

EFFECT OF SAPTA PRASRUTIKA BASTI KARMA IN THE MANAGEMENT OF KSHINA SHUKRA W.S.R. TO OLIGOZOOSPERMIA: A CASE STUDY

Nagar Umesh Kumar

Bhatted Santoshkumar

P.G.Department of Panchakarma National Institute Of Ayurveda, Jaipur.

dr.umeshnagar84@gmail.com

ABSTRACT

Oligozoospermia refers to semen with low concentration of sperm and is a common finding in male infertility. Often semen with a decreased sperm concentration may also show significant abnormalities in sperm morphology and motility. In general Male infertility factors are suspected of contributing to infertility in almost 40% of infertile couples, while 40% are female factors and 20% are unexplained. A male patient aged 25 years (Reg. no. - 27302) was presented with desire to get child and Other associated symptoms were *Bhrama*(Giddiness),*Daurbalya* (weakness),*Timira Darshana* ,*Mukha Shosa* , *Sadana* (loss of rigidity), *Shrama* (post act exhaustion) , *Sandhishool*, *Alpachestata* (early ejaculation) .On basis of symptoms and semen analysis he was diagnosed as case of *Kshinashukra* (oligozoospermia).The patient was managed with *Sapta Prasrutika Basti as a Kala Basti* . Result were assessed by Grading for Sexual Parameters like Sexual Desire, Erection, Ejaculation and symptoms of *Kshinashukra*. Seminal Parameters was done by Semen Analysis..*Basti* treatment gave moderate improvement in all the symptoms of *Kshinashukra* and seminal parameters like sperm count , motility and number of dead sperms also came down.

keyword - Oligozoospermia ,Male infertility, *Kshinashukra*, *Sapta Prasrutika Basti Karma*.

INTRODUCTION

Oligozoospermia resembles *Kshinashukra* in which sperm count is below 40 million/ml .*Retodushti* (*Shukradushti*) is a pathological condition in which *Shukradhatu* is quantitatively and qualitatively deteriorates . In *Ayurveda* eight types of *Retodushti* are mentioned, which are based upon physico-chemical characteristics of *Shukra* like *Phenil*, *Tanu*, *Ruksha* etc. Another one is based upon involvement of *Doshas Vataj*, *Pittaj*, *Kaphaj*, *Shonitaj Kunapgandhi*, *Granthi*, *Puti-puya*, *Kshina Shukra*, *Mutra purish Gandhi*. *Kshina*

Shukra (Oligozoospermia) is quantitative decline of *Shukra* . It is one of the *Retodushti*. Which is due to increased *Vata & Pitta Dosh*^[1] and characterized with the features like *dourbalya*, *Bhrama*, *Panduta*, *Sadanam*, *Shrama*, *Mukhashosha*, *Sandhishoola*, *Shukra avisarga*^[2] etc. . *Basti* not only best for *Vata* disorder but it is equally effective for *Pitta* , *Kapha*, and *Rakta disorder* also. *Vrushya Basti* is mentioned for treatment of *Shukrakshaya* . *Sapta Prasrutika Basti* is specially attributed with the property of *Vrushata*.^[3]

CASE REPORT - A male patient aged 25 year , registration no. 27302 admitted in NIA ,IPD, presented with desire to get child and other associated complaint included *Bhrama* (Giddiness),*Daurbalya* (Weak-

ness),*Timira Darshana* ,*Mukha Shosa* ,*Sadana* (Loss of rigidity), *Shrama* (Post act exhaustion) , *Sandhishool*, *Alpachestata* (Early ejaculation) .

REPORTS- semen analysis-

Observation -

| | |
|-------------------------|----------------|
| Volume | 1.0 ml |
| pH | 8.0 |
| Liquefaction time | 30 min |
| Total Spermatozoa Count | 40 millions/ml |
| Active | 40% |
| Sluggish | 20% |
| Dead | 40% |
| Pus cells/ H.P.F. | 4-6 |

Prakriti- Vata Pitta, *Vaya-* Madhyama, *Bala-* Avara, *Agni-* Samagni, *Kostha-* Krura

Kvatha -400 ml, *Ekshu Swarasa-* 100ml

Treatment-

The contents of *Kvatha* are *Ksheeridari*, *Vidarikanda*, *Shaliparni*,*Rasna*

Basti Karma: The administration of the liquid medicine through rectal route.

