

A CASE STUDY ON THE EFFICACY OF AYURVEDIC MEDICINE IN IMPROVING SEVERE OLIGOSPERMIA, SPERM MOTILITY & MORPHOLOGY.

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Abstract:

Infertility is very disheartening for any couple who truly desire to feel the parenthood. Though in our society, people assume the cause of Infertility mostly due to women but Male Infertility is also seen in so many cases. This is a single case study record. A 33 years old man visited OPD at 50 Bedded Ayurvedic Hospital, Dudhnoi (Assam) with a Semen Analysis Report of Oligospermia and very low active motile sperm which were having low level of normal morphology. After 1 year of Ayurvedic treatment, significant improvement of sperm count was seen. Male infertility due to oligospermia can be compared with Sukra Kshaya.

Keyword:

Oligospermia, Semen Analysis, Male Infertility, Sukra Kshaya.

Introduction:

Couple is considered as Infertile if they do not conceive after 1 year of unprotected intercourse. It is a global issue and 15% of married couples worldwide suffer from Infertility. In India, the incidence of male infertility is around 20-40% of the 15-20% prevalence of Infertility[1]. Mainly lifestyle affect the hormonal status of a man which directly disturb spermatogenesis and it will lead to low sperm count along with poor quality and low motility sperm. According to WHO, the accepted lower reference limits for a normal semen analysis report should include volume of ($\geq$) 1.5 ml, pH ($\geq$) 7.2, sperm concentration ($\geq$) 15 million, total sperm number ($\geq$) 39 million per ejaculation, total motility (progressive + nonprogressive) ($\geq$) 40%, progressive motility ($\geq$) 32%, sperm vitality ($\geq$) 58% live spermatozoa, morphology ($\geq$) 4%.

Sukra Kshaya means depletion of Sukra in body. Sukra is the 7th dhatu of the body and it is the body's final cellular component and is regarded as the saara of all other dhatus. Sukra's primary purpose is Garbhotpadan. Acharya Charak considers sukra is situated all over the body. Sukra dhatu kshaya lakshana is mentioned in Charak Samhita as dourbalya, mukhasosha, pandutva, klaibya, sukra abhisarga[2]. Due to life style changes, stress, chronic illness there will be vata and pitta vitiation with agni dusti which will cause dhatu kshaya with sukravaha sroto obstruction and there will be Sukra Kshaya[3].

Case Report:

A 33-year-old man visited OPD at 50 Bedded Ayurvedic Hospital, Dudhnoi (Assam) with a semen analysis report of Oligospermia. His semen analysis report on 12/05/2024 suggested severe oligospermia (total sperm count of 5 million /ml) with very low active motile sperm which were having more abnormal morphology. He came to OPD for Ayurvedic treatment. The patient was normal height statured, medium built, weighting 68kg. He has stable vitals.

Therapeutic Intervention:

In Sukra Kshaya, by observing the samprapti, the Ayurvedic approach for this case was nidana paribarjan, Vata-Kapha Hara Chikitsa, Deepan Pachan, Srotosodhak and application of Vajikarak drug.

Sl. No	Visiting Date	Medicine	Dose	Yoga
1	15/05/2024	• Tab confido • Tab Speman • Arogya Vardhini Vati • Chitrakadi Vati • Ashwagandha Churna	➤ 2 Pill BD ➤ 2 Pill BD ➤ 2 Pill BD ➤ 2 Pill BD ➤ 1 Tsf HS	✓ Meditat ion ✓ Bhujan gasana ✓ Dhanur asana
2	24/08/2024	• Tab Speman • Arogya Vardhini Vati • Chitrakadi Vati • Ashwagandha Churna	➤ 2 Pill BD ➤ 2 Pill BD ➤ 2 Pill BD ➤ 1 Tsf HS	✓ Meditat ion ✓ Bhujan gasana ✓ Dhanur asana
3	02/12/2024	• Tab Speman • Arogya Vardhini Vati • Chitrakadi Vati • Ashwagandha Churna	➤ 2 Pill BD ➤ 2 Pill BD ➤ 2 Pill BD ➤ 1 Tsf HS	✓ Meditat ion ✓ Bhujan gasana ✓ Dhanur asana
4	08/05/2025	• Tab Speman • Arogya Vardhini Vati • Chitrakadi Vati • Ashwagandha Churna	➤ 2 Pill BD ➤ 2 Pill BD ➤ 2 Pill BD	✓ Meditat ion ✓ Bhujan gasana ✓ Dhanur asana

			➤ 1 Tsf HS	
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Follow Up & Outcome:

The patient visited OPD for the 1st time on 15/05/2024 with the semen analysis report and his treatment was started from that day. He came for follow up on 24/08/2024, 02/12/2024 & 08/05/2025. Treatment was carried out for around 12 months and there was no any evidence of side effect during his treatment period.

