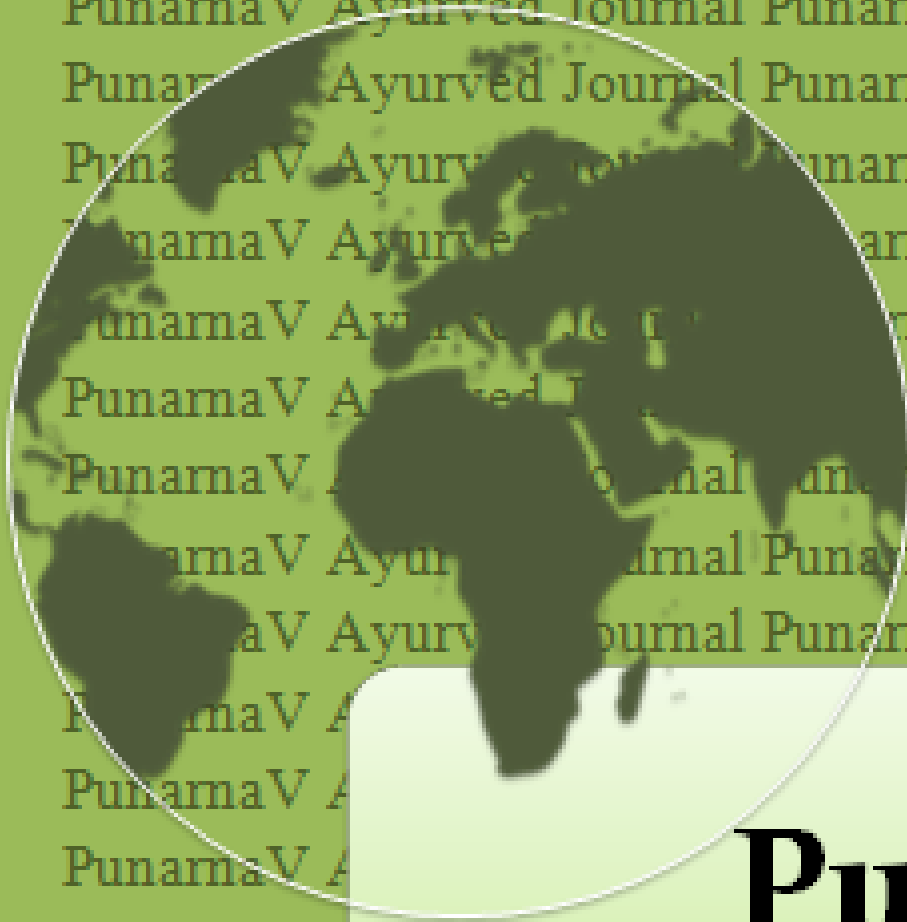


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TITLE

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EFFICACY OF THE PUSHTIRATNAKAR CHURNA IN THE MANAGEMENT OF SHUKRALPTA W.S.R. TO OLIGOSPERMIA

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ABSTRACT:

As we know that Ayurved Shastra has been evolved for the beneficial of all living creature i.e. "Sarvabhutahitairatha" and it emphasizes that when a person specifically uses wholesome Ahara and Vihara then its outcome is Swasthavasta; otherwise he achieves Aturavastha. It means Hitakar Ahara & Vihara keep every individual healthy which is nothing but a condition recognized as Dhatusamyavastha. However, in present era these basic components of life have been ignored by the peoples and due to which various physical as well as psychological disorders piping in their lives. One of these disorders and affecting majority of younger population is categorized as Shukralpta. On the other hand, it is well known fact that Rasayn and Vajikarn therapy of Ayurved, has established their effectiveness in this disorder. Shukra Dhatu is considered as most subtle and essence of all other six Dhatus and it is also a prime component in the creation healthy progeny. Hence, more importance is given to it though out the various text of Ayurved. Presently in clinical practice majority of patients consults the Ayurvedic Physician for Shukralpta. The basic cause for the decrease in sperm count i.e. qualitatively as well as quantitatively is commonly related with either physiology or anatomy or psyche complementing to these two. Pushtiratnakar Churna is well known Yoga mentioned for Vajikaran Chikitsa in Siddha Bhaishajy Manimala Panchm Gucchak (Vajikaran Prakarn) is selected to treat the patients suffering from Shukralpata. This paper will highlight its role in the management of Shukralpta; based on obtained facts and figures from the clinical study.

