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Effect of *Virechana* in Oligo-Astheno-Teratozoospermia w.s.r. to *Shukradushti*

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ABSTRACT

Oligoasthenoteratozoospermia (OAT) is a condition that incorporates oligozoospermia (low number of sperm), asthenozoospermia (poor sperm development), and teratozoospermia (strange sperm shape). Semen can be corresponded to *Shukra* in Ayurveda and Oligoasthenozoospermia can be considered as a condition in which *Shukradhatu* is quantitatively and subjectively spoil down. *Panchakarma* treatments have been kept in incomparable worship by the traditional experts of Ayurveda in improving different assortments of *Shukradushti*. A male patient aged 28 years with UHID no. 226037 admitted in IPD of All India Institute of Ayurveda, New Delhi with chief complaints of reddish colored semen, acidity, generalized weakness, and early ejaculation. His semen analysis report showed semen color pink to reddish, total count 20 million/ml, 30% normal sperms, 40% actively motile and 40 % sluggish motile sperms and R.B.C. 20-25/HPF. *Virechanakarma* was carried out as per classic method. After treatment there was significant relief in subjective symptoms & semen analysis report was pretty satisfactory. This case study encourages us to step in further.

KEYWORDS

Oligoasthenoteratozoospermia, Virechana, Shukradushti



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INTRODUCTION

Oligoasthenoteratozoospermia (OAT) is characterized by semen with oligozoospermia (low number of sperm), asthenozoospermia (poor sperm movement), and teratozoospermia (abnormal sperm shape). OAT is the most common cause of male subfertility¹. In Ayurveda we can correlate Semen with *shukra Dhatu*. *Shukra Dhatu* is meant for reproduction and also provides the qualities of *dhairya, chyavan, priti, dehabala, harsha*². Keeping in mind the clinical presentation Oligoasthenozoospermia, it can be correlated to *Shukradushti* in Ayurveda, a condition in which *shukradhatu* is quantitatively and qualitatively deteriorates. Based upon physico-chemical properties of *Shukra* eight types of *shukradushti* are mentioned in Ayurveda which are *phenil, tanu, rooksha, vivarna, pooti, pichhil, anyadhātuupsamsrishta&avsadi*³. Another one is based upon involvement of *Doshas Vataj, Pittaj, Kaphaj, Shonitaj Kunapgandhi, Granthi, Puti-puya, Kshina Shukra, Mutrapurish Gandhi*⁴. *Panchakarma* therapies have been kept in supreme veneration by the classical authorities of Ayurveda in ameliorating different varieties of *shukradushti*⁵. *Acharya Kashyapa* while describing the

concept of *Virechana Palashruti* (effect of the procedure) mentions that that sperms become active or motile or increase due to *Virechana* effect⁶. Hence in the present case study effect of *Virechana* was assessed in the management of *shukradushti* (oligoasthenoteratozoospermia).

CASE REPORT

A male patient aged 28 years with UHID no. 226037 was admitted in IPD of All India Institute of Ayurveda, New Delhi with chief complaint of failure to get child since 2 years and other associated complaints like reddish colored semen, *Dourblya* (generalized weakness), *MukhaShosa* (dryness of mouth), *Shrama* (Post act exhaustion), acidity, and early ejaculation. His semen analysis report showed semen color pink to reddish, total count 20 million/ml, 30% normal sperms, 40% actively motile and 40 % sluggish motile sperms and R.B.C. 20-25/HPF. He has *vata-pittajaprakriti, madhyamavaya*, poor appetite, irregular *koshtha*, hard stools, and coated tongue. His urine color was yellowish. He had no any major illness in past. No any drug history or family history related this was found. The patient was diagnosed as oligoasthenoteratozoospermia and



shukradushti as per Ayurveda on the basis of semen analysis report.

TREATMENT *Virechana karma* was carried out as per classic methods.

Treatment was done as mentioned below in table 1.

Table 1 Treatment plan

Procedure	Medication	Dose	Duration
<i>Deepana-Paachana</i>	<i>Avipatti Choorna</i> ⁷	3gm twice /day	1 st to 4 th day
	<i>Sudarshana Choorna</i> ⁸	3gm twice /day	
	<i>Saptasaaram Kashya</i> ⁹	15 ml twice/day	
<i>AbhyantaraSnehpaana</i>	<i>Phalaghrita</i> ¹⁰	1 st day – 40ml	5 th to 10 th day (6 days)
		2 nd day – 70ml	
		3 rd day – 100ml	
		4 th day – 130 ml	
		5 th day – 160ml	
		6 th day – 200ml	
<i>SarvangaAbhyanga</i>	<i>ShudhaBalaTaila</i> ¹¹	q.s.	11 th to 14 th day (4 days)
<i>Bashpa Sveda</i>	<i>DashmoolaKwatha</i> ¹²	q.s.	11 th to 14 th day (4 days)
<i>Virechana</i>	<i>TrivritAvleha</i> ¹³	70gm	14 th day
	<i>TriphlaKwatha</i> ¹⁴	100ml	
	<i>NimbamritadiErandaTaila</i> ¹⁵	30ml	

Madhyamashuddhi observed with 18 *vegas*. No complications observed. After *virechana*, *samsarjana karma* was advised for 5 days.

