"Sarvada Sarvabhavanam Samanyam Vridhdikaranam’’ for the Corroboration of the Theory, the Medical Study of Shukrajanan Mahakashaya and Shukrashodhan Mahakashaya in Ksheenashukra (Oligospermia)

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ABSTRACT:

Man in the modern era is fastened by many physical and mental ailments. Ksheenashukra is one of the diseases caused by vitiated Vata and Pitta. The present study deals with sample size of 20 patients who presented with Ksheenashukra symptoms in two groups each for 2 months. Group - A were given Shukrajanan Mahakashaya and Group B were given Shukrashodhan Mahakashaya. The herbs which were not available were substituted by representative herbs. The medicines given were in form of decoction; dose 20 ml BD for two months. According to the basic principles of Ayurveda that is principle of Samanya (similar identities) the properties identical to those of Shakra Dhatu will help it to increase in the body. At the end of the trial the comparative study of both the groups was comprehended in form of results. In case of quantitative (sperm count, PH, volume of semen) analysis Group-A showed better results. In case of qualitative analysis (motility of sperms) Group-B was found better than Group-A. With respect to subjective parameters Group-A showed better results than Group-B.

Keywords: Shukrajanan, Mahakashaya, Dhatu

INTRODUCTION

According to all Acharya combination of Chetna (soul or life element) and Panch Mahabhuta Vikara (derivates of 5 basic elements of nature) is called Shareera. This body is the establishment of grief-stricken disease and pleasurable health. Dosha, Dhatu & Mala to be modulated by their natural evidence is a condition of maladies. The aetiology behind decreasing and increasing of Dhatu is respectively Tikshna (High) and Manda (Low) Dhatuagni. Sama Dhatuagni leads to formation of Samyak Dhatu. In the sequence of Dhatu Poshak Krma Sukra is the last Dhatu and is the essence of all the Dhatus. The presence of living and highly motile sperm with in ideal Sukra (semen) is responsible for giving rise to well-beeing and healthy progeny. If the semen is not forming properly the one is not able to give rise to new birth. For the purpose of prevention
Dholaram et al: “Sarvada Sarvabhavanam Samanym Vridhikaranam” for the Corroboration of the Theory, the Medical Study of Shukrajanan Mahakashaya and Shukrashodhan Mahakashaya in Ksheenashukra (Oligospermia): 2022; 5 (1):38-44

and solving this problem, an attempt has been made to mitigate the disease by the use of medicinal formulations. Signs of oligospermia should be taken for the purpose of diagnosis in form of subjective criteria. In the form of the objective criteria laboratory investigations of semen is performed and after using medicines, the statistical changes have been made.

**Principle:** - The essential principle of treatment in Ayurveda is “Sarvada Sarvabhavanam Samanym Vridhikaranam (Ch.su. 1/44).” Intake of medicine or food with qualities similar to those of our bodily tissues, according to this Siddhanta, will result in an increase. With the help of this principle in this scientific article an effort is made to increasing the Sukra (semen) by using Shukrajanan & Shukrashodhan Mahakashaya, for the reason that properties of these medicinal formulations are same as those properties of Sukra.

**AIMS AND OBJECTIVE**

1. Sarvada Sarvabhavanam Samanym Vridhikaranam:- To confirm and prove the principle.
2. Results and effects of Sukrajanan Mahakashaya in oligospermia and its medical studies
3. Results and effects of Shukrashodhana Mahakashaya in oligospermia and its medical studies.

**MATERIALS AND METHODOLOGY**

Under this case history of patient, selection of patient and facts, facts have been determined about diagnosis. The result assessment, an attempt has been made to present the simplest results using the appropriate statistical methods by evaluating the symptoms based on impaired symptoms and changes in laboratory tests.

For the research work, 40 patients have been selected from the National Institute of Ayurveda, Jaipur on the basis of their symptoms. The details of the individual case history and disease of all the selected patients have been taken on the basis of history sheet.

