

A BIRD'S EYE VIEW INTO THE AHARA AND VIHARA IN SEMINAL HYPERVISCOSITY

Ayurveda

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ABSTRACT

Infertility often focuses more the female aspects and neglects the male factors. The semen can have various defects on its own which mostly goes unnoticed. A condition which is seen most commonly is the Hyper viscous semen in males. It is a condition that can be diagnosed through semen analysis. A detailed examination of both the partners is necessary in any infertility diagnosed couple. This article explains the causative factors, pathogenesis and pathya- apathya that should be followed in such conditions.

KEYWORDS

Shukra dushti, Pathya- Apathya, Hyperviscous semen

INTRODUCTION

Healthy sexual life plays a major role in begetting a progeny naturally. Sexual problems are on a rise since a few years and efforts to manage such issues have brought into practice Vajeeekarana therapy in Ayurveda. The ejaculatory part in males is explained a shukra or retas in Ayurveda.

Shukra is a concept explained in Ayurveda broadly; it can be considered as Sarvadehika or that which pervades the whole body in the form of dhathu. Another explanation can be that shukra is the reproductive part of the human body that can be considered as either male part ie. Sperm, which is expelled out of the body or the female part ie. ovum. Hence, maintaining shukra dhathu in the body is important while managing any condition related to Vajeeekarana.

The reproductive part or shukra may be affected by doshas and results in shukra dushti. Both santarpaka and apatarpaka chikitsa are required in the case of shukra also. Various shukra dushtis have been explained by Acharyas and Kapha-vataja shukra dushti¹ otherwise known as granthibhoota shukra dushti is one among them. Pacifying kapha requires medicines and diet opposite to the qualities of shukra. Hence, diet play a crucial role in every element of attaining prashastha dhathu.

Usually the semen becomes somewhat similar to water in viscosity after liquefaction, but in this condition semen retains its viscosity and does not liquefy.² This can cause reduced motility of sperms which in turn can cause inability to conceive in female partner because the seminal fluid is thicker than usual.

Causative Factors

The causes of granthibhoota shukra dushti are multiple:¹

Shukradustikara Nidana (factors affecting shukra): Amla and Ushna sevana, Ruksha, Katu, Atisevana, Anashana, Asatmyahara (Intake of incompatible diet)

Aharaja (Dietary factors): Kapha Prakopaka Nidana like Madura, Amla, Lavana, Snigdha, Sara, Abhishyandi, Picchila, Pistanna, Dadhi, Dugda, Payasa, Godhuma, Tila, Anupa-Audaka Mamsa, Mahamasha, Adyashana.

Viharaja (Habits): Divaswapna, Avyayama, Alasya, Akalayonigamana, Nigraha, Atimaituna, Ativyayama, Ativyavaya, Akalayonigamana, Ayonigamana, Maituna asevana, Atyushna sevana, Arasajnata

Manasika (Psychological factors): Sarva dosa Prakopaka Nidana like Bhaya, Krodha, Shoka, Loba, Moha, Cinta, Bhaya, Visramba, Soka, Stridosa, Narinam Arasajnata, Avichara, Abhichara etc.

Abhigataja (external factors): Sukravaha Srotodusti Nidana like Shastra, Kshara, Agni etc

Samprapti Of Granthibhoota Shukra Dushti

Nidana sevana mentioned above results in kapha prakopa as well as

vata prakopa. Deranged kapha leads to jatharagni mandya and improper agni at the level of digestion results in dhathwagni mandya. This leads to malformation of dhathus due to lack of agni. The formation of Apakwa majja dhathu results in improper formation of shukra dhathu according to the uttarottara dhathu poshana sidhanta. This increases the snigdha, picchila gunas of shukra leading to Hyperviscosity in semen. Similarly, impaired vata dosha leads to Vishamagni and this also results in improper formation of dhathus.

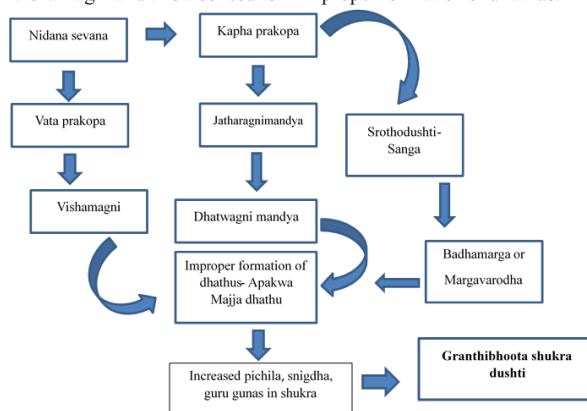


Figure 1: Samprapti of granthibhoota shukra dushti

Preventive Aspects Of Granthibhoota Shukra Dushti

Ayurveda explains 3 pillars of life which should be balanced for a healthy life. These are:

- Ahara
- Nidra
- Brahmacharya

Ahara should include foods that are not kapha aggravating and also avoid heavy, unctuous foods. Dietary changes have an important role in causation of diseases.² Following pathya ahara in day-to-day life results in prevention of diseases. It mainly balances the doshas, which can be hampered normally also. Hence, a proper diet helps to maintain the homeostasis of dushtyas and prevent diseases.

