

Effect of *Svadamshtradi Choorna* in the management of Oligospermia – A Case Study

S. Jaya Lekshmi^{*1}, Arun Pratap², Abha L Ravi³

¹Final Year PG Scholar, Department of Kayachikitsa, ²Professor and Head of the Department, Department of Kayachikitsa, ³Associate Professor, Department of Prasuti Tantra and Stri Roga, Pankajakasthuri Ayurveda Medical College and PG Centre, Kattakada, Thiruvananthapuram, Kerala, India

ABSTRACT:

Oligospermia or Oligozoospermia is a male fertility issue characterized by low sperm count. The World Health Organization (WHO) defines sperm count below 15million sperm per milliliter of semen as Oligospermia. In Ayurveda classics, mainly two pathological conditions for *Shukra* are explained such as *Shukra Kshaya* and *Shukra Dushti*. Oligospermia is a condition that can be correlated with one of the *Ashtavidha Shukra Dusti* namely *Kshina Shukra* where there is quantitative and qualitative vitiation of *Shukra Dhatu* can be seen. *Kshina Shukra* is a *Vatapittika Vyadhi*, along with quantitative decrease of *Shukra Dhatu*, hence *Shukra Vriddhikara Chikitsa* can be mainly adopted. In this case report, management of a 30 years old male who is a known case of oligospermia with sperm count 11.8 million/ml with *Dourbalya*, *Srama*, *Mukha Sosha*, *Sadana*, *Maidhuna Ashakti* and *Angamarda* was treated with Ayurveda. He was done an *Anulomana* with *Avipathy Choorna* and followed by the administration of *Svadamshtradi Choorna* 6gms twice daily morning before food and evening after food with milk as *Anupana* for 72 days. Subjective and objective parameters were assessed and found an increase of sperm count to 24.8 million/ ml is noted after treatment. Hence, the medicine *Svadamshtradi Choorna* is found effective for oligospermia by having the action at the level of *Dosha*, *Agni*, *Srotas* and *Dhatu*. *Kshina Shukra* is a *Vatapittaja Vyadhi*, to correct the vitiated *Dosha* and *Dhatu* the drug of choice must be *Madhura*, *Tarpana*, *Balya* and *Shukrala* which is possessed by *Svadamshtradi Choorna*.

KEY WORDS: *Kshina Shukra*, Oligospermia, *Svadamshtradi Choorna*.

Received: 15.10.2022 Revised: 26.11.2022 Accepted: 27.11.2022 Published: 20.12.2022

Quick Response code



***Corresponding Author:**

Dr. S. Jaya Lekshmi

Final Year PG Scholar, Department of Kayachikitsa,
Pankajakasthuri Ayurveda Medical College and PG
Centre, Kattakada, Thiruvananthapuram, Kerala, India
E-mail jayalekshmi.s94@gmail.com

INTRODUCTION:

Infertility is defined as the inability to conceive after 1 year of unprotected intercourse of reasonable frequency. It affects the psychological harmony, sexual life and social function due to the social stigma which prevails in the society. ^[1] This severity of abandonment is mentioned in classics by the terms *Aprathista*, *Nagna*, *Shunya*, *Ekdendriya* and *Nishkriya* ^[2]. Here comes the importance of *Vajikarana Tantra* and the *Dravyas* for procreating the progeny.

Oligospermia or Oligozoospermia is one of the common causes of male infertility characterized by a low sperm count. The WHO classifies sperm count at or above 15million sperm per milliliter of semen as average and anything below that is considered low and is diagnosed as Oligospermia ^[3]. *Kshina Shukra* is one type of *Ashtavidha Shukra Dushti* ^[4] which is a *Vatapaikkika Vyadhi* ^[5], in which *Shukra Dhatu* is quantitatively and qualitatively affected. Based on the available references, *Kshina Shukra* can be correlated to oligospermia in which the sperm count is less than 15 million / ml which affects the quality of *Shukra* and cause infertility.

