



**EVALUTION OF CLASSICAL ETIOLOGICAL FACTORS IN PRIMARY INFERTILITY
IN MALE W.S.R. TO CHARAKA SAMHIT**

¹*Dr. Sandhya Badkas, ²Dr. Amit Upasani and ³Dr. Krishna Rathod

¹P.G. Scholar, ²Asso. Professor and ³Asst. Professor

Department of Samhita & Siddhanta, Parul Institute of Ayurveda At Post - Limada, Tal.- Waghodiya, Vadodara - 391760.

*Corresponding Author: Dr. Sandhya Badkas

P.G. Scholar, Department of Samhita & Siddhanta, Parul Institute of Ayurveda At Post - Limada, Tal.- Waghodiya, Vadodara - 391760.

Article Received on 21/09/2019

Article Revised on 11/10/2019

Article Accepted on 01/11/2019

ABSTRACT

Shukra dhatu is essential for reproduction for male. The lack of semen as well as various types of vitiations of the same renders the reproduction impossible which ultimately ensues in male infertility. The insight of pathophysiology of vitiation of the semen is essentially needed to find out the reasons for '*Shukra dushti*' and its patterns. The stressful lifestyle of present era, faulty habit of suppressing the natural urges of micturition and defecation and ingestion of various incompatible diets are also responsible for vitiation of semen (*Shukra dushti*).^[1] The reasons responsible for infertility need to be analyzed on the basis of whether they are preventable or not. Tuberculosis or any infectious diseases, injury, wound to reproductive organ and any obstruction to the passage of the transmission of the semen cause vitiation of the semen and the sperms rendering them incapacitated for reproduction.^[2] Acharya Sushruta and Maharshi Charaka have specified in detail the different causes, and symptoms of *Shukra dushti* and the symptoms of the vitiation of the supporting channels (*Shukravaha srotas*) along with the explanation of their variations.^[3] The effects of pollution of water, contamination of soil and food are deleterious on genitourinary systems which can cause infections of the latter, on account of which there is decrease in the quality of the semen, sperm count and motility; production of anti-sperm antibodies and abnormal morphology of the sperms resulting in infertility.

KEY WORDS: Shukra dhatu, shukra dushti, semen analysis.

INTRODUCTION

In present era, it is high time for ayurveda to elucidate its etiology and method of treatment of shukra dushti. The subjective narration of "shukradushti" synchronized with modern scientific description of the same.

Our social views have not been changed about "vandyatva" (infertility). Today increase in male infertility due to low sperm count (oligospermia) and reduced motility of sperms, absence of seminal fluid, absence of sperms, (Azoospermia etc.), and other deficiencies is there. These are the main causes of infertility therefore it is correlated with 'shukradushti' (Vitiating of semen).

More than 70 million suffer from infertility worldwide and the majority of these reside in developing countries. Male infertility may can be the result of congenital urogenital anomaly, infections of the reproductive system, UTI (urinary tract infection), endocrinal disturbances (*Antahsravi granthi dushti*), genetic abnormalities and immunological factors, however

idiopathic male sub-fertility is found in 5 to 13 % of cases. Acharya Charaka explains in detail, causes of 'shukra dushti' and also described in all the classical text books of *Ayurveda*.^[4] Semen analysis is performed to find out the cause of infertility. Semen is described according to the underlying pathology also. Reproduction is the main function of '*shukra Dhatu*' (semen and its constituents), described as 'Santana Nyaya' by Charaka.^[5] It is considered as one of the three basic instincts to be fulfilled by individual in his life span.

Vitiated Doshas (humours), impairment of agni and production of 'sapta dhatus' and depletion of saaras - all these factors weaken the *shukra dhatu*.^[6] Ayurveda describes these *tridoshaja dushti* separately and elaborates *Ashtavidha shukra dushti* which is analogous to different abnormalities of semen in modern pathology.

Acharya Charaka explains that four modalities are necessary for *Suprajanana* (eugenics). i.e. *Rutu* (reproductive age and ovulation period), *Kshetra* (female

reproductive tract), *Ambu* (nutritional factors), and *Bija* (sperm & ovum).^[7] If there is vitiation amongst any one of these factors, it would lead to infertility.