Key Words: *pushtiratnakar churna, oligospermia, shukralpta, vajikaran*

INTRODUCTION

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Ayurved is not a merely science of treatment but it is a science of life. From the very beginning of *Ayurved* emphasis has been given to the healthy life to achieve *Chaturvidh Purooshartha (Dharma-Artha-Kama and Moksha)*.¹ It has been also well described the concept of *Trayopstambh* with its importance and necessity in detail². *Shukra Dhatu* is having great value in the formation of *Garbha* i.e. it is necessary for the healthy progeny³.

The term *Shukralpta* itself indicates the qualitative as well as quantitative status of *Shukra Dhatu*. The formation of *Shukra Dhatu* takes place after the proper digestion of *Ahara*⁴. On the same way appropriate diet leads to formation of normal *Shukra*, which is also get affected by faulty life style i.e. *Vihar*. Now a day, people are not following the code and conducts related to the *Dinacharya* and *Ritucharya* resulting in various disorders. *Shukralpta* is also one of them, which reflects in society as increasing number of patients suffering from it has been registered more in number since last few decades.

This Increase in number of patient and limitations of other medical sciences to cope up with this condition has drowned the interest to conduct this research work. There are so many formulations and single drugs mentioned in our classical texts; still a *Pushtiratnakar Churna* less famous in *Ayurvedic* Physicians was selected to rule out its efficacy in the management of *Shukralpta*⁵.

AIMS AND OBJECTIVES

- To study the effect of *Pushtiratnakar Churna* in the management of *Shukralpta*.

MATERIAL AND METHOD

Material: The patients were selected from the O.P.D. of National Institute of Ayurveda, Jaipur.

METHOD

SELECTION CRITERIA OF THE PATIENTS

- The patients having classic symptoms of *Shukrakshya* were selected.
- Patients in between the Age group of 20 yrs to 50 years.
- Fulfilling criteria as per the laboratory investigation.

EXCLUSION CRITERIA OF THE PATIENTS

- The patients who have any type of anatomical deformities.
- Below 20 yrs and above 50 years.

- Suffering from any chronic systemic disease.

mentioned in *Charak Samhita Chikitsa Sthan-* (*Rasayanadhyaya-Abhyamalkiya*).

Drug and posology:

Haritakyadi Churna: To achieve maximum benefit of *Rasayn* and *Vajikarn* therapy, *Acharyas* has directed complete *Shodhan* therapy just before their application. But in this study it was not followed completely due to some limitations. However, *Haritakyadi Churna* was used for General *Koshtha Shuddhi* as

Form of drug: *Churna*

Dose : 3gms

Anupan : *Ushnodak*

Duration : 3 days

Pushtiratnakar Churna: (Siddh beshj mani mala- Pancham Gucchak 54/97-98)

Sr.No	Name	Latin name	Family	Part used	Parts of each constituents
1.	<i>Gokshur (Potentiated powder)</i>	<i>Tribulus terrestris</i> linn.	Zygophyllaceae	Fruit, Root	2.23Kg
2.	<i>Shatavari</i>	<i>Asparagus racemosus</i> wild.	Liliaceae	Rhizome	2.23Kg
3.	<i>Mushali</i>	<i>Asparagus adscendens</i> roxb.	Liliaceae	Rhizome	2.23Kg
4.	<i>Akarkara</i>	<i>Anacyclus pyrethrum</i> DC.	Compositae	Root	2.23Kg
5.	<i>Shunthi</i>	<i>Zingiber officinale</i> Rose.	Zingiberaceae	Rhizome	2.23Kg
6.	<i>Keshar</i>	<i>Crocus sativus</i> linn.	Iridaceae	Stigma	186 Gm.
7.	<i>Sita (Sharkara)</i>				11.150 Kg.

Form of drug: *Churna*

Dose : 3 gms twice a day

Anupan : Milk (250 ml.)