Yet, the field of reproductive medicine and endocrinology is rapidly growing, with success stories that have resolved infertility and fertility problems – from the hormonal replacement therapy to more advanced innovations. Due to the misconceptions, social stigma, cost and side effects ranges from simple acne to major systemic ailments most of them are reluctant to take these therapies. In Ayurveda there is a special branch of science called *Vajikarana Tantra* which deals with methods of increasing semen which is either less, vitiated, decreased or dried up of bestowing pleasure and growth of the body. ^[6]

In this case report, management of a 30

years old male who is a known case of oligospermia with sperm count 11.8 million/ml with *Dourbalya*, *Srama*, *Mukha Sosha*, *Sadana*, *Maidhuna Ashakti* and *Angamarda* was treated with Ayurveda. He was done an *Anulomana* with *Avipathy Choorna* and followed by the administration of *Svadamshtradi Choorna* ^[7] 6gms twice daily morning before food and evening after food with milk as *Anupana* for 72 days. Subjective and objective parameters were assessed and found to be improved.

CASE HISTORY:

A 30 years old male with moderate BMI (24.1Kg/m²), who is a known case of oligospermia with sperm count 11.8 million/ml is presented with *Dourbalya*, *Srama*, *Mukha Sosha*, *Sadana*, *Maithuna Ashakti* and *Angamarda* since 8 months is unable to procure child evenafter 1.5 years of unprotected sexual intercourse. He does not have a history of thyroid dysfunction, liver disease, DM, DLP, HTN.

In personal history, he was an individual with mixed diet and regular exercise with *Tikshna Agni* and *Mridu Koshta*. He had a frequency of *Mala Pravritti* 3 times/day with loose stool consistency and *Mutra Pravritti* 5-6times/day. He was a person with no addiction, had an irregular sleep, preference of using *Sheeta Jala* for *Snana* and usage of moderately tight under garments.

In sexual history, he had a history of normal development of secondary sexual character with a frequency of coitus 4-5 times/ week and with occasional masturbation with a complaint of premature ejaculation.

In psychosocial history, due to his strenuous nature of work he had a history of lots of stress, strain, anger and fear. There is no relevant family or drug history.

METHODOLOGY:

The assessment was done based on the objective and subjective parameters. The objective parameters are the seminal parameters whereas the subjective parameters are the Sexual Health parameters, *Sarvadaihika Lakshana* like *Dourbalya*, *Muka Sosha*, *Pandutva*, *Sadana*, *Srama*, *Angamarda*, *Timira Darshana* and *Pratyatma Lakshana* like *Medra Dhumayana*, *Medra Vedana*, *Vrishna Vedana*, *Chirat Praseka*, *Maidhuna Ashakti*, *Klaihya*, *Shukraavisarga* and *Sarakta Shukra Darshana*.

The sexual health parameters are sexual desire, erection, rigidity and orgasm and the scoring system developed by Mehra and singh (1995) which was taken in previous studies (Pawan Sharma: A Comparative

Study of Sukrajanana Dashemani Sadhith Madhutailika Basthi and Madhutailika Basti in the Management of Kshina Sukra W.S.R. to Oligospermia. Govt. Akhandanand Ayurveda College & Hospital. 2008.) was adopted for the purpose (Table 1)

THERAPEUTIC INTERVENTION:

An *Anulomana* with *Avipathi Choorna* was done on the first day and followed by the administration of *Svadamshtradi Choorna* from 3rd day in a dosage of 6 gms twice daily morning before food and evening after food with milk as *Anupana* for 72 days.

Dose of administration: In classical references, the dose for *Choorna* is mentioned as *Karsha* ^[8] (12gms). Hence the dose of drug is fixed in divided doses of 6gms twice daily.

