

A CRITICAL REVIEW ON MANASVIKAR MANAGEMENT IN MALE INFERTILITY

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ABSTRACT

Male infertility refers to male's inability to result Pregnancy in fertile female and it has strong impact on psychology of couple. Almost 40-50% of infertility cases found to be due to male factor. The wide term in Ayurveda known as "*manasvikar*" mostly refers to psychological illnesses that arise from the vitiation of an individual's Raja and Tama Doshas. Stress induced manasvikar includes ED, Loss of libido, Oligospermia, psychological impotence (Klaibya).

KEYWORDS: Manasvikar, Infertility, Satvavajaya Chikitsa, Daivavyapashraya, Klaibya.

1. INTRODUCTION

Infertility is an universal issue affecting humanity, clinically defined according to World Health organization (WHO), International Classification of Disease (ICD) as "A disease of the reproductive system defined by the failure to achieve a clinical Pregnancy after 12 months or more of regular unprotected sexual intercourse."^[1] Infertility

is noticed in approximately 60 – 80 million couple worldwide among which 40-50% of infertility is estimated to be due to male factors.^[2]

Ayurveda realized the problem of male sexual dysfunction thousands of year ago and developed a separate speciality, namely Vajeekarana Chikitsa (Aphrodisiac Therapy).

The infertility rate is increased due to change in life style, stress, improper diet and socioeconomic cause. So for that purpose, the study of vandhyatva-infertility in current era is being presented in this paper.

In current era so many advanced techniques are available for diagnosis of proper cause of infertility. For example in male -semen analysis, hormonal testing, transscrotal and scrotal ultrasound and in female for example- ovulation testing, hystosalphingigraphy, laproscopy, hormonal testing, genetic testing, pelvic ultrasound. There is innumerable cause in current era which is causing infertility in human being. Despite all of this cause remains unknown then stress induced infertility may be a cause.

Manasvikar is the broad concept in Ayurveda, it mainly includes psychological disorders which occurs due to vitiation of Raja & Tama Dosha of mana of individual. Psychological diseases which are caused by stress, anxiety, depression comes under Manasvikar. The mind is afflicted with Kama, Krodha, Bhaya, Shoka, Moha, Mada, Manoabhighata, Avichara, Irshya, Avisrambha, Utkantha and Udvega irritability and ultimately causing disturbance in personal, familial and social harmony.

Male infertility was remarked in Ayurveda as Klaibya, Anapatyata, Shandatva, Napumsaka and is Classified into various types according to different Authors. Stress induced *manasvikar* includes ED, Loss of libido, Oligospermia, psychological impotence (*Klaibya*) which further causes male infertility.

2. MATERIAL AND METHOD

- All classical text available in the modern and Ayurvedic literature is reviewed.
- Database available after net surfing, modern text and various research articles was also reviewed.

3. REVIEW OF LITERATURE

Ayurvedic view

Relationship between stress and infertility is still a topic for debate. Men with infertility report with elevated levels of anxiety and Depression, so it's clear that infertility causes stress. What is less clear is whether stress causes infertility? Answer to this question was given by Acharya Charak in Agryasangraha. He told that '*Saumanasya Garbhadharanam*'^[3]. That Means good mindfulness is essential for conception. In other words, Acharya Charak states

that Manasvikar leads to infertility.

Causes of Shukra kshaya

जरया चिन्तया शुक्रं व्याचिभ िःकर्मकर्मणात् ।

क्षयं गच्छत्यनशनात् स्त्रीणां ितततनर्ेवणात् ॥ ि-चि-२/४/४३

According to Charaka, *shukrashaya* (diminution of semen) *nidanas* include things like old age, *chinta*, *shoka*, *vyadhikarshanat*, excessive sexual activity, and malnourishment.^[4]

Causes of Shukra dushti

अततव्यवायाद्व्यार्ादसात््यानां ि सेवनात् । अकाले वाऽप्ययोनौ वा रैथुनं न ि

गच्छतिः। रुक्षततक्तर्ायततलवणालोष्णसेवनात्

नारीणारसज्ञानां गर्नाज्जरया तथा चिन्ताशोकाद्व ... ि-चि.३०/१३६-१३८

In Charak Chikitsasthan, Acharya Charak also states *shoka* and *chinta* as contributing factors to shukradusti.^[5]

Male infertility was remarked in Ayurveda as *Klaibya*, *Anapatyata*, *Shandatva*, *Napumsaka* and is Classified into various types according to different Authors. (Table 1)

Table No. 1.

Charaka Samhita ^[6]	Sushruta Samhita ^[7]	Bhavaprakasha ^[8]
Beejopagathaja	Manasa klaibya	Manasa klaibya
Dhwajabhangaja	Soumyadhatu kshaya	Pitta nimitta klaibya
Jaraja Klaibya	Shukrakshaya	Shukrakshaya
Shukra Kshaya	Marma Chedaja	Medrarogaja klaibya
	Sahaja klaibya	Marma Chedaja
	Bhramhacharya	Shukrastambha

Acharya Sushruta, Bhavaprakasha and Bheshajya ratnavali have classified the KLAIBYA into **Manas Klaibya**.

