



### A comparative analytical study Of *Shukra* Dosha with semen analysis

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#### ABSTRACT

As we know *shukra dhatu* is most essential end product of rest all 6 *dhatu*s of *sharira*. So, an analytical comparative research study has been made on infertility(*bandhatva*) patient. In this study we explain tenets of *shukra dhatu* and different type of *shukra doshas* according to Acharya Charaka and Sushruta. According to *doshas* 8 type of *shukra doshas* explained by acharya and 9 type of semen abnormality by modern science. An attempt has been made to correlate these *shukra doshas* with abnormality of semen according to modern medical science, on the basis of clinical features, physical appearance and laboratorial examination of semen. For the study 20 patient suffering from any kind of infertility has been selected from O.P.D. of *Shalya Tantra* department of

*Arogyashala rugnalaya, Nashik*. On observation, result showed out of 20 patient , 10 patient suffering from *vata*pittaj, 6 from *shukra kshaya*, 2 from *vata*j and 2 from *pitta*j *shukra dosha* according to ayurvedic point of view. Simultaneously we correlate it with different clinical condition of semen and we found Out of 20 patient, 8 suffering from *Oligoasthenospermia*, 6 from *Oligospermia*, 2 from *Asthenozoospermia*, 2 from *Tetratozoospermia*, 2 from Infective semen.

**Keyword:** *shukra*, *doshas*, *Oligoasthenospermia*, *Oligospermia*, *Asthenozoospermia*, *Asthenozoospermia*,

#### INTRODUCTION:

Human body is made up of seven *Dhatu*s. *Shukradhatu* is located in entire body. *Shukra* is white, pure, excellent *Dhatu*,

which is considered as best among all seven *Dhatus*. *Shukra* is word originated from *Shucha Dhatu* which means pure or excellent. *Teja*, *Reta*, *Bijam*, *Virayam*, *Indriyam* are some of the synonyms of *Shukradhatu*. *Shukra* means bright, pure and radiant. *Shukra* is the seventh and final *Dhatu* in the *Dhatus* formation cycle. In metabolism of *Shukradhatu* nutrients essential for *Shukradhatu* are digested by *Shukradhatwagni* and forms *Shukradhatu*. For the formation of *Shukradhatu* one month period is essential. Individuals having the excellence of *Shukradhatu* are shown physical & psychological characteristics. According to texts of *Ayurveda*, *Shukradhatu* is pervading all over the body. It gives courage to a person. It creates softness in the mind. It is responsible for strength of individuals. It is present in our body in invisible form like Ghee in the milk. It is the end product of *Dhatu parinaama* or formation of *Dhatus*. So it is considered as an essence of all *Dhatus*. As it is essence of all other *Dhatus*, *Charaksamhita* and *Sushrutsamhita* has not described its Mala (waste).

Vitiation of *Shukradhatu* shows *Shukradhatudusti* (pathology) in the form of *Vridhhi* (hyper state) or *Kshaya* (waning). This vitiation may leads to mainly infertility and many other physical as well as psychological disorders. Therefore, it has a vital role in context to reproduction as well as to maintain physical and mental health.

## AIM

The comparative analytical study of *Shukra Dosha* With Semen Analysis

## OBJECTIVES

- To Study The *Shukra Dosha* As Described By *Charak* And *Sushruta*.
- To Study In Detail Semen Analysis And *Shukra Dosha*.
- To Study and compare different types of *shukra dosha* with semen analysis.

## STUDY DESIGN

Comparative analytical study

## MATERIAL AND METHODS

Total 20 patients who fulfill the eligibility criteria are selected and studied. A separate case record form was prepared and complete history of the patient along with presenting complaints, past history, marriage history, personal history was recorded. The patient was examined for general and systemic examination along with local examination after that semen analysis of the patient was done and *shukra dhatu* parikshan was done by ayurvedic *shukraparikshan* and *shukra doshas*. All the data collected and the different type of *shukra doshas* are compared with the semen analysis done by modern pathology method.