Results:

The patient was purely assessed based on semen analysis reports. After 12 months of treatment, it was seen that Ayurvedic medicines with Yogasana had a good impact not only to improve the sperm count but also on motility and morphology of sperm. His sperm count, motility & morphology values showed tremendous improvement in every follow up semen analysis report. His sperm count goes up from 05 million /ml to 17million /ml, actively motile sperm goes up from 05% to 45% and non-motile sperm goes down from 70% to 25% and normal morphology of sperm goes up from 35% to (>) 60%.

Sl. No	Semen Analysis Reporting Date	Visiting Date	Findings
1	12/05/2024	15/05/2024	• Total sperm count: ➤ 5 million /ml • Motility: ➤ Actively motile rapidly progressive – 05% ➤ Sluggishly motile progressive – 15% ➤ sluggishly non-Progressive – 10% ➤ Non-Motile – 70% • Morphology: ➤ Normal- 35% ➤ Abnormal- 65%
2	21/08/2024	24/08/2024	• Total sperm count: ➤ 14 million /ml • Motility: ➤ Actively motile rapidly progressive – 30 % ➤ Sluggishly motile progressive – 40 % ➤ Non-Motile – 30 % • Morphology: ➤ Normal- (>)55%

3	23/11/2024	02/12/2024	• Total sperm count: ➤ 16 million /ml • Motility: ➤ Actively motile rapidly progressive – 35% ➤ Sluggishly motile progressive – 25% ➤ Non-Motile – 40% • Morphology: ➤ Normal- (>)55%
4	19/04/2025	08/05/2025	• Total sperm count: ➤ 17 million /ml • Motility: ➤ Actively motile rapidly progressive – 45% ➤ Sluggishly motile progressive – 30% ➤ Non-Motile – 25% • Morphology: ➤ Normal- (>) 60 %

Discussion:

The patient came to the OPD with the semen analysis report. He did not have any sign & symptoms at that time. The treatment was continued for around 12 months and within those 12 months, the patient came for follow up timely. The treatment protocol for this case was planned according to the samprapti of Sukra Kshaya. Tab Confido and Tab Speman are the product from Himalaya company. Along with the other ingredients Kapikachu & ashwagandha are the ingredients of these two medicines. Kapikachu is a spermatogenic drug and recommended in Vajikaran Chikitsa[1]. Kapikachu is mentioned in Bhava Prakash as an aphrodisiac agent.[4] Arogya Vardhini Vati is the sroto sodhak and tridosa shamak. Its reference is found in RasaRatna Sammucchaya[5] Chitrakadi Vati helped in deepan and pachan. It acted as Agni Vardhak and its reference was found in Bhasajya Ratnavali[6]. Ashwagandha helped in reducing stress level and acted as Aphrodisiac[7]. With the consultation of Yoga Instructor, Yogasanas like Bhujangasan, Dhanurasana are advised to do regularly along with meditation and simple walking or cycling. Yogasanas, walking or cycling makes the body flexible, blood supply will be increased and with meditation his hormonal issues will be fixed in the long run. He was advised to take healthy food and sleep timely. Improvement was recorded in every semen analysis report.

Conclusion:

Role of Ayurveda, Yoga, Meditation in case of Infertility is found beneficial. Ayurveda believes that if there is balanced dosa, dhatu, agni, malakriya along with happiness in atma,

indriya and mana then only that person can be called as healthy. So, in this study along with Ayurvedic medicines; Yogasanas, meditation, walking was also advised.

Limitation of the Study:

A single case study can't establish a treatment protocol for any disease. Large number of populations is needed for the study.

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