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Role of *Vrushya Dravyas* in the management of Oligospermia

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ABSTRACT

Vajikarana is the important branch of Ayurved science. *Vrushya Dravya* belongs to *Vajikaran* branch. In Ayurveda due importance is given to *Ahara Dravya*. *Ahara Dravyas* are mainly responsible for the healthy production of *Saptadhatu*. Now a days due to consumption of junk food, lifestyle disorder, stress factor directly effect on human body. As per Ayurveda *Vrushya Dravyas* are mainly responsible for Spermatogenesis.

Key words: *Vrushya Dravya*, *Oligospermia*.

INTRODUCTION

As per Ayurveda, *Shukravaha Strotasa* is responsible for the production of sperms. *Acharya Charaka* mentioned eight types of *Shukra Dosh*.^[1] *Acharya Sushruta* also mentioned that *Shukra Dhatu* originates from *Majja Dhatu*.^[2] *Acharya Vagbhat* also denotes *Shukra* as seventh *Dhatu*.^[3] Now a days due to bad habits such as consumption of unhealthy food, lifestyle disorder have adverse effect on spermatogenesis. *Aharadravyas* directly correlate with the production of *Saptadhatu*. *Vrushya Ahara Dravyas* by their *Prabhav Karma* facilitates spermatogenesis. So in present study role of *Vrushya Dravyas* in the management of oligospermia has be initiated.

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OBJECTIVE OF THE STUDY

1. To study role of *Vrushya Dravyas* in the management of oligospermia.
2. Corelation between *Vrushya Dravyas* and spermatogenesis.

MATERIAL AND METHODS

In this study patients were selected from OPD & IPD of Ayurved Hospital. 30 pts were selected where sperm count less than 40 million per 1 ml. Semen analysis done of these 30 pts. Simple random sampling was used for the selection of pts. These 30 patients were given *Vrushya Aahar Dravya Masha, Ghrita* and *Kshira* for 60 days with regular diet as follows;

<i>Ahara Dravya</i>	Dose	Time	Duration
<i>Masha</i>	30 gm	Morning	60 Days
<i>Ghrita</i>	10 gm	Bed Time	60 Days
<i>Kshira</i>	250 ml	Bed Time	60 Days

Inclusion Criteria

1. Patient having sperm count less than 40 milion per ml
2. Patient having age group between 21 to 40 yrs

3. Patients having sperm motility at one hour less than 60%.

Exclusion Criteria

Patients suffering from diseases like cancer, T.B, Cardiac failure and other major illness.

Assessment Criteria

1. By doing semen analysis after 60 days.

2. *Shukra Sara* Symptoms

- *Saumya*
- *Saumyaprekshin*
- *Kshirpurnalochan*
- *Praharshabahula*
- *Prasannavarna*
- *Snigdha Nakha.*
- *Snigdha Asthi.*
- *Balwanta*
- *Bhrajishnava.*

OBSERVATIONS AND RESULTS

The analysis of the observation is being presented here;

Table 1: Results of Vrushya Ahara Dravya on Semen Volume.

Parameter	Semen Volume		Paired Sample 't' test	
	Before TT	After TT	t	p
Number(n)	30	30	-2.900	0.007
Mean	2.283	2.90		
SD	0.703	1.170		

Table 2: Results of Vrushya Ahara Dravya on Sperm Count.

Parameter	Sperm Count(million/ml)		Paired Sample 't' test	
	Before TT	After TT	t	p
Number(n)	30	30	-3.349	0.002
Mean	22.29	35.15		
SD	8.07	21.29		

Table 3: Results of Vrushya Ahara Dravya on Liquification time.

Parameter	Liquification Time		Paired Sample 't' test	
	Before TT	After TT	t	p
Number(n)	30	30	-2.971	0.006
Mean	17.83	20.17		
SD	17.83	20.17		

Table 4: Results of Vrushya Ahara Dravya on Sperm Motility (at 1 hr)

Parameter	Sperm Motility (at 1hr)		Paired Sample 't' test	
	Before TT	After TT	t	p
Number(n)	30	30	-5.324	0.001
Mean	40.15	50.07		
SD	8.69	12.26		

Table 5: Results of Vrushya Ahara Dravya on Symptoms of Shukra Sarata.

Parameter	Shukra Sarata Symptoms		Paired Sample 't' test	
	Before TT	After TT	t	p
Number (n)	30	30	-22.401	0.000
Mean	2.63	7.33		
SD	1.85	2.06		

DISCUSSION

By analysis of all the observation it is revealed that p value in all the seminal parameters i.e. Semen volume, Sperm count, Liquification time, Sperm motility, *Shukra Sarata* symptoms was less than 0.001. It was statistically highly significant. Also after 60 days follow-up it was observed that benefits were found in symptoms of *Shukrasarata*.

CONCLUSION

By concluding above study it can be said that *Vrushya Ahara Dravya* has key role in facilitating spermatogenesis in all parameters and increasing symptoms of *Shukra Sarata*. Also it can be said that there is absolute correlation in between *Ahara Dravyas* and *Saptadhatu*.

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