

ROLE OF BASTYANDA BALADI YAPANABASTI IN THE MANAGEMENT OF KSHEENASHUKRA (OLIGOSPERMIA) - A CASE REPORT

Dr. Sanjay M. Kadlimatti*¹ and Dr. Savitri Masali²

¹Professor, Dept. of *Kayachikitsa*, BLDEAs AVS Ayurveda Mahavidyalaya Hospital and Research Centre, Vijayapura, Karnataka, India.

²PG Scholar, Dept. of *Kayachikitsa*, BLDEAs AVS Ayurveda Mahavidyalaya Hospital and Research Centre, Vijayapura, Karnataka, India.

Article Received on
23 May 2025,

Revised on 12 June 2025,
Accepted on 02 July 2025

DOI: 10.20959/wjpr202514-37523



*Corresponding Author

Dr. Sanjay M. Kadlimatti

Professor, Dept. of
Kayachikitsa, BLDEAs
AVS Ayurveda
Mahavidyalaya Hospital and
Research Centre,
Vijayapura, Karnataka,
India.

ABSTRACT

In a country like India, where overpopulation is a pressing issue, infertility remains a serious concern that can lead to marital disharmony. Infertility is a medical condition affecting either the male or female reproductive system, characterized by the inability to conceive despite having regular, unprotected sexual intercourse for 12 months or more. A couple patients from Vijayapura visited the *Kayachikitsa* OPD of BLDEA's AVS Ayurveda Mahavidyalaya Hospital and Research Centre Vijayapura, on 1/8/2023, with the chief complaint of being unable to conceive his partner despite of having unprotected coitus for five years of married life. Based on examination and semen analysis report, he was diagnosed with *Ksheenashukra* (Oligospermia). He was treated with *Virechana* followed by *Bastyanda Baladi Yapanabasti*, and *Matrabasti* with *Ashwagandha Ghrita*. This treatment successfully reversed the pathology from Oligospermia to a normal semen study. The present study concludes that the combined effect of *Bastyanda Baladi Yapanabasti* and other *Vajikarana Yogas* has shown excellent results in significantly improving sexual and seminal parameters in cases of Oligospermia.

KEYWORDS: Ksheenashukra, oligospermia, Virechana, bastyanda baladi yapanabasti.

INTRODUCTION

Infertility is a medical condition affecting either the male or female reproductive system, characterized by the inability to conceive despite having regular, unprotected sexual intercourse for 12 months or more.^[1] Causes of male subfertility related to congenital, acquired, or idiopathic factors that impair the process of spermatogenesis. Testicular hypotrophy is a potential cause of reduced semen quality resulting in conditions such as Oligospermia (absent or reduced sperm count), asthenozoospermia (decreased sperm motility), and Teratozoospermia (abnormal sperm morphology). Oligospermia refers specifically to the condition in which sperm concentration is below the lower reference limit of 15 million sperm/mL of ejaculate.^[2] It may be due to loss of a portion of an ejaculate, partial obstruction of the genital tract, drugs or genetic abnormalities. Around 31% of male are suffering from this condition.^[3]

According to *Ayurveda*, *Shukra* is considered as the 7th *Dhatu* amongst the 7 *Dhatus* which constitutes the body^[4] and is considered as the *Sara* (essence) of all the *Dhatus*. It gets its nourishment from the former *Dhatu* (*Majja*, the 6th *Dhatu*).^[5] Its function is *GarbhaPrasadaj*^[6] (to produce progeny), *Dhairya* (courage), *Chyavana* (ejaculation), *Priti* (affection), *DehaBala* (strength of body), *Harsha* (pleasure) and *Beejārtha* (purpose of seed).^[7]

Shukravahasrotas is important one among the *srotas*, any physiological disturbance in the *srotas* may cause pathology in *srotas* and induces oligozoospermia like pathology. Oligozoospermia can be co-related with *Kshinashukra* in *Ayurveda*. *Kshinashukra* is a *vyadhi* in which *Shukra Dhatu* is quantitatively and qualitatively vitiates but in oligozoospermia there is quantitative reduction of sperms.^[8]

There are multiple options while searching for treatment of the *ksheenasukra* like *Ahara*, *aushadha*, *rasayana*, *vajikarana* and *panchakarma* including *Basti chikitsa*. As *Maharshi Charaka* states that “*Basti Vataharanam Shreshtham*”.

In *Ksheena-Shukra*, *Ayurveda* has *YapanaBasti* as a treatment; *YapanaBasti* is mainly indicated for nourishment of components of the body.^[9] While thinking about *Shukra-Janana* (increase in sperm count), Here *Samanya Visheshha Siddhant* comes to the rescue. *Siddhant* based on the qualities of substances which either increases or decrease quality and quantity of *Dravya*, *Guna* and *Karma*.^[9]

Thus with this understanding, Testicles of Goat (*DravyaSamanya*) was used for *YapanBasti* for *Shukrajanan*.

CASE REPORT

A 28 year old male patient, farmer by occupation, residing in vijayapura, visited to Kayachikitsa OPD of BLDEA's AVS Ayurveda Mahavidyalaya Hospital & Vijayapur on 1/8/2023, presented with chief complaints of Unable to get a child despite of unprotected coitus since 5 years of married life. On the basis of patient's complaints and semen analysis reports Patient was diagnosed as Oligospermia/*ksheenashukra* according to Ayurvedic view.