Anuvasana Basti:- Administration of medicated oil or other fat through the rectal route in a prescribed dose is called as *Anuvasana Basti*. In this case study *Dashmoola Taila* was used for *Anuvasana Basti*. Which was given in dose of 120 ml .

- *Sapta Prasrutika Niruha Basti* has been planned for the patient.

The results observed after the treatment were: Marked relief was found in symptoms like *Bhrama* (Giddiness),*Daurbalya* (Weakness),*Timira Darshana* ,*Mukha Shosa* ,*Sadana* (Loss of rigidity), *Shrama* (Post act exhaustion) , *Sandhishool*, *Alpachestata* (Early ejaculation) Improvement in sexual parameters like Sexual Desire (grade-2 to grade-1), Erection (grade-2 to grade 1), Ejaculation (grade 2 to grade 1) was also observed.

-Before administration of *Basti Sarvanga Abhyanga* (oil massage) with *Dashmool Taila* and *mridu Vashpa swedana*(steam bath) has been done as *Purvakarma* .

Niruha Basti: - The composition of *Sapta Prasrutika Niruha Basti* contains *Kvatha* (herbal decoction), *Sneha* (*Go Ghritam*), *Madhu* (Honey), *Saindhava Lavana* (rock-salt) and *Kalka* (herbal powder).^[5]

Sapta Prasrutika Niruha Basti was given in *Kala Basti* schedule (16 days) with the following contents.

Madhu -100 gm, *Saindhava Lavana* -05 gms, *Go Ghritam* -100ml, *Pippli Kalka* - 25gms

| Seminal parameters | Before treatment | After treatment |
|--------------------|------------------|-----------------|
| Volume | 1.0 ml | 2.0 ml |
| pH | 8.0 | 8.0 |
| Liquefaction time | 30 min | 30 min. |

| | | |
|-------------------------|----------------|----------------|
| Total Spermatozoa Count | 40 millions/ml | 45 millions/ml |
| Active | 40% | 45% |
| Sluggish | 20% | 25% |
| Dead | 40% | 30% |
| Pus cells/ H.P.F. | 4-6 | 3-5 |

DISCUSSION

Basti is the one of the cleansing therapy. *Basti is the best remedy for Tridosha* treatment according to *Ayurvedic* classics. *Basti* karma is important treatment in *Shukardosha* by Charak's statement "*Prashashtahashukradosheshubasti Karma Visheshatha*". In *Kshinashukra* predominance of *Vata* and *Pitta*, which leads to the condition of *Shukra Kshaya*, Drugs used in Preparation of *Sapta Prasrutika Basti* specially attributed with the property of *Vrushata. vata pitta shamaka, Rasayana, and Dipaana, srotoshodhana*. So.*Basti* by its own potency is able to expel morbid *Doshas*.and establishes the *Dhatushamyata*.

CONCLUSION

On the basis of this single case study it can be concluded that *Panchakarma* treatments like *Sapta Prasrutika Basti* gave moderate improvement in all the symptoms of *Kshinashukra* and seminal parameters like sperm count , motility and number of dead sperms also came down .

REFERENCES

1. SushrutaSamhita of maharshi Sushruta Edited with Ayurveda-

Tattva-Sandipika by Kaviraja Ambikadutta Shastri part -1 edition reprint 2009, chaukhambha sanskrita sansthan , sharira sthana 2/4 pg no.11.

2. Charaka Samhita of Agnivesha revised by Charaka and Dradhavala with vidyotini hindi commentary by pt. Kashinath Shastri , Dr.Gorakhanatha chaturvedi ,Chaukhambha Bhartati Academy, Varanasi 2011,part -1 ,Sutrasthana 17/69 pg no. 349.
3. Ibidem part-2, Siddhisthana 8/11.pg no. 1044

CORRESPONDING AUTHOR

Dr. Umesh Kumar Nagar

P.G.Department of Panchakarma
National Institute Of Ayurveda, Jaipur.
dr.umeshnagar84@gmail.com

Source of support: Nil
Conflict of interest: None Declared