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ROLE OF BASTI KARMA IN KSHEEN SHUKRA (OLIGOSPERMIA)

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ABSTRACT

Ayurved is an ancient science which guided us how to live life healthy. It has given curative as well as preventive measures for various diseases. The whole physiology of body is depended on three main components these are *Dosha Dhatu* and *Mala*. *Dhatu*s are of seven types out of which *Shukra* is the last Dhatu which formed in body by *DhatuparinamanKriya*.

Aims And Objective:- In this article *shukraDhatu*, *ShukraDushti* and its Treatment by *Basti chikitsa* is reviewed and Understood. **Materials and Methods:-** Ayurvedic Samhitas, Books, websites,academic Database is used for thorough understanding of the concept of *shukradushti* and its treatment. **Discussion:-**The *Shukra Dhatu* with respect to definition, *Doshik* configuration, Vital Part of the body, ultimate Dhatu of the Body, *ShukravahaStrotas*, Formation of *Shukradhatu*, Types Of *ShukraDushti*, *KsheenShukra* and its correlation with oligospermia is reviewed here. The references of Basti treatment for *Shukradushti* from various Samhitas were sited in this article.

Conclusion: The infertility is a burning health issue in society and is still increasing like a flame. Main cause of infertility in male is oligospermia which is resembles with *ksheenashukra*. Acharya has given various treatment modalities for its cure out of which they have quoted *Basti* as main treatment.

Keywords:-*Basti, Shukra Dushti, KsheenaShukra, Oligospermia*

INTRODUCTION

On the one hand, we have made a lot of new discoveries with the help of science; at the same time, due to our changed lifestyle, various ailments have been invited. Nature has given every creature a natural desire to continue its lineage, but today we see in the society the problem of infertility is increasing in fertile couples. PCOD is considered to be the most common problem in female whereas oligospermia is topmost in male¹. Ayurveda is the best solution for it as it gives proper treatment to cure and to avoid PCOD and oligospermia like conditions. Pregnancy is normally achieved within 12 months. Unfortunately, misconceptions about infertility are very common. One popular myth is that it is always the woman's problem. This could not be far from the truth. In fact, Infertility affects an estimated 15% of couples in India, amounting to 27.5 million couples. Males are found to be solely responsible for 30-40%.

As per *Ayurveda*, Oligospermia can be correlated with '*Ksheenashukra*'. *Sushruta* mentioned *Ashtavidha Shukradushti* in *Sharira Sthana* out of which *Ksheena Shukra* is caused due to vitiated *VataPitta*². *Ksheena Shukra* denotes decrease in the quantity and quality of *Shukra Dhatu* as a whole. *Basti karma* is considered to be the treatment of prime

importance in *Shukra Dosha* by Charakacharya's statement "*Prashastha Shukra Dosheshu Basti karma visheshata*³".

AIMS AND OBJECTIVES:**AIMS:**

To Study the Role of Basti karma in Oligospermia

OBJECTIVES:

To Study the Concept of *shukra dhatu*

To Study the Concept of *shukradushti* and its treatment

MATERIAL AND METHODS:

All available texts like Samhitas, Books, Articles, academic Database, websites are used for through understanding the role of *Basti panchakarma* in management of Oligospermia.

LITRATURE REVIEW:**SHUKRA:****Introduction:**

The word '*Shukra*' has been used to describe the seventh *Dhatu* (the terminal tissue element) of the body, which is considered as the *Sara* of all other *Dhatu*s and contributory factor for carrying out the reproductive functions. The specialty of '*Shukra*' *Dhatu* is to diffuse all over the body but it is not perceivable at every time like other *Dhatu*s, but only at the time of ejaculation, when it comes out from the body.

Definition:

Shukra means a thing belonging to man who brings conception when deposited in the womb of a woman during sexual union and it is the product of four proto elements, *Vayu*, *Agni*, *Aapa* and *Prithvi* with all six *Rasas*⁴.

Doshika Configuration:

Shukra Dhatu is counted as a *KaphaVargiya Dravya* according to *Harivansha Purana* and also *Acharya Vagbhata* stated *Shukraas Ashraya Sthana* of *Kapha Dosha*⁵.

Vital Part of Body:

As stated above by *Acharya Charaka*, *Shukra* is one of the *Pranayatana* (Vital spot) of the *Shareera*⁶.

Acharya Bhavmishra has stated three important *Jivashraya* which present in all over body – vital parts of the body, *Veerya (Shukra)*, *Rakta* and *Mala*⁷.

Ultimate Dhatu of the body:

In order of the *Dhatu Utpatti*, *Shukra* is seventh and last *Dhatu* of the body as an essence of all *Dhatu*. *Shukra* is produced as a result of successive evaluative metamorphosis of *Ahara Rasa*⁸.

Quantity of Shukra:

Quantity of the *Shukra Dhatu* is *Ardha*(½) *Anjali* in human body as per *Acharya Charaka*⁹.

Shukravaha Srotasa:

Ayurveda, the science of life with holistic approach has given an unique concept of

Srotasa which is very important part of *Ayurveda* physiology and philosophy. *Srotasa* are minute hollow pathways or channels or passages through which *Parinamita Dhatu* is transported into the body (transportation of body tissue).

