

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

Dr. Umesh K. Agawane^{*1}, Dr. Nikhil S. Chavan²

¹Assistant Professor Prasuti Tantra Evam Streeroga Dept. Govt. Ayurvedic College
Dharashiv.

²Post Graduate Scholar Prasuti Tantra Evam Streeroga Dept. Govt. Ayurvedic College
Dharashiv.

Article Received on
21 July 2025,

Revised on 12 August 2025,
Accepted on 02 Sept. 2025

DOI: 10.20959/wjpr202518-37954



***Corresponding Author**

Dr. Umesh K. Agawane

Assistant Professor Prasuti
Tantra Evam Streeroga
Dept. Govt. Ayurvedic
College Dharashiv.

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*.^[1] 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 (Shukra Kshaya due to Apana Vata Dushti)
Month 0	Started oral therapy – <i>Erandamoola Churna</i> 3g twice daily
Month 2	Administered 7-day Yogabasti
Month 3	Follow-up semen analysis showed improvement (55 million/ml)

8. Diagnostic Assessment

- **Ayurvedic Diagnosis:** *Vataja Klaibya* 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.^[6] *Narayana Taila* acts as a nervine tonic and aphrodisiac, supporting reproductive health.^[7-8]

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.

REFERENCES

1. Charaka. *Charaka Samhita*, Chikitsa Sthana, Chapter 1, Verse 39. In: Acharya JT, editor. Varanasi: Chaukhambha Sanskrit Sansthan; 2013.
2. Charaka. *Charaka Samhita*, Sutra Sthana, Chapter 28, Verse 15. In: Acharya JT, editor. Varanasi: Chaukhambha Sanskrit Sansthan; 2013.
3. Sushruta. *Sushruta Samhita*, Sharira Sthana, Chapter 2, Verse 46. In: Acharya JT, editor. Varanasi: Chaukhambha Sanskrit Sansthan; 2013.
4. Vagbhata. *Ashtanga Hridaya*, Sharira Sthana, Chapter 1, Verse 8. In: Paradkar HS, editor. Varanasi: Chaukhambha Surbharati Prakashan; 2013.
5. Mishra B. *Bhavaprakasha Nighantu*, Haritakyadi Varga, Verse 59–60. Varanasi: Chaukhambha Bharati Academy; 2013.
6. Srivastava P, et al. Ricinus communis Linn: A review on phytochemistry and pharmacological properties. *Int J Pharm Sci.*, 2012; 4(4): 25–29.
7. Sharma A, et al. Clinical evaluation of Narayana Taila in neuromuscular conditions. *AYU.*, 2018; 39(1): 25–30.
8. Singh RH. Panchakarma Therapy: Ancient science of detoxification and rejuvenation. *AYU.*, 2011; 32(2): 143–146.