

**BASTANDA SIDDHA VRUSHYA YAPANA BASTI IN KLAIBYA- A CASE STUDY****<sup>1</sup>Dr. Diksha Masimade and <sup>2</sup>Dr. Rajesh Sugur**

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**ABSTRACT**

In India where population is a burning problem, yet the infertility is much more serious problem which may become the basis of marital disharmony and mental instability. Male infertility in general contributes almost 40 % of fertile couples. A case study of a 39 years old male patient with chief complaint of no issues since married life of 7 years. On the basis of complaints and semen analysis report, patient was diagnosed as azoospermia. This condition is diagnosed as Beejopaghataja Klaibya in Ayurveda and patient was treated accordingly with Bastanda Siddha Vrushya Yapana Basti in 2 sittings of Kala Basti pattern. Bastanda Siddha Vrushya Yapana Basti is effective in reversing the pathology from azoospermia to oligospermia and gradual progress helped to impregnant his partner.

**KEYWORDS:** Male infertility, Azoospermia, Beejopaghataja klaibya, Bastanda Siddha Vrushya Yapana Basti, Oligospermia.

**INTRODUCTION**

Though population of the world is getting higher day by day yet 10 to 14% of populations are the victims of the infertility in India, 1 out of 6 couples suffer from infertility, men and women both are the victims. Fertility is the essential thing for the human being. It is an important factor to both the partners to lead the happy married life. Acharya Charaka while explaining about the importance of children, he says that "the man without progeny will be like a tree without branches and also compared with the Chitradeepa"<sup>[1]</sup> without progeny the person will not attain Moksha. Vajeekarana is the specialized branch of Ashtanga Ayurveda deals with Shukra Dushti and Klaibya. Though it mainly concentrates on Shukra Dosha and Vandhyatva (infertility), but the basic aim of this therapy is to maintain the sexual potency, fertility and to procreate healthy progeny in order to fulfill the four fold means of life i.e. Dharma, Artha, Kama and Moksha. A couple may be considered as infertile if not conceived even after one year of regular unprotected sexual intercourse. 40% of infertility is due to male sexual dysfunction, it is due to the factors like Oligozoospermia, Asthenozoospermia, Azoospermia etc. For successful fertility sperm count should be 40 mill/ml or more, but studies have shown that if sperm cells are having good progressive motility besides of less sperm count (even less than 10 million/ml), there is probability of conception.<sup>[2]</sup>

Even with the advancement of modern techniques, the success rate of conception is low. So Ayurveda is the better option for these conditions with promising results. In Ayurveda terms like Ksheena Shukra, Alpa Retas, Kshina Retas, Shukra Dosha are indicating towards Oligospermia and Beejopaghata, Ashukra Shandatva, Nirbeeja<sup>[3]</sup>, Abeeja are indicating towards Azoospermia. In this case study, a success story of patient suffering from Azoospermia has been presented who was treated with Bastanda Siddha Vrushya Yapana Basti procedure.

**CASE REPORT**

A 39 year old male patient visited Panchakarma OPD of Taranath Government Ayurvedic medical Hospital, Bellary on 1<sup>st</sup> may 2019, presented with chief complaints of Unable to procreate a child, with married life of 7 years. And other associated complaints were In ability to maintain prolonged erection, Less penile rigidity, Early ejaculation of 3-4min since 7years. On the basis of patient's complaints and semen analysis reports patient was diagnosed as Azoospermia and Klaibya/ Nirbeeja according to Ayurvedic view.

**History of present illness**

Patient was apparently normal 7 years back. After getting married he was unable to conceive his partner even after regular unprotected sexual intercourse and inability to maintain prolonged erection. He attained normal puberty and he was non diabetic, non-hypertensive with good physical built. His appetite was normal, with regular

bowel habits. His partner was normal on clinical and Endocrinological investigations. She had regular menstrual cycles and no history of any reproductive tract disorders or any surgery. His semen analysis reveals Azoospermia. Patient had consulted Endocrinologists and taken Hormonal Therapy and got some relief in associated complaints. He came to Taranath Ayurvedic medical Hospital, Bellary for Ayurvedic management of infertility.

#### History of past illness

- No H/o any major illness in the past
- No H/o DM, HTN, Thyroid disorder, No H/o Trauma, Pelvic Surgery
- He did not have any kind of allergies with respect to food and medicines.