After completion of *Samsarjana Karma* following drugs are prescribed:

1. *AamlakiChoorna*¹⁶ 3gm twice/day with water before food.
2. *MulethiChoorna*¹⁷ 3gm twice/day with water after food.
3. *NaarsimhaRasayan*¹⁸ 2tsf twice/day with milk after food.

The above regimen was continued for 2 months.

OBSERVATION & RESULTS

After treatment there was significant relief in subjective symptoms like weakness & acidity. Appetite became good & bowel became regular after the treatment. Improvement in sexual parameters like early ejaculation, sexual Desire, erection was also observed. Semen analysis report was done after two months of *Virechana*, report was quite satisfactory. Semen color became milky white which was pink to reddish before. Sperm count increased from 20 million/ml to 60 million/ml. There was 50% actively motile sperms after treatment which was 40% before treatment. Normal forms sperms were 50% after therapy which were 30% before treatment. Details are mentioned in image-1 & image-2.



DISCUSSION

In the present case patient had pink to reddish color semen. *Pitta Dosha* causes *Shukra Vivarnata* (Semen Color other than normal) according to *Acharya Charaka*. Patient had symptoms of *Ksheena Shukra*

Image 1 shows a semen analysis report from Hind Ultrasound & Diagnostics. The patient is MR. SUJEET KUMAR, 28 years old, male. The report details the following:

Test Name	Result	Units	Normal Range
PHYSICAL EXAMINATION			
VOLUME	2.0	ml	
COLOUR	Pink to Reddish		
MICROSCOPIC EXAMINATION			
TOTAL COUNT	20	Mill/ml	(60-150)
A. NORMAL FORMS	30	%	
B. ABNORMAL FORMS	70	%	
ACTIVELY MOTILE	40	%	
SLUGGISH MOTILE	40	%	
NON MOTILE	20	%	
PUS CELLS	3-5	/HPF	
R.B.C	20-25	/HPF	
EPITHELIAL CELLS	NIL	/HPF	

Image 1 Semen analysis report before treatment

Image 2 shows a semen analysis report from Hind Ultrasound & Diagnostics after treatment. The patient is MR. SUJEET KUMAR, 28 years old, male. The report details the following:

Test Name	Result	Units	Normal Range
PHYSICAL EXAMINATION			
VOLUME	1.5	ml	
VISCOSITY	NORMAL	min	
COLOUR	milky white		
MICROSCOPIC EXAMINATION			
TOTAL COUNT	60	Mill/ml	(60-150)
A. NORMAL FORMS	50	%	
B. ABNORMAL FORMS	50	%	
ACTIVELY MOTILE	50	%	
SLUGGISH MOTILE	20	%	
NON MOTILE	30	%	
PUS CELLS	3-5	/HPF	
EPITHELIAL CELLS	NIL	/HPF	

Image 2 Semen analysis report after treatment

subjectively as well as objectively¹⁹. According to Acharya *Sushruta Ksheena Shukra* has *Vata* and *Pitta* Dosha²⁰. *Chala Guna* is of *Vata Dosha*. So poor sperm movement or asthenozoospermia is thought to be due to *Vata Dosha*. Patient also had abnormal sperm shape or teratozoospermia. *Shodhana* is specially indicated in *Shukradushti*. Among five types of *Shodhana*, *Virechana* is specially indicated in *Retodosh*a or *Shukradosh*a²¹. *Virechana* is considered best in treating *Paittika* disorders, *Pitta* combined with *Kapha* & in *Pittanubandhi Vatavyadhi*. *Phalaghritais* used for *Abhyantara Snehapana* as it is indicated in *Shukradosh*a by Acharya *Vagbhatta*. *Virechana* eliminates the *Srotorodha* and active transformation of *Dhatu* through *Dhatvagni Vyapara* and the most desirable *Shuddha Shukra* is procured. Acharya *Kashyapa* has glorified *Virechana Karma* and explained its importance in the management of infertility. *Virechana Karma* purifies the *sperma (Beeja)*, thus making it effective in achieving fertilization.

CONCLUSION

On the basis of this single case study it can be concluded that *Panchakarma* treatments like *Virechana* gave satisfactory results in



all the symptoms of *Kshina shukra*. Significant improvement in sperm count & sperm motility and reduce in abnormal form of sperm proves the efficacy of *Virechana Karma* in *Shukra dushti*. Thus, the results obtained were highly promising, it shows that the role of *Panchakarma* in *Shukradhusti* is highly appreciable and gives hope for being researched further.



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