Table 1 : Scoring of Sexual Health Parameters:

SEXUAL HEALTH PARAMETERS	SCORE
SEXUAL DESIRE	
No desire at all	0
Lack of desire	1
Desire present, but no activity	2
Desire only on demand of partner	3
Normal desire	4
Excess desire	5
ERECTION	
No erection by any method	0
Erection with artificial method	1
Erection but unable to penetrate	2
Initial difficulty but able to penetrate	3
Erection with occasional failure	4
Erection whenever needed	5
RIGIDITY	
Unable to maintain erection or unable to continue sexual act	0
Some loss in erection, but able to continue act	1
Able to maintain erection and continue act	2
ORGASM	
No enjoyment at all	0
Lack of enjoyment in most occasions	1
Enjoyment in 25% of sexual encounters	2
Enjoyment in 50% of sexual act	3
Enjoyment in 75% of sexual act	4
Enjoyment in ever sex act	5
EJACULATION	

INTERNATIONAL JOURNAL OF AYUSH CASE REPORTS (IJA-CARE)

No ejaculation at all	0
Delayed ejaculation without orgasm	1
Ejaculation before penetration	2
Ejaculation with penetration, but early discharge	3
Ejaculation with own satisfaction	4
Ejaculation with own and partner's satisfaction	5

Table 2: Details of ingredients

DRUGS	RASA	GUNA	VIRYA	VIPAKA	DOSHA KARMA	PARTS USED	QTY
Gokshura	Madhura	Guru, Snigdha	Sita	Madhura	Vatanut, vrishya, brimhana	Fruit	1 part
Ikshuraka	Madhura	Snigdha Picchila	Sita	Madhura	Vrsya, Balya, Santarpana	Seed	1 part
Masa	Madhura	Guru, Snigdha	Ushna	Madhura	Tarpana, Balya, Brmhana	Seed	1 part
Athma-gupta	Madhura, Tikta	Guru, Snigdha	Sita	Madhura	Vatahara, Vrsya, Pittahara, Brimhana, Balya	Seed	1 part
Satavari	Madhura, Tikta	Snigdha Guru	Sita	Madhura	Vrsya, Shukraja, Vatahara, Pittahara, Shukrala	Tuber	1 part
Milk	Madhura	Snigdha Guru	Sita	Madhura	Vatapittahara, Vrsya, Balyam Ojasyam,	Cow's milk	Quantity sufficient

Table 3: Assessment of seminal Parameters

Seminal Parameters	BT	AT
Sperm count	11.8 million sperm/ml	24.8 million/ml
Sperm motility <ul style="list-style-type: none"> Rapid progression Moderate Progression No progression but twitching Immotile % forward motility 	<ul style="list-style-type: none"> 18% 10% 11% 23% 38% 	<ul style="list-style-type: none"> 29% 9% 11% 23% 28%
Semen Volume	2.0 ml	2.0 ml
pH	7.4	7.4
Colour	Grey White	Grey white
Liquefaction	>60 min	30 min
Viscosity	Normal	Normal
Agglutination	Absent	Absent
Normal sperm morphology	24%	30%

Table 4: Assessment of *Sarvadaihika Lakshana*

Symptoms	BT	AT
Dourbalya	Present	Absent
Mukha Sosha	Present	Occasionally
Pandutva	Absent	Absent
Sadana	Present	Absent
Srama	Present	Absent
Angamarda	Present	Absent
Timira Darshana	Absent	Absent

Table 5: Assessment of *Pratyatma Lakshana* of *Kshina Shukra*

Symptoms	BT	AT
Medra Dhumayana	Absent	Absent
Medra Vedana	Absent	Absent
Vrishna Vedana	Absent	Absent
Chirat Praseka	Absent	Absent
Maidhuna Asakti	Present	Absent
Klaibya	Absent	Absent
Sukraavisarga	Absent	Absent
Sarakta Sukra Darshana	Absent	Absent

Table 6: Assessment of sexual health parameters

Parameters	BT	AT
Desire	Grade 4	Grade 4
Erection	Grade 3	Grade 5
Rigidity	Grade 1	Grade 2
Orgasm	Grade 3	Grade 4
Ejaculation	Grade 3	Grade 5

RESULTS AND DISCUSSION:

Kshina Shukra is a *Vatapittaja Vyadhi* in which the excellence of *Shukra Dhatu* is reduced both quantitatively and qualitatively which is very evident in this subject. So keeping this in mind a formulation is selected from Ashtanga Hridaya, *Uttarasthana*, *Vajikarana Adhyaya*, to manage the vitiated *Vata* and *Pitta Dosha*, *Agni* and *Srotas*.

