha Bhasma Sadhita Ghrita.
6. Putipuya- Parushakadi Or Vatadi Gana Sadhita Ghrita.
7. Ksheena-Swayoniwardhaka Dravya.
8. Mootrapurisha Chitraka, Ushira, Hingu Siddha Ghrita.

DISCUSSION

In order to better understand the issues and problems associated with infertility, acharyas had given some of the key elements about shukra which are involved in male infertility as it plays important role in formation of Garbha. Shukra under the influence of vayu and pitta ejaculated from genitalia enters into uterus through female genitalia, in garbhashaya shukra combines with artava to form 'Garbh'.

The factors specified above such as garbhadhana ayogya shukra, shukradushti and its types are the leading causes for male infertility. In this article, complete review of male infertility i.e. its Nidana, lakshanas and importance is elucidated according to Ayurveda. Also its classification according to various Acharyas is explained along with its proper management. Diagnosis of male infertility is essential as it includes Shukra dushti, shukra kshaya and vridhhi, shukravaha srotasa dushti and other sharirika dosha-dushti. For that reason, it is important to review the male infertility according to Ayurveda; Preferably it has wide number of treatment modalities with efficient results and additionally it is cost effective.

CONCLUSION

For outline of male infertility according to Ayurvedic aspect, it is on the whole; Shukradushti, shukravaha srotasa dushti, dhatu vikruti. By having comprehensive knowledge about etiological factors, types and management of male infertility this article can help in diagnosis and management of male infertility by Ayurvedic point of view.

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