HISTORY OF PRESENT ILLNESS

Patient was apparently normal 5 years back. After getting married he was unable to conceive his partner (even after regular unprotected sexual intercourse). There was no any history of delayed ejaculation, pre-mature ejaculation, erectile dysfunction, they decided to consult a doctor and husband was diagnosed with *kshinashukra* /oligospermia.

HISTORY OF PAST ILLNESS

- No/H/o DM2, HTN and Thyroid disorder.
- No/H/o Trauma and Surgery
- Patient has never suffered from any chronic medical illness, Infections like TB, mumps, orchitis, sexually transmitted infections and genitourinary tract infections.

FAMILY HISTORY

Female partner has no any health issues regarding conceive.

PERSONAL HISTORY

- Diet – Mixed (both veg and non-veg)
- Appetite – Normal
- Sleep – Sound sleep
- Bowel – Clear, 1time/day (Prakruta Varna and Gandha)
- Micturition – Clear, 5-6 times/day
- Habits – No as such

GENERAL EXAMINATION

- Built - Moderate
- Nourishment - Moderate

- Pallor - Absent
- Icterus - Absent
- Cyanosis - Absent
- Clubbing - Absent
- Edema - Absent
- Lymphadenopathy – Absent

SYSTEMIC EXAMINATION

CVS : S1 S2 heard normal, No murmurs and No added sounds
 RS : Air Entry B/L equal and no added sounds
 CNS : Patient is conscious, well oriented to person place and time.
 P/A : Soft and non-tender

LOCAL EXAMINATION (REPRODUCTIVE SYSTEM)

- secondary sexual characters- normal (Pubic hairs, Axillary hairs, Beards and Moustache)
- Prepuce skin: Normal with both testes are descended
- Testicles: descended and No tenderness
- Spermatic cord: No any abnormality
- Penis: No abnormality detected

The local examination did not show any anatomical abnormalities and there were no signs of inflammation, ulceration or rashes on scrotum, penis, or testes.

VITALS

PR	76 bpm
BP -	130/80 mmhg
Temp	98.4°F
RR	18 cpm

DASHAVIDHAPARIKSHA

1. *Prakruti* - *Vata Pitta*
2. *Vikruti* - *Hetu*
 - a. *Ahrajā* - Consumption of more *rukshahara*, *Shushkaahara*, *KatuTikta Ahara*.
 - b. *Viharaja* - Excessive exertion, *Maruta* and *Atapasevana*.
 - c. *Manasika* - *Chinta*, *Krodha*
 - d. *Dosha* - *Vata Pitta Pradhana*

- e. *Dushya* - *Rasa, Shukra*
- f. *Prakruti* - *Chirakari*
- g. *Desha* - *Jangala*
- h. *Kala* - *Grishma*
- i. *Bala* - *Madhyama*

- 3. *Sara* - *Madhyama*
- 4. *Samhanana* - *Madhyama*
- 5. *Pramana* - Height: 5 feet and Weight: 52 kg
- 6. *Satmya* - *Madhyama (katu, amla, lavana rasa satmya)*
- 7. *Satva* - *Madhyama*
- 8. *Ahara shakti*
- a. *Abhyavaranashakti* - *Madhyama*
- b. *Jaranashakti* - *Madhyama*
- 9. *Vyayamashakti* - *Madhyama*
- 10 *Vaya* - *Madyama*

ASTASTHANAPARIKSHA

- 1. *Nadi* - $V \uparrow \uparrow K \uparrow$
- 2. *Mutra* - 5-6 times/day (*Prakrutavarna* and *gandha*)
- 3. *Mala* - clear, 1 time/day (*Prakrutavarna* and *gandha*)
- 4. *Jivha* - *Nirama*
- 5. *Shabda* - *Prakruta*
- 6. *Sparsha* - *Anushna*
- 7. *Drik* - *Prakruta*
- 8. *Akruti* - *Madhyama*

INVESTIGATIONS

Semen analysis: On 18/8/2022 (Table no-1) before treatment

Count – 7.4 million/ml

Motility – Active Progressive 40%

Slowly Progressive - 30%

Immotile – 30% Impression – Oligo-spermia

Table 1: SEMENA ANALYSIS REPORT (Before treatment), (fig-1.1 and fig 1.2).

PARAMETERS	REUSLT
Concentration	7.4M/ml
Total motile	70%
Progressive motility	40 %
Non progressive	30%
Immotility	30 %
Normal forms	10%
Motile sperm concentration	5.2M/ml
Progressive Motile sperm concentration	3.0M/ml
Sperm motility index	27
TOTALS PER EJACULATE	
Sperm#	18.5Ml/Ejac
Motile sperm	13.0Ml/Ejac

CLINICAL FINDINGS

The physical examination and examination of external genitalia did not reveal any abnormal findings. Latest report of semen analysis showed 89% non-motile sperm in a total of 3 million/ml counts, though his semen quantity was sufficient.

