

**CASE REPORT – MANAGEMENT OF ALPASHUKRA
(OLIGOSPERMIA) WITH THE HELP OF GHRITBHRUSTHA
DUGDHASIDDHA MASHA**

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ABSTRACT

Oligospermia (*Alpashukra*) is the cause of male infertility. oligospermia is a male infertility issue defined as low sperm concentration, in the ejaculation. As per WHO, a low sperm count is less than 20million sperm/ml. Normal sperm count varies from 20 to 150 million sperm per millilitre. Oligospermia (*Alpashukrata*). it is one of the *shukradushti* in which the production of *shukradhatu* is hampered qualitatively or quantitatively. In this condition *shukradhatu* is produced in less quality and quantity of that may be Hampered hence the phenomenon is termed as *shukraalpata*. In this study *ghritabhrushta dugdha siddha Masha* is used to increased sperm count (oligospermia).

KEYWORDS: Oligospermia, *alpashukra*, *ghritabhrushta dugdha*, *Masha*.

INTRODUCTION

Shukraalpata (Oligospermia) It is one of the *shukradushti* in which the production of *shukradhatu* is hampered qualitatively as well as quantitatively. In this condition *shukradhatu* is produced in less quantity and quality of that may be Hampered, hence the phenomenon is termed as *shukraalpata*.

Synonyms of word Alpata

Sukshma, *durbala*, *ksheena*. Used to describe the phenomenon of “Alpata”.

Collective manifestation are generalized weakness, dryness of mouth, anaemia, bodyache, exhaustion, impotence, delayed seminal ejaculation, painful coitus and ejaculation mixed with blood.

It is also characterized by low level of fertility potential. Various etiological factors, leads to *kopa* of associated *doshas* and then these *doshas* vitiates *shukravaha srotas*. Now move on to Causes.

Causes of Shukraalpata

1. Old age.
2. Mental stress
3. Excessive physical workload
4. Starvation
5. Excessive coitus with women.

According to WHO classifies sperm counts at or above 15 million sperm per millilitre (mL) of semen as average. Anything below that is considered low and diagnosed as oligospermia.

1. Mild Oligospermia

Is 10 to 15 million sperm/mL.

2. Moderate oligospermia

Is 5 to 10 million sperm/mL

3. Severe Oligospermia is diagnosed when sperm counts fall between 0 and 5 million sperm/mL

It's unclear how many men have low sperm amount in their semen. This is in part because not everyone with the condition is diagnosed. Only men who have difficulty with conceiving naturally and ultimately seek help may be diagnosed.

CASE HISTORY

A 46 years old Male patient presented with C/O problems with sexual function e.g, low sex desire, or difficulty maintaining an erection (Erectile dysfunction), pain in the testicle area, slightly decreased facial hair. since 1 year.

For above complaints I had done patients semen analysis. To rule out the condition, the report suggests that there was Mild Oligospermia ranges (12.5 million sperm/mL).

For this condition in *Ayurveda*, *bhaishyajaratnavali* suggests *ghritabhrushta dugdha siddha Masha*.

Preparation of Ghritbhrushta Dugdhasiddha Masha

One part (10gms) of ghritabhrushta Masha were boiled with 15 parts (150 ml) of water and 15 parts (150 ml) of godugdha. Heat was given till volume of water (150 ml) evaporates. 20 gm sharkara was mixed in remaining part of preparation, which was approximately 150 ml.

The Treatment Was Given For Patient-

Period of treatment- 90 days.

Dose: 150 ml ksheerpaka of ghritabhrushta Masha

Dose Schedule: Before meal in morning daily.

Follow Up: 0, 30,60, and 90 days.

DISCUSSION

According to *Ayurveda* authentic classics Masha, dugdha, and ghrita are useful for Shukravardhana so they are used in this case study.

CONCLUSION

After giving ghritabhrushta dugdha siddha Masha to the patient there is improvement in those symptoms which had suffers earlier such as low sex desire, difficulty in maintaining erection, mood swings etc. as well as sperm count before study was 12.5 million sperm/ ml then after treatment 17 million/ ml. Suggests semen analysis report. So ghritabhrushta dugdha siddha Masha is useful in the management of Alpashukra (oligospermia).

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