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## Role of *Yapana Basti* Along with *Gokshuradi Vati* in *Ksheen Shukra* w.s.r. Oligozoospermia

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### ABSTRACT:

**Introduction:** *Shukra* is considered as the supreme *Dhatu*, responsible for normal sexual functioning, both procreation as well as sexual potency to cohabit. *Acharya* has explained the importance of the ultimate *Dhatu Shukra* as above, which is must for life and decrease in its quality or quantity may result into many ailments or even death. *Ksheena Shukra* is an acquired abnormality of *Shukra Dhatu*. Qualitative as well as quantitative reduction in *Shukra Dhatu* occurs in it. *Sushruta* and *Vagabhata* have mentioned *Ksheena Shukra* among the *Ashtavidha Shukradushti* caused by the vitiation of *Vata* and *Pitta Dosha*. *Ksheena Shukra* may be correlated with Oligozoospermia. Oligozoospermia (decrease and abnormality in sperm count) leads to male infertility. These cases are increasing now a days due to sedentary lifestyle including bad food habits.

**Material and Method:** According to *Maharishi Charaka*, in management of *Ksheena Shukra*, *Yapana Basti* is mentioned. *Yapana Basti* is said to be *Shukravardhaka* and works as both *Niruha* and *Anuvasana*. Also, it can be given in all seasons. Seeing all these benefits of *Yapana Basti*, we have selected *Yapana Basti* along with *Gokshuradi Vati*.

**Result and Discussion:** It is indicated in *Basti-Medhrapaka*, *Prikartika*, *Mutrakruchra* and in all the disease of *Pitta* etc. conditions. Considering the direct reference of *Vrushyatama Basti* it was selected for the present study.

**Key word:** *Gokshuradi Vati*, *ksheen Shukra*, *Oligozoospermia Yapna Basti*

### INTRODUCTION

Every person is here on the earth to get the objectives - *Dharma*, *Artha*, *Kaam* & *Moksha* - collectively known as '*Purusharth Chatushtya*' and we need a healthy mind & body to get them. *Ayurveda* not only deals with physical and psychological well-being of an individual but also spiritual well-being hence covering all the facts of life. As per *Ayurveda* classics, *Garbhotpadan* is the main vital function of *Shukra Dhatu*.<sup>2</sup> But only *Shuddha Shukra* is capable for this. *Ksheena Shukra* is described in *Charak*

*Samhita* and its characteristics are *Daarbalya*, *Mukshosh*, *Panduta*, *Sadan*, *Shram*, *Klaibaya* etc.<sup>3</sup> According to *Sushrut Samhita* all types of *Shukra Dushti* have been described due to the vitiation of *Apana* and *Vyana Vayu*.<sup>4</sup> *Ksheena Shukra* may be correlated with Oligozoospermia. Oligozoospermia (decrease and abnormality in sperm count) leads to male infertility. These cases are increasing now a days due to sedentary lifestyle including bad food habits (late night meal time, watching TV with eating junk



food, Alcohol intake), altered sleep pattern (late night working in office, day time sleep etc.), not following *Brahmcharya*.

A great prominence has been given to *Shodhana* therapy in *Ayurveda*. It has been said that this particular therapy exterminates the disease invariably and leaves no chance for it reverts. *Basti* holds a distinct position in contrast to other *Panchakarma* measures because of its wide spectrum and competent benefits. *Basti* acts differently by virtue of its different drug contents and their different properties, when augmented with *Samshodhana Dravyas* it performs the *Samshodhana Karma*

It is the important *Karma* in the treatment of *Shukra Dushiti*. *Yapana Basti* is said to be *Shukravardhaka*<sup>5</sup> and works as both *Niruha* and *Anuvasana* so, there is no need of giving *Anuvasana Basti* in between the course of *Yapana Basti*. Also, it can be given in all seasons. Seeing all these benefits of *Yapana Basti*, we have selected *Yapana Basti*.<sup>6</sup>

## AIMS AND OBJECTIVES

1. To frame out aetiopathogenesis & symptomatology of *Ksheena Shukra* W.S.R. to Oligozoospermia according to *Ayurvedic* classics and modern science.
2. To assess the effect of “*Yapana Basti*” along with *Gokshuradi Vati* in the management of ‘*Ksheena Shukra*’.