#### Family History

No significant family history found.

#### Personal history

- Diet: Mixed
- No Addictions
- Sleep: 6-7 hours/Day (Undisturbed)
- Occupation: Farmer
- Micturition: 4-5 times/day

#### General examination

- Built: Well built
- Gait: Not Effected
- Clubbing /Cyanosis/ Lymphadenopathy: Absent
- Pallor: Mild
- Pulse Rate: 72/min (With normal Rhythm and volume)
- Weight: 70kg
- Respiratory Rate: 19 times/min
- Blood Pressure: 130/80 mm of Hg
- Temperature: 98.4 degree F

#### Systemic Examination

##### Cardio Vascular System

S1 and S2 heard. No murmurs. NAD.

##### Respiratory System

NVBS heard, NAD.

##### Central Nervous System

Higher mental functions were intact  
Sensory and Mental functions: Normal

##### Per Abdominal Examination

Soft, Non-tender, No organomegaly on palpation.

##### Reproductive System (Local Examination)

Prepuce skin Normal with both testes are descended. Proper hygiene maintained.  
On palpation -No tenderness.  
Spermatic cord: No abnormality detected  
No Varicocele, No edema, No redness.  
Penis - No abnormality detected.

Secondary sexual characters: Normal (Pubic hairs, Axillary hair, and beards).

#### Ashtavidha Pariksha

1. Nadi: 72/min
2. Mala: Regular one time/day
3. Mutra: 4-5 times/day
4. Jihwa: Alipta
5. Shabda: Prakruta
6. Sparsha: Prakruta
7. Drik: Prakruta
8. Akrti: Madhyama

#### Dashavidha Pareeksha:

1. Prakruti - Pitta-Vataja.
2. Vikruti: Vata pitta Pradhana Tridoshaja
3. Sara: Madhyama
4. Samhanana: Madhyama
5. Pramana: Madhyama
6. **Satmya**: Madhura, Lavana Katu Rasa Satmya
7. **Satwa**: Madhyama
8. **Ahara shakti**: Abhyavarana Shakti- Madhyama  
Jarana Shakti - Madhyama
9. **Vyamashakti**: Madhyama
10. **Vaya**: Madhyama

#### Investigations

25/04/2019 - **USG of testis**

No sonographic abnormality detected.

08/05/2019 - **Semen Analysis**

PH -8

Specific gravity -1.010

**No sperms are seen. Azoospermia.**

Micro - shows granular debris, immature cells and pus cells.

#### Nidana Panchaka

##### Nidana

Atisevana of Amla, Lavana, Katu Aahara Dravyas

Atisevana of Ruksha and Ushna, Ativyayama Viruddha

Ahara-Vihara

#### Poorva Roopa

Phenila Shukra, Tanu Shukra and Ruksha Shukra.

#### Roopa

Linga Shaitilya, Nirbeeja/Nirveerya, Maithuna Ashakta.

#### Upashaya

Vrushya, Brumhana.

#### Anupashaya

Vata Vardhaka Ahara (Ruksha, Laghu Katu)

Vata Vardhaka Vihara (Ativyayama, Ativyavaya)

#### Samprapti Ghataka

Dosha: Tridosha with Vata-Pitta Pradhana (Vyana Vata, Apanavata)

Dushya: Rasa, Majja, Shukra Pradhana

Agni: Majja Dhatvagni  
 Ama: Dhatu Agni Janya Ama  
 Srotas: Rasovaha, Majjavaha, Shukravaha and Manovaha  
 Sroto Dusti: Sanga.  
 Adhithana: Shukravaha Srotas (Vrushana and Medra)  
 Udbhava Sthana: Pakwashaya  
 Vyakta Sthana: Apana Kshetra (Vrushana and Medra)  
 Sanchara Sthana: Shukravaha Srotas  
 Vyadhi Swabhava: Chirakari  
 Roga Marga: Abhyantara  
 Sadhyasadyata: Krichrasadhya

## MANAGEMENT

### Bastanda Siddha Vrushya Yapana Basti<sup>[4,10]</sup>

Planned for 2 sittings of kala Basti (16 Days) From 10/05/2019 to 25/05/2019 and 10/07/2019 to 25/07/2019.