DIAGNOSIS, ASSESSMENT AND TREATMENT

In the view of symptoms, the present case was diagnosed as Kshinashukra (Oligospermia). The assessment was done by comparing baseline seminal parameters. Total two assessments were carried out, before the treatment (table 1) and after treatment (table 6).

TREATMENT GIVEN

Table 2: 1st sitting – Shodhanachikitsa from (1/8/2023 to 7/8/2023).

<i>Snehapana</i>	<i>AshwagandhaGhrita</i>
	1 st day- 30 ml
	2 nd day - 60 ml
	3 rd day-90 ml
<i>SarvangaAbhyanga and Bhashpaswedana</i>	<i>Ashwagandhabalataila</i>
<i>Virechana</i>	<i>Trivrutlehya (50gm)</i>
	14 vegas seen

Table 3: After Shodhana shamanoushadhi's from (8/7/2023 to 22/8/2023).

Countplus granules	1 tsf with milk for 1 month
Tab Neo	1 BD after food for 1 month
Tab Addyzoa	1 BD after food for 1 month

Table 4: 2nd Sitting YogaBasti from (24/8/2023 to 31/8/2023).**Yogabasti- BastandaBaladiYapanabasti was planned**

<i>SarvangaAbhyanga and Bhashpaswedana</i>	<i>AshwagandhabalaTaila</i>
<i>Niruhabasti</i>	<i>Madhu- 40 ml</i> <i>Saindhavalavana- 3gm</i> <i>Sneha- AshwagandhaGhrita (50ml)</i> <i>Kalkadravya-</i> <i>1) kapikachhuchoorna</i> <i>2) Ashwagandhachoorina</i> <i>3) Shatavarichoorina</i> <i>4) Muslichoorina</i> <i>Kwatha- Balamoolakshirakwatha (200ml)</i> <i>BastyandaRasa (100 ml)</i>
<i>AnuvasanaBasti</i>	<i>Ashwagandhaghrita (50 ml)</i>

Table 5: Shamanoushadhi after Bastikarma from (1/9/2023 to 15/9/2023).

Count plus granules	1 tsf with milk	for 15 days
Tab Neo	1 BD 1-0-1 after food	for 15 days
Tab Spemen	1 BD 1-0-1 after food	for 15 days

Table 6: SEMENA ANALYSIS REPORT (After treatment), (fig 2.1 and fig 2.2).

PARAMETERS	REUSLT
Concentration	27.2M/ml
Motility	90%
Progressive	81%
Rapidly Progressive	69%
Slow progressive	12%
Non progressive	9%
Immotile	10 %
Normal forms	19%
Motile sperm concentration	24.4M/ml
Progressive motile sperm concentration	22.0M/ml
Rapid Progressive motile sperm concentration	18.9M/ml
Slow progressive motile sperm concentration	3.3M/ml
Functional sperm concentration	8.3M/ml
Velocity	48mic/sec
Sperm motility index	17218.5Ml/Ejac

Table 7: OBSERVATION AND RESULT.

PARAMETERS	Before treatment	After Treatment
Concentration	7.4M/ml	27.2M/ml
Motility	70%	90%
Progressive	40%	81%
Non progressive	30%	9%
Immotile	30%	10 %
Normal forms	10%	19%

Motile sperm concentration	5.2M/ml	24.4M/ml
Progressive motile sperm concentration	3.0M/ml	22.0M/ml
Sperm motility index	27	172

DISCUSSION

Infertility not only affects sexual life but also affects the psychological harmony, and social relation of the couple. The incidence of male infertility is about 50% of infertile couples. It may vary from place to place, nation to nation but magnitude of the problems remains the same ^[10]. Considering the wide spread nature in the society and its depth of causing innumerable problems, Infertility has direct relationship with impairment of *Shukravahasrotas* leads to *shukradusti* (oligozoospermia).^[11]

The *Nidana* (~causative factors) attributed could be *Asatmyabhojana*, *Vegasandharana*, *Manasikavikaras* (~mental factors), etc., due to which *Vata-pitta* vitiation occurs which in turn vitiates the *Jatharagni* (~digestive fire) resulting in the production of *Amadosha* (~product of indigestion). The *Amadosha* obstructs the *Rasavahasrotas* (~channels carrying nutrient fluids) and thus affects the *Dhatuparinama* (~tissue transformation), i.e. *Rasa dhathu* (~primary product of digested food) formation. Therefore, the progressive metamorphosis of *Dhatu* (~major structural components of the body) is hampered resulting in improper formation of *Shukradhatu*.^[12]

Virechana -*Vajikarana* drugs (~aphrodisiac recipes) should be administered after proper *Shodhana* either by *Vamana* or by *Virechanakarma*. It is clearly stated that without *shodhana*, *Vajikarana* treatment is of no use. *Shodhana* procedures mainly *Virechana* are described for the management of *ShukraDosha*.^[13] *Virechana Karma* increases the bioavailability of drugs by opening channels and by improving the nutritional assimilation which may lead to increase serum LH level.^[14]

