



# REVIEW ON *SHUKRA BEEJA KSHEENATA* (OLIGOZOOSPERMIA)

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**Abstract:** *Shukra* is the 7<sup>th</sup> (terminal) *Dhatu*, *Shukra Beeja Ksheenata* is included in one of the varieties of *Ashtavidha Shukra Dusti*. Where *Ksheena* means to decrease in Quality as well as in Quantity. Infertility is defined as the inability of a couple to achieve pregnancy after at least 1 year of frequent unprotected intercourse. If a pregnancy has not occurred after 3 years, infertility will most likely persist without medical treatment. Approximately 20% of cases of infertility are exclusively due to a male factor, with an additional 30% to 40% of cases involving both male and female factors. Therefore, a male factor is present in one half of infertile couples<sup>1</sup>. Male infertility refers to the inability of a male to achieve a pregnancy in a fertile female. Some of the known responsible factor for male infertility are poor semen quality, endocrine inter relationship, testicular function and genetical factors etc.

**Keywords-** *Shukra beeja, Ksheenata, Oligozoospermia, Infertility*

## Introduction:

In human physiology, *Shukra Dhatu* is a body component having reproductive capacity and thus is generally equated with semen.

- It refers to “male genetic prototype”-one of the factors, which is responsible for the formation of the embryo (*Garbha*) [1]
- It is one of the factors responsible for the basic constitution (*Prakriti*) of an individual. [2]
- In the context of reproduction, the term *Shukra* denotes the semen [3]
- Oligozoospermia stands near to the term *Shukra Beeja Ksheenata* which is among eight types of *Shukradushti* mentioned in the classics and is a *Vata Pittaja Vyadhi*. The word “*Ksheen-Shukra*” is made up of two words. i.e. *Ksheena* and *Shukra*. *Ksheena* is to decrease and *Shukra* is the 7<sup>th</sup> *Dhatu* of body.

*Vajikarana* (Aphrodisiac therapy) a branch of *Ayurveda* deals with the promotion of sexual health, healthy progeny, treatment of male sexual disorders (erectile dysfunction, premature ejaculation) and infertility. *Vajikarana* therapy improves the nourishment and function of the reproductive organs and vitalizes tissues of reproductive organs, increasing sperm count, quality and strengthening their motility and making sperms more viable for conception.

*Shukra Kshaya* is caused by vitiated *Vata & Pitta* is mentioned as below-

क्षीणं प्रागुक्तं पित्तमारुताभ्यां (शुक्रं भवति) | [4]

### **The Gunas of Shukra Dhatu are :**

✓ बहलं मधुरं स्निग्धमविस्रं गुरु पिच्छिलम् शुक्लं बहु च यच्छुक्रं फलवत्तदसंशयम् | [5]

*Bahala* (thick), *Madhura* (sweet), *Snigdha* (unctuous), *Avisra* (without any putrid smell), *Guru* (heavy), *Picchila* (slimy), *Shukla* (white), *Bahu* (large in quantity), *Phalavatasanshaya* (invariably helps in procreation of offsprings).

✓ स्निग्धं घनं पिच्छिलं च मधुरं चाविदाहि चरेतः शुद्धं विजानीयाच्छ्रेतं स्फटिकसन्निभम् || [6]

*Snigdha* (unctuous), *Ghana* (dense), *Picchila* (slimy), *Madhura* (sweet), *Avidahi* (non-irritating) and *Sphatikabha* (white like a crystal).

### **Nidana of Shukra Beeja Ksheenata [7] :**

**Congenital causes:** The pathology occurs during fertilization due to the *Upatapta Bija* i.e. abnormal or vitiated *Bija* (whole sperm) or *Bija Bhaga* (chromosome) or *Bijabhaga Avayava* (gene) by which reproductive organs represented by these vitiated entities are deformed and hence render them to mal function resulting into Cryptorchidism, Germ Cell Aplasia, chromosomal abnormalities etc. According to Ayurveda this genetic anomaly depending on the nature and severity of the condition produces primary defect at various functional aspects of *Shukra* i.e., *Sarvadaihika* (androgens), *Retas related* (semen) or *Bija* (sperm), the ultimate outcomes of *Shukra Dushti*. Owing to equal proportion of *Shukra* and *Shonita*, and also abnormality in *Bijajanka Bija Bhaga*, *Dvireta* (hermaphrodite).

**Acquired causes:** Systemic disease like Chronic Renal Failure, Cystic Fibrosis, Diabetes Mellitus, Thyroid Disease, Leydig cell atrophy. Infectious disease and STD's.