## MATERIALS AND METHODS

### Source of Data:

Patients suffering from *Ksheena Shukra* fulfilling inclusion criteria were registered from O.P.D. and I.P.D. of Govt. Akhandanand Ayurved hospital and Govt. Maniben Ayurved hospital, Ahmedabad.

**Sampling:** Fifteen cases of *Ksheena Shukra* were selected incidentally. Special performance and Informed consent was taken before starting the study.

**CTRI no:-** CTRI/2017/02/ 007879

**Inclusion Criteria:** Age – Between 21 years to 50 years. Patients with clinical presentation of *Ksheena Shukra* (Oligozoospermia) Patients having total sperm count < 20 mill/ ml

**Exclusion Criteria:** Age – Below 21 years and more than 50 years Patients of Azoospermia and Aspermia. Patients of Various diseases like Varicocele, Accessory sex gland infection, Sexually Transmitted Diseases, severe systemic diseases, Diabetes Mellitus. Hereditary or congenital disease and genetic defects like Klinefelter’s and Reifenstein’s syndrome

**Diagnostic Criteria:** Diagnosis was entirely based on Subjective finding of as well as lab investigation.

**Laboratory Investigations:** Semen analysis especially Sperm Count, Volume, Motility and Morphology was carried out before and after treatment. Routine hematological tests, biochemical analysis and urine examination had been carried out before the treatment to assess the general health of the person. All investigative procedures were also repeated after accomplishment of treatment.

### Design Of Groups And Management:

15 Patients included in this study.(Table 1)

### Contents of *Yapana Basti*:<sup>7</sup>

1. *Madhu*- 2 *Prasruta* (160 ml)
2. *Ghrita*- 2 *Prasruta* (160 ml)
3. *Dugdha*- 4 *Prasruta* (320 ml)
4. *Shatpushpa Kalka*- ½ *Pala* (20 gm)
5. *Saindhava Lavana*- ½ *Aksha* (5gm)

**TOTAL 640 ml**

### Administration Time of *Yapana Basti*:

*Jirna Annakala* & *Naatibubhukshita*. *Yapana Basti* was administered after *Abhyanga* and *Nadi Swedana*. Method of the *Basti* administration was as per classical method of *Niruha Basti*.

## OBSERVATION AND RESULTS

### A. Effect of therapy in Subjective Criteria:

Table:2 Effect of Therapy on Chief Complaints.

Table 3: Effect of Therapy Associated Complaints

## DISCUSSION

*Maharishi Charaka* describes the *Guna* of *Yapana Basti* as follow:<sup>8</sup> Thus, it is indicated in *Basti-Medhrapaka*, *Prikartika*, *Mutrakruchra* and in all the disease of *Pitta* etc. conditions. Considering the direct reference of *Vrushyatama Basti* it was selected for the present study. *Yapana Basti* are indicated in *Atura* (patients) as well as in *Svastha* (healthy) and even in degenerative stage, this indicates its curative as well as rejuvenative value. *Acharya Charaka* has defined the *Basti* as the procedure in which the drug prepared is administered through the anus reaches up to the *Nabhi Pradesha* (umbilical region), *Kati* (lumber region), *Parshva* and *Kukshi* (flanks), churns the accumulated *Dosha* and *Purisha* (stool), spreads the unctuousness (potency of the drugs) all over the body and easily comes out along with the churned *Purisha* (stool) and *Doshas* is called *Basti*<sup>9</sup>. *Vayu* is the lord. *Vayu* is only

responsible for all the functions of the body and also therefore for the production of the disease. It is said ‘*Yantratantradhara*’<sup>10</sup> *Basti* is the best therapy to control the *Vata* and thus it controls the *Pitta* and *Kapha* also.

**Gokshuradi Vati-** By its *Vajeekarana* and *Rasayana Guna*,<sup>11</sup> it increases all the *Dhatu*s ultimately it increases the *Shukra Dhatu*. By this process it will ultimately improve the level of *Rasa* to *Shukra*. Thus, this study showed encouraging results in the management of *Ksheena Shukra* (oligozoospermia).

