EFFECT OF MASHADI VATI IN THE MANGEMENT OF KSHINA – SHUKRA WITH SPECIAL REFERENCE TO (OLIGOSPERMIA) A CASE STUDY

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ABSTRACT

Each and every science has its own fundamental principles. Among the medical systems Ayurveda has also been built up with its own unbreakable fundamental principles. The ancient scriptures of ayurveda were provided with a Cristal clear vision about the past, present and the coming future. (Trikala gyan) by the proper eradication of raja and tamo gunas from mind. In this case study is entitled as Mashadi vati (Vajikaran ghrita) in the management of Kshina Shukra (oligospermia). Kshina – Shukra is described by including under Shukra dusti. Here, Vata dosha along with pitta under go vitiation and the normal qualities and quantity of the Shukra dhatu is deranged. As a result of the vitiation of vata and pitta doshas the channels which carry shukra (shukravaha srotas) under goes dusti, which in capacitates one normal individual from conceiving his life partner, ending in infertility. In modern medicines the conditions associated with Kshina-Shukra in ayurveda can be well matched with Oligospermia. In this condition the sperm count comes below 20 milli/ml. Ayurveda, the holistic medicine describes potent drugs and efficient theoretic procedures to face the problem of infertility. Vajikaran, the eight branch of ayurveda mainly deals with the drugs and therapeutics which are aphorisms in nature. It provides progeny to infertile couple, impotency to the impotent at the same time Excellency of progeny with suitable therapeutic measures.

KEYWORDS: kshina shukra, mashadi vati, shukra dusti.

INTRODUCTION

Etymology of Word
' SUKRA': Etymological origin of word 'Sukra' in Sanskrit is from root 'Suk Soce' which means cleanliness.

Definition of ‘SUKRA’
Various lexicographers have elucidated definition of word ‘SUKRA’ according to different contexts Sukra: is Substance which is white and potential Pure and taintless substance Fire Name of a Famous Planet Preceptor of Daityas Seventh Dhatu of Body Diseases of the Eye Tree of Ricinus communis (Eranda) Gold Out of these , only two namely-‘Seventh Dhatu of Body’ and ‘Diseases of the Eye’ are relevant to Ayurveda. Only ‘Seventh Dhatu of Body’- SUKRA is the right definition that is acceptable in present context.

Synonyms of Sukra
Majja Samudbhavam ,Dhatu Saram, Kitta Varjita, Paurasam (Ca.Ci.30:133), Ananda Samudbhavam, Retas (Su.Su.2:3), Rupadraayam (Ca.Ci.2:4-49), Bijam (Su.Su.2:33), Viryam(Su.Su.35:29), Purmsatvatam (Su.Su.11:5), Indriyam (Ca.Si.1:34)

Shukravaha Srotas
Concepts of srotas is unique contribution of ayurvedic science. The pathways of transportation of dhatus under metamorphosis are known as srotas. Vikrutis happening in these srotas can produce disease All the Brihatrayas have mentioned shukravaha srotas Acharyas have differently opined about the moolasthana (root) of shukravaha srotas.

Shukradhara Kala
The functional basement situated at the borders of the different tissues elements and other fundamental functional entities are known as kalas. The seventh i.e the last kala which extends throughout the entire body of living creatures is shukradhara kala. The simile used here is as ‘ghee’ in the milk’ or sugar in the expressed juice of ‘sugar cane’. Shukra comes out through the ducts situated about two-finger breadth on either side and just below the neck of basti (blader) and finally flows out through the urinary meatus.

What is Shukra Dushti
Shukradusti If Shukradhatu is associated with either quantitative and qualitative abnormalities Ayurvedacharyas refers it as shukradushti. Nityaharavihara and
some specified vyadhi can cause the dusti of Shukradhatu. Which results in Klaibya and / or male infertility. Shukra dusthi are described to be eight in number in classics. This condition can be categories under doshabala, sanghatubala, Kalabala pravritvayadhy.

The asta retodosha as described by Charaka and Susruta is showed in the following table. Kshina – Shukra It is included in one of the Varieties of avastvidha shukara dust. Description: Susruta samhitaha and Astang Hridaya described the condition Kshina shukra along with other shukra dusties. The doshas under going vitiation are vata and pitta the lakshanas described as per the classics are.