The line of treatment of *Kshina Shukra* is *Brimhana Chikitsa* and *Vrishya dravya prayoga* which are having *Shukra Vriddhikara* properties. *Yapana Basti* possesses the best *Brihmana* and *rasayana* effect. *Basti chikitsa* has *Aashukari* action which can be beneficial for good quality and quantity of sperm and it should definitely help for tackling *Beeja-Dushti* and also quantitatively increase the count and concentration.^[9]

Bastanda Baladi Yapana basti^[14]

Basti Karma is considered as the best treatment in *Shukra Dosha* by Charka's statement "*Prashashtha-Shukradosheshu Basti Karma Visheshatha*". The ingredients used in Preparation of *Basti* are *Bala*, *Ashwagandha*, *Kapikachu*, *musli*, *shatavarichoorna* and *Ashwagandhadi Ghrita*, along with *Ksheera*. Because these are specially attributed with the property of *Vrushya*, *Shukrala*, *Brimhana*, *Rasayana*, *Dipana* and *Srotoshodhana* which enhance the quality and quantity of *Shukra*. Most of the ingredients of *Basti Dravyas* are having *Sheeta Virya*, *Madhura Vipaka*, *Balya*, *Snigdha* and *Vatapitta Shamaka* properties. Therefore *Yapana Basti* by its own potency is able to expel morbid *Doshas* and establishes the *Dhatu samyata*. It is said to possess best *Brimhana* and *Rasayana* effect which magnifies the quality of *Rasa Dhatu* and *Dhatwagni*.

Bastanda prayoga- This is based on the Siddhanta "Sarvadha Sarvabhavanam Samanyam Vruddhikaaranam".^[15] Based on this, there is reference in Charaka Samhita like Rakta Raktena, Mamsam Mamsena. In the same way Shukram Shukrena in which testicles and semen of some animals and birds were used as *Shukra Vruddhikara Dravya* in olden days. (Eg: Nakra Retas acts as *Shukra Vruddhikara Dravya* if taken orally).^[16]

Basta refers to goat, and *anda* refers to testicle. We have used goat testicles for the therapeutic purposes in the treatment of male infertility. *Bastanda yoga* is a potent formulation for the treatment of Azoospermia and Progressive Oligospermia. It is classified as *Ativrushya* due to its properties, which closely resemble those of *Shukra Dhatu*—including *Guru* (heavy), *Snigdha* (unctuous), and *Picchila* (slimy) qualities.

Ashwagandha Ghrita -*Ashwagandha* (*Withaniasomnifera*) effectively removes free radicals as assessed by reducing levels of various oxidants and improved level of diverse antioxidants. In addition, the levels of testosterone, LH, FSH, and PRL were increased, which are good measure of quality of semen.^[17] *Acharya Charaka* included *Ashwagandha* drug in *Balya* and *Brimhana-gana*. It is imputed with *Balya*, *Vrushya* and *Rasayana* properties^[18] and it amplifies spermatogenesis through an assumed testosterone-like effect.^[19]

Count plus Granules- Count plus granules are commonly used to enhance sperm count in men experiencing oligospermia, a condition characterized by low sperm count. They may also improve sperm quality by enhancing motility and morphology, which are crucial factors for fertility. Additionally, by addressing factors that impact sperm count and quality, this

formulation supports male fertility. Moreover, some ingredients in the granules may help maintain hormonal balance, including testosterone levels.

Tab neo – ingredients of tab neo- *Vangabhasma*, *Lohabhasma*, *Shilajatu*, *Shuddha Hingu*, *Muktashuktibhasma*, *Yashtimadhu*, *Kupeelu*, *Shatavari*, *Kapikachhu*, *Bhringaraja*, *Phalandu*. *Kapikachchhu* and *Bhringaraj* are nerve pacifiers and adaptogens that calm the nerve impulses and reduce the excitability. *Shatavari* reduces neuromuscular and sexual irritability and *Yastimadhu* helps reduce anxiety.

Tab spemen- It supports sperm production, may be beneficial in treating impotence and seminal debilities, and can help improve testosterone levels in the body. Numerous herbs included in this formulation (*Kapikachhu*, *Kokilaksha* and *gokshura*) have demonstrated positive effects on male reproductive function. It was observed that Tribulus(*Gokshura*) treatment increased the motility of slow and non-progressive spermatozoa, and decreased the proportion of immotile spermatozoa.^[20] Tribulus terrestris(*Gokshura*) contains active phytochemicals. Protodioscin an active phytochemical is a potent natural precursor of the testosterone enhancer. Tribulus leads to the production of the luteinizing hormone (LH). When the LH levels are increased, the natural production of testosterone also increases.^[21]

Tab Addyzoa^[22]- Addyzoa tablet (an herbal formula comprising of extracts of *Withania somnifera*(*Ashwagandha*), *Tribulus terrestris*(*Gokshura*), *Mucuna Pruriens*(*Kapikachhu*), *chlorophytum arundinaceum*(*Musli*), *Asparagus racemosus*(*apamarga*), *Sida cardifolia*(*Bala*) as key ingredients) in improving semen parameters. Ingredients in Addyzoa tablet are reported to be effective in promoting Spermatogenesis (sperm production) and motility, particularly in patients with mild and moderate oligospermia. Tablet has ability to restore normal functioning of the germinal epithelium, the tissue in the testicles where sperm production occurs. Addyzoa tablet improves sperm count by restoring balance in Hypothalamus-Pituitary-Gonadal (HPG) axis and regulating the hormone levels of Follicle-stimulating-hormone (FSH), Luteinizing Hormone (LH) and the levels of Testosterone (T) to optimize the process of spermatogenesis.