1. **Daurbalya-** 81.11% improvement was found on *Daurbalya* with statistically highly significant at the level of ( $p < 0.001$ ). *Brimhaniya*, *Vrishya*, *Rasayana* and *Tridosahara* properties of drugs were collectively resulted into improvement at the level of nutrition, immunity and metamorphoses of *Dhatu*. This reorganized condition lead to improvement in decreased health status and *Daurbalya*. Increased *Agnibala*, proper metamorphoses of *Dhatu*, accomplishment of *Bala* and *Pushiti* might have increased strength, endurance and fitness of the patients.
2. **Medhravrushana Dhumayana-** 100% relief was found in *Medhravrushana Dhumayana* statistically. *Medhravrushana Dhumayana* is due to *Pitta* dominance the body, *Yapana Basti* was given which has property to cure all *Pitta Vikara*<sup>12</sup> So, 100% results were found.
3. **Medhravrushana Vedana-** 93.75% improvement was found on *Medhravrushana Vedana* which was statistically significant with  $p < 0.05$ . Ingredients of *Gokshuradi Vati* are *Vata-Pitta Shamaka*<sup>13</sup> but due to the extra benefits of *Basti* that is *Vata Anulomana* more positive results are found. Because the main cause of *Shoola/Vedana* is *Vata* and the main treatment for *Vata Vikara* is *Basti*.
4. **Stridvesha-** Relief in *Stridvesha* was found up to 77.78% in group A which was statistically significant at the level of ( $p < 0.05$ ). *Stridvesha* was due to lack of *Shukra Dhatu* and with the use of *Gokshuradi Vati along with Yapana Basti* more positive results are found due to the *Anulomana* of *Apana Vayu* and *Svashthana Gamana* of *Vyana Vayu* which are the main cause of *Shukra Dhatu Vikara* according to *Maharashi Shushruta* and also due to the *Vrushya* effect of *Yapana Basti* and *Vajikarana Karama* of *Gokshuradi Vati*
5. **Alpacheshtha-** *Alpacheshtha* was relieved 72.62% in group A with statistically highly significant at the level of ( $p < 0.001$ ). *Alpachesta* was due to the lack of *Shukra Dhatu* and the contents of *Yapana Basti* and *Gokshuradi Vati* are *Vrushya*, *Shukravardhaka* and *Vata-Pitta Shamaka*. *Basti*

is responsible for *Anulomana* of *Vata* as described by *Maharashi Sushruta Shukral Vikara* are due to *Apana* and *Vyana Vayu Vaigunya*,<sup>14</sup> so due to the *Anuloman Karma* of *Yapana Basti Samprapti Vighatana* is done and more results are found in group A.

6. **Klaibya-** 64.44% improvement was found in *Klaibya* in group A statistically highly significant at the level of ( $p < 0.001$ ). The cause of better results in group A as discussed in *Alpacheshtha*.
7. **Maithune Ashakti-** 58.89% improvement was found on *Maithune Ashakti* with statistically highly significant at the level of ( $p < 0.001$ ).
8. **Shukraavisarga** and **Chiratprashaka** are not found in any patient.
9. **Alpa Shukrapravrutti** was relieved 80% in group A which was statistically highly significant with  $p < 0.001$ .
10. **Sadhashukrapravrutti-** 100% relief was observed on *Sadhashukrapravrutti* with statistically insignificant at the level of ( $p > 0.05$ ). The cause of *Daha* is *Pitta* as described in classic, the contents of *Yapana Basti* and *Gokshuradi Vati* are *Vata-Pitta Shamaka* and due to this property, there is 100% relief is found in *Sadhashukrapravrutti*.
11. **Sashula Shukrapravrutti-** *Sashula Shukrapravrutti* was relieved up to 91.67% in group A which was statistically significant at the level of ( $p < 0.05$ )
12. **Lack of Desire-** 68.89% improvement was observed on Sexual desire in group which was statistically highly significant at the level of ( $p < 0.001$ ). *Kshaya* of *Preeti* (*Preeti Snehama Pramadasu*)<sup>15</sup> is the symptom of depleted *Shukra Dhatu*. *Gokshuradi Vati* may nourish the *Shukra Dhatu* by its *Param Vrishya*, *Brimhana* and *Rasayana* effect. However, *Basti* group provided better improvement in sexual desire. *Manah-Indriyaprasadana*, *Vata Anulomana* and *Strotovishuddhi* achieved by *Yapana Basti* might have provided better results in *Basti* group.
13. **Lack of Rigidity-** Lack of Rigidity was relieved up to 71.11% with statistically highly significant at the level of ( $p < 0.001$ )