- Retas with aruna, nila and pittavarnatava.
- Ejaculation associated with toda, bheda, osha, chosha etc.
- It is also characterised by low level of fertility potential ( Na Jayategarbham).
- The above explained signs and symptoms can be included in qualitative.
- Various etiological factors leads to the kopa of associated doshas and when these doshash vitiated shukravaha srotas.
- It leads to the production and ejaculation of shukradhatu in low volume.
- Thus a remarkable quantitative vitiation of shukra dhatu is also be seen.
- By considering the above points it can be concluded that Kshina – Shukra is a condition which involved both the qualitative and quantitative vitiation of Shukra dhatu.

Aims and Objectives
1. To Study the etiopathogenesis of Kshin Shukra (Oligospermia)
2. To evaluate the role of Mashadi vati in the management of Kshina Shukra.

MATERIAL AND METHODS
The present study was carried out in two parts, literary and clinical, for literacy part, textbooks of both fraternities of medicine were employed. The disease was keenly analysed on the basis of the description given in the authentic ayurvedic classics and for modern aspect various text books on the concerned subject (oligospermia6) and various journals were referred. For the clinical part of present study patient are signs and symptoms of Krishna – Shukra were Selected from O.P.D of Govt. Ayurved college / Hospital.

CASE REPORT
Patient name – XYZ
Age – 33year
Gender—Male
Prakruti— Pittavataj
Date of first admition—16/04/2016

Chief complaint
1. Sarvadhikika Lakshanas.
- Daurbalya ( General debility)
- Bhrama ( dizziness)
- Panduta
- Sadana
- Shrama ( Easy fatigability)
- Shosha ( Loss of weight)

On Examination reports—semen analysis-6.0 million sperm count with 11 % motility.

Pathology of Shukra Roga
While describing in the pathological condition associated with shukra dhatu Ayurved Acharyas give two main classifications as (1) Shukra Kshaya77 and (2) Shukradhusti

(A) Shukra Kshaya
It is broadly classified primary and secondary (acquired)

(i) Alparetas ( Primary) This condition can be included in either Adibalpravrut or Jannabalaprarvrit vyadhi.
(ii) Secondary ( acquired) This type shukrakshaya is further divided into
- (1) physiological (Vishushaka)
- (2) pathological

(1) Physiological ( Vishushka)
This condition is seen in Vriddhavastha (elderly) above 70 years with the extremely low level of shukra dhatu. This maybe effectively included in Svabhavabala prarvita Vyadhi, due to degeneration

(2) Pathological
This condition is also associated with moderately low or decreased level of shukra dhatu. But the Characteristic feature in this condition is that the patient is in the middle age and the conditions are produced by certain etiological factors. Here growth, pubertal development and levels of Shukra may be normal in the earlier stage but deficiency occurs later. The dosha involved make their prakopaha and sthanasamsraya in shukravaha srotas in the establishment of Kshina-shukra. Different causes are there to produce. Virudhahara, Abhighata, Vyadikarshana etc are some of them. It may be included in sanghatabala, Daivabal, Kalabala pravn’t vyadhis.

TREATMENT SHEDULE
Mashadivati
Ingredients of “Vajikaran ghrita” mentioned in Ch.Chi.2
133-34-36-37 in tablet form as Mashadi vati was administered orally along with milk and sugar. The dose has been fixed as 5 gm (10 tabs) in divided dose. (Khadi Sakar) as anupana for two months.

www.wjpmr.com
Bhavana Drugs

<table>
<thead>
<tr>
<th>SR. NO.</th>
<th>NAME OF THE DRUG</th>
<th>PRATINIDHI DRUG</th>
<th>QTY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Vidarikanda swarasa</td>
<td>-</td>
<td>03 bhavana</td>
</tr>
<tr>
<td>2</td>
<td>Kshurasa</td>
<td>-</td>
<td>03 bhavana</td>
</tr>
</tbody>
</table>

Probable Mode of – Action of Mashadivati on Kshina – Shukra

By analyzing the rasa, guna, veerya, vipaka, doshgnatu and the described karmas, the probable action of Mashadivati on the concered subject Kshina shukra can be concluded as follows.