CONCLUSION

This Ayurvedic treatment including a combination of both Shodhana and Shamana therapies which were helpful in improving the seminal parameters to a satisfactory level and in reducing the anxiety levels. Based on the present study, it can be concluded that the

combined effect of Bastandabaladi YapanaBasti and other VajikaranaYogas has shown excellent results in significantly improving sexual and seminal parameters (Table-7) in case of Oligospermia. But study on larger sample size could yield a significant statistical result. However, more extensive studies over a longer period are required to determine whether the ultimate goal of *Vajikarana* that is, successful conception can be consistently achieved in all cases of male infertility through this line of treatment. The present case study highlights the efficacy of Bastanda Baladi Yapana Basti.

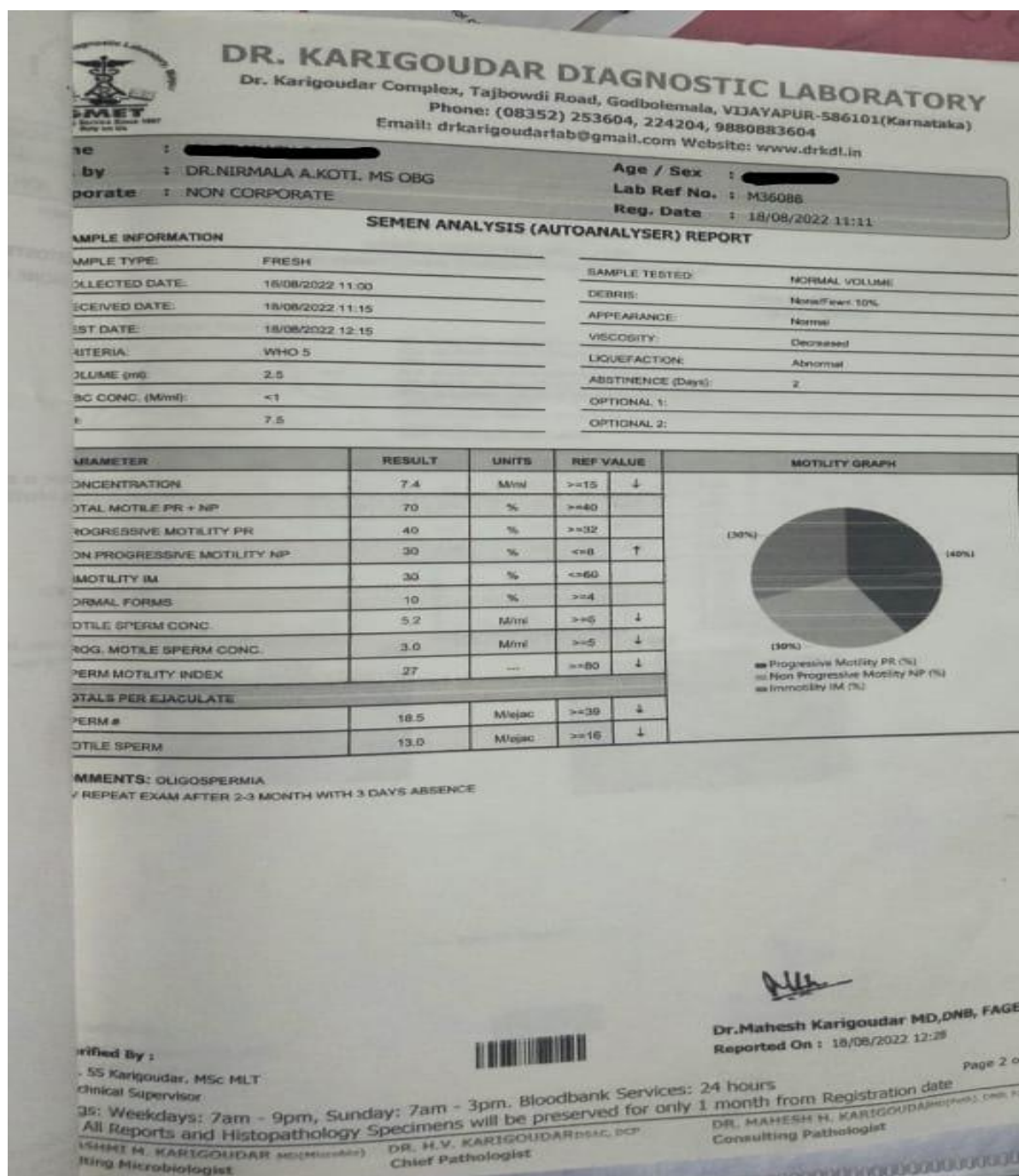


Fig. 1.1: SEMEN ANALYSIS REPORT (before treatment).

