

**A clinical study to evaluate the efficacy of Vrushya Madhuka Yoga in the
Ksheena Shukra w.s.r. to oligospermia.**

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ABSTRACT

Ksheenashukra is a condition in which there is a qualitative and quantitative decrease of shukradhatu. It may be altered and may lead to shukradushti when vata and pitta dosha are vitiated in a body. By definition and symptoms Ksheenashukra it can be correlated with Oligospermia. A study was made to assess the efficacy of VrushyaMadhuka Yoga on seminal parameters without any shodhana procedures at OPD level. As a drug under trail has based on hypothesis that is ingredients Yashtimadhu, Ghrita(Goghrita) and Kshaudra(Madhu)having Vrushya property and it is useful for combating Ksheenashukra. Hence the trial of the drug VrushyaMadhuka Yoga was done on diagnosed male patient of oligospermia from the OPD of CSMSS Ayurved Rugnalaya, Aurangabad with detailed semen analysis. Duration of clinical trial was 90 days and the patient were followed up after 30 days to evaluate the effect of trail drug. Single case study has been performed and significant result were seen.

KEYWORDS – Ksheenashukra, Oligospermia, VrushyaMadhuka Yoga⁸.

INTRODUCTION

Ayurveda is a science of life. In Ayurveda 7 Dhatus has been described and Sara of all dhatu is considered as Shukradhatu. Now a days sedentary life style, where people prefer to take out side food more often and busy work schedule have made humans more vulnerable to many disease. Its effects on formation of Shukradhatu.

Sushrutacharya stated that Ksheenashukra is caused by vitiation of Pitta and Vata.¹ It is condition characterized by Medhra and Vrushanvedana, Ashatki, Apresaka, Raktadarshan.² According to Charakacharya Ksheenashukra is a condition in which there is a qualitative and quantitative decrease of Shukra characterized by Daurbalya, Mukhashosha, Pandutva, Sadanam, Shrama, Klaibya, Shukravisrga.³ Ksheenashukra is one of the Shukra dosh which is the common etiology for Male infertility.⁴ Infertility is defined as a failure to conceive within

one or more years of unprotected coitus.⁵ By definition and symptoms Ksheenashukra it can be correlated with Oligospermia. Oligospermia is condition where the sperm concentration is less than 20million/ml. whereas normal sperm count of healthy person is about 120million/ml. and normal ejaculated volume at each coitus is 3.5ml.⁶ Therefore, Oligospermia is one of the prime factors in male infertility. In allopathic treatment of Oligospermia may give positive results, but their prolonged use may cause side effect and may cause impotency.⁷ In modern medical science we have seen very advance technologies like IVF, GIFT, ZEFT, ICSI etc. But it is not accepted widely in India, where poverty is rampant. So it is unable to provide these services to all class of people in society and it may be hardly successful many times. To out come through above mentioned problem, for better results in Ksheenashukra, choose an Ayurvedic drug "VrushyaMadhuka Yoga"⁸ It is having Vrushya property and it is use for combating Ksheenashukra. It is easily available and much cheaper than other drug and minimum or no side effect.

AIM & OBJECTIVES –

AIM -

TO STUDY THE EFFICACY OF VRUSHYA MADHUKA YOGA IN KSHEENA SHUKRAW.S.R. TO OLIGOSPERMIA.

OBJECTIVES–

- ❖ To evaluate the efficacy of VrushyaMadhuka Yoga in the management of Ksheenashukra.

- ❖ To carry out the comprehensive literary work Ayurveda classic, contemporary system of Medicine on Ksheenashukra (Oligospermia).
- ❖ To study detailed pathophysiology of Ksheenashukra. (Oligospermia).

CASE REPORT –

A male patient, aged 30 years presenting with complaints of Maithun-ashakti (libido), Shukra-avisarga (ejaculation of semen), Shrama (fatigue), Daurbalya (weakness), Sadanam (Exhaustion) during sexual intercourse since 7-8 months came in OPD of CSMSS Ayurved Rugnalaya, Aurangabad. Patient had taken initial treatment at private hospital but had no relief and the semen analysis report brought by the patient it is understood that he is suffering from Oligospermia.

Chief complaints –

- Sadanam (Exhaustion)
- Shukra-avisarga (ejaculation of semen)
- Daurbalya (weakness)
- Shrama (fatigue)

Personal history –

- Surgical – Nothing significant
- Allergic - Nothing significant
- Addictions - Nothing significant
- Family history - Nothing significant

Physical examination –

- BP – 120/80 mm of Hg

- PR – 80 / Min.
- RR – 20 / Min.
- Temp. – 98.6⁰ F
- Testicles – Normal (Size & Shape)

Systemic examination –

- CVS – S₁ S₂ normal
- CNS – NAD
- RS – AEBE clear
- GIT – NAD

Lab investigations –

- **Semen analysis**–
Abstinence – 6 days

Physical examination –

Quantity – 1.5 ml
Transparency – Translucent.
Self Liquification – Complete
within 25 minutes
Colour – Milky white
Viscosity – Moderate

Chemical examination –

Fructose – Present.
pH – 7.1

Microscopic examination –**Sperm Count –**

The number of spermatozoa per ml – 1.3 Millions
The number of sperms per ejaculate – 1.9 Millions
Viability – 0 % spermatozoa alive at the end of ½ hr.

