A Role of Vrishya Ghrut in Shrukra Kshay w.r.t. Oligospermia

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Abstract

Inability to conceive within one or more year of regular unprotected coitus. In human infertility accounts for 40% to 50% it affects approximately 7% of males. decrease of amount of sperm count is called oligospermia. Infertility affects on both partner’s physical and mental status. It causes social problem also. We have used to overcome this problem.

The aim and objects of this study is To improve quantity and quality of sperm due to which the mobility of sperm will be improved. For this study we introduced Vrishya Ghruta which is a anubhut yog. All drugs in this Vrishya Ghruta are having Shukra Vardhak properties. We are given this yog to 30 patients in dose of 20 ml BD for 3 months.

Vrishya Ghrut made by Sneha kalpana vidhi most of the drugs of kalpa are madhur sheet madhur so it helps in shukravardhan.

Results: 1. Out of 30 patients 18 patients (60%) got good results.
2. 10 patients (33.3%) got moderate results.
3. 2 patients (6.66%) got no results.

Introduction

Inability to conceive within one or more year of repeated unprotected coitus.
In humans infertility accounts for 40 to 50%. It affects approximately 7% of the males. According to Ayurveda Shukra Kshaya is:

Decrease in the amount of sperm (quantity) in semen of reduction in its quality both are termed as Shukra Kshaya. Some of the common causes of male infertility are: Drug and alcohol abuse, smoking and tobacco, hydrocoel, hypospadiases and epispadiases, stress and many more reason which unknowingly results in infertility in a male and such a male is called as a sterile male.

We have used Vrishiya Kalp to overcome Shukra kshay. Vrishya ghrut kalp contains ingredients which have vrishya property.

Aims and objectives

1. To improve the quantity of sperm
2. To improve the quality to sperm due to which the mobility of sperm is improved
3. To deposit the sperm high into the vagina this results in pregnancy
4. Improving such factors mentally satisfies the person which relives him from stress and further help in overcoming infertility
5. This also helps the female partner by giving a feeling of satisfaction and tremendous happiness in the lives of both the partner.

Material and Method

Vrishya Ghrut is used to overcome Shukra kshaya and it is a Anubhut yog. Most of the drugs used in this are from vrishya gaan. The kalp is made by using sneha kalpana vidhi.

Contents:
Shatavari, Ashvagandha, Gudduchi, manjistha, karanj bij powder, gokshur, shwet musali, vidarikand, jatifal, water and cow ghee

Matra-10- 20ml twice a day

Time of administrating- Ghrut should be administered during the kaal of Apaan Vayu.

Number of selected patients are 30.

Gradation: 1. 70%- 80% - Good
2. More than 50% - Moderate
3. Less than 30% - Average
4. No result - Bad

Inclusive Criteria
1. Age- 21 to 50 years.
2. Sperm count – less than 20 million.
3. Sperm mobility- less than 40%.
4. Abnormal sperm count- more than 30%.

Exclusive criteria
1. Age- more than 50 years and less than 20 years.
2. Sexually transmitted disease especially- AIDs, gonorrhea, syphilis.

3. Obstructive causes- e.g. Hydrocele, varicocele

4. Abnormal testicular biopsy report.

Description of some of the contents used in preparation of Vrishya Ghrut

Ashvagandha (Withania somnifera):
This medicine is proved to work directly on shukravaha strotas and hence used in shukra kshay.

Ras - madhur, tikt, kashay
Virya – ushna
Vipak - madhur.

Ashvagandha has madhur vipak due to which helps in increasing the mauns (muscles) and shukra which helps in spermatogenesis and moreover ashvagandha has ushan virya which helps in shukra pravartan at the right time i.e it also helps in premature ejaculation.

Shatavari (Asparagus racemosus):
Ras – madhur, tikt
Virya – sheht
Vipak – madhur.

Shatavari is proves to increase the quantity of sperms i.e Shukravrudhikar.

Shatavari not only increases the quantity of sperms but simultaneously helps to increase the other factors which are responsible for sperm production.

Shatavari kalk used along with ghrut, sugar, pimpli and honey is used as Vajikar Yog. It is proved to be beneficial in increasing the strength of uterus, give nutrition to uterus.

Shatavari is also known to have Artavkar property that is it helps in ovulation.

Gokshur (Tribulus terrestris):
Ras – madhur
Virya – shet
Vipak – madhur.

Gokshur has madhur ras and shet virya and due to this it has vrishya property.

Aphrodisiac property- A new original preparation, Tribestion has been obtained from T. terrestris having a stimulatory effect on sexual functions (Tomova, 1987).

Shwet musalli (Asparagus adscendeus):
Ras – madhur
Virya – shet
Vipak – madhur.

Shwet musalli has madhur ras and its virya is shet due to its this property it act as a shukra vardhan.

Karanj (Pongamia pinnata):
Ras - tikta, katu
Virya – ushna
Vipak - katu

Karanj has tikta and katu ras and ushna virya thought this guna of karanj is not
useful for shukra vardhan but it helps in garbhashay shodhan.³

**Kapikacchu (Mucuna pruritens)**

Ras – madhur, tikta
Virya – shey
Vipak – madhur.

Kapikacchu also has the gun of shukra vardhan.⁵

**Vidarikand (Puraria tuberosa)**

Ras – madhur
Virya – shet
Vipak – madhur.

According to the shlokh found in Bhavprakash Nigantu vidarikand has shukra vardhak property.³

**Jatifal (Myristica fragrans)**

Ras – tikta, katu
Virya – ushna
Vipak – katu.

As per the shlokh mentioned in Dhanvantari Niganthu jatifal due to its madhur vipak is shukra vardhak.⁵

**Observation**

On giving vrishya ghrut to 30 patients and noting done the results the following gradation can be made.

**Discussions**

1. Occupation- out of 30 patients:
   - 19 patients had survey job.
   - 11 patients had office job.
   - 05 patients had factory job.

2. Diet- out of 30 patients:
   - 10 patients were pure vegetarian
   - 15 patients were mix.
   - 05 patients were purely non-veg.

3. Prakruti- out of 30 patients:
   - 15 patients were vata-pittaj
   - 5 patients were vataj
   - 4 patients were pittaj
   - 3 patients were kafa-pittaj
   - 3 patients were vata-kafaj.

4. Addiction- out of 30 patients:
   - 15 patients were addicted to tobacco and smoking
   - 10 patients were addicted to smoking and alcohol
   - 5 patients had no addiction.

5. Quantity of sperms- out of 30 patients:
   - 15 patients were between 15-20 million.
   - 10 patients were between 10-15 million.
   - 05 patients were below 10 million.

**Results**

1. Out of 30 patients 18 patients (60%) got good results
2. 10 patients (33.3%) got moderate results.
3. 2 patients (6.6%) got no results.
4. And 16 patients (53.3%) got good improvement in the mobility of sperms.
5. 12 patients (40%) got moderate results in mobility.
6. 2 patients (6.6%) got no result in mobility also.

\[
\begin{array}{c|c|c|c}
        & Good & Moderate & No result \\
\hline
QUANTITY & 50%  & 30%      & 20%      \\
\end{array}
\]

\[
\begin{array}{c|c|c|c}
        & Good & Moderate & No result \\
\hline
MOBILITY & 40%  & 50%      & 10%      \\
\end{array}
\]

**Conclusion:**

With the help of *Vrishya Ghrut* 60% patients got good results. 30% patients got moderate results and only 10% patients got no result at all.

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