Manasika Klaibya or Psychogenic impotence develops when the brain experiences sensory inhibition because of the emotions of *chinta* (anxiety), *shoka* (grief), *bhaya* (fear), *krodha* (rage), and *avisrambha* (lack of confidence towards the feminine element). This might be because to the woman's illness, forced marriage, lack of interest in the female partner, or

mistrust of the woman. Potential psychological and environmental factors include low self-esteem, poor communication between partners, hurt feelings, unresolved conflicts, performance anxiety, stress over financial issues, and anxiety from work or home.

4. CHIKITSA

The foundational ideas of Ayurveda may be able to treat this illness. In these cases, *Satvavajaya Chikitsa*, *Daivavyapashraya Chikitsa*, and *Yuktivyapashraya Chikitsa* (Shodhana & Shamana) provide good relief.

Ayurveda recommends three types of chikitsa for treating mental illnesses as well.

- 1) Daivavyapasraya chikitsa (divine or spiritual/therapy),
- 2) Yuktivyapasraya chikitsa (logical therapy),
- 3) Satvavajaya chikitsa (psychotherapy),

1) DAIVAYAPASRAYA CHIKITSA

This refers to measure like *mantra* (incantation), *Ausadhi* (wearing scared herbs), *mani* (wearing precious gems), *mangala* (propitiatory rites), *ball* (oblations), *homa* (sacrifice), *upahara* (offerings), *niyama* (vows), *upavasa* (fasts), *pranipata* (surrender), *gamana* (pilgrimage), etc.

These measures are recommended in mental disorders caused by agantu (extraneous) factors and administered judiciously after considering the nature, faith, religiosity, culture and educational level of the patient.^[9] (Ch. Chi. 9/93-4) These may be useful in all types of *manasavikara*, i.e. both psychosis and neurosis.

2) YUKTIVYAPASRAYA CHIKITSA

a) *Antah Parimarjana*- SHODHANA

Panchkarma as per the predominance of Doshas, based on treatment guideline of ayurveda is the combination of both medicinal treatment and purification therapies. All types of mental diseases where vata, pitta and kapha are deranged, dosha shodhana or srota shuddhi (elimination of increasing dosha or detoxification has to be done by adopting various panchakarma therapies. When the cleansing is properly done, *Sanshaman* (palliatives) and *rasayana* (tonics) are given in order to bring back the deranged manas and sharir dosha to normalcy. Virechana and Basti are major Shodhana procedures employed for the treatment of shukra doshas.

- UTTARBASTI
- BASTI
- NASYA
- VIRECHANA

Virechana *snehayukta Virechan* after proper snehan swedan is advised to pacify vata dosha by *snighda guna*.

Nasya Acharya Charaka has described that Nasa is the only gateway to Shirah. (Ch. Si. 9/88).

¹⁰ So, the medicine administered through Nasa can easily spread to Shirah and get absorbed. Certain drugs administered through nose may have an impact on immediate psychological functions by acting on limbic system through olfactory nerves. Medhya drugs used for Nasya like Brahmi, Sankhpushi etc. may give a synergistic action helping to correct the mental and intellectual functions. Hence, Nasya pacify the Vata dosha by virtue of its snehana Guna. Moreover, Acharya Sushruta mentioned that, Nasya karma can cause clarity of sense organs, sound sleep, cheerful appearance etc. and give mental and sensorial happiness. So, Nasya with Medhya drugs may produce significant change in mental state. The various Manasa Bhavas like Krodha, Bhaya, Chittodvega etc. also comes under control through the Nasya.

b) **BAHIR PARIMARJNANA**

Murdha Taila, Abhyanga, Padaabhyanga, Shirodhara, talpodchil etc. with medicated oils are effective and give promising results in such cases.

Abhyanga

Abhyanga is said to be Vata Hara (pacify vata) and maintains skin health. Also massage is proven to reduce stress symptoms in body. Various taila for *Abhyanga* which has the property of *Medhya, Indriya prasada, Vatashamak* which increased the therapeutic effect.

Shirodhara

Shirodhara works on the cerebral system helps In relaxing the nervous system and balancing the Prana Vayu around the head. It improves the function of the five senses, helps in insomnia, stress, anxiety, depression, and imbalance of Vata, and makes one calm and fresh accompanied by distress. In Shirodhara, patients feel relaxed both physically as well as mentally. Relaxation of the frontalis muscle tends to normalize the entire body and achieve a decreased activity of CNS with lowering of brain cortisol and adrenaline level.

c) SHAMANA

Palliative care includes Medhya Rasayanas, Vajikaran etc.

- **MEDHYA RASAYAN**

Acharya Charak and Sushrut both mentioned four drugs under Medhya rasayan i.e., Mandukparni Swaras, Yashtimadhu Churna with Ksheer, Guduchi Swaras, and Shankhapushpi Kalka.^[11] These help to perform various brain functions and helps to attain anxiety free life. Ayurveda extends use of nervine tonics like *Brahmi*, *Ashwagandha*, *Guduchi*, *Yastimadhu* and *Vacha* to prevent the onset of Manas roga. Anxiety is basically the core of male infertility in the present era. These drugs of *Medhya Rasayan* are easily available and can consume it without having any side effects. Medya rasayan gives it best effect if consumed with its proper anupana and proper mode of administration.