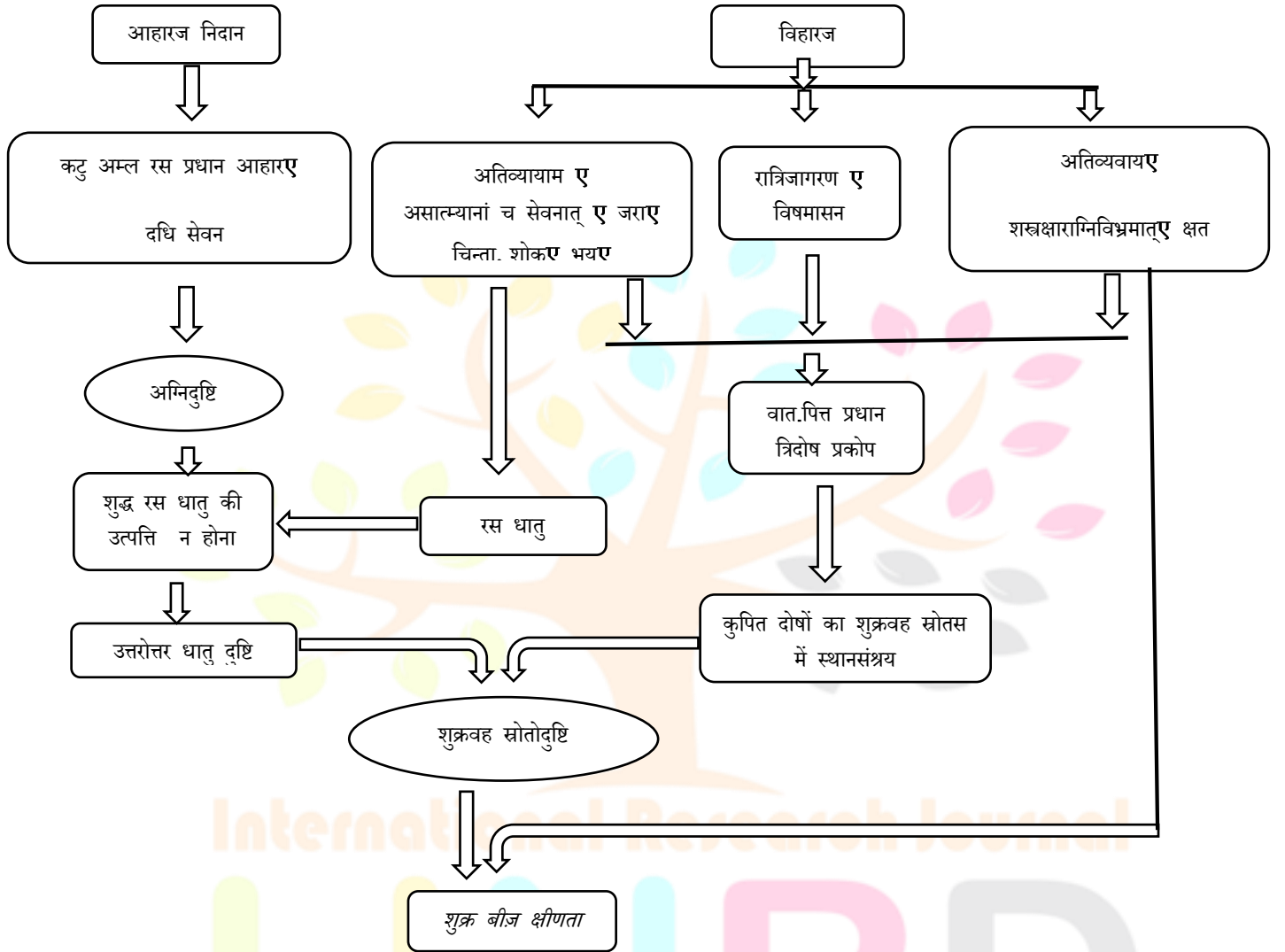
अतिव्यवायाद्यायामादसात्स्यानां च सेवनात् अकाले वाऽप्ययोनौ वा मैथुनं न च गच्छतः |

रूक्षतिक्तकषायातिलवणाम्लोष्णसेवनात् नारीणामरसज्ञानां गमनाज्जरया तथा ||

चिन्ताशोकादविस्रम्भाच्छस्त्रक्षाराग्निविभ्रमात् भयात्क्रोधादभीचाराद्याधिभिः कर्शितस्य च |

वेगाघातात् क्षताच्चापि धातूनां सम्प्रद्रूषणात् दोषाः पृथक् समस्ता वा प्राप्य रेतोवहाः सिराः || [8]

