

**A SINGLE CASE STUDY ON SHUKRAKSHAY W.S.R.T.
OLIGOZOOSPERMIA****¹*Dr. Neha N. Manerikar and ²Dr. Pallavi Panhale**

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ABSTRACT

Infertility is a significant clinical problem today, which affects 8-12% of couples worldwide. In all infertility cases, approximately 40-50% is due to 'Male factor'. Infertility affects around 1 in 7 couples of reproductive age, often causing psychological distress. According to Ayurveda, this condition is considered as Vandhyatva and described various terms related to male infertility such as; Kshina Shukra, Kshina Retasa, Alpa Retasa and Shukra Dosha which resembles conditions associated with Oligozoospermia. Oligozoospermia is sperm count less than 20 million per ml, which is considered to be causative factor for male infertility. This will hamper the fertility rate of the couple. So ruling out male infertility is an important factor in conceiving. To rule out male factor in Infertility, semen analysis is the investigation which plays a major role in sperm morphology. It is easy to rule out male

factor with less investigation thus, 30-40% of male infertility factor is clear. Oligozoospermia is sperm count less than 20 million per ml which is causative factor reflect in semen analysis. Insufficiency of sperms leads to less chances of fertilization leading to less chances of conception. In modern medicine there are hormonal therapies available which may have unwanted effects. The world is looking forward for ayurvedic treatment for the same. So I decided to choose and work on Shukrakshaya w.s.r.t. Oligozoospermia and drug Swayamguptadiyog. I have choose Swayamguptadiyog as it is easily available, cost effective and potent. Swayamguptadi yoga was given orally to the patient once a day for 3 months and the results was seen.

KEYWORD: *Shukra, Shukra Kshaya, Vandhyatva, Oligozoospermia, Swayamguptadi Yoga.*

INTRODUCTION

Ayurveda highlighted importance of reproduction. The factors responsible for conception are considered as Ritu(season/time), Kshetra(uterus), Ambu(nutrients with water)and Bija(Sperm and Ovum). *Shukra* is consider as prime *dhatu* of seven *Dhatus* as it has unique property of reproduction. *Shukra* is considered to have highest quality among the rest of the *Dhatus*. Vitiating of *Shukradhatu* causes *Vandhyatva*and person who is infertile is consider as useless for society in *Ayurvedic* text.

दौर्बल्यं मुखशोषश्च पाण्डुत्वं सदनं भ्रमः।

क्लैब्यःशुक्राविसर्गश्च क्षीणशुक्रस्य लक्षणम्॥.

च.सू.१७/६९

शुक्रक्षये मेढ्रवृषणवेदनाऽशक्तिर्मेथुनेचिराद्वाप्रसेकः।

प्रसेके च अल्परक्तशुक्रदर्शनम्॥

सु.सू.१५/१३

शुक्रं चिरात् प्रसिच्येत् शुक्रं शोणितमेव वा ।.

तोदोऽत्यर्थवृषणयोर्मेढ्रं धूमायतीव च॥

अ.ह.सू.११/२०

Shukra can be correlated with semen and *Shukra Kshaya* can be co-related to Oligozoospermia. Oligozoospermia is sperm count less than 20 million per ml, which is considered to be causative factor for infertility in males.

AIM AND OBJECTIVE

Aim - To study effect of Swayamguptadi yoga in *ShukraKshaya* on 1 patient.

Objective - To evaluate the efficacy of Swayamguptadi yoga in *Shukra Kshaya* w.s.r.t Oligozoospermia.

MATERIAL AND METHODS

Preparation of Drug

The raw material was collected from local market and was taken in equal quantity (in its coarse form) and the *Choorna* was prepared. *Swayamguptadi yoga* was prepared according to *Sushrutsamhita*.