The drug *Svadamshtradi Choorna* consists of 5 ingredients namely, *Svadamshtra* (*Tribulus Terrestris*), *Ikshuraka* (*Asteracantha Longifolia*), *Masha* (*Vigna Mungo*), *Atmagupta* (*Mucuna Pruriens*) and *Satavari* (*Asparagus Racemosus*). After proper processing these drugs are dried and finely powdered and then administered ***Aushada Sevana Kala***: In this subject, the

time of administration of medicine is prescribed as morning before food and evening after food, because, the drug taken as *Pragbhakta* have action on *Apana Vayu*. *Apana Vayu* is responsible for *Shukra Nishkramana* and controls the whole process of spermatogenesis. Hence to correct the *Sthanika Dosha*, one dose of medicine is administered morning before food.

The whole process of spermatogenesis is occurring due to the action of hormones from HPA. To have action on whole Hypothalamo Pituitary Axis and for *Brimhana* purpose the second dose of medicine is administered during evening after food.

Duration: Medicine is administered for 72 days by considering the period of

spermatogenesis as 72days.

Anupana: Here *Ksheera* is used as *Anupana*, which can normalize the vitiated *Vata* and *Pitta* by *Madhura Rasa*, *Sita Virya*, *Madhura Vipaka* and *Guru*, *Snigdha Guna* of *Ksheera*.

Preparation of subject: Prior to the administration of medicine an *Anulomana* is done as a part of preparation of subject with *Avipathi Choorna*⁹, which is a *Pittahara Dravya* that have action on the *Ushna*, *Tikshna* and *Drava Guna* of *Pitta*, improves *Agni* and it also produce a *Koshta Shuddhi* which provide an easy absorption of medicine. While analyzing the *Rasapanchaka*, *Svadamshtradi Choorna* is found to possess *Madhura* and *KincitTikta Rasa*, *Sita Virya*, *Madhura Vipaka* and *Guru*, *Picchila*, *Snigdha Guna* which provides *Vatapittahara* action.

All the drugs in the formulation also possess *Brimhana*, *Vrishya*, *Tarpana*, *Balya* and *Shukrala Guna* which alleviate the distorted condition based on the *Samanya Vishesh* *Siddhanta* and corrects the vitiated *Vata* and *Pitta*

Mode of Action of *Svadamshtradi Choorna* In Oligospermia

The mode of action of *Svadamshtradi Choorna* could be best understood by considering the action at the level of *Dosha*, *Agni*, *Srotas* and *Dhatu*. *Kshina Shukra* is a *Vatapittaja Vyadhi*, to correct the vitiated *Dosha* and *Dhatu* the drug of choice must be *Madhura*, *Tarpana*, *Brimhana*, *Balya* and *Vrishya*.

Action on *Dosha*: The subject possess *Tikshna Agni* and *Mridu Koshta* and he had a frequency of *Mala Pravritti* 3 times/day with loose stool consistency which represents the vitiation of *Vata* and *Pitta*, Considering the action of *Svadamshtradi Choorna* at the level of *Dosha*, due to *Madhura*, *Kinchit Tikta Rasa* predominance, *Madhura Vipaka*, *Sita Virya* and *Guru*

Snigdha Guna helps to alleviate the aggravated *Vata* and *Pitta*.

Action on *Agni*: *Agni* is the main factor that controls the whole bodily functions. The whole *Samprapti* encroaches the health due to *Agni Vaishamya*. The subject possess a vitiated *Vata* and *Pitta* that may produce *Vishtabdha* as well as *Vidagdha* type of *Ajirna* due to deranged *Agni* and leads to *Samprapti*. Hence to correct the deranged *Agni*, imbalanced state of *Vata* and *Pitta* is to be corrected with *Vatapittahara Dravya* along with *Ksheera* as *Anupana* which is possible with *Svadamshtradi Choorna*

Action on *Dhatu*: The main *Dhatu* involved in *Kshina Shukra* is *Rasa* and *Shukra Dhatu* which is evident by the *Sarvadaihika*, *Pratyatma* and *Rasa Sukravaha Srota Lakshana* that is seen in subject. Hence as a drug of choice the formulation must be *Tarpana*, *Balya* and *Vrishya*. An unstable *Vata* and *Pitta* in the subject produce an *Agni Vaishamya* which inturn produce deranged *Rasa Dhatu* along with *Malaroopa Kapha Vriddhi*, which vitiates other *Dhatu*. Hence to correct the *Agni*, the drug must have an action on *Vata* and *Pitta* which is attained with *Svadamshtradi Choorna*.