### Samprapti of Shukra Beeja Ksheenata



### Samprapti Ghatak of Shukra Beeja Ksheenta:-

Dosha	Tridosha especially Vata-Pitta
Dhatu	Rasa and shukra
Agni	Manda
Srotas	Rasavaha, Shukravaha
Srotodushti	Sangha
Adhithana	Medhra, Vrishana
Vyakt Sthana	Shukra, Medhra, Vrishana
Rogamarg	Madhyam

## Lakshanas of Shukra Beeja Ksheenata

□ दौर्बल्यं मुखशोषश्च पाण्डुत्वं सदनं श्रमः | क्लैब्यं शुक्राविसर्गश्च क्षीणशुक्रस्य लक्षणम् || [9]

- दौर्बल्यं (weakness)
- श्रमः (fatigue)
- मुखशोष (dryness of mouth)
- क्लैब्यं (impotency)
- पाण्डु (paleness)
- शुक्राविसर्ग (non

□ शुक्रक्षये मेढ्रवृषणवेदनाऽशक्तिर्मेथुने चिरद्वा प्रसेकः प्रसेके चाल्परक्तशुक्रदर्शनम् || [10]

- मेढ्रवृषणवेदना ( Pain in penile & Scrotal Region)
- चिर प्रसेकः (Delayed or No Ejaculation)
- अल्परक्तशुक्रदर्शनम् ( Blood mixed Semen)

### CHIKITSA (Treatment) [11]

The primary importance of *Chikitsa* lies in *Samprapti Vighatana*. Practice of *Chikitsa* is only possible after the thorough knowledge of principles, which are hidden in it.

whole management of *Shukra Beeja Ksheenata* can be discussed under three headings:

1. Nidana Parivarajana
2. Sanshamana Chikitsa
3. Sanshodhana Chikitsa

#### 1. Nidana Parivajana :

To root out the *Roga* one has to avoid the etiological factors. The etiological factors which have been mentioned under *Nidaana*, *Aunupashya* are to be strictly avoided by the patient of *Shukra Beeja Ksheenata*.

#### 2. Sanshamana Chikitsa:

The combination of drugs which boost the *Shukra Dhatu*, like *Vrishya Dravyas* (*Shukrakara*) which possess *Madhura Rasa*, *Snighdha Guru Guna* with function of *Jivana* and *Brimhana* and which create *Harshana* of *Mana*.

✓ समानगुणाभ्यासो हि धातुनां वृद्धिकारणमिति । [12]

#### 4. Sanshodhana Chikitsa :

"*Ksheene Shukrakari Kriya*" is the main line of treatment in *Shukra Beeja Ksheenata*. Before the administration of the drugs, which are having *Vrishya Karma*, it is a important to prepare the body in order to get maximum benefit. These procedures are sufficient enough to create *Srotoshuddhi* and a body devoid of *Malas*. Ayurveda includes *Vamana Karma* and *Virechana Karma* in these procedures. In *Shukra Dosha* i.e in *Shukra Beeja Ksheenata*, the choice of treatment is *Basti*

(Anuvasana & Niruha) which is made from *Shukravardhaka Dravyas* i.e. *Ghrita* , *Taila* etc. *Vajikarana* is strongly recommended in management of *Shukra Beeja Ksheenata*.

### चिकित्सा व्यवस्था पत्र :

1) अश्वगंधा चूर्ण

3 gm

3 gm

(खाना खाने के बाद, दूध से)

2) नारसिंह रसायन

5 gm

5 gm

(खाना खाने के बाद, दूध से)

3) सिद्ध मकरध्वज रस

250 mg

250 mg

( खाना खाने के बाद)

4) Cap. Spermon 1BD after meal.

### Pathya (do's)

#### *Aahar*

- Consume Fruits and Walnuts on a regular basis.
- Eat green leafy vegetables , beans, *Kadali*, *Kukkuta mamsa*, *Mandaka* and *Mahisha Dadhi*.  
*Kushmanda Majja*.
- Multivitamin supplements (Vit. A, Vit. B 12, Folate).

#### *Vihara*

### Apathya (dont's)

#### *Aahar*

- Fried And Junk Food Items.
- Avoid *Katu*, *Tikta*, *Lavana Rasa atisevana*, *Nishpava*, *Kulatha*, *Kshara*.
- High fat dairy items.
- Smoking, Alcohol, Tea, Coffee.

#### *Vihara*

- Avoid *Ratri jadrana*, *Ati vyayama*, *Shoka*, *Chinta*, *Bhaya*.
- Physical and mental stress.
- Wearing tight clothes.
- Keeping electronic gadgets on your lap.

**CONCLUSION [11]:**

Infertility is a burning problem of society mainly male infertility, if we have proper knowledge of cause, diagnostic tools for early diagnosis and have proper management can cure the patient and couple can achieve parenthood. Ayurveda is better choice for the infertile patients.

