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“SINGLE CASE STUDY - EFFICACY OF SHATAVARYADI CHURNA IN SHUKRADUSTI AND SHUKRAKSHAYA WITH SPECIAL REFERENCE TO OLIGOASTHANOTARATOZOOPERMA.”

Sawale D.¹, Pashte S.², Phadnis R.³

1. MS Prasutitantra and Striroga, Assistant Professor, Hon Annasaheb Dange Ayurved College & Research centre Astha.
2. MS Prasutitantra and Striroga, Assistant Professor, Hon Annasaheb Dange Ayurved College & Research centre Astha.
3. MS Prasutitantra and Striroga, Associate Professor, Hon Annasaheb Dange Ayurved College & Research centre Astha.

ABSTRACT:

The need to have children is of great priority in families hence treatment of infertility has become a global concern. The couple not able to reproduce, experiences the feeling of frustration and disappointment which increase oxidative stress level thereby worsening the condition. Rutu, Kshetra, Ambu and Bija these are the four things which are necessary for the normal pregnancy. Bija means both male and female fertility factors i.e., Sukra and Artava respectively. In Ayurvedic classics eight types of Sukradosha are enumerated. This classification is based upon two methods, first one is based upon involvement of Doshas of shukra, Tanu, Alpa, Ruksh, Phenil etc. and next is based upon involvement of Doshas in shukra e.g. Vataj, Pittaj, shleshmaja, shukradusti etc. Shukra is described as Seventh dhatu in our classics. Among the Seven Dhatus, Shukra Dhatu is considered as important one. Shuddha Shukra is one of the most necessary factors for the healthy progeny. Shukradushti caused by vitiation of Vata pitta dosha and becomes diminished state of quality and quantity of Shukra dhatu. Oligoasthenoteratozoospermia (OAT) is a condition in which the semen sample has Oligozoospermia, which is low sperm count, Asthenozoospermia, which is poor motility and teratozoospermia, which is abnormal morphology of sperm. Nowadays Oligoasthenoteratozoospermia is the most common condition in both developing and developed countries. Here explained the successful case study of shukradushti of using ayurvedic formulation.

KEYWORDS: Rutu, Kshetra, Ambu, Bija, dosha, oligoasthanotaratozoospermia, shukradushti.

Corresponding Author:

Dr. Dipali Sawale.

MS Prasutitantra and Striroga, Assistant Professor,
Hon Annasaheb Dange Ayurved College & Research centre Astha.

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INTRODUCTION:

A 34-year male with his wife came at OPD with complaining unable to conceive and he had previous 2 consecutive semen analysis report of a 1 month apart with same finding report s/o oligoasthanotaratozoospermia.

K/C/O- Diabetes mellitus type 2 on regular modern medicine (Tab -metformin 500mg OD)

Married since 6 years, H/O- Hydrocele operated before 2 years.

Occupation- Jewelers. Wife- Housewife H/O- 1 IUI failed 1 IVF failed

Wife had regular menstrual cycle with average bleeding with normal USG report.

Did not having any past surgical history.

O/E- General exam-

Female - Normal

Days	1st	2nd	3rd	4th	5th	6th	7th	8th
Anuvasana with Sahachara taila	AB	AB		AB		AB		AB
Niruha with Dashamula Kwath			NB		NB		NB	

AB- Anuvasana Basti with Murchita tila taila, NB- Niruha Basti with Dashmuladi kwath.

After yogabasti upakrama ask for patient to avoid fast food, AC at work place, spicy food and had given shatavaryadi choorna 12gm BD honey at morning abhakta kali and evening vyanodana kali for month. Then after 30 days yogabasti upakrama had given in next consecutive two months and after basti shatavaryadi churna continued each month.