| Ingredients  | Quantity              |
|--------------|-----------------------|
| Kapikachu    | 125 gms               |
| Ashwagandha  | 125 gms               |
| Shatavari    | 100 gms               |
| Vidarigandha | 100 gms               |
| Kushta       | 50 gms                |
| Kokilaksha   | 100gms                |
| Uttangana    | 100gms                |
| Yashtimadhu  | 50 gms                |
| Trivrut      | 25gms                 |
| Haridra      | 25gms                 |
| Total        | 800gm, each day 50 gm |

|               |         |
|---------------|---------|
| Kvatha churna | 50 gm   |
| Ksheera       | 8 parts |
| Bastanda      | 50gms   |
| Jala          | 8parts  |

### Method of preparation

50gms of above mentioned yavakuta Churna taken in total and added with 8 parts of water i.e. 400ml of water and 400ml of milk, Bastandas made small openings and added, boiled till it reduces to 1/8<sup>th</sup> part i.e. 100ml. It is filtered and given as Basti.

### Shamanoushadhis

1. Beejapushti rasa 1BD after food(Dhoota Papeswar)
2. Cap Spermon 1BD after food(Millennium pharma)
3. Addyzoa 1BD after food(Charak Pharma)

## DISCUSSION

Out of many causes for male infertility oligosthenoazoospermia and azoospermia are the leading causes. According to WHO guidelines azoospermia is a condition where semen contains no spermatozoa at all i.e. zero sperm count. As per Ayurveda classics Garbhotpadana<sup>[5]</sup> is a vital function of Shukra Dhatu. If there is any form of Beejadushti, ultimately results in failure of conception. Acharya Sushruta explained that there is vitiation of Apana Vayu and Vyana Vayu in Shukra Dusti, because Shukra sthana is said to be whole body and Apana Vayu responsible for the proper

expulsion of Shukra Dhatu. i.e vitiation of Apana Vayu can impair the function of Shukra

“Ksheena Shukram Vajikaroti” so, in klaibya Basti may be given in the form of Niruha, Anuvashana, Uttara Basti and Yapana Basti.<sup>[6]</sup> Basti Karma is considered as the best treatment in Shukra Dosh according to Charaka Acharya by the statement “Prashasta Shukra Dosheshu Basti Karma Visheshata”.<sup>[9]</sup>

The ingredients used in preparation of Siddha Vrushya Yapana Basti are, Kokilaksha, Ashwagandha, Shatavari, Vidarigandha, Kushta, Uttangana, Yastimadhu, Trivrut, Haridra, Ksheera, Bastanda and Jala. These Dravyas are having properties of Vrushya, Shukrala, Bruhmana, Rasayana, Deepana and Srotoshodana which enhances the quality and quantity of Shukra.<sup>[7]</sup> Most of these are having Sheeta Veerya, Madhura vipaka, Balya, Snigdha and Vatapitta Shamaka properties. Therefore Yapana Basti by its own potency is able to expel morbid Doshas and establishes the Dhatusamyata. It is said to possess Brihmana and Rasayana effect which magnifies the quality of Rasa Dhatu and Dhatwagni.

Basta means Aja and Anda means Testicle i.e. we have used Goat testicle for therapeutic purpose in male infertility. Properties of Bastanda are similar to Shukra i.e. Guru, Snigdha and Pichchila Guna. This study is based on the Siddhanta-”Sarvadhya Sarvabhavanam Samanyam Vruddhikaaranam”.<sup>[8]</sup> There is reference in Charaka Samhita Rakta Raktana, Mamsam Mamsena, in the same way Shukram Shukrena in which testicles and semen of some animals and birds were used as Shukra Vruddhikara Dravyas in olden days. Thus Bastanda Siddha Vrushya Yapana Basti acts as Vrushya and helps in treating azoospermia.

## RESULT

| Parameters    | Before treatment; 8/5/2019 | After Treatment; 31/8/2019 |
|---------------|----------------------------|----------------------------|
| Sperm count   | 0                          | 7.0mill/ml                 |
| pH            | 8.0                        | 9.0                        |
| Vitality      | -                          | 20%-live                   |
| Liquefication | Normal                     | Highly viscous             |

## CONCLUSION

This case study has shown that Bastanda Siddha Vrushya Yapana Basti and Shamanoushadhis used were containing Shukra Janaka, Shukra Vardhaka, and Shukra Shodaka properties. By this we could able to reverse the pathology from Azoospermia to Oligospermia and gradual progress helped to impregnant his partner.

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