

## A CASE DISCUSSION ON OLIGOSPERMIA

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### ABSTRACT

In India, 10-15% couples of reproductive age group are infertile. Out of this 25%, cases are of male infertility. Oligospermia is a male infertility issue defined as low sperm concentration (<20million/ml) in the ejaculate. Stressful lifestyle and altered food habits cause *ShukraDushti* in male, which ultimately results into infertility. Infertility seldom causes physical debility but its severity affects the couple's psychological harmony, sexual life and social function. The couple desiring a child but unable to conceive feels demeaned, deprived and bitter. A case report of 30 years old man with severe oligospermia, married 5 years back and had primary infertility is presented here.

**Key words:** *Oligospermia, ShukraDushti, Virechana, KsheenaShukra*

### INTRODUCTION

Oligospermia refers to the semen with low concentration of sperm and is a common finding in male infertility. The diagnosis of oligospermia is based on one low count in a semen analysis performed on two occasions. Sperm concentration of less than 20 million sperm/ml is considered low. There are many causes of oligospermia including Pre-testicular, Testicular and Post-testicular. Moreover, it has been widely observed that in about 30% infertile men no causative factor is found for their decrease in sperm concentrations or quality<sup>1</sup>. In *Ayurveda* oligospermia can be compared with *KsheenaShukra*. It is caused by vitiation of *Vata* and *Pitta Dosha*. *Ksheena* denotes decreased state either quantitative

or qualitative degradation of *ShukraDhatu* or both<sup>2</sup>.

### CASE REPORT

We describe the case of 30 years old man with severe oligospermia. He was married 5 years back. The couple had been trying for child since three years. The woman was normal at the clinical and endocrinological examinations. No other parameters except sperm count, motility and morphology were altered in the male subject. Semen analysis was performed at the base line, was 11.2 million/ml. the patient was administered classical *Virechana* (Purgation Therapy). The details of the procedures are described in table 1.

**Table 1: Procedure administered to the patient**

Procedure	Medication	Dose	Duration
<b>Deepana Pachana Aushadhi (appetizer)</b>	<i>Triphala Choorna</i> , <i>Musta Choorna</i>	3 gm each twice/day	3 days
<b>Snehapana (drinking medicated ghee)</b>	<i>Panchtikta Ghrita</i> daily morning at 7 am	Day 1-30 ml Day 2-60 ml Day 3-90 ml	5 days

		Day 4-120 ml Day 5-150 ml	
<b>SarvangaAbhyanga (whole body massage) and SarvangaSweda(sudation therapy)</b>	TilTaila	Day 6,7 and 8	3days
<b>Virechana (purgation therapy)</b>	TrivrittaLeha was given in the morning at 7am on Day 8	50 gm with 100 ml of milk	1day
<b>Samsarjana Karma</b>	Rice gruel Rice gruel+ porridge	One glass on day 1 <sup>st</sup> day 8 in evening Day 9 and 10	2 <sup>nd</sup> and 3 <sup>rd</sup> day

## RESULTS

After 45 days of therapy, sperm count was 50.3 million/ml. An additional semen analysis was performed 3 months after termination of therapy was found to be 49.7 million/ml. This treatment resulted in pregnancy and healthy baby weighing 2.8 gm was born. Couple was also given counseling about sexual habits. Meanwhile, he was prescribed oral medications viz. *TarkeshwarRas* two tablets thrice daily for one month, *PushpadhanvaRas* one tablet twice daily for one month and *ChandraprabhaVati* two tablets thrice daily for one month with milk.

## DISCUSSION

*KsheenaShukra* is one of the *ShukraDosha*, which is the common etiology of male infertility. It is caused by vitiated *Pitta* and *Vata Dosha*<sup>3</sup>. *Virechana Karma* is one of the prime modality for treating *Pittaj Vyadhi*<sup>4</sup>. It also has role in mitigation of *VataDosha*. Classics have opined that the person who is eager to have healthy progeny and a good sexual life should undergo *Shodhana* prior to administration of *Vajeekarana Yoga* (Virility therapy).<sup>5</sup> *Kashyapa* has glorified *Virechana Karma* and explained its importance in the management of infertility. *Virechana Karma* purifies the sperma (*Beeja*), thus making it effective in

achieving fertilization. It also improves sexual vigor (*Vrishata*) and helps in achieving good progeny (*Apatya*)<sup>6</sup>. After the body channels have been cleansed and body has been rendered free from excreta due to *Virechana*, Virilifying recipe like *TarkeshwarRas*, *PushpadhanvaRas* and *ChandraprabhaVati* thereby greatly increases virility. The recipes also act as a roborant and tonic.

## CONCLUSION

To procreate is a natural instinct. If couple is not able to reproduce it gets socially and psychologically disturbed. *Ayurvedic* line of management gives them a blissful life by removing the toxins and even controlling the mind. However, it is emphasized that a validation stage and randomized controlled studies are essential in order to confirm this observation and verify that *Virechan* prior to Virilifying can play an important role in oligospermia.

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