



Role of Guduchyadi Churna In Ksheena Retas - A Case Study

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Abstract

Infertility is defined as inability to conceive within one or more years of regular unprotected coitus. Infertility is a challenging topic in the society today, it leads to distress and depression among couples and create disturbances in family life. Oligo-asthenospermia is one main contributory factor for male infertility which can be correlated to ksheena retas. Hence this attempt was made to study an Ayurvedic compound acting on oligo-asthenospermia i.e. ksheena retas. A 36 years old male who had been diagnosed as oligo-asthenospermia with 3 years of married life and his wife with the regular menstrual cycle, were treated successfully with ayurvedic oral compound. Guduchyadi churna act as balya, brumhaniya, rasayana, vajiakaran, and shukrala. So guduchyadi churna has marked upgrade on sperm by qualitatively and quantitatively.

Keywords : Infertility, oligo-asthenospermia, Ksheena retas, Guduchyadi churna.

Introduction

A child is an amazing gift of nature; but rates of infertility is increasing day by day. Infertility is defined as failure to achieve pregnancy after 12 months or more of regular unprotected sexual intercourse¹. Infertility may occurs due to male factors, female factors, a combination of both factors or may be unexplained. According to new report published by WHO, around 17.5% of adult population -roughly 1 in 6 worldwide experience infertility². Male factor is observed in 50% of couples experiencing infertility. For the infertility, male factor contributes about 30-40%¹.

The causes of infertility in male mainly includes hormonal disorders, physical problems, psychological issues, sex problems and chromosomal abnormalities³. In

Ayurveda, pathological conditions of shukra leading to male infertility mentioned as shukrakshaya and shukradushti. Acharya Sushruta has mentioned 8 types of shukradushti⁴. Shukrakshaya is the deficiency of shukra stated as ksheena retas. Hetus of ksheena retas described by Acharya Charaka are Jara, chinta, vyadhi, karshana, kshaya, atya-anashana, Stree atisevan, etc⁵.

Treatment offered by modern sciences is very expensive and have lots of side effects; rather Ayurvedic treatment is cost effective and has no side effects. Many alternative treatments are like sthanic chikitsa, uttarbasti, different oral herbomineral compounds are available. Guduchyadi churna is one of oral medication mentioned by Acharya Harita as Veeryavardhaka⁶.

Guduchyadi churna contains Guduchi, Shatavari, Kapikacchu, Bala, Shalmali and Musali moola. They have madhura-tikta rasa, sheeta veerya, madhura vipaka and guru snigdha, picchila guna. It acts as balya, brumhaniya, rasayana, vajikarana and shukrala⁶.

Aim: This study is aimed to evaluate the efficacy of Guduchyadi churna in the management of Ksheena retas i.e. oligoasthenospermia.

Case Report:

A male patient age 36 years came to the opd of prasuti tantra and striroga at Sri Siddharudha Charitable hospital attached to the N.K. Jabshetty Ayurvedic Medical College Bidar; complaining of unable to reproduce inspite of unprotected coitus since 2 years.

- **H/ medical illness-** No H/O DM/HTN/TB/STD.

No any H/O of surgery.

- **Family history-** All family members are healthy

- **Personal history**

Appetite- Good

Diet - Veg

Sleep- Sound

Bowel habits- 1-2 times/day

Micturation- 5-6 times/day

Habits- Not habituated to Alcohol or Cigarette smoking.

