
Ayurvedic Approach in the Treatment of Male Infertility: A Case Report

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ABSTRACT

Background: Infertility is defined as failure to conceive after one year of unprotected intercourse. The prevalence of Male fertility is increasing sharply now a days. The reason may be the increased level of stress, sedentary life style, exposure to various chemicals-radiations inappropriate diet etc. which lead to semen insufficiency. While the contemporary science has little to offer in these cases, age old science Ayurveda is rich in this field and has lot to offer to increase fertility. Among the eight branches of Ayurveda, one is Vajikaran which deals with the reproductive system. Acharya Charak had classified the drugs in a very systematic way and delineated fifty groups in Chapter four of the first Sthana of Charak Samhita. Two very important groups are Sukrajanan and Sukrasodhana Mahakashaya. These groups contain ten drugs each. These two groups play pivotal role in correcting the deformities of male reproductive system. Taking this fact into account many patients of infertility are treated in our hospital. A remarkable case study is presented here.

Material and method: Patient attending the O.P.D. of P.D. Patel hospital Nadiad with confirmed diagnosis of infertility having below normal sperm count and motility was treated with Sukrajanan vati 2 tablets three times a day for three months .His semen analysis was done before and after treatment.

Result: The sperm count and motility was increased and his wife conceived during the third month of the treatment and gave birth to a healthy child.

Conclusion: The groups of drug described in Charak Sanmhita has promising results in case of male infertility and further research with big sample size is recommended.

Key words: Infertility, Sukrajanan, Semen, Ayurveda.

INTRODUCTION

According to the theories and concepts of traditional medicine prevention, diagnosis, improvement and treatment of illness is often based on the specific needs of the individual patient. Therefore, single-case studies for the evaluation of efficacy of an herbal medicine should not be ignored. (General Guidelines for Methodologies on Research and Evaluation of Traditional Medicine, World Health Organization, Geneva; WHO/EDM/TRM/2000.1).

Vajikaran is one of the eight branches of Ayurveda which deals with the complete care of reproductive system, mainly male reproductive system. In Charak Samhita drugs are classified in fifty groups on the basis of their pharmacological actions, each such group is called as Mahakashaya.

One of the groups is Sukrajanan. Sukra in Ayurveda can be correlated to semen. So the ten drugs of the group on oral administration are supposed to increase the quality and quantity of the semen. Taking this in consideration Sukrajanan vati is prepared in Sundar pharmacy attached to PD Patel Ayurvedic Hospital, Nadiad. This vati contains ten medicinal plants as mentioned in Sukrajanan Mahakashaya of CHARAK SAMHITA.

One study revealed that distribution of infertility due to male factor ranged from 20% to 70% [1]. The approach of contemporary science in male infertility includes the use of hormones which may lead to some side effects. Another approach is to go for either artificial insemination or IVF which is expensive and may have negative psychological impact on the couple which may interfere with the quality of the child.

Ayurveda is an age old science which believes in staying close to nature. So with the use of natural medicinal plants the male infertility can be corrected and production of quality progeny can be augmented. Keeping in view all these factors, the case study had been carried out to analyze the effect of Sukrajanan vati in male infertility.

Case Presentation

A 30 years male with a history of failure to get his wife conceived even after five years of married life attended the OPD of PD Patel Ayurveda Hospital, Nadiad in January 2016. The patient had no previous history of any severe disease or any type of addiction. The patient did not complain of any sexual dysfunction. His previous semen analysis showed a lower count of sperm (15 million) and motility (20%) and USG revealed a small calcification in right testis. His wife's investigations were normal.

TREATMENT

For the calcification in testis the patient was prescribed

- 1) Kanchanara Guggulu 2 tabs TDS
- 2) Kaishor Guggulu 2 tabs TDS
- 3) Punarnavadi Kwath coarse powder 5 gm, Varunadi Kwath coarse powder 5 gm.