## ELIGIBILITY CRITERIA

### A) Inclusion

- 1- Male Patient With Is Group Of 21 To 50 Years
- 2- Male Patient Irrespective Of Religion Socioeconomic Status Will Be Selected
- 3- Male Patients with Primary And Secondary Infertility
- 4- Normal Male Individual
- 5- Individual Who Is Willing To Participate In The Study

## B) Exclusion

- 1- Patients Age Below 21 And Above 50 Years
- 2- Male Patient Having Any Congenital Deformity
- 3- Patient Not Willing To Participate
- 4 -Patient Currently Participated In Any Other Clinical Trial

## INVESTIGATION

### Pathological-

- 1) Semen analysis
- 2) CBC ( if required )
- 3) BSL(R)

### Physical

- 1) Local genital examination
- 2) Physical

### -1सुश्रुतशुक्र विवेचन -:

वातपित्तश्लेष्मशोणितकुणपग्रन्थिपूर्तिपूयक्षीणमु  
त्रपुरीषरेत सः प्रजोत्पादने न समर्थो भवन्ति

॥ A man is incapable  
of begetting children, whose seminal fluid  
affected by the aggravated *Váyu*, *Pittam* or  
*Kapham*, emits a cadaverous smell or has  
clotted or shreddy character or which looks  
like putrid pus or has become thin, or smells  
like urine or stool.

शुक्र दुष्टीचे प्रकार - (सुश्रुत संहिता -  
शारीरस्थान अध्याय क्रमांक 2 )

1.तेषु वातवर्णवेदनं वातेन  
तांबूसकाळसर व स्खलनसमर्थी  
टोंचल्यासारख्या वेदनांनी युक्त असे शुक्र  
वातदूषित

Semen vitiated by the deranged *Váyu*

acquires(reddish- black) Colour and gives  
rise to pain (piercing & cutting etc) which  
characterises the *Váyu* (at the time of being  
emitted)

2.पित्तवर्णवेदनं पित्तेन,  
पिंबळट व निळसर असून दाह वगैरे  
पित्तविकारांनी युक्त असे शुक्र पित्तदोषाचे  
असते

Similarly semen deranged by  
the Pittam gets a (yellowish or bluish etc.)  
colour and produces the specific pain  
(burning and sucking etc.) of the deranged  
*Pittam* (at the time of emission)

3.श्लेष्मवर्णवेदनं श्लेष्मणा  
श्वेतवर्ण व कंडु वगैरे कफसंबंधी  
वेदनांनीयुक्त असे शुक्र कफदोषामुळे असते  
Semen vitiated by the action of the deranged  
*Kapham* has a (white) colour and produces  
the pain (itching sensation etc.) peculiar to  
the deranged *Kapham* (at the time of its out  
flow)

4.शोणितवर्णवेदनं कुणप-गन्ध्यनल्पं च  
रक्तेन,  
रक्तदोषानें शुक्र पिंबळट, निळसर व  
पित्तजन्य पीडायुक्त असून कुणपगंधी  
(प्रेतगंधी) व पुष्कळ मात्र

The semen vitiated by blood is tinged with a  
bloody hue, produces all kinds of pain  
peculiar to the deranged *Sonita* (*Pittam*). The  
semen smells like a putrid corpse and is  
emitted in large quantities.

5.ग्रन्थिभूतं श्लेष्मवाताभ्यां,

कफवाताने शुक्र ग्रंथियुक्त होते

The shredded or clotted character of the fluid (*Granthila*) should be ascribed to the action of the deranged *Vāyu* and *Kapham*.

6.पुतिपूयनिभं पित्तश्लेष्मभ्यां दुर्गंधी  
पुयासारखे शुक्र कफपित्तामुळे असते  
If vitiated by the action of the deranged  
*Pittam* & *Kapham* it looks like putrid pus  
(*Puti-puya*).

7.क्षीणं प्रागुक्तं पित्तमारुताभ्यां,  
क्षीणगुक्र हे वातपित्ताने होते  
Thin semen is caused by the deranged *Vāyu*  
& *Pittam* as described before.

8.मूत्रपुरीषगन्धि सन्निपातेनेति  
मूत्र व मलगंधी शुक्र त्रिदोषामुळे होते  
A concerted action of  
the deranged *Vāyu*, *Pittam*, & *Kapham*

causes the semen to smell like urine or fecal matter.

