

SHUKRA SARA LAKSHANA AS A TOOL TO ASSESS MALE INFERTILITY

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ABSTRACT

Infertility is the inability of a sexually active, non-contracepting couple to achieve pregnancy within one year. In approximately 40% of the infertile couples, the male partner is either the sole cause or a contributing cause of infertility. Sara is the *Vishuddhatara dhatu* and the *Sara purusha* is the person having *sara lakshanas* of the particular *dhatu*. Based on this he is labelled as *Twak Sara Purusha*, *Rakta Sara Purusha*, *Shukra Sara Purusha* etc., The *Shukra Sara Purusha lakshanas* mentioned in the classics are *Sowmyaprekshina*, *Ksheerapoorna lochana*, *Praharsha bahula*, *Snigdha varna*, *Snigdha swara*, *Bhrajishnu*, *Mahasphik*, *Snigdha vrutta dashana*, *Stripriyopabhoga*, *Balavanta*, *Sukha*, *Aishwarya*, *Samanabhaja*, *Apatyabhaja*, *Bahulapraja* and *Bahula kama*. Sara is the essence of *dhatu*s which provides the knowledge about the *bala* and *pramana* of the person. Hence the examination of the sara of a person is an important factor by which the strength of the *dhatu* and the person can be assessed at Physical and Psychological level. The *Shukra sarata* among all reflects the ability of a person to reproduce. The *lakshanas* mentioned such as *Stripriyatva*, *Stri upabhogitva*, *Apatyabhajatva* etc, will give an idea about the reproductive health of the person. The study was conducted on male patients attending OPD with the complaints of infertility for more than one year. A questionnaire was prepared with basic history taking and emphasis was laid on evaluating the *Shukra Sara Purusha lakshanas*. The data was analysed statistically and it was found that the classical *Shukra Sara Purusha lakshanas* can be used as a tool to identify male individuals suffering from infertility.

Keywords: *Sara*, *Shukra*, Infertility.

INTRODUCTION

Infertility is defined as the inability of a couple to achieve conception after one year

of unprotected coitus. Childlessness may be a tragedy to the married couple and can be a

cause to the marital upset as well as of personal unhappiness and ill health. 10% to 15% of the marriages prove to be childless¹. One in every four couples in developing countries had been found to be affected by infertility. It is generally assumed that females are the cause for infertility but, in approximately 40% of the infertile couples, the male partner is either the sole cause or a contributing cause for infertility. The fertility of a man is assessed based on the physical examinations and lab investigations including Semen analysis in modern parlance and is treated accordingly. In the same way the Ayurveda has mentioned *Shukra sara lakshanas*³ for the assessment of the fertility. The *Dhatu Sara Lakshanas*² mentioned in Ayurveda, indicate the proper functioning of particular *Dhatu*. *Shukra sara lakshanas* mentioned in the classics can be assessed at Physical and Psychological level. This *Shukra sarata* reflects the ability of a person to reproduce.

OBJECTIVES OF THE STUDY:

- To evaluate *Shukra sara lakshanas* at Physical and Psychological level.
- To identify *Shukra Sara Lakshanas* as a tool to assess Male fertility.

INCLUSION CRITERIA:

- Male patients aged between 25 to 40 years with marital history of more than one year.
- Sexually active male patients.
- Patients not following any contraceptive measures.

EXCLUSION CRITERIA:

- Male patients suffering from systemic diseases.

- Patients under infertility treatment and other regular medications.
- Alcoholics and smokers.

METHODS:

- The study was conducted on 10 married male patients attending OPD of SKAMCH and RC, Vijayanagar, Bengaluru with complaints of infertility.
- Male patients aged between 25 to 40 years with marital history of more than one year, sexually active and without any contraceptive methods were selected.
- A questionnaire was prepared with basic history taking and emphasis was laid on evaluating the *Shukra Sara lakshanas* mentioned in the classics.
- The questionnaire comprises of two aspects namely, Inspection and Interrogation.
- The Inspection aspect consists of those *lakshanas* which can be assessed at the physical level.
- The Interrogation aspect consists of set of questions assessing the sexual life of the individual.
- The assessment was given grading and was subjected to the statistical analysis and conclusions drawn.