**Criteria of patient selection: -**

**A. Inclusion Criteria:**

1. Age limit - Above 16 years and up to 70 years, patients were taken for research
2. Marital Status - Married oligospermia patients.
3. Symptoms: Daurbalya, Mukshkosh, Pandu, Shrama, Shukravisarg (nightfall & early discharge), Klaivyaa (impotency), Medravrishna Vedna (Pain in penis and scrotum), Maithun-ashakti (unable to perform sexual activities), Chirat-prasek (difficulty & delay ejaculation) & ejaculation with little amount of blood.

**B. Exclusion Criteria:**

1. Unmarried persons.
2. Patients under 16 years of age and above 70 years of age.
3. Female patients.

**Laboratory investigations: - Semen Analysis** (Semen volume, P², Total sperm count, Sperm motility, Liquefaction time, Appearance, Odour & Viscosity)

**Drug use:-**

The effects of drug used on selected patient have been studied in two groups.

1. Group - (A) Use of Sukrajanan Mahakashaya in 20 patients.
2. Group - (B) Use of Shukrashodhan Mahakashaya in 20 patients.

In these, if drugs are not available then substitute drugs have been taken. 20 ml of decoction is given for patients twice a day for 2 months.

**Drug formulations:-**

Formulations used in research work is Shukrajanan Mahakashaya and Shukrashodhan Mahakashaya, ingredients of formulations, method of creation, pattern of formulations created and properties of its components have been studied in detail.

*Shukrajanan Mahakashaya = Ashwagandha, Satavri, Vidarikanda – 4 – 4 grams each.
Mudgaparni, Mashaparni, Jatamansi - 2 - 2 grams each.
*Shukrashodhan Mahakashaya = Kustha, Katfal, Talmkhana, Samudraphen each 4- 4 grams.

They have been used to nourish Shukra in Dhataukhavastha, especially in Shukrakshayavastha (attenuated), because Shukra having Madhur, Snigdh, Sheet and Soumya guna properties same as used medicine of Shukrajanan and Shukrashodhan Mahakashaya, so in oligospermic patient when these gunas get decreases then ‘Sarvada Sarvabhavanam Samanym Vridhikaranam’ with the help of this principle these gunas get increases to treat and manage oligospermic patient easily.

**Pathya-aahara:** - Ksheer, Ghrit, Sathi Rice, Masha (Udad), Mansarasra, Munkka, Pindkharjur, Almond, Cashew nut, Walnuts etc.

**Pathya -vihara:** - Song-music, Sweet words, Pleasures, Beautiful pictures, Best bed, posture etc.

**Apathya -aahara:** - Mustard oil, Viruddhahar, Bitter,
Dholaram et al: “Sarvada Sarvabhavanam Samanyam Vriddhikaranam ” for the Corroboration of the Theory, the Medical Study of Shukrajan Mahakashaya and Shukrashodhan Mahakashaya in Ksheenashukra (Oligospermia): 2022; 5 (1):38-44

Tikta, Hot, Vidahi, acidic food etc.
Apathya- vihara:- Hypocrisy, extreme labour, night awakening etc.

Criteria for disease prevention: - Taking the above-mentioned disease assessment criteria, they were intently selected and consumed medicine twice a day for two months with strictly following Pathya apatya.
1. Decreased symptoms of disease.
2. Achieving appropriate results in lab tests of the patient.
3. Increase in the general health of the patient.
4. Implantation of embryo in the wife by the suffering patient.

Statistical analysis-
For research work, Shukrajanan and Shukrashodhan Mahakashaya was used for two months in two groups of 20 - 20 patients. Before the start of treatment and after the end of the medical period, BT and AT were taken according to the prescribed criteria for the determination of disease. The mean difference, % of change, SD, SE and t-values was obtained by applying paired student t-test to them.
P value was obtained on the basis of degree of freedom (d.f.) and t-value obtained. Significant and insignificant were analyzed based on this P value.
Insignificant P < 0.10
Significant P < 0.01
Highly Significant P < 0.001

Based on the percentage of relief in symptoms, the outcome evaluation was done as follows -
Full profit - 76 - 100% on profit,
Best Gain - 51 - 75% on profit,
Medium profit - 26 - 50% on profit,
Minor profit - 01 - 25% on profit &
No Gain - at 00% on profit.

