

## A REVIEW OF PURUSH VYANDHATVA NIDAN

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### ABSTRACT

'Nidan' (Hetu, Causes) itself has more significance in Ayurveda. 'Nidan Parivarjan' considered as first step in treatment, not only in Ayurveda but also in modern sciences. So, it is essential to understand the causes of underlying disease. In *Vajikaran chikitsa* aspect of male infertility was considered and explained. Male partner contributes solely, or partly to a couple's inability to conceive a child. *Klaibya, Vandhyatva, Shandhata* are different nomenclatures used for conditions where male partner is unable to conceive. The causes for male infertility are explained elaborately in Ayurvedic texts which can be categorized under "*Paristhitjanya, Sahaj hetu, Aaharaj hetu, Viharaj hetu, Vyadhi upadrva swarup, vaidykrut (Iatrogenic), aaghataj hetu* etc. There is need for systematic review of these classical references of causes of male infertility so that we can formulate preventive measures and can offer precise treatment modalities including *pathya-apathya*.

**Keywords:** *Purush vandhyatva, nidan, klaibya, male infertility, causes.*

### INTRODUCTION

Infertility is a disease of reproductive system defined by failure to achieve the clinical pregnancy after twelve months or more of regular unprotected sexual intercourse.<sup>(1)</sup> About 8-12 % of couples suffers from infertility worldwide<sup>(2)</sup>. The male partner contributes solely, or partly to a couple's inability to conceive a child in over 40-50 % of cases. As per the World Health Organization, the overall prevalence of primary infertility ranges between 3.9% to 16.8% in India<sup>(3)</sup>. Alteration in semen parameters contributes to male infertility. Such alterations may be in sperm count,

sperm motility and sperm morphology, which is result of oxidative stress, or local genital diseases, or systemic diseases or some unknown etiology. In 40-50% of infertile males, the etiology is unknown<sup>(4)</sup>. There is apparent rising need to dissect the heterogeneous causes behind male infertility and to provide more personalized treatment of the condition. Currently there is boom of invasive management solutions based on Artificial Reproductive Technology and it may be the reason behind reduced interest among clinicians to

properly investigate, diagnose and treat the causes of male infertility.

**Klaibya:-** Lakshan. Napumsakatvam (cha.chi.30/154)

Rog. Shukrapradoshaj rogeshu ekah dhvajanuchrayah<sup>(5)</sup>

Shandh :- Napumsak (su.sha.2/41)<sup>(6)</sup>

Shandhata :- Streegamanashaktitvam (arunadatta, asht.hru su. 4/20)<sup>(7)</sup>

Vandhya :- Anaptya<sup>(8)</sup>

Ayurvedic classical text describes *klaibya*, *Vandhyatva*, *Shandhata* which is nothing but the concept of male infertility. *Acharya* describes preventive measures, causes, types, investigation and treatment of male infertility in detail. All these concepts are not

mentioned in single chapter in our classical texts. It was scattered in our *samhitas*. So, there is need for systematic review of these classical references so that we can formulate preventive measures, can diagnose male infertility with ayurvedic diagnostic tools and examination, can offer more precise treatment for the problem. There is no promising treatment option available for male partner with deranged semen parameters. Most of time in such cases the modern obstetricians offer Artificial Reproductive Technology, in which the female partner is subjected to invasive stressful and expensive ART procedures without consideration of alternative solutions to manage the couple's infertility.