After 2 months of ayurvedic treatment semen analysis repeated report was normal, and his

DRUG REVIEW:**SHATAVARYADI CHURNA****DRUG INTERVENTION:**

Drug	Shatavari	Nagbala	Vidari	Gokshur	Amalaki	Sharkara
Latin name	Asparagus racemosus	Grewia hirsuta	Pueraria tuberosa	Tribulus terrestris	Embelica officinalis	-
Family	Liliaceae	Tiliaceae	Leguminaceae	Zygophyllaceae	Euphorbiaceae	-

Male - BP- 138/84mmhg, PR- 92/min Spo₂- 97%

Secondary sexual character- Normal Ext genitalia - Normal, BMI- 26.4

USG- rt side epididymitis with gaseous distention of colon, fatty liver grade11.

Sexual History- he never had sexual desire himself, sex only on demand of partner, failure of erection intermittently and attempt of intercourse weekly once.

Materials and methods-

Treatment Planned-

Amaapachaka Vati 2 BD for 8 days given,

Mansamedopachaka Vati 2 BD for One month.

Liq- vidangarista 10 ml HS 8days given.

Yogabasti upakrama planned after Aampachana & krmihara dravyas.

sexual desire also improved but treatment continued for next one month and after next 3 rd month couple gets UPT positive and USG-SLIUP 7wks5 days.

OPERATIONAL DEFINITION:

Churna - It is Fine Powder of Drug. Drug Mentioned in Adhyaya Are Cleaned Thoroughly, Pulverized and then Sieved, the churna is free Flowing Retains its Potency For one Year, if or Preserved in Airtight Container.

Rasa	Madhur, Tikta	Madhur, Kashay	Madhur	Madhur	Pancharasa, Lavavarjit	Madhur
Vipaka	Madhur	Madhur	Madhur	Madhur	Madhur	Madhur
Virya	Sheet	Sheet	Sheet	Sheet	Sheet	Sheet
Guna	Guru, Snigdha	Guru, Snigdha, pichchhil	Guru, Snigdha	Guru, Snigdha	Guru, Ruksha	Guru, Snigdha
Useful parts	Mula	Mula	Kanda	Phal	Phal	-
Doshagnata	Vatpittashamak	Vatpittashamak	Vatpittashamak	Vatpittashamak	Tridoshaghna	Vatpittashamak
Rogagnata	Vrishya, Rasayan, Medhya, Balya	Vrishya, Rasayan, Balakrut, Kantikrut	Vrishya, bruhani, rasayan, mutrala	Vrishya, Rasayan, Mutrala, Balakrut	Vrishya, Rasayan, Rakta pittanashak	Shukrakari, Dahanashak, Rakta pittanashak

Description	Trial drug
Name of drug	Shatavaryadi churna
Dose	6 grams
Frequency	Twice a day
Kal	Morning and evening before meal
Duration	3month (after each yogabastiupakrama)
Anupan	Madhu
Route	Orally
Follow up	After each month

OBJECTIVE CRITERIA:

Analysis done of each follow up and compared before and after treatment and improvement is semen Analysis parameters.

	Before treatment	After treatment
Sperm count	17/million	66/million
Sperm volume	1ml	2ml
Sperm motility	15	40%
Sperm morphology	head defect- 71% neck & midpiece defect 12% tail defect 16%	Normal 60%
Ph	Alkaline	Alkaline
Liquefaction time	45 min	30 min
Fructose	present	present

DISCUSSION:

After *Dipana pachana karma* Rasa get purified and *shuddha rasa* makes *uttarouttra shuddha dhatu* is one mechanism of treatment and another one is *Bastiupakrama* Makes *vatanulomana*, and after this *vajikarana yoga*

explained by *Yogaratanakara* in *vajikarana adhyaya* give excellent effect in *shukradushti, shukrakshaya* and its *karmukta*. So ayurvedic treatment protocol can give best results in oligosathanotaratoospermia (*shukradushti, shukrakshaya*).

CONCLUSION:

Shatavaryadi choorna explained by *yogratnakara* is effective in *Vajikarana* as well as *shukradushti* also.

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