

Role of *Mustadi Yapan Basti* in the Management of *Kshinshukra* w.s.r. to Oligospermia – A Case Study

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Abstract

Infertility is a problem of global proportions affecting on an average 8-12% population worldwide. Various environmental and biological factors affect the sperm count in male. Low sperm count (oligospermia) is one of the main causes of male infertility and it can be correlated with *kshinshukra*. Often sperm with decreased sperm concentration may also show significant abnormalities in sperm morphology and motility. Generally male infertility factors are suspected to contribute infertility in almost 40% of infertile couples, while 40% are female factors and 20% are unexplained. A male patient aged 29 years was presented with desire to get child and other associated symptoms were *Bhrama* (giddiness), *Daurbalya* (weakness), *Timirdarshana*, *Shrama* (post coital exhaustion), early ejaculation. On basis of symptoms and semen analysis he was diagnosed as case of *kshinshukra* (oligospermia). The patient was managed with *Mustadi Yapan Vasti* which is described as SHUKRA-MANSA-BALA JANANA in CHARAK SAMHITA SIDDHISTHAN. Results were assessed by semen analysis. Vasti treatment gave significant improvement in all symptoms of *kshinshukra* and semen parameters like sperm count, motility and numbers of dead sperms also came down.

Keywords

Oligospermia, Kshinshukra, Male Infertility, Mustadi yapan vasti



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INTRODUCTION

Infertility is defined as the inability to achieve pregnancy after 1 year of unprotected coitus. Infertility is a problem of global proportion affecting on an average 8-12% of couple worldwide. Annual incidence of male infertility is at least 2 million cases (based on the National Women's Health Information Centre). It's prevalence is extremely high in metropolitan cities as well as small towns. Except some physical defect, low sperm count and poor sperm quality are responsible for male infertility in more than 70% of cases. Out of these about 20% -30% cases are unexplained.

The global incidence of infertility is increasing day by day. In males the quantity and quality of *shukra* is decreasing day by day which may be due to altered life styles, rapid industrialization. Oligospermia is one of the main cause of infertility. Oligospermia resembles *kshinshukra* in which sperm count is below 40 million/ml. *Retodushtithat* is *shukradushti* is a pathological condition in which *shukradhatu* is quantitatively and qualitatively deteriorated. In Ayurveda eight types of *retodushti* are mentioned which are based upon psycho-chemical characteristics of *shukra*, like *phenil*, *tanu*, *ruksha* etc. Others

are based upon involvement of *doshas* that is *vataj*, *pittaj*, *kaphaj*, *shonitaj*, *kunapagandhi*, *putipuyaj*, *kshinshukra*, *mutrapurishagandhi*. *Kshinshukra* (oligospermia), it is one of the *retodushti* which is due to increased *vata* and *pittadosha*.¹ and characterised by features like- *dourbalya*, *bhrama*, *panduta*, *sadanam*, *mukhashoosh*, *shukra-avisarga*.² *Vasti karma* have effect on both *vata* and *pitta* dosh equally.

AIMS

To evaluate the role of *mustadiyapanvasti* on *kshinshukra*.

OBJECTIVES

1. To understand the role of each content of *mustadiyapanvasti* on each *doshas*.
2. To evaluate the action of the contents of *mustadiyapanvasti* on *kshinshukra*.

MATERIALS AND METHODS

A CASE REPORT:

A male patient aged 29 yrs, registration no. 77417 presented in Govt. Ayurveda College, Nanded, Maharashtra, having complaints of *Bhrama*(gidiness), *dourbalya*(weakness), *mukhshosh*(dryness of mouth).

Prakruti- kapha-pittaj

Vaya- madhyam

Bala- awara

Agni- manda

Table 1 CASE REPORT

Semen Parameters	Results
Volume	2ml
PH	Alkaline
Liquefaction Time	30 min
Sperm Count	12 million/ml
Active	30%
Sluggish	40%
Dead	30%
Pus cell/ h.p.f.	15-20/h.p.f.

Impression: Oligospermia, asthenospermia

TREATMENT

After *dipan* and *pachan* the administration of liquid medicine through rectal route that is *Mustadiyapan vasti* has been planned for patient.³ Before administration of *vasti*, *sarvang Abhyanga*(oil massage) with

kshirbala taila and *vashpa swedana* (steam bath) with *Dashmool kwath* has been done as *poorva karma*. *Mustadi yapan vasti* of 750 ml is administered to patient for 21 days.

