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

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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 Dosha and characterized with the features like dourbalya, Bhrama, Panduta, Sadana, Shrama, Mukhashosha, Sandhishoola, Shukra avisarga 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.

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. Retudoshti (Shukradushti) is a pathological condition in which Shukradhatu is quantitatively and qualitatively deteriorates. In Ayurveda eight types of Retudoshti 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 Retudoshti. Which is due to increased Vata & Pitta Dosha and characterized with the features like dourbalya, Bhrama, Panduta, Sadanam, Shrama, Mukhashosha, Sandhishoola, Shukra avisarga 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.
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 (Weakness), Timira Darshana, Mukha Shosa, Sadana (Loss of rigidity), Shrama (Post act exhaustion), Sandhishool, Alpachestata (Early ejaculation).

Observation -

REPORTS- semen analysis-

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Before treatment</th>
<th>After treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volume</td>
<td>1.0 ml</td>
<td>2.0 ml</td>
</tr>
<tr>
<td>pH</td>
<td>8.0</td>
<td>8.0</td>
</tr>
<tr>
<td>Liquefaction time</td>
<td>30 min</td>
<td>30 min</td>
</tr>
<tr>
<td>Total Spermatozoa Count</td>
<td>40 millions/ml</td>
<td></td>
</tr>
<tr>
<td>Active</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>Sluggish</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Dead</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>Pus cells/ H.P.F.</td>
<td>4-6</td>
<td></td>
</tr>
</tbody>
</table>

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

Treatment-

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

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

- 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

Kvatha -400 ml, Ekshu Swarasa - 100ml

The contents of Kvatha are Ksheervidari, Vidarikanda, Shaliparni, Rasna

**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.

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.

Seminal parameters

<table>
<thead>
<tr>
<th>Parameter</th>
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</thead>
<tbody>
<tr>
<td>Volume</td>
<td>1.0 ml</td>
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<td>8.0</td>
<td>8.0</td>
</tr>
<tr>
<td>Liquefaction time</td>
<td>30 min</td>
<td>30 min.</td>
</tr>
</tbody>
</table>
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 "Pra-shashtahashukradosheshubasti Karma Vish-eshatha". 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**

3. Ibidem part-2, Siddhisthana 8/11.pg no. 1044

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