



ROLE OF MADHUTAILIKA BASTI IN MALE INFERTILITY- A CASE STUDY

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ABSTRACT

Infertility is the global problem of presenting era. It is due to changed life style in urban India i.e. late marriage, professional and social stress on young couples, irregular working hours, sedentary lifestyle, genetic disorders etc. Infertility produces negative impact on person's life and society also. It reduces quality of life especially through the negative psychosocial consequences like marital instability, anxiety, depression, social isolation, deprivation, and loss of social status, loss of gender identity, ostracism and abuse. As we know that the male infertility disorders do not occur without vitiation of Vata. Vata Dosha is the governing factor of the whole reproductive physiology. Vandhyatva has also been described in eighty types of VataVyadhi. The reasons for Vata vitiation are Srotorodha, Avarana, Dhatukshaya, they may be the major in the pathogenesis of Vandhyatva. There is none other than Vata which is the most important causative factor of diseases in Shakha, Koshtha, Marma, Urdhvagata, Sarvayava and Sarvanga. When it is exceedingly aggravated there is no remedy other than the Basti for its alleviation. That's why Basti is glorified as Ardha Chikitsa by Acharya Charaka and Complete Chikitsa by some other Acharyas.

KEYWORDS: Vata Dosha is the governing factor of the whole reproductive physiology.

INTRODUCTION

In our practice we come across many diseases, Vandhyatva (infertility) is one of the disease that become serious issue worldwide approximately to 8-10% people. In India also about 12-16% people are known to face Infertility including both Male and Female. The life style we are going through, Stress, Anxiety, Depression, genetic defect, any health problem like Diabetic, STD etc. can be the cause for Infertility. Therefore we can define Infertility as inability to conceive, despite having carefully timed, unprotected sex for a year.

AIM AND OBJECTIVES

To study the role of Madhutailik basti in male infertility ie. in oligospermia or azoospermia.

Normal Semen analysis

Total sperm count in ejaculate	39- 928 million
Ejaculate volume	1.5-7.6 mL
Sperm concentration	15- 259 million per mL
Total motility	40- 80 percent
Progressive motility	32-75 percent
Sperm morphology	4- 8 percent

In Ayurveda Acharyas have mentioned Shukra as a Purush bija, when unite with Artava in Kukshi takes a

form of a Jiva. Shukra which is known to be the finest product of Ahar rasa and present in every cellular structure.

Shuddha Shukra Lakshana

स्फटिकाभं द्रवं रजिगन्धं मधुरं मधुगन्धिश्च॥ (सु.शा.२).

प्रमाण - अर्धान्जलि प्रमाण

In deformity in physiology result in Shukra Dosha. There are 8 Shukra Dosha mentioned in Grantha- वात पित्त श्लेष्म शोणित कुणपगन्धि ब्रन्धि पूतिपूय क्षीण मूत्र पुत्रीष रेतसः प्रजोत्पादने न समर्था भवन्ति ॥ (सु.शा.२)

In modern science any deformity in semen causes.

1. oligospermia – if sperm count is less than 15 million per mL

2. Azoospermia – complete absence of sperm in semen.

Ayurveda is a science where we concern with Dosha and its systemic participation. Vata, Pitta, Kapha being three Fundamental element when available in Prakrut Avastha. Their Vitiations relative to Strotasa comprises Vyadhi. Due to Mithya Aahar – Vihar these vitiated Dosha accumulates in Shukravaha Strotasa and pervert Shukra Dhatu and cause male infertility.

Case study- A couple came to opd willing to conceive since 3 year of marriage. After investigation we found

male partner is infertile. 26yr old male partner diagnosed with oligospermia ie. having sperm count 7.2 million / mL (moderate oligospermia).

We initiate management with Pachana followed by Basti that means we resolve Dosha by mean of Shaman or Shodhana with Vrushya Dravya.