RESULTS
(Objective parameters)
In a total of 20 selected patients, the preclinical status of the use of Shukrajanan Mahakashaya and the advantageous position in the figurative position after use is presented statistically as follows.
According to graph no-1, the general benefit was achieved in Shukrajanan Mahakashaya, in Daurbalya- 86.49%, in Mukhshosh- 62.50%, in Pandu- 70%, 80% in the Sadan, 75.76% in Shrama, 46.88% in Klaivya, 62.50% in Medravrishan Vedana & 75% gain in Toda (pain like pricking)

DISCUSSION
Out of 6 drugs formulations used are mainly Madhur, Snigdh, Madhur Vipaka and Vatapitta Vhamaka due to this they are Daurbalya and Mukhshosh Nashak parallel to that Shrama, Sadan, Toda are Vata prominent factors Vata Shamaka formulations of gives good results in the improving these symptoms, results seen in Pandu, Klaivya.

Semen test –
In the laboratory test of semen, the results obtained before and after the use of Shukrajanan Mahakashaya are shown as follows:-
1. According to graph no 2, while using Shukrajanan Mahakashaya, good results are seen in count of sperms in semen.
2. The effect on semen volume was normal with the use of Shukrajanan Mahakashaya
3. The level of gain on semen PH from drug use remained normal.
4. Using Shukrajanan Mahakashaya, the effect on R.L.P was generally beneficial.
5. Using Shukrajanan Mahakashaya, the effect on S.L.P beneficial.
6. Using medicinal formulations effect on mortality of sperms N.P was uneconomical.
7. Using medicinal formulations effect on mortality of sperms I.M was uneconomical.

The ideal Gunas of Shukra are Snighdh, Picchala, Avidahi, Guru, Bahala (more in amount). In the case of oligospermia these Gunas get reduced and while using formulations containing these Gunas good results are seen in oligo-spermic patient. Sarvada Sarvabhavanam Samanyam Vriddhikaranam” with the help of this principle following results are achieved. Aphrodisiac properties are present in these formulations which lead to increase enthusiasm and happiness in body which becomes the cause of increasing the amount of semen indirectly. This disease is due to Vatapitta and formulations used in this are Vatapitta Shamaka. Graph-2

*Statistical analysis of drug use in Group - (B)
*In class - (B) 20 patients have been selected in which the advantageous position in the symptomatic situation before the use of Shukrashodhan Mahakashaya and the
symptomatic situation after use is presented statistically as follows.
According to graph no. 3, the use of Shukrashodhan Mahakashaya was beneficial in a symptomatic situation - 84.00% beneficial in Daurbalya, 72.22% in Mukhsosh, 73.33% in Pandu, 75% in Sadan and 66.66% in Shrama, 39.33% in Klaiyva, 46.66% in Medruvrishan vedana and in Toda 33.33% benefit.

In above used medicinal formulations ingredients having property of Madhur Rasa, Snigdh, Sheeta, Picchala and Tridosha shamaka that "why they gives beneficial results in Mukhsosh and Daurbalya same with Toda and Shrama which are due to dominance of Vata. Sadan is due to accumulation of Aama, medicines used having property of Laghu and Tikta Rasa so they helps in Aama Pachana. Result of this, Rasapusti is occurs which lead to formation of Suddha Shukra so that there are beneficial results in Pandu ,Medruvrishan Vedana and Klaiyva.

In the laboratory test of semen, the results obtained before and after the use of Shukrashodhan Mahakashaya have shown the following results:-
1. According to graph no 4, the effect on sperm count was generally beneficial.
2. The effect of the use of Shukrashodhan Mahakashaya on semen-volume was of general benefit.
3. The effect of the use of Shukrashodhan Mahakashaya on pH of semen was of general benefit.

The Shodhan medicines are helpfull in the manufacture of Pakadhatu by eliminating obstruction by cleaning and routing the channels. Result of this is formation of adequate amount of Suddha Sukra which has a normal (neither acidic nor alkaline) nature.
1. Using Shukrashodhan Mahakashaya effects on motility of sperm R.L.P was beneficial.
2. Using Shukrashodhan Mahakashaya motility of sperm S.L.P was beneficial.
3. Using Shukrashodhan mahakashaya motility of sperm N.P was not that much beneficial.
4. Using Shukrashodhan Mahakashaya motility of sperm I.M was beneficial.