Charaka: Vrishana, Shepha¹⁰:

Sushrut : Stana, Vrishana¹¹

Vagbhata :mushka, Stana, Majja¹²

Acharya Charaka has mentioned *Vrishana*– Testicles and *Shepha*– Penis as the *Moola* of the *Shukravaha Srotasa* that can be understood as the ends or bases of the *Srotasa*.

Production of Shukra from Majja Dhatu:

The highest stage to which food attains is the semen. *Shukra* is the seventh and final *Dhatu* as a *Sara* (essence) of all *Dhatu* and produced in a progressive evolutive metamorphosis¹³.

Shukra Dhatu derives from *Prasada Bhaga* of *Majja Dhatu* by the action of *Shukra Dhatvagni*. *Vayu* and *Akasha Mahabhuta* produce porosity in *Asthi Dhatu*. From this pores, *Shukra* oozes out like water from a new earthen pot and spreads all over the body.

Time required for production of Shukra Dhatu:

Acharya Vagbhata quoted all views of different authors, either it may take twenty four hours or six days or one month¹⁴. *Acharya Chakrapani* has correlated all the

above opinions and brought the concept according to the status of *Dhatvagni*. According to *Acharya Chakrapani*, if *Dhatvagni* is at optimum level, then process of *Shukra* production occurs at speed of 'Archi' (Fire) and produced within eight days. If *Dhatvagni* is at moderate level, *Shukra Nirmana* takes place at the speed of 'Shabda' (Sound) and produces *Shukra Dhatu* within two to three weeks. And if *Dhatvagni* is at mild level, the process of *Shukra* production takes place at the speed 'Jala' (water) and it takes one month¹⁵.

Types of Shukra Dushti:

Acharya Sushrutacharya described *Asthavidha Shukradushti* in *Sharirsthan* out of which *KsheenaShukra* is caused due to vitiated *Vata* and *Pitta*¹⁶.

Chikitsa Shukravaha Strotas Dushti:

According to *Acharya Sushruta*, *Samanya Chikitsa* for *Shukra Dosha* includes *Panchakarma*¹⁷. This also holds good for *KsheenaShukra*.

According to *Sushruta*, *Nidana-Parivarjana* (restraint from etiological factors) is the first line of treatment of any disease¹⁸. This will check the progression of the disease, as it acts on the base of the chain of pathogenesis. So, the first line of treatment of *Ksheena Shukra* will be to stop indulgence of etiological factors whatever is found in the patient.

Management of *Shukra Dosha* should include diet of *Madhura* and *Tikta Rasa*, proper *Vyayama* and *Vyavaya* along with timely elimination of *Dosha* in proper quantity¹⁹.

Different types of *Shodhana* and some of the *Panchakarma* are described in the treatment of *Ksheena Shukra*. *Acharya Charaka* described *Basti* as *Pradhan chikitsa* in *shukra dosha*²⁰.

Acharya Sushruta indicates *Snehana*, *Svedana* and mainly *Uttara Basti*²¹ to treat the *Shukra Dosha*. It is understood that *Uttara Basti* way is the nearest pathway for the administration of *Shukravardhaka Yoga*.

VrudhhaVagbhata has advised to treat *Shukradushti* based on the involvement of *Doshas* if *Vata Dosha* is dominant in *Ksheena Shukra* then *Basti* should be the treatment of choice, and if dominated by *Pitta*, *Virechana* should be performed²². This promotes quality of semen and helps a person in procreation of offsprings.

According to *Sushruta*, the effect *Anuvasan Basti* depends upon the number of *Basti* given²³:

- 1st *Basti* – Makes *Snehana* of *Basti* and *Vankshana*
- 2nd *Basti* – *Murdhastha Anil* has been affected
- 3rd *Basti* – Increases *BalaVarna*
- 4th *Basti* – Enters into *Rasa dhatu*.
- 5th *Basti* – Nourishes *Rakta Dhatu*

6th Basti – Nourishes *Mamsa Dhatu*

7th Basti – *Meda* is nourished

8th Basti – *Asthi* gets the nourishment

9th Basti – *Majja* is nourished.

18th Basti – *Shukra dhatu* is nourished.

Basti Karma and Ksheena Shukra:

Acharya Charak mentioned in *chikitsasthan* that in *shukradushti Chikitsa basti karma* has prime importance. *KsheenaShukra* is caused by *Vata Pitta Dushti*. And *Basti* Treatment is very useful in treating *Vat pitta Dushti*. Basti is the best remedy for *Tridosha* treatment according to Ayurvedic classics.

DISCUSSION

The study was done for the conceptual understanding of the *shukra dhatu, Shukra Dhatu Dushti*, its treatment and importance of *Basti Karma* in management of oligospermia. After reviewing references from various *Samhitas* it is clear that the *Panchakarma* is must be done before any *vajikaran* treatment. Out of all *Panchakarma* Acharya Charaka has mentioned *Basti* as prime treatment where as Acharya sushruta describes *Uttarbasti* as the prime treatment for *ShukraDushti*.

CONCLUSION

1. Now a day, Infertility is a burning problem in society, and is still increasing like flames due to *mithya Ahara Vihara*. *KsheenaShukra* can be compared with

oligospermia in terms of modern medical science, with limited medical treatment modalities.

2. *Basti Chikitsa* is the prime treatment in the management of *Shukradushti*.

3. By giving *Basti karma* according to case history of the patient of the oligospermia may prove very beneficial to increase sperm count.

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