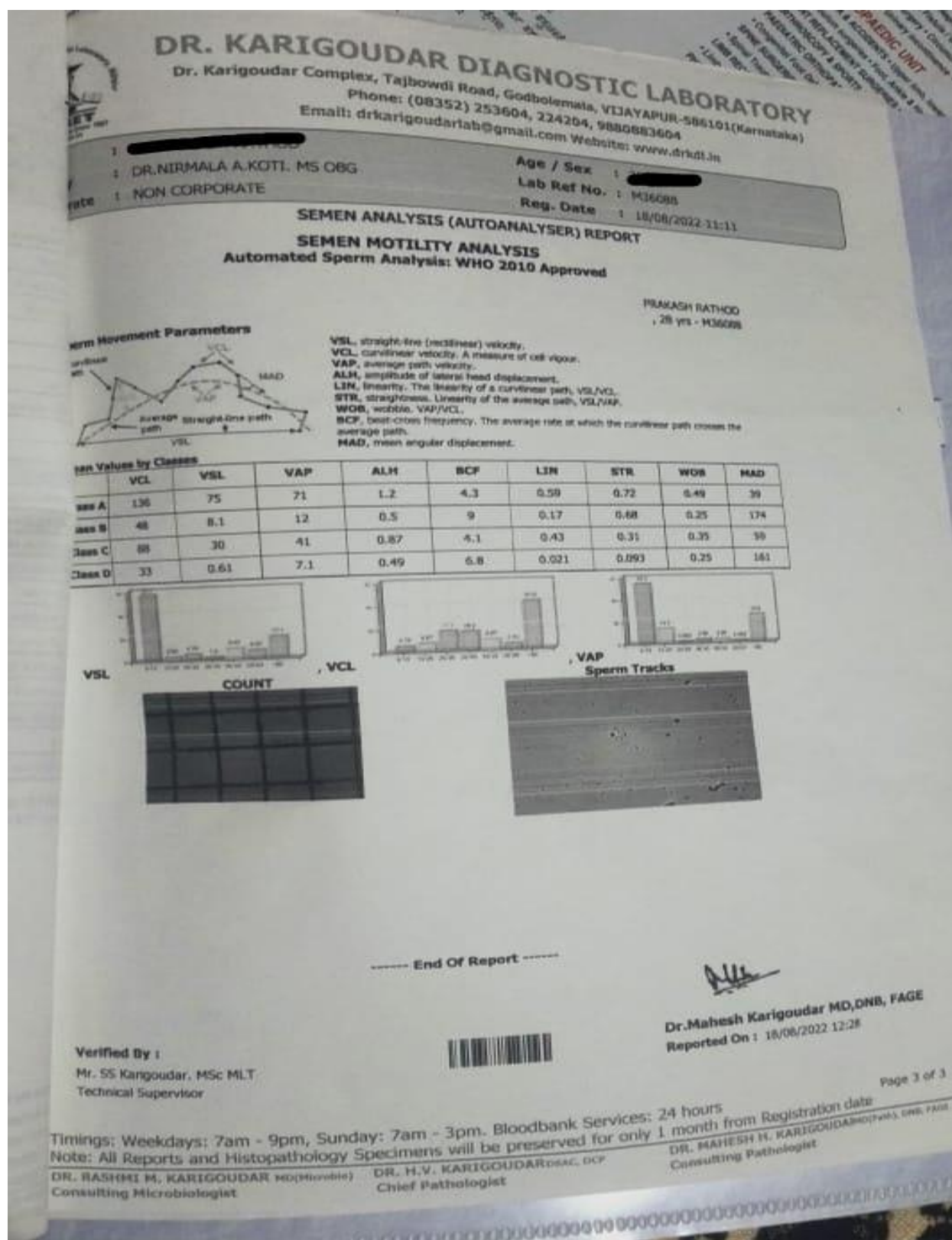


Fig. 1.2: SEMEN ANALYSIS REPORT (After treatment).