Medicines used in Shukrashodhan Mahakashaya having properties Laghu, Snigdh, Sheeta, Picchala and Madhur. Due to Laghu and Snigdh Gunas they provide Bala and motility to sperms. Due to Madhur, Picchala and Sheeta, they provide enthusiastic spermatozoa. They clear the channels in body (Srothas) to make the sperm motile without any restrictions.

*Comparative statistical analysis of the effect of drug formulations with unpaired student t- test on both the selected group of patients suffering from oligospermia is as follows -
1. The effect of Shukrashodhan and Shukrajan Mahakashaya on statistically symptomatic Shukrajan was more effective in curing the symptoms of patient.
2. Statistically the difference between the effect of Shukrajanan and Shukrashodhan Mahakashaya on sperm count remained non-significant. However, Shukrajanan Mahakashaya was more effective.
3. Statistically the difference between the effect of Shukrajanan and Shukrashodhan Mahakashaya on semen volume remained non-significant. However, Shukrajanan Mahakashaya proved more beneficial than Shukrashodhan Mahakashaya in increasing semen volume.
4. Statistically the difference between the effect of shukrajanan and shukrashodhan mahakashaya on pH of semen remained non-significant. However, shukrajanan Mahakashaya proved more beneficial in maintaining the pH of semen than Shukrashodhan Mahakashaya .
5. Statistically the difference between the effect of Shukrajanan and Shukrashodhan Mahakashaya on R.L.P remained non-significant. However, Shukrajanan Mahakashaya proved more beneficial than Shukrashodhan Mahakashaya to increase R.L.P.
6. Statistically the difference between the effect of Shukrajanan and Shukrashodhan Mahakashaya on S.L.P remained non-significant. However, Shukrajanan Mahakashaya proved more beneficial than Shukrashodhan Mahakashaya to increase S.L.P
7. Statistically the difference between the effect of Shukrajanan and Shukrashodhan Mahakashaya on N.P remained non-significant. However, Shukrajanan Mahakashaya proved more beneficial than Shukrashodhan Mahakashaya to increase N.P.
8. Statistically the difference between the effect of Shukrajanan and Shukrashodhan Mahakashaya on I.M remained non-significant. However, Shukrajanan Mahakashaya proved more beneficial than Shukrashodhan Mahakashaya to increase I.M.

CONCLUSION
The researcher targeted the principle "Sarvada Sarvabhavanam Samanyam Vridhikaranam" and took out
the Shukrajanan and Shukrashodhan Mahakashaya for the fault of Shukradhatu. The effectiveness of treatment has been determined by the use of classical symptoms and laboratory tests of 40 patients' pre and after medically.

1. In the research presented, “Sarvada Sarvabhavanam Samanyam Vriddhikaranam” was confirmed through medical studies because the increase in Shukra from the drug used was visible due to the quality of generality (Samanya) in the medicine used and Shukra Dhatu.

2. Both qualitative and quantitative growth was observed from Shukrajanan Mahakashaya while using Shukrashodhan Mahakashaya qualitative increase was seen more than quantitative growth.

3. The main reason for this is Ruksha, Tikta, Kashaya, excessive hot, excessive sour, un-habitual food intake as well as excessive involve in sexual activities.

4. Due to mental reasons such as worry, grief, fear, anger etc., Vata and Pitta get vitiated (Prakop) and leads to oligospermia.

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Graph no-1: Percentage of Difference in symptoms In Group A

Graph-2 Difference of Sperm count before and after Treatment In Group A
Dholaram et al: “Sarvada Sarvabhavanam Samanyam Vriddhikaranam” for the Corroboration of the Theory, the Medical Study of Shukrajanan Mahakashaya and Shukrashodhan Mahakashaya in Ksheenashukra (Oligospermia): 2022; 5 (1):38-44

Graph no.3 :- Percentage of Difference in symptoms in Group B

Graph no. 4:.- Difference of Sperm count before and after Treatment In Group B.