OBSERVATIONS:

All the male patients enrolled for the study exhibited almost all the *Shukra Sara lakshanas* mentioned in the classics. It was observed that, 100% patients had *ksheerapoornalochana*; 90% of the patients had *sukha* and *Samanabhaja lakshanas*; 70% of the patients had *Snigdha vrutta dashana*, *Sama dashana*, *balavanta* and *Aishwarya lakshanas*; 60% of the patients exhibited *sowmya prekshina*, *Sara*

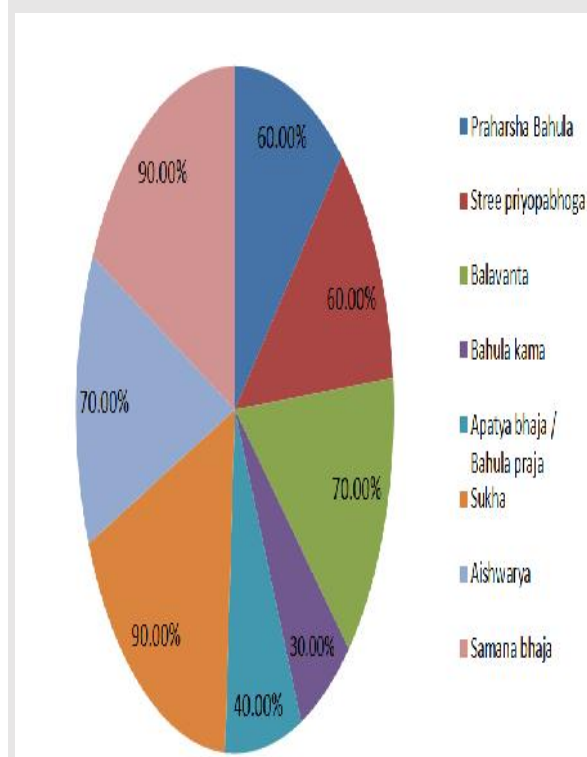
dashana, Samhata dashana, Praharsha bahula and, Stree priyopabhoga lakshanas; 40% of the patient had Snigdha varna, Snigdha swara, Shikhara dashana and apatya bhaja / bahula praja lakshanas; 30% of the patients had Mahasphik and bahula kama lakshanas and none of the patients had Bhrajishnu lakshana i.e. 0%.

RESULTS:

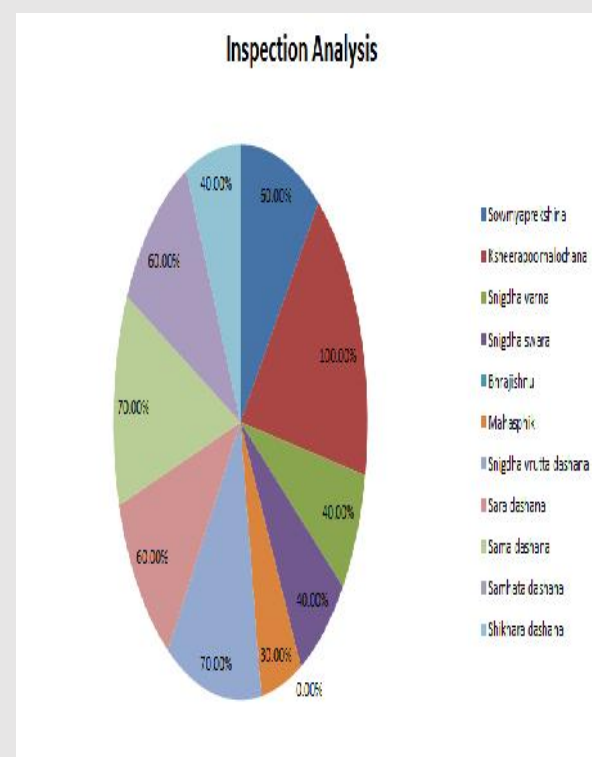
- The data was collected and analysed to identify the Shukra Sara lakshanas as mentioned in classics are exhibited or not exhibited by the patients.
- It was found that all the Lakshanas mentioned in the classics were present in all the patients except Bhrajishnu (0%).

- The percentage of lakshanas varied from person to person.
- The data collected was not conclusive owing to the small sample.
- Hence it is difficult to comment on the impaired quality of the Shukra Dhatu affecting the reproductive health of the man.
- The Ksheerapoorna lochana Lakshana was found in all the patients, while the Bhrajishnu Lakshana was not noticed in any patient.
- The percentages of the lakshanas exhibited are shown in the pie charts below:

Analysis of Shukra Sara lakshanas



Analysis of Shukra Sara lakshanas



CONCLUSION

- The *Shukra Sara Lakshanas* mentioned in the classics can be used as the indicators of the fertility of the man.
- The questionnaire should be fine-tuned to include semen analysis parameters along with physical and psychological analysis to make it more significant and adaptable.
- By the proper assessment of the *Shukra Sara Lakshanas* one can try to understand the fertility of a man.
- *ShukraSarata* will directly reflect on the offspring, suitable measures taken at the right time will definitely help to achieve a good and healthy progeny.
- This analysis will help in early identification of infertility and can be used as a tool in premarital counseling.

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