1. Action on dosha: The main doshas vitiated in Kshina – shukra are vata and pitta. So whatever may be the medication it is necessary that it should pacify vata and pitta. In Mashadivati out of the total 8 drugs, 5 drugs are having doshgnata on vata pitta. So 62.5% of the total combination becomes sufficient enough to act upon the vitiated and pitta and thus the preparation is becoming effective in the concered subject.

2. Action on Agni and Ama As far as chikista is concerned it is unavoidable that to keep the excellent state of agni (digestive power). The status of body elements (dhatus) are directly depending upon the agni. Moreover it is a fact that ama involves in all the diseases. Thus, the treatment one should try to increase agni and remove ama stage. In the present combination (Mashadivati) Mashas, Ashwagandha and Kaucha are possessing hot potency (Ushana Virya) 37.5 % of the total combination provides laghu guna, Ushana virya is able for digesting the ama and it also helps the digestive power (agni). Further support to the same process is achieved by the laghu guna.

3. Action on dashya. (Shukradhatu) The properties of the ingredients of Mashadivati are having a direct action upon the shukra dasha. All the drugs are (100%) having madhura rasa, and madhura vipaka 62.5% of the combination is shitavirya 62.5%, vipaka of the combination possess guru guna, 87.5 %. Snigdha. While 6 drugs are having shukral property (75%) 50% of the combination is pustiprada 62.5%. All the drugs are balya in nature 37.5% possession Rasayan guna also. All these properties are ideal for shukra vriddhi, which is the final target.

4. Action on srotas Srotoshodhana by using Mashadivati can be due to the ashna virya (37.5%), Katu rasa (12.5%) and also due to laghu guna (37.5%). These properties help to remove the upalépa from the srotas. The commonly observed associated problems like draubalya, Shosha, shrama etc are sufficiently managed by the properties like Bruhanam, balya, pustiprada etc. the libido is increased by vrishya property (100%) of the combination. Rasayana properties removes Klaibya, maithune ashakti etc.

As a conclusion we can see that in oneway or another way the components of the combination break the samprapti of Kshina – shukra by alternative the signs and symptoms.

Criteria for Assement

For assessing the patient, before and after the treatment, parameter used were,

A. Clinical Assessment

B. Laboratory Investigations

A. Clinical Assessment

Improvement in signs and symptoms of Kshina – Shukra and improvement in sexual health parameters i.e Desire, Erection, Rigidity, Ejaculation and orgasm were recorded.

Improvement in Signs and Symptoms of Kshina Shukra

- SARVADEHAGATA LAKSHANA
- Daurbalya • Bhrama • Panduta • Shrama
- MAITHUNAGATA LAKSHANA
- Klaibya • Alpa cheeta
- SHUSRAGATA LAKSHANA
- Alpa shukra pravriti

Improvement in Sexual Health Parameters

Improvement in sexual Health Parameters was recorded and graded.

<table>
<thead>
<tr>
<th>SEXUAL DESIRE</th>
<th>SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>No desire at all</td>
<td>0</td>
</tr>
<tr>
<td>Lack of desire</td>
<td>1</td>
</tr>
<tr>
<td>Desire present, but no activity</td>
<td>2</td>
</tr>
<tr>
<td>Desire only on demand of partner</td>
<td>3</td>
</tr>
<tr>
<td>Normal desire</td>
<td>4</td>
</tr>
<tr>
<td>Excess desire</td>
<td>5</td>
</tr>
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</table>
## ERECTION

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No erection by and method</td>
</tr>
<tr>
<td>1</td>
<td>Erection with artificial method</td>
</tr>
<tr>
<td>2</td>
<td>Erection but unable to penetrate</td>
</tr>
<tr>
<td>3</td>
<td>Erection with occasional failure</td>
</tr>
<tr>
<td>4</td>
<td>Erection when ever needed</td>
</tr>
<tr>
<td>5</td>
<td>ERECTION</td>
</tr>
</tbody>
</table>