Duration : 75 days

Criteria of assessment:

According to Ayurved *Shukralpta* (*Shukra kshya*) have following symptoms:

Daurbalya, Mukhshosh, Pandutva, Sadan, Bhram, Klabya, Maithunashakti, Delayed ejaculation, Shisan Vedna & Vrishan Vedna. These are the subjective parameters which are decided to be chosen for the case study here. Other than these subjective parameters some objective parameters which are generally observe in the condition of *Oligospermia*.,are chosen for the study. These are as follows:*Quantity of semen, sperm count, motility, structure of sperm.*

OBSERVATION & RESULTS

Table-01, showing distribution of 30 patients as per the Age group

<i>Age Group</i>	N	Percentage
<i>20&30</i>	18	60.00%
<i>31&40</i>	11	36.66%
<i>41-50</i>	01	03.34%

Table-02, showing distribution of 30 patients as per the Socio-economical status

<i>Socio-economical status</i>	N	Percentage
<i>Lower classh</i>	13	43.33%
<i>Middle class</i>	13	43.33%
<i>Higher class</i>	04	13.34%

Table-03, showing distribution of 30 patients as per the Occupation

<i>Profession</i>	N	Percentage
<i>Service class</i>	14	46.67%
<i>Student</i>	01	03.33%
<i>Labour class</i>	05	16.67%
<i>Self business</i>	10	33.33%

Table-04, showing distribution of 30 patients as per the Education level

<i>Qualification</i>	N	Percentage
<i>Senior secondary</i>	13	43.33%
<i>Graduate</i>	10	33.33%
<i>Post graduate</i>	07	23.34%

Table-05, showing distribution of 30 patients as per the Addiction

<i>Addiction</i>	N	Percentage
<i>Tea, Coffee</i>	17	56.67%
<i>Smoking</i>	02	06.66%
<i>Alcohol</i>	07	23.33%
<i>Tobacco chewing</i>	12	40.00%
<i>Addiction free</i>	02	06.67%

Table-06, showing distribution of 30 patients as per the Religious community

<i>Religion</i>	N	Percentage
<i>Hindu</i>	25	83.33%
<i>Muslim</i>	5	16.67%

Table-07, showing distribution of 30 patients as per the type of Diet

<i>Type of meal</i>	N	Percentage
<i>Vegetarian</i>	14	46.67%
<i>Mixed</i>	16	53.33%

Table-08, showing distribution of 30 patients as per the Prakruti

<i>Prakruti</i>	N	Percentage
<i>Vata-Pittaj</i>	16	53.33%
<i>Pitta-Kaphaj</i>	04	13.33%
<i>Vata-Kaphaj</i>	10	33.34%

Table-09, showing distribution of 30 patients as per etiological factors

<i>Etiological factor</i>	N	Percentage
<i>Aharja nidana</i>	23	76.66%
<i>Vegavrodh</i>	24	80.00%
<i>Ativyavaaya</i>	03	10.00%
<i>Ativyayam</i>	09	30.00%
<i>Akala Maithun</i>	15	50.00%
<i>Chinta, Shoka, Bhaya etc.</i>	23	76.66%

RESULTS

Table-10, showing effect of *Pushtiratnakar Churna* on classical symptoms of *Shukrakshya*

SYMPTOMS	n	Mean		Dif.	% of Change	Sd	SE	T	P
		BT	AT						
<i>Daurbalya</i>	19	2.53	0.89	1.63	64.58	0.50	0.11	14.35	<0.001
<i>Mukhshosh</i>	17	2.18	0.82	1.35	62.16	0.49	0.12	11.32	<0.001
<i>Pandutva</i>	17	2.24	1.12	1.12	50.00	0.33	0.08	13.88	<0.001
<i>Sadan</i>	23	2.30	0.83	1.48	64.15	0.51	0.11	13.88	<0.001
<i>Bhram</i>	18	2.00	1.06	0.94	47.22	0.24	0.06	17.00	<0.001
<i>Klabya</i>	14	1.64	0.79	0.86	52.17	0.36	0.10	8.83	<0.001
<i>Maithunashakti</i>	14	2.43	0.93	1.50	61.76	0.52	0.14	10.82	<0.001
Delayed ejaculation	18	1.94	1.33	0.61	31.43	0.61	0.14	04.27	<0.001
<i>Shisan Vedna</i>	16	2.44	1.06	1.38	56.41	0.50	0.13	11.00	<0.001
<i>Vrishan Vedna</i>	14	2.07	0.71	1.36	65.52	0.50	0.13	10.21	<0.001