## -2चरकानुसार - रेतो दोष

तद्वक्ष्यामि विभागशः। फेनिलं तनु रुक्षं च  
विवर्णं पूति पिच्छिलम्  
अन्यधातूपसंसृष्टमवसादि। तथाऽष्टमम्।  
फेनिलं तनु रुक्षं च कृच्छ्रेणाल्पं च मारुतात् ।  
भवत्युपहतं शुक्रं न तद्गर्भाय कल्पते।  
सनीलमथवा पीतमत्युष्णं पूतिगन्धि च ।  
दहल्लिङ्गं विनिर्याति शुक्रं पित्तेन दूषितम्।  
श्लेष्मणा बद्धमार्गं तु भवत्यत्यर्थपिच्छिलम् ।  
स्त्रीणामत्यर्थगमनादभिघातात् क्षतादपि।  
शुक्रं प्रवर्तते जन्तोः प्रायेण रुधिरान्वयम् ।  
वेगसन्धारणाच्छुक्रं वायुना विहतं पथि।  
कृच्छ्रेण याति ग्रथितमवसादि तथाऽऽष्टमम् ।  
इति दोषाः समाख्याताः शुक्रस्याष्टौ  
सलक्षणाः।

Sr. no.	रेतो दोष	लक्षण	Explanation
1	फेनिल	जे शुक्र फेस मिसळल्या प्रमाणे दिसते.	The <i>shukra</i> dosha is frothy in consistency and is effervescent in nature.
2	तनु	जे शुक्र पातळ असते.	The <i>shukra</i> dosha is low on viscosity.
3	रुक्ष	शुक्रामध्ये रुक्षता असणे(कोरडे पणा)	The <i>shukra</i> dosha is dry in nature.
4	विवर्ण	शुक्राचा वर्ण निळा, पिवळा, हिरवा असणे.	The <i>shukra</i> dosha has either bluish, yellowish or greenish tinge.
5	पुति	शुक्रातून दुर्गंधी येणे.	The <i>shukra</i> dosha is foul smelling and has a repulsive odour.
6	पिच्छिल	शुक्र चिकट स्वरूपात असणे.	The <i>shukra</i> dosha is highly viscous.

7	अन्यधातुपसंशुष्ट	अन्य रक्तादि धातुमध्ये मिश्रीत असणे.	The <i>shukra</i> dosha is mixed with <i>dhatun</i> like rakta, mansa, meda <i>dhatu</i> etc.
8	अवसादि	शुक्र निघताना अत्याधिक दुर्बलता जाणवणे.	A sense of general fatigue and difficulty in ejaculation of <i>shukra</i> dosha.

### 3-ACCORDING TO MODERN SCIENCE

Abnormality of sperm in semen analysis categories in 9 type .

1. **Aspermia** - Failure to produce semen, or absence of sperms from the semen.
2. **Azoospermia** - absence of motile (and hence viable) sperm in the semen.
3. **Hypospermia**- semen volume below lower reference limit i.e. less than 1.5 ml
4. **Hyperspermia** - high semen volume
5. **Oligoozoospermia** - Total sperm count below lower reference limit
6. **Asthenozoospermia**- percent sperm motility below lower reference limit
7. **Necrozoospermia**- percent sperm motility below lower reference limit
8. **Teratozoospermia**- percent normal forms below lower reference limit
9. **Leucospermia**: a high level of white blood cells in semen's

### OBSERVATION-

In this preliminary comparative analytical study total 20 patients selected & examined. A case proforma was made for study. The data collected observed summarized & presented in the form of tables. Following observation were made during the study-

**Shukra Dushti According To Dosha – Table No 1**

	<b>Dosha</b>	<b>No of patients</b>
1	<i>Vataj</i>	2
2	<i>Pittaj</i>	2
3	<i>Kaphaj</i>	
4	<i>Raktj</i>	
5	<i>Vatapittaj</i>	2 (+8)
6	<i>Vatakaphaj</i>	
7	<i>Pittakaphaj</i>	
8	<i>Sannipataj</i>	
9	<i>Shukra kshaya</i>	6
	<b>Total no of patients</b>	<b>20</b>