Types of *Klaibya* (infertile male):-

**Table 1.1:** Types of *Klaibya* according to *Acharya Charak and Sushrut*.

<i>Cha.Su. 19/4</i> <sup>(9)</sup>	<i>Su. Chi. 26/10-14</i> <sup>(10)</sup>
<i>Bijopghatajanya</i>	<i>Manas</i>
<i>Dhwajbhajanya</i>	<i>Aaharaj</i>
<i>Jarawasthajanya</i>	<i>Shukrakshayaj</i>
<i>Shukrakshajanya</i>	<i>Marmachedaj</i>
-	<i>Sahaj</i>
-	<i>Shukranirodhaj</i>

### Causes

Male factors contributing to conception are *maithun yoga vay* (Proper age for sex), *Avyapanna Shukra Dhatu* (healthy semen), *Praharsh* (Erection), *Maithun Samarthyaa* (*dehabal, manobal, prasannata*) (Physical and Psychological health) and *Shukra Visarg* (ejaculation) in vagina. So, any factor affecting these parameters may leads to couple's inability to conceive. After the literary review of *bruhatrayi*, we can summarize the causative factors of male infertility as follows. *Klaibya / Shandhata* is mentioned in *Rasapradoshaj vyadhi*, *Shukrapradoshaj Vyadhi*, *Santarpanjanya vyadhi*, *Apatarpanjanya Vyadhi*, *Indriyapradoshaj Vyadhi*.

A) *Paristhitijanya klaibya*:-

Ayurved had mentioned a specific age group for indulge in sexual act. So, the person out of this age group can consider as not able to conceive. Healthy progeny and child with longevity is the goal of conception so they specified the age group, person outside this age group may not able to cope with this goal.

B) *Sahaj Klaibya* (Congenital Causes):-

The purity of *shukra* (semen) & *aartav* (ovum) are essential factors for healthy progeny. *Dushti* of these factors by vitiated *vatadi doshas* may result in congenital diseases in progeny. Such male child will be unable to conceive due to absence of sperms, failure to copulate or ejaculate. Child may show sexual characters of both men and women.

**Table 1.2:** Congenital conditions of male infertility in Ayurveda classical text

<i>Cha. Su. 19</i>	<i>Cha. Sha. 2</i>	<i>Cha.Sha.4</i>	<i>Su.Sha.2</i>	<i>Su.Chi. 26</i>
<i>Bijopghataj klaibya</i>	<i>Dvireta Garbha</i>	<i>Vandhya</i>	<i>Aasekya</i>	<i>Sahaj Klib</i>
	<i>Pavanendriya</i>	<i>Putipraja</i>	<i>Saugandhik</i>	
	<i>Samskarvahi</i>	<i>Truniputrak</i>	<i>Kumbhik</i>	
	<i>NarShandha</i>		<i>Ershyak</i>	
	<i>Vakri</i>		<i>Shandha</i>	
	<i>Ershyak</i>			
	<i>Vatik Shandh</i>			

C) *Aaharaj hetu* (Dietary Causes):-

*Shukra* is the ultimate best output of our *aahar* (*Cha.Ni. 6/9*). *Dhatu poshan* (nutrition of body components), *dhatu kshaya-Vruddhi*, *dushti* all are depending on our *aahar*. Couple's inability to conceive may be as a result of over nutrition (*Santarpanjanya vyadhi*) (*Cha.Su.23/6*) or poor nutrition (*Apatarpanjanya Vyadhi*) (*Cha.Su23/7*).

As male infertility is a *raspradoshaj vyadhi*, the causes of *rasavah strotodushti* are considered as causes of male infertility, which are as follow, excessive heavy diet (*Guru*), excessive cold food (*Sheet*), excessive oily food (*atisnigdha*), food in excess quantity (*atimatra*)<sup>(11)</sup>

