

**“A clinical management of *shukrakshaya* with
apatyakaraghrita w.s.r.to oligospermia.”**

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ABSTRACT:-

Infertility is a problem of global proportions. *Shukrakshaya* (Low Sperm Count) is one of the main causes of male infertility & it is correlated with Oligospermia. Due to a very fast life in recent days, all schedules of human beings had changed dramatically & these changes have adverse effect on *Shukra*.

Shukravaha srotas is a part of our body which is responsible for production of *Shukra*. The study was conducted to measure the primary outcome of this study, The eligible subjects between age of 25 to 45 years with complain of *Shukrakshaya* (Oligospermia).In approximately 40% of cases pathology is found.

Hence, This lacuna made me to take this disease & to enlighten the *Apatyakara Ghrita* as *Shamanashadhi* as a line of treatment in *Shukrakshaya*.

KEYWORD: *Shukrakshaya*,
Oligospermia, *ApatyakaraGhrita*,
Infertility

INTRODUCTION:-

Infertility is a problem of global proportion . Affecting on average 8-12% of couple worldwide. Today man has achieved tremendous progress in every aspect. Society has become very broad minded & yet there is no change in the based approach with couples without child.

Shukrakshaya or Oligospermia means less number of sperms in the ejaculate of the male or it is a condition in which there is deficiency in quantity & quality of *Shukra* responsible for *Santana heenata*.

Infertility is Defined as the failure to conceive within one or more years of regular unprotected coitus with the same partner.12 month is the lower reference limit for time to pregnancy by the WHO.

Charaka Samhita covered the subject of *vajeekarana* in depth.

Vajeeekarana is one of the eight major specialities of *Ayurveda*. *Vajeeekarana* is a process or a substance which makes a man sexually as strong as horse and able to couple for longer period as an elephant and as frequently as a sparrow with many female partners. there are various means by which *vijeeekarana* could be achieved i.e. *Ahara*(diet), *Vihara*(environment & activities) & *Aushadhi* (drug) it involves all the therapeutic & non-therapeutic measures taken to ensure a healthy sex life.

There are several advantages when we treat male & prevents more expensive behind unnecessary investigations & saves time. *Shukrakshaya* is one of the causes for infertility. Use of *Ayurvedic* drug is very useful in *Shukrakshaya* patient. Analysis of effect on sperm count showed that positive improvement was obtained in this study. *Apatyakara Grita* have definite role in the management of *Shukrakshaya*.

AIM & OBJECTIVE:-

- To Analyse *Shukrakshaya* w.s.r.to Oligospermia.
- Management of *Shukrakshaya* w.s.r.to Oligospermia.
- To evaluate the efficacy of *Apatyakara Grita* in *Shukrakshaya*.

MATERIAL & METHOD:-

Study Design –

Subjective Recruitment-

- Patients were selected from OPD & IPD.
- Total Number of Patients- 30
- Duration of Study – 30days

- Follow up – After every 1¹/2month

Inclusion Criteria-

- Age- Between 25 to 45 years.
- Sex-Male
- Disease – *Shukrakshaya* (Oligospermia) except seen in HIV, HBsAg, Koch's.
- Patient Controlled DM & HTN.

Exclusion Criteria-

- Age group < 25yrs & >45yrs.
- Cryptorchidism
- Varicocele
- Seminoma
- All Metabolic Disorders
- Azoospermia.

INVESTIGATIONS:-

- Semen Analysis
- Routing blood investigation
- Routing Urine investigation
- If needed USG

TREATMENT PLAN:-

- *Amapachana* with *Trikatu Churna* 5gram TDS for 3days before food.
- Followed by *Shamanaushadhi* – *Apatyakara Grita*
- *Matra*- 4tola per day as single dose at morning empty stomach
- *Anupana*- *Godhugdha*.

CONTENT OF DRUG:-

- *Trikatu*- *Mire*, *Sunth*, *Pimpali*.
- *Apatyakara Grita*- (*Ch. Chi.*) *Shatavari*, *Vidariganda*, *Maasha*, *Gokshura*, *Atmagupta*, *Dugdha*, (All Ingredient -25gm), *Ghrta* 500gm, *Dugdha* 1lit.

CRITERIA FOR ASSESSMENT:-

Subjective-

- *Klaibhya*

- *Mukhashosha*
- *Pandu*
- *Shrama*
- *Dourbalya*
- *Medra Vrushana Vedana.*

Objective-

- Semen Analysis

Assessment of Result:-

Depending upon Subjective & Objective criteria assessment of the

response will be made statistical analysis will be made using unpaired 'F' test.