स्वयंगुप्तेक्षुरकयोःफलचूर्णं सशर्करम् ।

धारोष्णेन नरः पीत्वा पयसा न क्षयं व्रजेत् ॥

(सु.चि. २६/३३)

Sr.no	CONTENTS	LATIN NAME	Part used	Proportion
1	Aatmgupta	Mucuna Prurita	Beej	1 part
2	Ikshurak	Asteracantha Longifolia	Beej	1 part
3	Sharkara	-		As per required
4	Godugdh (Dharoshn dudh)	-		As per required

METHODOLOGY

No. of Patient	1
Drug	Swayamgptadi Yoga
Matra (per day)	5 gm
Anupaana	Sharkara & Godugdh
Duration	3 mon
Sevankaal	Once a day in the morning before food.

SELECTION OF CRITERIA

INCLUSIVE CRITERIA

1. A Patient with Oligozoospermia.
2. A Patient above 21 yrs and below 45 yrs of age.
3. A Patient with Oligoasthenozoospermia.
4. A Patient with Oligoasthenoteratozoospermia (OAT Syndrome).

EXCLUSIVE CRITERIA

1. A Patient with known case of Azoospermia.
2. A Patient with known case of systemic disorder like DM, HTN, TB, Asthma, Congenital abnormalities.
3. A Patient with known case of surgical illness related to inguinoscrotal region.
4. A Patient with known case of STD and disease related to Genito-urinary tract.

5. A Patient below 21yrs and above 45 yrs age.

TYPE OF STUDY

An Open, non-comparative Clinical study to evaluate the efficacy of Swayamguptadi Yoga in ShukraKshaya.

LOCATION OF STUDY

O.P.D. of Prasutitantra & Streerog dept., Late Kedari Redekar Ayurvedic Mahavidyalaya Gadhinglaj.

ASSESSMENT CRITERIA

No Relief – No change in total no of sperm count.

Improved – Total no of sperm count achieved upto 20 millions.

Cured – Total no of sperm count achieved more than 20 millions.

INVESTIGATIONS

Semen Analysis was done before and after treatment.

OBSERVATION AND RESULTS

One patient was selected randomly for my project. Patient fulfilled the exclusive and inclusive criteria and informed consent was taken. The following are the results before and after the treatment.

SEMEN ANALYSIS

	Before treatment	After treatment
Date	07-09-21	15-12-21
Duration of abstinence	5 days	5 days
Fructose	Positive	Positive
Ph	7	7.6
Liquification time	Incomplete after ½ hr	Incomplete after ½ hr
Volume	3 ml	4ml
Sperm count	0.34 millions	22 millions
Viability at end of ½ hr.	10%	60%
Total no. of abnormal spermatozoa	30%	20%
Appearance	Milky white	Milky white
Transparency	Translucent	Translucent
Viscosity	Increased +	Increased ++

Motility of Spermatozoa**Before treatment**

	Nature of motility	Macleod grade	After ½ hr.	After 2 hr.
A	RLP	4&3	-	-
B	SLP	2	3%	1%
A+B	TFP		3%	1%
C	Non progressive	1	6%	2%
D	Non motile	0	-	-

After treatment

	Nature of motility	Macleod grade	After ½ hr.	After 2 hr.
A	RLP	4&3	-	-
B	SLP	2	30%	20%
A+B	TFP		30%	20%
C	Non progressive	1	6%	2%
D	Non motile	0	-	-

DISCUSSION

In the present study as we can see that the results shows increase in sperm count. The motility of sperm has also increased 10 times. Thus we can say that Swayamgptadi Yoga helps to increase sperm count.

CONCLUSION**Mode of action of drugs**

The contents of Swayamguptadi Yoga are Aatmgupta and Ikshurak. Both dravyas are of madhura rasa and vipaka. These are having shukrajanana and Balya properties. Thus act on Shukra dhatu showing result of increased sperm count of the patient. It has no side effect and is beneficial. So can be used in shukrakshaya. For more evaluation of the effect it can be used on large sample size.

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