



ORIGINAL RESEARCH PAPER

Ayurveda

“EFFECT OF AMLAKI CHOORNA IN SHUKRAKSHAYA WITH SPECIAL REFERENCE TO OLIGOSPERMIA”

KEY WORDS: Shukrakshaya, Oligospermia, Amalaki yoga.

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ABSTRACT

Shukrakshaya is one of the causes for infertility, it gives a quick look of Ayurveda, importance of Vajeeekarana in Shukrakshaya. Amalaki yoga is selected here for detail study with Shukrakshaya and Oligospermia, Also observed it's vrushya (shukral) effect. In the clinical study 30 patients of oligospermia were selected. The semen analysis was done at each follow-up. Maximum patients were found addicted to Tobacco chewing, Smoking alcohol consumption. The result of the therapies after the treatment course was effective. Shukrakshaya is a disorder in which depletion of Shukra observed both qualitatively and quantitatively, the ultimate result of this being loss of parenthood. This holds well even today in case of Oligospermia, where there will be decreased sperm count and which is the major cause for Infertility. Male infertility can arise from factors such as, low sperm count and sperm abnormalities including altered morphology and low motility. Up to 10% of infertility cannot be explained medically. The Discussions was done about selection of topic, selection of drug, effect of Amalaki yoga on semen parameters and probable mode of action on the patients of oligospermia who underwent the trial. In Amalaki yoga Amalaki, Ghruta, Madhu and anupan dugdha increase the Bala (Strength) to Shukra dhatu without undergoing Dhatu Parinamana i.e. it gives strength to sarva shariragata Shukra on Samanyavishesh siddhant.It highlights the outcome of the study. Amalaki Yoga is moderately effective in sperm count.

INTRODUCTION:

Chaturvidha Purusharthais a term lined in Ayurved samhitas which are Dharma, Artha, Kama and Moksha. Male infertility is discussed under the heading of Vandhyatwa in Ayurveda. Bija i.e Shukra is an important factor among the four factors responsible for formation and development of garbha, 1 which will be affected in a male who is suffering from Shukrakshaya. Now a day's infertility is growing problem in human being. Infertility is seen in both males and females. Oligospermia is one of major cause for male infertility. In modern science, Shukrashaya is correlated with Oligospermia. It has already been defined that conception depends upon the fertility of both male and female. Infertility data available over past 20 to 22 years reveal that, in approximately 30-33% of cases pathology is found in the man alone and in another 20% both the man and woman are abnormal. Therefore the male factor is at least partly responsible in about 50% of infertile couples. If the sperm count is less than 20 million per milliliter then it is known as Oligospermia.2 Hence there is need for a herbal drug that can be used for all patients to tide over their temporary phenomenon. Therefore in the present study Amlaki yoga³ which act as Viryavardhak due to Madhur rasatmaka and also its Vrushya karma have been selected for the study.

Review of Literature: The review of literature done for the detail description regarding Amalaki yoga and description regarding the semen, Oligospermia with simplifying correlation with Shukra and Shukrakshaya.

MATERIALS AND METHODS:

METHODS OF COLLECTION OF DATA:

The study was conducted in the department of Prasuti -Tantra and Stree- Roga of college. 30 patients were selected on the basis of simple randomized sampling procedure from the O.P.D of our research institute.

SELECTION CRITERIA:

A] INCLUSION CRITERIA:

1. Age – above 25 years and below 40 years.
2. Patients with clinical presentation of Oligospermia.
3. Patients having total sperm count <20million/ml and motility< 40%

B] EXCLUSION CRITERIA:

1. Congenital anomalies of Genital organs.
2. Surgical and Traumatically injured conditions of genital organs.
3. Age – above 21 years and below 40 years.
4. Patients of Various diseases like scrotal varicocele, Sexually Transmitted Diseases, Severe systemic diseases and Diabetes Mellitus.
5. Patients having total sperm count <20million/ml and motility> 40%
6. Anomalies of sperms.

Laboratory Investigations: Semen analysis especially Sperm Count, Volume, Motility and Morphology have been carried out at each follow up.

MATERIALS:

A) Drugs- Preparation of Amalaki Yoga: The AmalakiYoga was prepared by Amalaki choorna 4 grams, Goghruta 10 grams, sharkara 12 grams and Madhu 5 grams. All above ingredient taken in proper quantity and it mixed well.

Route of administration: Oral route.

Matra: Amalaki choorna - 4 grams

Ghruta - 10 grams

Madhu - 5 grams (Into Two divided doses.)

Anupan :Godugdha (approximately 200ml).

Kaal :Prakbhakt (Apane)

Duration :15 days for each patient.

Follow up :Total 3 follow ups taken each after 15 days. 1, 15 and 30 th day.

OBSERVATIONS AND RESULTS:

To test the significance of therapy, mean changes in different parameters before and after treatment is tested for significance using "Paired t test". As grading used for subjective parameters were ordinal in nature, "Wilcoxon Signed Rank test" is used for intra-group comparison.(i.e. before and after treatment of a group).4

S. N.	Symptom	Diff.	Wilcoxon sign rank T	P Value	Remark
1	Dourblay	1.00	190	<0.001	significant

2	Mukhshosh	1.00	45	0.002	significant
3	Bhrama	1.00	3	0.173	Non Significant
4	Klebya	1	6	0.074	Non Significant

Objective Parameters:

S.N.	Parameters	Change			Remark
		Mean	95 % of CI	Percent	
1	Semen volume	0.340	[0.242, 0.438]	14.70 %	Significant increase
2	Sperm count	0.380	[0.282, 0.478]	3.06 %	Significant increase
3	Sperm motility				
	a. Active	2.170	[0.876, 3.464]	7.34 %	Significant increase
	b. Sluggish	8.330	[5.625, 11.035]	33.11 %	Significant increase
	c. Non-motility	10.500	[7.364, 13.636]	23.16 %	Significant decrease
4	Semen	4.00	[2.354, 5.646]	10.67 %	Significant decrease
5	Sperm				
	a. Normal	1.43	[1.018, 1.842]	1.85 %	Significant increase
	b. Abnormal	1.33	[1.056, 1.604]	5.88 %	Significant decrease

All the objective parameters semen volume, semen liquefaction time, sperm count, sperm motility and sperm morphology showed significant Distribution of patients according to relief:

Overall Effect

Overall Effect (patient wise)	No Of Patients	
	Count	Percent
Unchanged	00	00
Mild improvement	00	00
Moderate improvement	25	83.33 %
Marked improvement	05	16.67 %

CONCLUSION: Overall the effect of the Amalaki yoga maximum numbers of patients are moderately improved (57%). Amlaki yoga which act as Viryavardhak due to Madhur rasatmaka and also its Vrushya karma.

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