Table 2 The composition of *Mustadi-yapan vasti* contents:

DRAVYA	RASA	VIPAK	VIRYA	OTHER
<i>Musta</i>	<i>Tikta, Katu</i>	<i>Katu</i>	<i>Sheet</i>	<i>Laghu, ruksha</i>
<i>Ushir</i>	<i>Tikta, madhur</i>	<i>Katu</i>	<i>Sheet</i>	<i>Laghu, ruksha</i>
<i>Bala</i>	<i>Madhur</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Laghu, snigdha, picchil, balya vrushya</i>
<i>Aaragwadh</i>	<i>Madhur</i>	<i>Madhur</i>		<i>Sheet Guru, mrudu, snigdha, koshtashuddhikar</i>
<i>Rasna</i>	<i>Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Guru, vatakaphagna</i>
<i>Manjinshta</i>	<i>Tikta</i>	<i>Tikta</i>	<i>Ushna</i>	<i>Guru, Ruksha</i>
	<i>Kashay</i>			
	<i>Madhur</i>			
<i>Trayaman</i>	<i>Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu, Ruksha</i>
	<i>Kashay</i>			<i>Pittakaphagna</i>
<i>Guduchi</i>	<i>Tikta</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Ruksha, laghu,</i>
	<i>Katu</i>			<i>Mrudu, rasayani</i>
<i>Madanfal</i>	<i>Madhur</i>	<i>Katu</i>	<i>Ushna</i>	<i>Laghu, Ruksha</i>
	<i>Tikta,</i>			
	<i>Kashay</i>			
<i>Kshir</i>	<i>Madhur</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Jivaniya, Rasayana</i>
<i>Rakta Punarnava</i>	<i>Tikta</i>	<i>Katu</i>	<i>Sheet</i>	<i>Laghu, Pittaghna</i>
<i>Bibhitak</i>	<i>Kashay</i>	<i>Madhur</i>	<i>Ushna</i>	<i>Guru, Ruksha, Kaphapittaghna</i>
<i>Ajamansa</i>	<i>Guru</i>	<i>snigdha,</i>		<i>sharirdhatusamanya, bhruhana</i>



Along with this drugs *ajamansarasa*, *madhu*, & *saindhav* is used. *Shatavha*, *jeshtamadha*, *endravaruni*, *rasanjan*, *priyangu* is used in *kalka*.

ACTION OF VASTI:

Vasti introduced in the colon acts upon the whole body and on every system of the body from head up to feet and draws out impurities by its potency like sun draws out or evaporates juices / liquid from the earth by its heat.⁴ It is mentioned as “*strotoshuddhikar*” which means, it purifies all the system and make a clear passage up to micro channel level, because of *sukshma* and *vishyandi* properties of *saindhava* it helps to pass drug molecules in the systemic

circulation through mucosa. The presence of Na^+ (*saindhav*) in *vastidravya* may play important role in the absorption of the drug as Na^+ channel is the most commonly used channel for the absorption of the substance. The cells of the intestinal mucous membrane are easily permeable to sodium chloride. Hypotonic/isotonic solutions are absorbed rapidly in the colon. *Madhu* is considered best among the vehicles that emphasizes the drug carrying capacity with the help of *sukshmaguna*, it reaches up to micro channels, in turn carries the drugs at microcellular level.

RESULTS

Table 3 Semen Analysis

Semen Analysis	Before Treatment	After Treatments
Volume	2ml	2ml
PH	Alkaline	Alkaline
Liquification Time	30 min	30 min
Sperm count	12 million/ml	40 million/ml
Active	30%	70%
Sluggish	40%	15%
Non-motile	30%	15%
Pus cell/ h.p.f.	15-20 h.p.f.	Nil

DISCUSSION

Vasti is the best remedy for *Tridosha* treatment according to Ayurvedic classics.⁵ According to *Charaka's Vastikarma* is important for the treatment of *shukradosha* (“*Prashashtahashukradosheshu vasti karma visheshyate*”). In *kshinshukra* there is predominance of *vata* and *pitta* which leads to the condition of *shukrakshaya*, drugs used in preparation of *Mustadi yapan vasti* especially attributed with property of ‘*Shukra-mansa-balajanan*’⁵. *Vasti* by its own potency is able to expel morbid *doshas* and establishes the *dhatuamyata*. In this patient *dourbalya*, *mukhashoosh* & *bhrama* are main symptoms along with decreased sperm count. Due to drugs like *ksheer*, *ghrut*, *bala*, *ashwagandga*, *rasna*, *laghu-panchamula* which have properties of *balya*, *snigdha*, *jivaneey*, *guru*, and *madhur rasa* and *vipak*, *sheet virya*. These properties will reduce *dourbalya* as well as *bhrama*. *Mukhashoosh* is a symptom due to *rukshaguna* of *vata*, which is reduced due to *vasti karma*.

CONCLUSION

On the basis of single case study it can be concluded that *Mustadi Yapan Vasti* gave moderate improvement in all the symptoms of *kshinshukra* and seminal parameters like

sperm count, motility and number of non-motile also came down.



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