- **VAJEEKARANA**

It is supposed that Vajikarana medicines directly act on higher center of brain i.e., hypothalamus and limbic system. The things that we consume are digested and then Rasa, Rakta, Mamsa, Meda, Asthi, Majja and Shukra Dhatu are nourished in order. It increases the sexual capacity, improving health of future progeny. Useful in the treatment of many common sexual disorders like infertility, premature ejaculation, erectile dysfunction. *Vajeekarana prayoga* (Aphrodisiac therapy) with Vajeekarana Yoga (Aphrodisiac formulations) plays a major role to improve the strength of Shukra dhatu, correct and prevent the recurrence of the Shukra dushti and to maintain its efficacy.^[12] For better results, it is necessary to perform Shodhana procedure before administration of *Vajikaran* drugs. Vajikarana Chikitsa includes administration of *Vrishya* formulation (herbo or herbo- mineral preparations of aphrodisiac effect) and exclusive therapies such as Uttar Basti, Vajikarana Basti etc.

c) SATVAVAJAY CHIKITSA

The aim of *Satvavajay* chikitsa is to enhance the *satva* Guna to correct the imbalance state of *Rajas* and *Tamas*. In ayurveda, for prevention of manas rog best way is to increase the *satva* guna. And to increase the satva “*Sadvritta palan*” (ideal conduct of life with proper sexual conduct), “*Satvavajay*” (mental control therapy), and “*Achar rasayan*” found very helpful. Before to start any type of treatment the best Approach is to counsel the couples rather than drug therapy. Sex education and reassurance may also be beneficial in the patient of

infertility.

- **ACHARA RASAYAN** (Physical & Mental Conduct)

As major sexual disorders are stress related that's why *achara rasayan* is being taken as a main tool. *Achara rasayan* is a mode of living behaviour and conduct. *Achara rasayan* is the Mental hygiene envisages a code to lead stress free life which in turn fetches longevity. One who speaks truth, free from anger, abstains from alcohol & Overindulgence. Maintains Hygiene, Regular Sleep, Wholesome Diet. Controls over his Sense organs etc for Physical, Mental & Spiritual Wellbeing. (Cha.Chi 1/30).^[13]

Dhyana (meditation) is a soothing experience that relaxes the mind and heals the body. Meditation improves the blood flow to the brain and slows down the production of stress hormones. Simultaneously, meditation increases the levels of neurotransmitters, which keep the nervous system calm. Relaxation techniques, such as yoga and meditation, are well-known effective remedies in stress control. Practising regular Asanas strengthens person physically and calms the nervous functions.

- **NIDANPARIVARJAN** (Lifestyle modification)

Controlling of causative factors is the foremost treatment of any diseases. Lack of sleep, persistent worry, unhealthy dietary habits should be avoided. Daily exercise, practice of Yoga Pranayama will help in anxiety reduction as well as in hormonal regulation.

4) DISCUSSION

The primary topic of discussion is manasik causes for male infertility with sporadic references to Sukragata Vata, Sukravrita Vata, Sukrakshaya, etc. pertaining to the symptoms. General health considerations like sleep, appetite, Mental tension, worry, excessive exercise and Fatigue affect the sexual performance and desire (libido) of a healthy man. There are fewer choices available to current science for treating psychological illnesses. Drugs including antidepressants, antipsychotics and others are used in the modern treatment of psychological illnesses. These medications lead to dependence and have major, long-lasting negative consequences on the patient's body and mind. Furthermore, it's still unclear how this treatment affects infertility. In ayurveda, shirodhara, abhyanga and drugs like bramhi, jatamansi, ashwagandha etc. shows anxiolytic properties. Vajikarana or aphrodisiacs have been developed from the earliest time to deal with cases of Impotence. Infertility affects around 1 in 7 couples of reproductive age, often causing psychological distress, by which

people tend to opt for surgical corrections or IVF/IUI. This can be prevented by opting management as per Ayurveda.

5) CONCLUSION

- From this study primarily concluded that root causes of male infertility is the hectic and stressful life schedule of present times.
- Emotions like chinta (anxiety), shoka (grief), bhaya (fear), krodha (rage), and avisrambha (lack of confidence towards the feminine element) affects the sexual performance and desire libido of a healthy man.
- Male infertility is mainly discussed under the heading Klaibya with some scattered references relating to the symptoms in shukrakshay, shukradushti, Sukragata Vata, Sukravrita Vata.
- From this literary study this can be concluded that causes of Mansika Klaibya is the hectic and stressful life schedule of present times.
- Panchkarma treatment, such as Shirodhara, Nasya, and Basti and palliative treatment along with counselling were helpful in improving cases of male infertility to satisfactory level.
- Shamana Chikitsa with Medhya rasayana and vajikarna are also effective in reducing the symptoms of anxiety and relaxing body and mind, hence these are helpful for the patient to undergo natural conception.

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