Other references of effect of *aahar* on male fertility:-

**Table 1.3:** Effect of *aahar* on fertility of male

<i>Cha. Su. 26</i>	<i>Lavan ras atisevan</i> (salty food)	<i>Pustvam hanti</i>
	<i>Tikta ras atisevan</i> (Bitter food)	<i>Shukranyushoshayati</i>
	<i>Kashay ras atisevan</i> (Sour, astringent)	<i>Punstavam hanti Retasyavgruhnati</i>
	<i>Katu Vipaki Dravya Atisevan</i>	<i>Shukraha badhvinmutro</i>
	<i>Amla Vipaki Dravya Atisevan</i>	<i>Shukranashan</i>
	<i>Viruddha aaharjanya vyadhi</i>	<i>Shandhya &amp; Santandosh</i>
<i>Cha.Su. 27</i>	<i>Rajmash, Kulatha, Shimbi dhanya,marich, kusumbhaj, bhustrun</i>	<i>Avrushya Aahar</i>
<i>Cha.Chi.2</i>	<i>Anashan</i> (Fast)	<i>Shukrakshay hetu</i>
<i>Su.chi.26</i>	<i>Katukaml ushna lavanaihi atisevitaihi</i>	<i>Saumya dhatu kshayaj klaibya</i>

2) *Viharaj hetu* (causes related to activities of person):-

Activities of person also causes vitiation of *doshas* resulting in *dhatodushti*, *strotodushti*. Activities which causes *dushti* of *rasavah*, *shukravah strotas* which results in male infertility are as follows:- Mental stress(*Cha.Vi.5/12*), excessive sexual act, Sexual act outside advised period(*Akal yonigaman*), Suppression of sexual urge or emission of semen (*Maithun Nigrah*) are the reasons behind *dushti* of *shukravah strotas* (*cha.Vi.5/12*)<sup>(12)</sup>.

3) *Manasik hetu* (Psychological Causes)<sup>(13)</sup>:-

Sometimes the person looks physically fit but not able to cohabit; and reasons for such are mostly related

with psychological factors. *Aacharya charak* had mentions psychological factors due to which person not able to cohabit which are *bhay* (Fear), *Streedosh darshan* (looking for faults in female partner), no interest in female partner, due to use of some unholy chanting (*abhichar*), Mistrust on female partner (*vishrambhat*). (*Cha.Chi.2/4/44-45*)

4) *Vyadhi upadrav Swarup* (As an complication of diseases):-

Some systemic diseases and local genital disorders may cause deprivation in Semen (*shukrakshay*) or inability to cohabit (temporary or permanent) or *shukradushti*. Local genital organ diseases like *medhrapak*, *shefstambh*, *vrushanotkshep* may be the reasons of

temporary abstinence till recovery from that disease. Systemic diseases which had adverse effect on semen quality or ability to do sex are as follows,

- a) *Prameh* (Diabetes):- *Shukra* is one of the *dushya* in *prameha*.<sup>(14)</sup>
- b) *Rajyakshama* (Tuberculosis):- which causes deprivation in all *dhatu* of body including semen (*shukra*).<sup>(15)</sup>
- c) *Sthaulya* (Obesity):- Due to Obesity, male partner may had difficulty in sexual performance, which is mentioned as '*Kruchra vyavayta*' by *aacharya charak*)<sup>(16)</sup>
- d) *Karshya* (Emaciation):- Emaciated person not able to do sexual act. (*krusho n sahate maithunam*)<sup>(17)</sup>
- e) *Shukradhatugat jwar*:- Vitiated *doshas* in *jwar* casues *shukradushti*, and leads to deprivation of *shukra dhatu*.<sup>(18)</sup>
- f) *Vruddhi rog*:- *Aacharya sushrut* advised not to do sex if person suffering from *Vruddhirog* (except *aantravruddhi*). (*Su.Chi.19/3*). So it is not possible to conceive during *vruddhirog*.<sup>(19)</sup>

5) *Shukra Dushti* (Deranged parameter of Semen):- Vitiated *doshas* may leads to eight kinds of *Shukradosh* which are *Vatadusht*, *Pittadusht*, *Kaphadusht*, *Kunap*(foul smell), *granthi*, *putipuy* (*pus in semen*) *kshin* (deprivation in semen) *mutrapurish retas* and so the person not able to conception<sup>(20)</sup>. The semen which was affected by *vatadi dosh* may shows changes in quality of semen which is described as '*Tanu* (low concentration of sperm), *shushk* (dried, desiccated), *fenil*, (frothy), *ashwet* ,(alteration in normal color), *putipuy*, (*pus*) *atipicchil*, (more liquification time) *anyadhatu sahitam* (along with other *dhatu*), *avasadi*.<sup>(21)</sup>