Nidra or sleep is another aspect for a healthy life. Sleep gives our body proper rest and healing time every day.³ Acharyas have explained the benefits of sleep as that which gives sukha (happiness), bala (strength), vrushata (sexual potency), jyana (knowledge) etc. Here, vrushata is directly mentioned as a benefit of nidra and improper sleep leads to klibata or impotency.

Brahmacharya is the third pillar that maintains a healthy body and

mind. It provides deerghayu and all benefits of rasayana (rejuvenation) are achieved.⁴The concept of Brahmacharya is to maintain self-control over senses in a balanced way. This need not be complete abstinence from sexual act, but in a controlled manner. One should have control over his senses and should not be overly attached towards the act. Abrahmacharya has been included in Tryopasthambha and explained by Acharya Vagbhata in the same way.

Pathya Apathya In Granthibhoota Shukra Dushti

Nidana parivarjana and samprapti vigatana are essential in managing any disease. Here, Kapha and vata dosha needs to be taken care of. The gunas opposite to that of these doshas has to be given while planning the diet. The following tables gives varga wise classification of pathya and apathya ahara that can be taken in HVS condition.

Pathya

Annavaarga (class of grains)	Yava (Hordeum vulgare), Trinadhanya(millet), mudga (green gram)
Dugdhaavarga (class of milk)	Ajaksheera (goat milk), takra (Butter milk)
Phalavarga (class of fruits)	Vrikshamla (Garcinia combogia), Draksha (Vitis vinifera)
Jalavarga (class of water)	Ushna Jala (warm water)
Madyavarga (class of wines)	Madira madhyam (alcoholic preparation grapes) sidhu madyam (alcoholic preparation from sugarcane), maduvasava (alcoholic preparation from honey)
Mamsavarga (class of flesh)	Ajamamasam (goat), jangalamamsam, Tittiri mamsam
Mutravarga (class of urine)	Go (cow)
Rasavarga (class of taste)	Tikta, Kashaya, Katu
Shakavarga (class of vegetables)	Kakamachi (Solanum nigrum Linn), kushmandam (wax gourd), suranaka (Elephant Foot Yam), Thandulam, lashuna(garlic), karavellaka (bitter gourd)
Snehavarga (class of fat)	Taila, ghrita

Apathya

Annavaarga (class of grains)	Yavaka, navadanyam
Dugdhaavarga (class of milk)	Mahisham (buffalo milk), Dadi (curd)
Phalavarga (class of fruits)	Custard apple
Jalavarga (class of water)	Nadi (river), samudra (sea), Tadagasya (tank) jala(water), Shita (cold) jala, Dushita jala (contaminated water)
Madyavarga (class of wines)	Atimadyapana-Naveen Madya (Excessive use of Alcohol and use of freshly prepared alcohol)
Mamsavarga (class of flesh)	Anupamamsa, varaha(pig), gau(cow)
Rasavarga (class of taste)	Madhura Lavana amla
Shakavarga (class of vegetables)	Brinjal, Aluka(potato)
Snehavarga (class of fat)	Vasa (animal fat), Majja (bone marrow)

DISCUSSION

Contemporary science intervenes hyper viscous semen using mucolytic enzymes, anti-inflammatory agents, antibiotics and so on. As it impairs sperm motility and results in infertility, the interventions in allopathy science deals with directly helping in conceiving a foetus. Ayurveda focuses on the root problem and treats accordingly. Here, granthibhoota shukra dushti not only requires treatment but equally requires dietary interventions. Identifying the deranged dosha and dushya in the body helps in framing the exact treatment protocol as well as the diet.

Ayurveda has given much importance to ahara as explained in the preventive aspects. As it is said in classics, "Aharam mahabheshajam", every disease has its pathya and apathya depending upon its nidana, samprapti etc. Hyper viscous semen is a condition where there is increased levels of snigdha guna, pichila guna, guru gunas of shukra from its optimal level. The ahara dravya which have properties like ruksha, laghu, vishada and at the same time which are not shukrahara

can be included in the pathya. Yava is one among the dhanya varga which is ruksha, medo pitta kapha hara, and vrushya. This will act on the vitiated kapha and its gunas. Trina dhanya (millets) has the property of laghu, has lekshana property, kapha pitta hara but not harmful for sperms. So the patient can replace nava anna, masha etc., which are among the nidana, with millets. Hot water and takra prayoga have vata kapha hara property and is laghu in nature. It also has action on jataragni which is responsible for the dhatvagni (specifically Medodhatvagni). Kakamachi (Solanum nigrum Linn), kushmandam (wax gourd), suranaka (Elephant Foot Yam), thandulam, lashuna(garlic) and karavellaka (bitter gourd) are kapha hara and possess the qualities like ruksha, laghu and shukrakaram. For patients who are accustomed to non- vegetarian diet, Ajamamsa will be the best choice because in Ayurveda it is explained as the supreme mamsa among all the others in mamsa varga and will not increase any dosha if consumed properly taking into consideration the matra, kala, samskara etc. It provides bala for the patient as well as it is anabhishtyandi (which does not cause obstruction in channels).⁵ Kukutamamsa is shukrakara, has ushna veerya and increase the pitta dosha. Patients who are not of pitta prakruthi can go for kukutamamsa as it is shukrakara.⁶ The ahara dravya which increases the kapha dosha and are having snigdha, pichila, guru guna are said to be apathya in this condition.

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