Parameters of study:-

The improvement provide by therapy was assessed on the basis of classical signs & symptoms .Score depending upon their severity to assess the effect of the drugs objectively.

OBSERVATION & RESULT:-

Observation of Patients based on *Shukrakshaya Lakshana*:

Sr. No.	Lakshan	Grade	B.T.	%	A.T.	%	A.T.	%
1.	<i>Klaibhya</i>	0	0	0	5	12.5	29	72.5
		1	13	32.5	34	85	11	27.5
		2	27	67.5	1	2.5	0	0
		3	0	0	0	0	0	0
2.	<i>Mukhashosha</i>	0	11	27.5	19	47.5	29	72.5
		1	28	70	20	50	11	27.5
		2	1	2.5	1	2.5	0	0
		3	0	0	0	0	0	0
3.	<i>Pandu</i>	0	40	100	40	100	40	100
		1	0	0	0	0	0	0
		2	0	0	0	0	0	0
		3	0	0	0	0	0	0
4.	<i>Shrama Dourbalya</i>	0	8	20	15	37.5	26	65
		1	21	52.5	20	50	14	35
		2	7	17.5	5	12.5	0	0
		3	4	10	0	0	0	0
5.	<i>Medra vrushana Vedana</i>	0	7	17.5	25	62.5	34	85
		1	30	75	15	37.5	6	15
		2	3	7.5	0	0	0	0
		3	0	0	0	0	0	0
6.	Semen Analysis	0	7	17.5	20	50	34	85
		1	24	60	17	42.5	5	12.5
		2	8	20	2	5	1	2.5
		3	1	2.5	1	2.5	0	0

Total Effect of Therapy:-

Sr. No., Grade Score, Range

1.	Marked Improved	19-24
2.	Moderate Improved	13-18
3.	Improved	7-12
4.	Not respond	1-6

RESULT:-

With the above stated rating in an single group 30(75%) patients shows improved result , 6 (15%) patients shows moderate improvement & 4 (10%) patients shows marked improvement.

DISCUSSION:-

Some disorders in the human being may not be counted as serious illness from the health point of view because they do not have much inclination to induce ill health in the body, but their presence undoubtedly makes the man unhappy & diseased. Male infertility is one of them, this condition is totally different in the sense that at initially it does not induce any changes in the body and mind. As days pass a person suffering from this undergoes a lot of mental agony on account of impending result i.e. inability to induce pregnancy.

Infertility is currently a problem for 1 out of every 5 couples trying to have children. If after a year of trying to conceive, a couple is still unsuccessful, a basic infertility evaluation may be initiated. If, however, the female partner is over thirty years old or has a significant medical history of irregular menstrual cycles or recurrent pelvic infection, the infertility evaluation can be started earlier.

Most infertility specialists like to see the couple together for the first appointment. This provides an opportunity for the couple to establish good communication with their doctor. It is also an opportunity to evaluate what, if anything has already been tried and what might be needed for future success. The doctor will be liable to explain the tests to the couple and answer question at this time.

CONCLUSION:-

- *Shukrakshaya* is disease condition pertains to impairment *Sukra utpati* i.e. spermatogenesis in the

testis. *Shukrakshaya* is caused due to the dietetic and psychological interference.

- *Shukrakshaya* can be managed by the classical treatments mentioned in *Ayurveda*.
- In *Shukrakshaya* management many *Ayurvedic herbal & herbo mineral* compound are used.
- *Sukra lakshanas* such as *Spatikabam*, *Sitha*, *Picchala*, *Apicchala*, *Atipicchala*, *Ushana*, *Sheeta*, *Rooksha*, *Snigda*, *Tanu*, *Granthala*, *Askandi*, *Amagandhi*, *Madhugandhi*.....are considered in the study.
- *Apatyakara grita* is a herbal compound developed from *Charaka Samhita Chikitsa Stana*. Rational application of herbal compounds, which are capable of increasing the sperm count & quality, are grouped in the *Apatyakara Grita*.
- *Apatyakara Grita* prove its Efficacy by increasing sperm count and also associated factors of semen like sex quality.
- *Apatyakara Grita* show overall result of 72.5% patients in moderately improved & 27.5% in mild Improved. Neither of category of static / no change or improvement have any patients.
- Thus, it can be stated that the *Apatyakara Grita* has significant result in *Shukrakshaya* (Oligospermia)

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