The modern science has also accepted the significance of these factors for infertility. There has been development of a branch known as Andrology which is still in the process of producing a satisfactory management for the current problem. Healthy status of shukra is extremely important to beget progeny. Modern hectic lifestyle accompanied with tremendous stress is one of the causes having deleterious effects on the healthy status of shukra (semen) and lead to defects in the same. *Shukra Dushti*, up to some extent, can be correlated with (Oligospermia), i.e. *Shukralpata*.

The conception depends on the fertility potential of both the male female partner. The male is directly responsible in about 30 % cases, the female in about 47% and both are responsible in about 10% cases, and the remaining 13% is unexplained in spite of thorough investigations with modern technical know - how. It is also strange that 4 out of 10 patients of an unexplained category become pregnant within 3 years without having any specific treatment.^[8]

It is also emphasized that the relative sub - fertility of one partner may sometimes be counter balanced by the high fertility of the other.^[9]

The WHO statistical analysis drawn from 7273 couples of infertility cases revealed that male factor accounts for 25% of cases, female factor for 38%, both factors for 27% and the remaining 10% of cases are due to unexplained cause. The statistical analysis of infertility for Indian couples revealed that male factor accounts for 25%, female factor for 40%, both factors for 10% and the remaining 25% of cases are due to unexplained cause.^[10]

In conventional system of medicine, management of this condition is through most advanced techniques, viz., MART (Medical assisted reproductive technique) like artificial insemination, in - vitro fertilization, intra cytoplasmic sperm insertion which are highly expensive and results are having range of 30 to 40% of success.

In *Ayurvedic* classics it is explained that shukra doshas are specially managed by *shodhana* & *shamana* treatment. Different types of *Rasayana* and *Vagikarana Yogas*, various combinations of *shodhana* & *shamana* medicines are mentioned in the management of *shukra Dushti*.^[11] Most of these are yet to be explored.

AIMS

> To study in detail about "Shukra Dushti" hetu according to Charaka Samhita.

OBJECTIVE

> To evaluate the etiological factors mentioned in

Charaka Samhita.

> In relation with male infertility with comparative views.

Hypothesis

H₀ - Null Hypothesis - Classical etiological factors of Charaka are not found in present era. H₁ - Alternate Hypothesis - Classical etiological factors of Charaka are found in present era.

METHODOLOGY

MATERIAL AND METHOD

> Study design - Observational study.

> Method of collection data for survey: Patients will be registered through PAH.

> Methodology

Specific performa for the survey will be prepared to assess the causative factors and shukra Dushti mentioned in Charaka Samhita is analyzed statistically. The findings of the sample survey regarding hetus are correlated with modern etiological factors on the basis of analysis of the semen.

Follow Up

The question of the follow up dose not arise, as this is a diagnostic observational study.

Method of data collection

(I) Male patients with various types of infertility were found out of 100 cases who were suffering from vitiation of semen (Shukra Dushti).

- 1- Oligospermia - 44 cases
- 2- Tertozoospermia - 9 cases
- 3- Azoospermia - 11 cases
- 4- Oligospermia - 10 cases
- 5- Aspermia - 31 cases
- 6- Necrozoospermia - 5 cases

(II) A special performa was prepared with details starting from history taking, Physical examination, sign and symptoms as mentioned in our classics and modern medicine. The patients were analyzed and selected accordingly.

DISCUSSION

Shukra Dushti quoted by Charaka is based on physical attributes of the ejaculated part of the shukra and is dealt with the doshika involvement.^[12] The causes described in Charaka samhita which lead to vitiation of semen (shukra Dushti), can be grouped as - dietary, pertaining to daily regime, psychological etc. The faulty method of performing surgery, Cautrization (Ksharkarma and agnikarma), and trauma are specific etiological factors.^[13] The three doshas get vitiated by these factors either segregately or in amalgamation which further enter into the testes causing vitiation of the same, and finally lead to any of the vitiation of the semen depending of the dosha involved. According to the aspect of curability of the vitiated semen; the vataj, pittaj, kaphaja

shukradushtis are curable. The vitiated semen which is kunapganghi, Granthibhuta, putipuya and diminished in volume is difficultly curable.^[14] The foul smelling semen particularly with those of urine and faeces is not curable. If vitiation of semen is not treated at appropriate time, it leads to infertility.^[15]

CONCLUSION

1- In present study the detail about shukradushti hetu are studied according to Charaka Samhita.