- **Systemic examination**

CVS - S1 and S2 heard

CNS - Conscious and well oriented

RS - Normal vesicular breathing

P/A - Soft and non tender

- **Ashtavidha pareeksha**

Nadi - 82/min

Mala - 1-2 times/day

Mutra - 5-6 times/day

Jivha - Nirama

Shabda - Avishesh

Sparsh - Anushna

Drika - Avishesh

Akruti - Madhyama

- **Dashavidh pareeksha**

Prakruti - Pitta

Vikruti- Vata

Sara- Raktasara

Samhanan- Madhyama

Pramana- Madhyama

Satmya - Sarvarasa

Ahara shakti - Madhyama

Jarana shakti - Madhyama

Vyayama shakti - Madhyama

Vaya - Madhyama

- **Investigation-**

- ✓ Blood Group- "A" Positive

Hb- 14.8gm/dl

WBC- 8000/ul

Plt CT.- 2.39Lacs/cumm

RBC- 5.57million/cumm

- ✓ RBS- 94.56mg/dl

- ✓ HIV1/HIV2- Non- Reactive

Hepatitis B- Non-Reactive

- ✓ Urine examination-

Colour- Pale yellow

Protein- Nil

Glucose- Nil

Pus cells- 5-6/hpf

Epithelial cells- 1-2/hpf.

✓ Semen Analysis-

Quantity- 0.5ML

Colour- Greyish white

Fructose test- Positive

Sperm count- 16.0Millions

Motility- Active motile- 0.5%

Non-motile- 90%

Abnormalities of sperm- 100%.

- **Diagnosis** - Ksheena retas (Oligoasthenospermia)

- **Treatment plan**

Guduchyadi Churna

Contains- Guduchi, Shatavari, Kapikachhu, Bala, Shalmali and Musali moola.

Matra- 5gms BD Before food

Anupana- Godugdh

Route - Orally

Duration of treatment- 3 months

Follow up - Once in a month.

Pathya-apthya

✓ Patient advised to take healthy diet; Including milk, ghee, soaked almonds, eggs, fruits, salads, sprouts, pulses and lentils, veg- non veg diet, green leafy vegetables, cashews, pumpkin seeds, walnuts, etc. Daily exercise and physical activities, get proper sleep.

✓ Patient advised to avoid Refined flour, canned vegetables and fruit, hot drinks like tea-coffee, excess amount of salt and chilies, red meat, processed and fried meat, alcohol, smoking.

Result

After 3 months of duration and follow up

1. Before treatment



Sperm Count: 16.0 Millions
Sperm motility: 05%
Abnormalities of sperm: 100%

2. After treatment



Sperm Count: 56.0 Millions
Sperm motility: 30%
Abnormalities of sperm: 40%

Discussion

Infertility is a common disorder nowadays. But rates of male infertility are increased enormously in recent decades. The main semen parameters are sperm count, motility, concentration and appearance. Managing infertility requires in depth knowledge about

anatomy, physiology, endocrinology and pathology of reproductive system of both male and female.

In the treatment of the oligo-asthenospermia the principal target is increasing the sperm count and sperm motility. According to Ayurvedic point of view, overall shukradushti supposed to cleared out; so compound with various properties should be used.

Guduchyadi churna contains 6 different herbal medicines these herbs favorably interfere in HPG axis in the regulation of sex hormones like FSH, LH, testosterone. Male reproductive functions are restored and controlled by induction and inhibition of neurochemicals and regulations of neuroendocrinal axis; so these herbs acts on central-peripheral nervous system improving the responsiveness of male reproductive tissues. Among these, drugs like Musali, Kapikacchu have androgenic properties and effects on neuro-harmonal sexual axis, increase relative weight of testes, serum and testicular testosterone level, protein level etc. As shatavari prevents depletion of sperm due to pitta with its sheeta virya and vipaka. Bala and Shalmali have nutritive-strengthening and nutritive-restorative properties respectively; both promotes spermatogenesis and sexual stimulations.

On observation :

Before treatment= Sperm Count: 16.0 Millions

Sperm motility: 05%

After treatment= Sperm Count: 56.0 Millions

Sperm motility: 30%.

Above observation shows patient had an improvement in the sperm count and motility. Also the reduction in abnormalities of sperm by 60%.

Conclusion

This study conclude that an Ayurvedic compound can solitary cure a long standing disease if it is treated with a right choice of drug. It manifests that Guduchyadi churna has better improvement on the seminal parameters; as there is rise in sperm count and sperm motility. It also exhibit the overall improvement in the shukra dhatu and shukravaha srotas. With minimal invasion of treatment shukradushti is cured out.

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