

## THERAPEUTIC EFFICACY OF *ERANDAMOOOLA CHURNA* WITH *YOGABASTI* IN MALE INFERTILITY: A CASE REPORT

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### 1. ABSTRACT

**Background:** Male infertility, especially oligospermia, is a rising concern in modern reproductive health. Ayurveda describes infertility mainly due to *Shukra Dushti* and *Apana Vata Vikriti*. Therapies like *Basti Chikitsa* and use of *Shukravardhaka* herbs such as *Erandamoola* are considered effective. **Case Presentation:** A 38-year-old man married for 10 years with no children came for Ayurvedic treatment. Semen analysis revealed a sperm count of 30 million/ml. He was treated with *Erandamoola Churna* for 3 consecutive months and a 7-day course of *Yogabasti* was given in the second month using *Erandamooladi Niruha Basti* and *Narayana Taila Anuvasana Basti*. **Outcome:** After treatment, his sperm count increased to 55 million/ml. Motility, semen consistency, libido and mental clarity also improved. No side effects were noted. **Conclusion:** This case highlights the successful use of Ayurveda, particularly Root of *Erandamoola Churna*

and *Yogabasti*, in improving semen parameters in mild oligospermia. More clinical studies are recommended to further confirm these results.

**2. KEYWORDS:** Male Infertility, Mild Oligospermia, Erandamoola Churna, Yogabasti, Narayana Taila, Basti Chikitsa, Ayurveda, Shukra Dushti, Apana Vayu.

### 3. INTRODUCTION

Infertility is defined as the inability of a couple to conceive after one year of regular, unprotected intercourse. Around 15% of couples faces this issue globally and male factors

contribute to 40–50% of these cases. One of the most common male factors is oligospermia or low sperm count (less than 40 million/ml). In Ayurveda, male infertility is explained under *Vandhyatva* and *Shukra Dushti*. An imbalance of *Apana Vayu* (the type of Vata responsible for reproductive functions) often leads to such conditions. Treatment focuses on correcting this imbalance using *Vatahara* and *Shukravardhaka* therapies. *Basti Chikitsa* (medicated enema) is considered the best line of treatment for *Vata Vyadhi* (disorders due to Vata) according to *Charaka Samhita*.<sup>[1]</sup> Herbal medicines like *Erandamoola Churna* (*Ricinus communis* root) have shown beneficial effects due to their *Vatahara*, *Balya* and *Shukravardhaka* properties.

## 5. Patient Information

- **Age:** 38 years
- **Sex:** Male
- **Occupation:** Driver
- **Social History:** Occasional alcohol intake
- **Medical History:** No chronic illness or systemic diseases
- **Main Complaint:** 10 years of primary infertility
- **Family History:** Female partner not having any significant entity

## 6. Clinical Findings

- No systemic or genital abnormalities on examination
- Semen analysis (pre-treatment):
  - Sperm Count: 30 million/ml.
  - Progressive Motility: 60%
  - Non-progressive Motility: 35%
  - Immotile Sperm: 5%

## 7. Timeline

Date	Event
Month 0	First visit and diagnosis ( <i>Shukra Kshaya</i> due to <i>Apana Vata Dushti</i> )
Month 0	Started oral therapy – <i>Erandamoola Churna</i> 3g twice daily
Month 2	Administered 7-day <i>Yogabasti</i>
Month 3	Follow-up semen analysis showed improvement (55 million/ml)

## 8. Diagnostic Assessment

- **Ayurvedic Diagnosis:** *Vataja Klaihya* and *Shukra Dushti* due to *Apana Vata Vikriti*
- **Modern Diagnosis:** Mild Oligospermia

- **Investigations**
  - Semen analysis (before and after treatment)
- **Diagnostic Challenges:** None encountered

## 9. Therapeutic Intervention

### Oral Medication

- *Erandamoola Churna* – 3 grams twice daily with water for 3 months

### Panchakarma Therapy (Yogabasti)

- Administered in the second month
- *Niruha Basti* (alternate days): 560 ml *Erandamooladi Kashaya*
- *Anuvasana Basti* (intervening days): 60 ml *Narayana Taila*

### Dietary and Lifestyle Modifications

- Warm, nourishing food with milk, ghee, garlic, dry fruits
- Avoidance of cold, dry foods, alcohol, excessive work and nights vigil
- Mild yoga and stress-relief practices like *pranayama* were advised.

## 10. Follow-Up and Outcomes

- **Post-treatment semen analysis**
  - Sperm Count: 55 million/ml
  - Improved motility and volume
- **Subjective Improvements**
  - Increased libido
  - Improved mental clarity and physical energy
- **Side Effects:** None reported during or after the treatment

## 11. DISCUSSION

This case shows how Ayurvedic treatment can effectively manage mild oligospermia. *Erandamoola Churna* nourishes and strengthens *Shukra Dhatu* and improves *Apana Vata*. *Yogabasti* helps cleanse and rejuvenate the reproductive system by removing *Vata-Kapha* obstructions and promoting healthy semen production. Scientific research has shown that *Ricinus communis* (*Erandamoola*) has antioxidant and testosterone-enhancing effects.<sup>[6]</sup> *Narayana Taila* acts as a nervine tonic and aphrodisiac, supporting reproductive health.<sup>[7-8]</sup>

The synergy between internal herbal medicine and *Panchakarma* therapy played a key role in this patient's recovery.

## 12. Patient Perspective

"After so many years of disappointment, this Ayurvedic treatment gave me new hope. I not only saw improvements in my reports but also felt better overall—mentally and physically."

## 13. Informed Consent

Written informed consent was obtained from the patient for publication of this case report and associated clinical data.

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