2- The etiological factors like faulty lifestyle with indecretion in habits of food intake along with stress are evaluated with context to male infertility. There is description regarding the *Ashtavidha shukradushti* in *Bruhadtrayi*. Acharya Charaka explains *Ashtavidha shukra dushti parameters*, in *Sutrasthana*, chapter 19th titled "*ashtodariya adhyaya*". In *chikitsa sthana* Chapter no. 30 titled "*Yonivyapad adhyaya*", Acharya Charaka explains about causes and symptoms of *shukradushti*. The critical comparative analysis of the *lakshanas* of the *Ashtavidha shukra dushtis* with those of described in *Shukravaha srotas dushti* renders them almost identical and can conclude them as one and the same.

The etiological factors of vitiation of semen studied here specifically lead the patient to primary infertility.^[16] It can happen in present era due to so many factors like faulty lifestyle with indecretion in habits of food intake viz., junk-food etc along with stress and strain on account of cut throat competition in each and every field of job and profession.^[17]

Low sperm count (*oligospermia*) and reduced motility of sperm (*asthenozoosperm*) are the main causes correlated with vitiation of semen (*shukradushti*) and is a problem of global perspective.

Infertility is affecting on an average 8-12% of couples worldwide. Infertile men may have higher risk of developing other health problems such as diabetes, other physical difficulties and substance abuse disorders. It is imperative to avoid each and every type of indescretions in dietary intake, other faulty daily regimes along with stress and strain to achieve a healthy reproduction.

REFERENCERS

1. Charaka Samhita. by Vd. Harish sing Khushwaha; 2014; Publisher - Chukhamba Orientalia, ISBN - 978-81-7637-149-0. 749.
2. Charaka Samhita. by Vd. Harish Sing Khushwaha; 2014; Publisher - Chukhamba Orientalia, ISBN - 978-81-7639-149-0; page. 688.
3. Charaka Samhita. by Vd. Harish Sing Khushwaha; 2014; Publisher - Chukhamba Orientalia, ISBN - 978-81-7639-149-0; pp. 629, 630, 631, 634, 364.
4. Charaka Samhita. by Vd. Harish Sing Khushwaha; 2014; Publisher - Chukhamba Orientalia, ISBN - BY Vd. Harish Sing Khuswaha; 2014; Publisher - Chukhamba Orientalia, ISBN - 978-81-7639-149-0; pp 629, 630, 604.

5. Charaka Samhita. by Harish sing Khushwaha; 2014; publisher; - Chukhamba Orientaliya, ISBN - 978-81-7639-149-0. page 629.
6. Charaka Samhita. by Harish Sing Khushwaha; 2014; publisher; - Chukhamba Orientaliya, ISBN - 978-81-7639-149-0; pp 630, 634.
7. Susruta Samhita; by Dr. ragendra A. Bhanagar; 1978; publisher; - Surya Ayurved prakashan samsthan, Udaypur.
8. Post Graduate Reproductive endocrinology, 4th edition 1997, by R. Rajan, Publisher by J.P. Brother, New Delhi., 463, 466.
9. Current Obstetric & Gynecologic, Diagnosis & Treatment, by Alan h. Decherney Leuren Nathan ; 9th edition, 1991, 1987; ISBN - 0-8385-1401-4. PP980, 981.
10. Post Graduate Reprductive endocologic, 4th edtion 1997, by R. Rajan, publisher by J.P. Brother, New delhi, 463; 466.
11. Charaka Samhita; by Vd. Harish sing Khushwaha; 2014; publisher Chukhamba orientalia, 327; 328.
12. Charaka Samhita; by Vd. Harish sing Khushwaha; 2014; publisher Chukhamba orientalia; pp 630, 631.
13. Charaka samhita; by Vd. Harish Sing Khushwaha; 2014; publisher Chukhamba orientalia; pp515, 516.
14. Charaka Samhita; by Vd. Harish Sing Khushvaha; 2014; publisher Chukhamba orientalia; page 515.
15. Charaka Samhita; by Vd. Harish Sing Khushvaha; 2014; publisher Chukhamba orientaliya; pp 515, 516
16. Charaka samhita; by Vd. Harish sing Khushvsha; 2014; publisher Chukhamba orientaliya; page 516
17. Charaka Samhita; by Vd. Harish Sing Khushvaha; 2014; publisher Chukhamba orientaliya; pp 106, 107.