Table-11, showing effect of *Pushtiratnakar Churna* on laboratory investigation

SYMPTOMS	n	Mean		Dif.	% of Change	Sd	SE	T	P
		BT	AT						
Quantity	30	1.88	2.43	0.56	29.66	0.49	0.09	6.21	<0.001
Sperm count	27	29.30	42.04	12.74	43.49	10.94	2.10	6.05	<0.001
Active sperm	27	30.63	43.15	12.52	40.87	6.14	1.18	10.60	<0.001
Normal structured	27	42.85	55.37	12.52	29.21	9.04	1.74	7.20	<0.001

Table 12, Overall effect of *Pushtiratnakar Churna* in 30 patients

Type of benefit	N	Percentage
Significantly improved Best (70-100%)	03	10.00%
Moderately improved Moderate (50-69.9%)	19	66.33%
Mildly improved (30-49.9%)	08	23.67%
Unimproved		

DISCUSSION

When patients were classified on the basis of age group it was observed that most of the patients (60%) were following in between the 20-30yrs of age group. This age group is mostly prone to the excessive physical and mental stress and strain. Secondly it is also possible that these well educated young patients are more cautious about their sexual symptoms which drive their visit to physician. Thus, it can be said that the physical and mental stress

plays an important role in depilation of *Shukradhatu*. Even though most of the patients were well educated; still they are lacking behind the knowledge of proper and balanced diet concept. (table-04 & table-09)

It is also observed that *Shukralpta* mainly found in people of low and medium socio-economical status, this may be due to the lack of proper nutrition or the patients belongs to low and medium socio-

economical status attend this hospital regularly.

The Kind attention is to be made towards this point that the meaning of *Shukralpta* indicates its quantitative or qualitative demolition of *Sukra* and cannot be measured perfectly on the basis of offspring's; as Modern science proved that out of millions of sperm only one healthy sperm is responsible for fertilization of ovum. Hence, it can be said that the *Sukraksay* which is mentioned in *Shastra* indicates the diminution of semen instead of sperm.

Ayurvedic treatises mentioned that *Sukra Dhatu* is generally *Saumya* and *Madhur* in Rasa⁶. So, the diet which is against the qualities of *Shukra* leads to its depletion. This has been proved in this study as maximum patients were addicted to tobacco, catechu etc. (table-05) these substances are having *Ruksha Guna* and *Kashaya Rasa*⁷ predominance which are antagonist to *Shukra*.

In this study *Shukralpta* was observed in the patients having *Vata-Pitta Prakruti*, it

is well known fact that *Shukra*

belongs to *Kapha Varga* and *Vata* and *Pitta* are opposite to *Kapha*, thus it may be the reason for *Shukralpta* in the patients of *Vata-Pitta Prakriti*.

A review on the classical signs and symptoms of *Shukralpta* shows that Ayurvedic *Shukra* is not just the secretion of testis and excreted through the penis but *Shukra* is an important component of body which is present everywhere in the body⁸. Therefore, the symptoms like *Daurbalya*, *Bhrama* etc. occurs in *Shukrakshaya*⁹.

Medicine used in this study i.e. *Pushtiratnakar Churna* is dominant in *madhurrasa*, *Madhur-Vipak*, *Sheeta Veerya* and *Guru-Snigdha Gunas*. The principle of *Samanya*¹⁰ states that the use of similar substances increases the other therefore, the *Pushtiratnakar Churna* is beneficial in patients of *Shukralpta*. However, some patients did not responded to the drug which may be due to the fact that *Samanya* works only when there is no any opposite cause¹¹.

CONCLUSION

The persons between the age group of 20-30 years and having *vata-Pitta Prakruti* may be more susceptible to *Shukralpta*. Though semen analysis is only the Laboratory investigation suitable for measurement of quantitative decrease may

be considered as *Shukralpta*, but still it is felt that the condition mentioned in Ayurvedic classic is rather different from this impression. The *Pushtiratnakar Churna* is having the capacity to provide moderate relief in classical sign and

symptoms of *Shukrakshya*. Moreover, laboratory investigation suggests that this drug is having potency to improve quantity of *Shukra* after the due course of

treatment. Even though this study was conducted on small population, it is to be said that this is a useful drug in the treatment of *Shukralpata*.

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