Motility Of Spermatozoa

Total Forward Progressive– 5 %

Rapid linear progressive – 0 %

Sluggish linear progressive – 5 %

Non-Progressive - 10 %

Non-Motile – 85 %

Final Diagnosis – Ksheenashukra (Oligospermia).

Treatment given – “VrushyaMadhuka Yoga”. Which contains Madhuka (Yashtimadhu), Ghrita (Goghrita) and Kshaudra (Madhu).

Drug Review –**1. Yashtimadhu**

Botanical name –
Glycyrrhiza glabra.
Useful part – Mula (Root)
Rasa – Madhura
Virya – Shita
Vipak – Madhura
Guna – Guru, Snigdha
Karma – Shukravardhak, Medhya, Pittahara.

2. Madhu (Honey)

Ras – Madhura, Kashaya.
Guna – Ruksha, Shita, Laghu.
Karma – Deepana, Varnya, Svarya, Lekhana, Hridya, Vajikarana, Sandhakar, Shodhana, Ropana and Prasadana.

3. Ghrita

Here, ghrita means Goghrita. Goghrita is best among all types of ghrita.

Ghrita is considered food as well as medicine. It is rich in antioxidants and helps in absorption of vitamins and minerals from food.

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Rasa – Madhura (Charak, Sushrut, Bh.P.)
 Virya – Shita (Sushrut, Bh.P.)
 Vipaka – Madhura (Charak, Sushrut, Bh.P.)
 Guna – Guru, Snigdha, Manda, Mrudu, Sheeta

Sevankal – Pratahakali

Anupana – 200 ml of Koshnadugdha.

Duration – 90 Days.

Follow up – Follow up was taken on every 30 days.

Dose – 25gms

Assessment Criteria (Subjective) -

Score → Symptoms ↓	Grade 0	Grade 1	Grade 2	Grade 3
Sadanam (exhaustion)	No exhaustion at all	Slight exhaustion occasionally	Exhaustion during sexual encounter	Exhaustion without sexual encounter
Shukra-avisarga (ejaculation of semen)	Normal ejaculation (self and partner satisfaction)	Early ejaculation after penetration	Prolonged ejaculation after penetration	No ejaculation at all
Daurbalya (weakness)	No weakness at all	Slight weakness occasionally	Weakness during sexual encounter	Weakness without any activity
Shrama (fatigue)	No fatigue	Fatigue not affecting his sexual activity	Fatigue affecting his sexual activity	Fatigue without any activity

Objective criteria –

Value → Semen Analysis ↓	Grade 0	Grade 1	Grade 2	Grade 3

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Total Sperm Count	>40million/ml.	30-40million/ml.	20-30million/ml.	<20million/ml.
Sperm Motility	>50% progressive forward motility	40-50%	30-40%	Non Motile<25%
Sperm Volume	2.0ml or More(1.5ml)	1-1.5ml	0.5-1ml	<0.5ml.

❖ Observation & result(Subjective criteria)

No.	Observation	Before T/t 0 day	30 th day	60 th day	90 th day
0;1	Sadanam (exhaustion)	3	3	2	1
2	Shukra-avisarga (ejaculation of semen)	3	3	2	1
3	Daurbalya (weakness)	0	0	0	0
4	Shrama (fatigue)	1	1	1	1

(Objective Criteria)

No.	Observation	Before T/t 0 day	90 th day
1	Total sperm count	1.3 ml	4.5ml
2	Sperm Volume	1.8 ml	2.0ml
3	Sperm Motility		
	Total Forward Progressive	5%	5%
	Rapid linear progressive	0%	5%
	Sluggish linear progressive	5%	10%
	Non-Progressive	10%	20%
	Non-Motile	80%	60%

Conclusion :-

The effect of treatment for the subjective criteria such as Sadanam, Shukra-avisarga, Daurbalya, Shrama of ksheenshukra “VrushyaMadhuka Yoga” is significant.

.The effect of treatment for the objective criteria such as Sperm count, Motility and Volume of VrushyaMadhuka Yoga is improved.

The single case study shows that the “VrushyaMadhuka Yoga” has potential action on ksheenaShukra (Oligospermia). It is Easily available and No side effect.

Further study is needed to evaluate it's efficacy in more patients so that it can prove beneficial to mankind.

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