6) *Aaghataj hetu* (Injury related Causes):-

Direct injury to *Vitap Marma* or injury to nearby area of *Vitap marma* leads to male infertility (*Shandh*) and deprivation in semen (*alpashukrata*)<sup>(22)</sup>

While describing surgical procedure for Stones of Urinary system (*Mutrashmari*), *aacharya Sushruta*

advised to take special precaution of *Shukraharani & strotofal*. Injury to these organs may leads to male infertility and erectile dysfunction.<sup>(23)</sup>

7) *Iatrogenic (Vaidyakrut)*:-

Some therapeutic procedures are contraindicated or advised to take special precautions while doing such procedures e.g. *Swedan* <sup>(24)</sup> (Hot Fomentation), *Pratisarniy ksharkarma* (local application of *kshar*)<sup>(25)</sup>, surgical procedure for urinary system stone<sup>(21)</sup>.

## DISCUSSION

Ayurveda scholars describes etiology and pathology of all diseases under *Nidanpanchak*. *Nidan* of *vyadhi* i.e. etiological factors of diseases had a first place in *Nidanpanchak* which states its importance in understanding disease. The knowledge of *Nidan* is useful for diagnosis, prognosis and treatment. *Nidan* is the first factor in development of disease, so *Nidan parivarjan* is an important step for *Samprampti bhang* and *Chikitsa*. And hence, understanding of etiological factors is important for the management of every disease, not only by principles of Ayurveda but also as per modern science principles.

Ayurveda practitioners can optimize fertility of patients by addressing simple lifestyle factors and providing *vajikaran* remedies offered in ayurvedic texts. Most of factors mentioned as causative factor for male infertility are avoidable as they are related to diet and lifestyle. All you need is a balanced diet, proper lifestyle habits and correct medical assistance. Correction of lifestyle helps in controlling mental health and in controlling other metabolic disorders like Diabetes mellitus, obesity which are contributing factor in etiology of male infertility. Many of lifestyle disorder can be preventable by following principles of ayurveda like *dinacharya*, *rutucharya*, *ratricharya*, *sadvritta palan*, *achar rasayan*.

To avoid Metabolic disorders and for healthy life	Follow principles of <i>dinacharya, rutucharya, ratricharya, sadvrita, aachar rasayan, tray-opasthambha palan.</i>
Dietary Modification	Avoid junk foods, food items which are rich in salt like pickles, wafers, <i>farsan, papad</i> etc, <i>Katu ras, Tikta ras</i> foods,
Lifestyle Modification	Daily exercise for at least 30 minutes (at least 3 time in a week),
Other Advice	Avoid alcohol, smoking, tight clothing, limit use of cell phone, laptop, Proper sleep etc.
To reduce mental stress	Exercise, Meditation, <i>Pranayam, Yoga, Shirodhara</i>
Ayurveda Practitioner	Must formulate management on basis of <i>Pratipurush siddhant</i>

## CONCLUSION

More detailed and systematic explanation given in ayurvedic texts regarding causes of male infertility. Modern science also mentioned most of same causes as cause of male infertility like congenital syndromes, pretesticular, testicular, post testicular causes which includes some diseases of genital organ, traumatic causes, obstructive cause, psychological causes etc. Male infertility trend is increasing in India. Therefore, it's the need of time to look for the factors causing such rise in male infertility and accordingly preventive measures should be formulated. Ayurveda can provide solution for such raising incidence of infertility by healthy lifestyle, preventive measures and effective therapy.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Umesh Rameshchand Lunawat et al: A Review of Purush Vyandhtva Nidan. International Ayurvedic Medical Journal {online} 2019 {cited January, 2020} Available from: [http://www.iamj.in/posts/images/upload/2410\\_2415.pdf](http://www.iamj.in/posts/images/upload/2410_2415.pdf)