## CONCLUSION

*Basti* increases the *Oja*, *Shukra* & *Agni* by *Srotoshodhana* can be compared to the cleansing of colon leading to proper removal of metabolic wastes, producing proper metabolic functioning thus improving overall health. **Gokshuradi Vati-** By its *Vajeekarana* and *Rasayana Guna*, it increases all the *Dhatu*s ultimately it increases the *Shukra Dhatu*. By this process it will ultimately improve the level of *Rasa* to

*Shukra*. Thus, this study showed encouraging results in the management of *Ksheena Shukra* (oligozoospermia).

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**Table 1 15 Patients included in this study.**

No. of Patients	Drug	Dose	Duration
15	<i>Yapana Basti</i> + <i>Gokshuradi Vati</i>	8 <i>Prasruta</i> (640 ml)  6 gm/day in three equal divided doses	Total duration was of 45 days in which <i>Basti</i> was given only during first 18 consecutive days and <i>Gokshuradi Vati</i> during entire course of 45 days

**Table:1 Effect of Therapy on Chief Complaints**

S. NO.	PARAMETERS	MEAN				Diff.%	W	P
		N	BT	AT	Diff.			
1.	<i>Daurbalya</i>	15	2.87	0.53	2.33	81.11	-120.000	<0.001
2.	<i>Medhravrushan Dhumayana</i>	2	1.50	00	1.50	100	-6.000	0.250
3.	<i>Medhravrushan Vedana</i>	8	1.13	0.13	1.00	93.75	-45.0	0.004
4.	<i>Stridvesha</i>	6	1.83	0.50	1.33	77.78	-28.0	0.016
5.	<i>Alpacheshta</i>	14	1.93	0.57	1.36	72.62	-120.0	<0.001
6.	<i>Klaibya</i>	15	2.13	0.80	1.33	64.44	-136.0	<0.001
7.	<i>Maithune Ashakti</i>	15	2.27	0.93	1.33	58.89	-136.0	<0.001
8.	<i>Shukra Avisarga</i>	0	0	0	0	0	0	0
9.	<i>Chiratprasheka</i>	0	0	0	0	0	0	0
10.	<i>Alpa Shukrapravrutti</i>	12	1.83	0.50	1.33	75	-91.0	<0.001
11.	Sadaha <i>Shukrapravrutti</i>	2	2.00	0.00	2.00	100	-6.00	0.250
12.	<i>Sashula Shukrapravrutti</i>	6	1.17	0.17	1.00	91.67	-28.00	0.016
13.	Lack of Desire	15	2.40	0.80	1.60	68.89	-136.0	<0.001
14.	Lack of Rigidity	15	2.4.	0.73	1.67	71.11	-136.0	<0.001
15.	Early Ejaculation	15	2.33	0.93	1.40	61.11	-136.0	<0.001

**Table 2: Effect of Therapy Associated Complaints**

S.NO.	PARAMETER	MEAN				Diff.%	W	P
		N	BT	AT	Diff.			
1.	Performance Anxiety	15	3.47	1.60	1.80	54.44	-136.000	<0.001
2.	Lack of Satisfaction	15	2.67	0.87	1.80	68.89	-136.00	<0.001
3.	<i>Mukhashosha</i>	15	1.20	0.07	1.13	96.67	-120.000	<0.001
4.	<i>Panduta</i>	1	1.00	0	1.00	100	1.000	1.00
5.	<i>Sadana</i>	15	2.07	0.20	1.87	91.11	-136.000	<0.001
6.	<i>Shrama</i>	15	2.07	0.20	1.87	91.11	-136.00	<0.001
7.	<i>Bhrama</i>	10	1.00	0.00	1.00	100	-66.000	<0.001
8.	<i>Shosha</i>	2	1.50	0.50	1.00	75.00	-6.000	0.250
9.	<i>Timira Darshana</i>	0	0	0	0	0	0	0
10.	<i>Sandhishula</i>	10	1.40	0.20	1.20	85.71	-66.000	<0.001