## RIGIDITY (NO INTROMISSION)

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>0</td>
<td>Unable to maintain erection or unable to continue sexual act</td>
</tr>
<tr>
<td>1</td>
<td>Some loss in erection, but able to continue act</td>
</tr>
<tr>
<td>2</td>
<td>Able to maintain erection and continue act</td>
</tr>
</tbody>
</table>

## ORGASM

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No enjoyment at all</td>
</tr>
<tr>
<td>1</td>
<td>Lack of enjoyment in most occasions</td>
</tr>
<tr>
<td>2</td>
<td>Enjoyment in 25% of sexual encounters</td>
</tr>
</tbody>
</table>

## EJACULATION

<table>
<thead>
<tr>
<th>Score</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>No ejaculation at all</td>
</tr>
<tr>
<td>1</td>
<td>Delayed ejaculation without orgasm</td>
</tr>
<tr>
<td>2</td>
<td>Ejaculation before penetration</td>
</tr>
<tr>
<td>3</td>
<td>Ejaculation with penetration, but early discharge</td>
</tr>
<tr>
<td>4</td>
<td>Ejaculation with own satisfaction</td>
</tr>
<tr>
<td>5</td>
<td>Ejaculation with own and partner’s satisfaction</td>
</tr>
</tbody>
</table>

### Observation in Present Case

<table>
<thead>
<tr>
<th>SR NO</th>
<th>Symptoms</th>
<th>Before treatment</th>
<th>After treatment</th>
<th>% of relief</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>SEXUAL DESIRE</td>
<td>1</td>
<td>4</td>
<td>80%</td>
</tr>
<tr>
<td>2</td>
<td>ERECTION</td>
<td>2</td>
<td>5</td>
<td>91%</td>
</tr>
<tr>
<td>3</td>
<td>RIGIDITY</td>
<td>0</td>
<td>1</td>
<td>51%</td>
</tr>
<tr>
<td>4</td>
<td>ORGASM</td>
<td>0</td>
<td>2</td>
<td>96%</td>
</tr>
<tr>
<td>5</td>
<td>EJACULATION</td>
<td>1</td>
<td>4</td>
<td>77%</td>
</tr>
</tbody>
</table>

### Effect of therapy

![Graph showing effect of therapy](image)

### B. Laboratory Investigations

After treatment semen analysis report:
- Sperm count: 43.0
- Motility: 35%
DISCUSSION

*Kshina Shukra* is a disease associated with male reproductive system. Here *shukra dhatu* is vitiated and both qualitative and quantitative impairment is seen. According to *ayurveda* the major *doshas* which stands behind condition are *vata and pitta*.

Fertilising capacity of *shukra dhatu* is depending upon its excellent status. However as the sperm count decreases, there is a corresponding decrease in the likely hood of conception. To find out effective remedy which increases sperm count as well as fertility potential in *Kshina Shukra rogi*, the present study entitled *mashadi vati* in the management of *kshina shukra* . The observations made and results obtain were monitor cautiously assessed and analyse.

CONCLUSION

Finally conclusion can be drawn on the basis of deductive reasoning of information obtained by clinical observations. Predominance of *vata and pitta dosha* in predisposing disease *Kshina - Shukra* is collaborated clinically by its mode of presentation. *mashadi vati* were found to be useful in the management of *Kshina - Shukra*. Sperm count, motiallity, volume, viscosity, PH, liquefaction time and all other different sexual parameters showed unavoidable improvement with *mashadivati*. *Mashadivati* contains drugs which have *shukra – vardhaka*, *balya*, *rasayana*, *brimhana*, *medhya* and *vrishya* property. *Amalaki* is *vayasthapana* especially *pittashamana*, *madhura vipaka*, and is *vrishya with rasayana* property. No side effects have been reported by the patient during the course of treatment. Proper sex education and counselling were found to be most effective to treat the present subject. Since the present drugs they can be tried in the other disease associated with *shukravaha srotodusti*. Further researches may be provide *fruitfull results*.

REFERENCES

5. Kaviraj Dr. Ambikadutta sashtri, Sushrut samhita, sharirsthana aadhyaya 4, Pg no.31, Chaukambha Sanskrit Sanssthana; Varansi,. 2007.