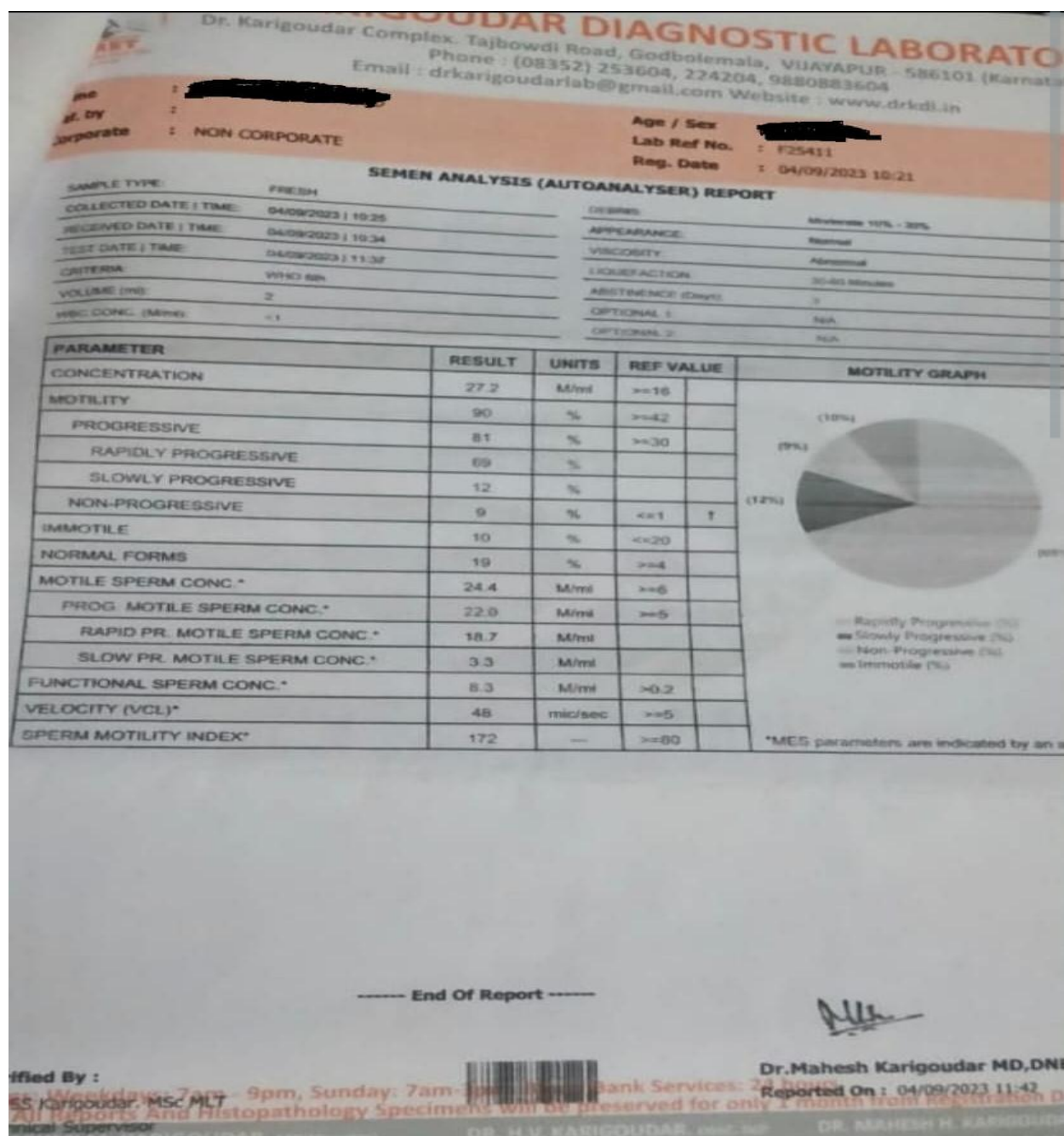


Fig. 2.1: SEMEN ANALYSIS REPORT (Before treatment).

DR. KARIGOUDAR DIAGNOSTIC LABORATORY
 Dr. Karigoudar Complex, Tajbowdi Road, Godbolemla, VIJAYAPUR - 586101 (Karnataka)
 Phone : (08352) 253604, 224204, 9880883604
 Email : drkarigoudarlab@gmail.com Website : www.drkdil.in

Age / Sex : [REDACTED]
 Lab Ref No. : F25411
 Reg. Date : 04/09/2023 10:21

Corporate : NON CORPORATE

REPORT CONTINUED | PATIENT ID: F20411 | TEST DATE / TIME: 04/09/2023 | 11:37

SEMEN ANALYSIS (AUTOANALYSER) REPORT

TOTALS PER EJACULATE	RESULT	UNITS	REF VALUE
SPERM #	54.4	M/ejac	>=39
MOTILE SPERM*	48.8	M/ejac	>=16
PROG. MOTILE SPERM*	44.0	M/ejac	>=12
FUNCTIONAL SPERM*	18.6	M/ejac	>=0.6
MORPH. NORMAL SPERM*	10.3	M/ejac	>=2

COMMENTS: NORMAL SEMEN STUDY

Important Information about ROUTINE SEMEN ANALYSIS results:
 ----- End Of Report -----

Verified By :
 Mr. SS Karigoudar, MSc MLT
 Technical Supervisor

Dr. Mahesh Karigoudar MD, DNB, FAC
 Reported On : 04/09/2023 11:42

Barcode

Timings: Weekdays: 7am - 9pm, Sunday: 7am-3pm. Blood Bank Services: 24 hours
 Note: All Reports And Histopathology Specimens will be preserved for only 1 month from Register
 DR. H.V. KARIGOUDAR, BSC, MSc
 Chief Pathologist
 DR. MAHESH H. KAR
 Consultant
 Download Reports online www.drkdil.in

Fig. 2.2 SEMEN ANALYSIS REPORT (After treatment)