### Abnormality Of Semen According To Modern

**Table No - 2**

<b>Sr no</b>	<b>Abnormality</b>	<b>No of patients</b>
1	<i>Oligospermia</i>	6
2	<i>Oligoasthenospermia</i>	8
3	<i>Asthenozoospermia</i>	2
4	<i>Tetratazospermia</i>	2
5	Infective semen	2
	<b>Total no of patients</b>	<b>20</b>

## Discussion

*Sushruta* has described about *shukra dosha* by its vitiated *doshas* which shows signs according to *vata pitta kapha (dosha)* sign symptoms and *Charaka* has explained *Reto Dosha* which can be diagnosed by physical examination as he has described *Reto Dosha* by colour, consistency, nature, viscosity etc. *Aacharya Sushruta* and *Aacharya Charaka* both describe the *shukra Dosha* by its macroscopic or physical examination of semen.

## Factors That Influence Results

- Apart from the semen quality itself, there are various methodological factors that may influence the results, giving rise to inter-method variation.
- Compared to samples obtained from masturbation, semen samples from collection condoms have higher total

sperm counts, sperm motility, and percentage of sperm with normal morphology]. For this reason, they are believed to give more accurate results when used for semen

- If the results from a man's first sample are sub fertile, they must be verified with at least two more analyses. At least 2 to 4 weeks must be allowed between each analysis. Results for a single man may have a large amount of natural variation over time, meaning a single sample may not be representative of a man's average semen.

## CONCLUSION

After careful assessment and comparative study *shukra dosha* described by the *aacharya* which show signs and symptoms according to *doshas* can be correlated with the modern semen analysis . primarily as follows –

Sr. no.	रेतो दोष	सुश्रुत- शुक्र दुष्टी लक्षण	चरक- शुक्र दुष्टी लक्षण	According to modern
1	वातज	सशूल शुक्र प्रवर्तन Painful ejaculation of semen अरुण कृष्ण वर्ण Reddish black in colour	फेनिल-Frothy in consistency तनु-Low in viscosity रूक्ष-Dry in nature शुक्र क्रच्छता-painful ejaculation शुक्रअल्पता	<i>Azoospermia</i> <i>Hypospermia</i> <i>Oligospermia</i> <i>Necrozoospermia</i> <i>Teratozoospermia</i>
2	पित्तज	सदाह शुक्र प्रवर्तन Burning pain while ejaculation पीत नील वर्ण Yellowish blueish in colour	विवर्ण bluish yellowish or greenish tinge सदाह शुक्र प्रवर्तन पूतिगंधी Foul smelling , repulsive odour	<i>Leucospermia</i> Infective semen



3	कफज	सकंडू शुक्र प्रवर्तन Itching sense while emission श्वेतवर्ण white in colour	पिच्छील Highly viscous श्लेष्मणाबद्धमार्ग	High viscosity More <i>liquification</i> time <i>Asthenozoospermia</i>
4	शोणित	अतिप्रमाणात प्रवर्तन दाहयुक्त Large quantity रक्तवर्ण पीत नील वर्ण Reddish yellowish black in colour कुणप गंधी Putrid corpse smell	अन्याधातुपसंसृष्ट Mixed with other <i>dhatu</i> like <i>Rakta Mansa Meda</i> Excessive sexual activity Injury Trauma	Presence of blood cells in semen
5	ग्रंथीशुक्र (वातकफ)	ग्रथितशुक्र shreddy or clotted semen	वेग संधारण मुळे वात विमार्ग गमन शुक्र क्रच्छता / ग्रंथितत्व	
6	कफपित्त	पूतिपूयनिभं foul smelling and putrid pus like semen		
7	वातपित्त	क्षीणशुक्र Thin semen	वेग संधारण मुळे वात विमार्ग गमन अवसादि	
8	सन्नीपातज	मूत्र व मलगंधी शुक्र / semen smell like urine fecal matter		
9	शुक्रक्षय	मेढ्र वृषण वेदना - Pain In Genital And Testis मैथुन अशक्ती -Difficulty In Performing Act, Fatigue चिरात प्रसेक - Late Ejaculation अल्प – Less Quantity Of Semen रक्त दर्शन - Blood In Semen		

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