Hence, the administration of a *Vatapittahara Dravya* along with *Ksheera* corrects the vitiated *Pitta* and produce a positive effect on *Rakta*. *Dooshita Rasa Dhatu* with *Mala Roopa Kapha Vriddhi* vitiates the *Dhatu* like *Mamsa*, *Medas* and *Majja* due to its *Samana Guna*. Here in all such *Dushti*, *Agni* is the root cause for all sort of vitiation. Hence to bring all *Dosha* and *Dhatu* back to normalcy, this vitiated *Agni* is to be corrected. When the *Dosha* gets corrected all corresponding *Agni*, *Dhatu*, *Mala* are produced efficiently and such a correction also brings a change in *Srotas* also.

Hence a conclusion can be made that the *Svadamshtradi Choorna* is a *Vatapittahara*

Dravya that have action on *Agni* vitiation by *Vata* and *Pitta* followed by correction of all impending sequences.

CONCLUSION:

Svadamshtadi Choorna has a significant role in managing oligospermia and to improve the seminal parameters as well as Sexual health Parameters and other *Lakshana of Kshina Shukra*.

LIMITATION OF STUDY:

The medicine should had been administered for a longer duration and higher dosage to get better improvement on seminal parameters especially on sperm count.

PATIENT'S CONSENT:

Patient's consent was taken for the treatment and publication of data without disclosing the identity of the subject.

REFERENCES:

1. Hoffman BL, Schorge JO, Schaffer JL, Halvorson LM, Bradshaw KD, Cunningham FG. Williams Gynecology. , NY: McGraw-Hill Medical; 2nd edition. 2012. P- 506
2. Agnivesa. Charaka Samhitha with Ayurvedadeepika commentary of Chakrapanidatta, Chikitsa sthana 2/1/18. Reprint 2015: Chaukhambha Orientalia, Varanasi 221001. 2015. P- 391
3. <https://www.healthline.com/health/mens-health/oligospermia/Oligospermia> and fertility: what you should know. [Online]. [Last Accessed 12 February 2020].

4. Acharya Susrutha, Susrutha samhitha. Sarira sthana 2/3. Chaukhambha Orientalia Varanasi 221001. Reprint ed 2001. P- 18.
5. Acharya Susrutha, Susrutha samhitha. Sarira sthana 2/4. . Chaukhambha Orientalia Varanasi 221001. Reprint ed 2001. P- 18.
6. Acharya Susrutha, Susrutha samhitha. Sutra sthana 1/7. . Chaukhambha Orientalia Varanasi 221001. Reprint ed, 2001. P-6.
7. Vagbhata. Ashtanga Hridaya, Uttarasthana 40/34. . Chowkhambha Krishnadas Academy Varanasi-221001. Reprint ed. 2012. P- 416
8. Sarngadhara. Sarngadhara Samhitha. Madhyama Khanda 6/1. Chowkhambha Sanskrit Series Office Varanasi 221001. 2nd ed 2007. P-152.
9. Krishnan Vaidyar, Gopala Pilla. Sahasrayoga. Sujanapriya Vyakya, Choorna Prakarana. Vidyarambham Publishers. 36th edition. P-165

CONFLICT OF INTEREST: Author declares that there is no conflict of interest.

GUARANTOR: Corresponding author is guarantor of this article and its contents.

SOURCE OF SUPPORT: None

HOW TO CITE THIS ARTICLE:

Jaya Lekshmi S, Pratap A, Abha L Ravi. Effect of *Svadamshtadi Choorna* in the management of Oligospermia – A Case Study Int. J. AYUSH CaRe. 2022; 6(4):378-384.