REFERENCE

1. Rath I, Mavi A, Shannawaz M, Saeed S, Yadav A, Hasan S. Effectiveness of Ayurveda Intervention in the Management of Infertility: A Systematic Review. *Cureus*. 2024 Apr 6; 16(4): e57730. doi: 10.7759/cureus.57730. PMID: 38711705; PMCID: PMC11073818
2. Cooper TG, Noonan E, von Eckardstein S, Auger J, Baker HW, Behre HM, et al. World Health Organization reference values for human semen characteristics. *Hum Reprod Update* 2010; 16: 231–45.
3. Kandeel, FR, Koussa, VKT and Swerdloff, RS: Male sexual function and its disorders: Physiology, clinical investigation and treatment, *Endocrine review*, 2001; 22: 342-388.
4. Acharya Vagbhata. Sutra Sthana 1/13. In: Tripathi, B (ed.) *AshtangaHridya*. Delhi: Chaukhamba Sanskrit Pratisthan, 2009; 11.
5. Acharya Agnivesha. Chikitsasthana 15/16 -17. In: Shashtri, K, Chaturvedi, G (eds.) *Charak Samhita Part-2*. Varanasi: ChaukhambhaVishvabharati, 2011; 456.
6. Acharya Agnivesha. Chikitsasthana 15/16-17. In: Shashtri, K, Chaturvedi, G (eds.) *Charak Samhita Part-2*. Varanasi: Chaukhambha Vishvabharati, 2011; 456.
7. Acharya Sushruta. Sutra Sthana, 15/5(1). In: Srikanthamurthy, K. R. (ed.) *Shushruta Samhita vol1*. Varanasi: ChaukhambhaOrientalia, 2012; 98-99.
8. Saini G, Sarvi SC. Efficacy of KapikacchuChurnaInKshinashukra WSR to Oligozoospermia. *VOL- VII ISSUE- IV 2020; ISSN 2349-638x*.
9. TirthMihir Shah, KalpanaDhomse. Study the Vrushya effect of BastandKsheerBasti in Ksheena Shukra with special reference to Male Infertility. *J Ayurveda Integr Med Sci* [Internet]. 2025Jan.8 [cited 2025 Jan. 24]; 9(10): 290 -293. Available from: <https://jaims.in/jaims/article/view/3706>
10. Jadhao SR, Yadav CR, Dadhich OP. Efficacy of Kapikacchuchurna in Kshinashukra WSR to oligozoospermia. *IJAM*. 2013; 4: 209-15.
11. Asmabi, M. A.; Rajasree, R1. Ayurvedic management of male infertility due to severe oligospermia associated with hypotrophy of testes and hyperviscosity: A case report. *Journal of Ayurveda Case Reports*, Oct–Dec 2023; 6(4): 159-163, | DOI: 10.4103/jacr.jacr_79_22
12. Acharya YT Charaka Samhita of Agnivesha, ChikitsaSthana. Ch. 2., Ver. 10. 2008Reprint edition Varanasi ChaukhambaSurbharati Prakashan: 698.
13. Varsakiya JN, Goyal M, Thakar A, Donga S, Kathad D. Efficacy of Virechana (therapeutic purgation) followed by Go-Ghrita (cow ghee) in the management of Ksheena

- Shukra (oligozoospermia): A clinical study. *AYU (An International Quarterly Journal of Research in Ayurveda)*. 2019 Jan 1; 40(1): 27-33.
14. Z) Ayli S, Prashanth AS, Chavan SG. Success story of Vajikarana-A Case Study. *Journal of Ayurveda and Integrated Medical Sciences*. 2018 Apr 30; 3(02): 115-25.
15. Charaka Samhita with commentary of Chakrapanidatta, Translated By Prof.K.R.Srikantha Murthy, Chaukhambha Orientalia, Varanasi, Reprint Edition 2013, Volume-I, Sutrasthana, 1St chapter, Sloka No.44, Page No.21.
16. Charaka Samhita with commentary of Chakrapanidatta, Translated By Prof.K.R.Srikantha Murthy, Chaukhambha Orientalia, Varanasi, Reprint Edition 2013, Volume I, Sutrasthana, 25th chapter, Sloka No.40, Page No.371
17. Ahmad MK, Mahdi AA, Shukla KK, Islam N, Rajender S, Madhukar D, et al Withaniasomnifera improves semen quality by regulating reproductive hormone levels and oxidative stress in seminal plasma of infertile males *FertilSteril*. 2010; 94: 989–96.
18. Nishteswar K, Hemadri K *DravyagunaVijnana*. 2013 New Delhi, India Chaukhambha Samskrit Pratishthana:121.
19. Lavekar GS *Database on Medicinal Plants Used In Ayurveda & Siddha*. 2008;III New Delhi, India Central Council for Research in Ayurveda:88.
20. *Tribulus terrestris* L. Extract improves spermatozoa motility and increases the efficiency of acrosome reaction in subjects diagnosed with oligoasthenoteratozoospermiaL. Setiawan Airlangga University, Surabaya, Indonesia (1996).
21. Gauthaman K, Adaikan PG, Prasad RN. Aphrodisiac properties of *Tribulus Terrestris* extract (Protodioscin) in normal and castrated rats *Life Sci.*, 2002; 71: 1385–96.
22. Dnyaneshwar Mote, Vipul Jaiswal, Nagsen Punekar. Clinical Assessment of Efficacy and Safety of Addyzoa Tablet in Male Infertile Patients with Oligospermia and Asthenospermia. *J Ayurveda Integr Med Sci [Internet]*. 2024 Aug. 27 [cited 2025 May 16]; 9(6): 11 -9. Available from: <https://www.jaims.in/jaims/article/view/3477>.