To be boiled in 160 ml of water till it becomes 40 ml. Such 40 ml luke warm decoction BD after meals. After 1 month the patient was prescribed Sukrajanan vati TDS for one month. During the whole period patient had not taken any other medication.

RESULT

In March 2016, the semen analysis of patient showed 50 million sperm count and 55% motility. In the same month his wife conceived and gave birth to a healthy child in November 2016. No adverse effects were observed.

DISCUSSION

As per Ayurveda the Sukrajanana Mahakashaya² drugs improves the quality and quantity of semen. The ten drugs of Sukrajanan vati and their Ayurvedic properties, pharmacological actions are presented here in tabular form along with modern researches to support the facts:

Dravya	Botanical name	Rasa	Guna	Virya	Vipaka	Karma	Pharmacological Activity
Jivak	<i>Microstylis wallichii</i> Lindl.	Madhura	Picchila Snigdha	Shita	Madhura	Bruhana, Pittahara, Vatahara, Shukrala,	API ³ VOL V pg 65-66
Rishbhak	<i>Microstylis muscifera</i> Ridley	Madhura	Guru	Shita	Madhura	Balya, Sukra-kapha prada	B.P.Ni ⁴ Haritkyadi Varga/125
Kakoli	<i>Lilium polyphyllum</i> D.Don	Madhura	Guru, shita	Shita	Madhura	Balya, Pittahara, Rasayana, Vatahara, Dhatuvardhaka, Shukrala, Bruhana, Snehopaga, Jivaniya	API ³ VOL III pg 79-80
Ksirkakoli	<i>Lilium polyphyllum</i> D.Don	Madhura	Guru, snigdha	Shita	Madhura	Shukrala, Bruhana, Dahahara	B.P.Ni ⁴ Haritkyadi Varga/137
Mudgaparni	<i>Vigna trilobata</i> (L.)	Madhura, Tikta,	Laghu, ruksha	Shita	Madhura	Pittahara, Shukrala, Cakshushsya, Kaphahara, Rasayana, Vishaghna, Shukradoshahara, Garbhasthapana	API ³ VOL IV pg 75-76
Mashaparni	<i>Teramus labialis</i> Spreng.	Madhura, Tikta,	Laghu, ruksha	Shita	Madhura	Balya, Grahi, Vrshya, Vatapittashamaka, Kaphavardhaka, Shukrala	API ³ VOL III pg 118-119
Meda	<i>Polygonatum cirrhifolium</i> Royle	Madhura	Guru, snigdha, Picchila	Shita	Madhura	Balya, Bruhana, Garbhada, Jivaniya, Kaphavardhaka, Paushtika, Pittahara, Stanyajanana, Vrshya	API ³ VOL VI pg 111-112
Vrudharuha	<i>Argyria. speciosa</i> Sweet.	katu, Tikta, kashaya	Laghu, sara	Ushna	Katu	Balya, Adhobhagahara, Agnikara, Asthisandhanakrit, Ayurvedhikara, Kantikara, Kanthya, Kaphavatahara, Medhya, Rasayana, Rucya, Svarya, Vrshya, Vishaghna.	API ³ VOL V pg 16-17

Jatila	<i>Nardostachys jatamansi</i> DC.	Tikta, Kashaya, Madhura	Laghu,	Shita	katu	Medhya, Balya, Tridoshaanu, Varnya, Nidrajanana, Kusthaghna.	API ³ VOL I pg 67-68
Kulinga (Gunjaa Moola)	Abrus sps	Madhura, Tikta	Snigdha	Shita	Madhura	Vrshya	B.P.Ni ⁴ Guduchyadi Varga/125-128

Most of the drugs of above tablet are Guru Snigdha in Guna, Madhura in rasa and Vipak, Shita virya. The Guna of Sukra is also same and as per the Ayurvedic principle Sama Sama Vrudhi *i.e.* likewise things increase likewise things in body. So the quality of semen and quantity of sperm has increased.

CONCLUSION

Ayurveda medicines have promising result in the treatment of male infertility. Patient's perspective: Patient was satisfied with the treatment and result obtained.

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