सामान्य चिकित्सा

स्निग्धं वान्तं विशिक्तं च निरुद्धमनुवासितं । योजयेत्कृकदोषार्तं सम्यगुत्तरवस्तिना ॥ (सू.शा.२)

Acharya mentioned Niruha and Anuvasana Basti to treat Shukra Dosha.

Basti- Process of administration of Aushad Dravya through anal region. Basti mainly pacify Vata dosha (सर्वानिलव्याधिहरः प्रदिष्ट - वाग्भट्ट)

Charaka described for Basti as -
याश्च स्त्रियो वातकृतोपसर्ग गर्भं न गृह्णन्ति नृभिः समेताः ॥ (च.सि.१)

Basti is one of the principle Karma included in Panchakarma and consider as a Ardha – Chikitsa / Sarvachikitsa.- तरुमात्त्विकित्साधमिति ब्रुवन्ति सर्वा चिकित्सामपि वस्तिमेके ना (च.सि.१)

For Shodhana purpose we prefer Niruha Basti-
स दोषं निर्हण्णात् शरीरं दोषहरणाद्वा निरुहः। वयः स्थापनात् आयुः स्थापनात् या आस्थापनम् ॥ (सू.चि.३७)

Since there are hundreds of Basti mentioned in Grantha but in case of Male infertility we select such Basti, which have potency of being Vrushya along with Shodhana.

Vangasena mentioned in Basti- Karmadhikar – Maadhutailik Basti. The Basti, in which Madhu and Taila are main ingredients. It belongs to one of the variety of Niruha Basti.

एरण्डवत्वाश्चतुल्यांशं मधुतैलपलाष्टकम्
शतपुष्पा पलार्धं च सैधवाक्षेण संयुक्तः॥
बलवर्णकरो बस्ती वृष्यो दीपन बृहण्ण
मेदोगुल्मकृमिप्लीहा मलोदावर्त नाशनः॥

Ingredients

Sr. no.	Dravya	Matra
1.	Madhu	2 prasrut
2.	Saindhava	1 Karsha
3.	Taila	2 prasrut
4.	Shatapushpa choorna	½ Pala
5.	Erandamoola kwath	4 prasrut

Mode of Action

1. Makshik- Madura- Kashaya, Guru- Ruksham, Sheet-virya, Katu vipaka and Kapha-Pittahara
2. Saindhava – Tikshana-Sukshma-Snigdha, Tridoshaghna
3. Tila taila – Madhura, Guru-Snigdha-Ushna-Sukshma-Vyavayi.

4. Shatapushpa – Katu-Tikta, Ushna-Virya, Shothahara-Deepana-Pachana-Anulomana.

5. Erandamoola – Madhura-Katu-Kashaya, Ushna-Virya, Madhura-Vipaka, 'Vrushya'-Vayasthapana- Kapha-Vatahara-Strotovishodhana- Adhobhagadoshahara.

Importance of Madhutailika Basti

- Deepana- (increase digestive fire).
- Bala Varnakara (enhance strength and complexion).
- Nirupdrava(without any complication).
- Vrushya (enhance activity of reproductive system).

For Dosha-Nirahana we prefer Niruha but in excess it also Prakopa Vata Dosha, therefore for the sake of equilibrium we need to go for Anuvasana Basti containing of Madhu and taila.

Matra of Madhu and Tail In Basti according to Dosha- (Sharangdhara Samhita)

Dosha	Madhu (in Pala)	Taila (In Pala)
Vata	4	6
Pitta	4	3
Kapha	6	4

Discussion and Findings

After completing Niruha along with Anuvasana of Madhutailik Basti we found there is significant increase in Sperm count.

After Basti -- 150 million/ mL

Couple conceives after few months of treatment and gives birth to healthy baby. Besides than this patient has proper appetite, regain strength, active involvement in work etc.

CONCLUSION

In Male infertility where we need Pachana-Shodhana-Shamana and Vrushya Krama. Madhutailik Basti has all the ingredients that covers every aspect required to manage Vandhatva. According to Dosha-avastha we can swich it to Niruha or Anuvasna form. One should follow all the precautions, its indication and contraindication while processing Basti.

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