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Published Paper's Title : *A Principled study to evaluate efficacy of Charak`s Shukrajanan Mahakshaya (semeno poetic) on symptoms of Shukra kshya(Shukra-deficiency)*



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I had faced no difficulties and problem or controversies during study of this article. This research work was completed during M D (post graduation study). My guide and colleague helped me in tackling all problems during research study.

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Research Paper

A Principled study to evaluate efficacy of Charak`s Shukrajanan Mahakshaya (semeno poetic) on symptoms of Shukra kshya(Shukra-deficiency)

Dr Ramnihor Tapsi Jaiswal

Declaration

The Declaration of the author for publication of Research Paper in Asian Journal of Modern and Ayurvedic Medical Science (ISSN 2279-0772) I Dr Ramnihor Tapsi Jaiswal the author of the research paper entitled A Principled study to evaluate efficacy of Charak`s Shukrajanan Mahakshaya (semeno poetic) on symptoms of Shukra kshya(Shukra-deficiency) declare that , I take the responsibility of the content and material of my paper as I myself have written it and also have read the manuscript of my paper carefully. Also, I hereby give my consent to publish our paper in ajmams , This research paper is my original work and no part of it or it's similar version is published or has been sent for publication anywhere else.I authorise the Editorial Board of the Journal to modify and edit the manuscript. I also give my consent to the publisher of ajmams to own the copyright of my research paper.

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ABSTRACT A survey study was aimed to find medicinal status of Shukrajanan Mahakshaya (Semenopoetic) in case of symptoms of Shukra Kshya (Shukra deficiency). The survey sample included 50 patients having symptoms of Shukra deficiency mentioned in various Samhitas. Patients were given medicinal preparation having all semeno-poetic except Jivak and Hrishabak . These patients finally examined after 6 weeks and some surprising results were obtained. There was about 50 % improvement in symptoms like Mukhashosh,Pandutwa and Ruja in Medra , 75 % gain in Klaibya and almost 100% result in Srama .

INTRODUCTION

Ayurveda is an eternal science of life. The science of Ayurveda is the oldest science in the field of Medicine, so in all the Yuga (generation) this science was popular. Even though many classical texts are present in different Yugas, among those Charak Samhita in Kritiyuga, Sushrut Samhita in Dwaparyuga and Vagbhat in Kaliyuga are the most important classics.

A science which deals with four types of Ayus i.e. Hitayu,

Ahitayu,Sukhayu and Dukhayu in both aspect i.e. beneficial and non-beneficial aspect ; its divisions and also about the span of life of individual is known as Ayurveda.

Charaka has mention two benefits(or aim and objective) of Ayurveda
i) To maintain the health of a person through following right social and individual disciplines described in Samhita
ii) To bring the normal state i.e. healthy state in diseased person.



Ayurveda considers seven main Dhatus which makes and nourishes the body. They are- Rasa, Rakta, Mansa, Medas, Asthi, Majja and Shukra. The ultimate fate of nutrition taken by an individual is Shukra Dhatu. So it is our duty that with better precautions this Shukra Dhatu has to be protected, as its deficiency may lead to serious diseases like Rajayakshama (Tuberculosis) and even can lead to death.

The maintenance of body is very important, so Charaka is telling; one has to protect his body with utmost care. If the body is not protected well, even though the other things are safe it is of no use i.e if the Sharira or Health is lost everything is lost.

How the leader of the city take care about the maintenance of the city and how chariot, in the same way an intelligent person will protect his Sharira by doing good deeds.

In the Body following functions are performed by Shukra Dhatu; Patience, Potency, Power, Attraction between opposite gender, Excitement and Libido and Gamete formation are few functions of Shukra Dhatu in body.

Following features are seen in deficiency of Shukra Dhatu: Dryness of mouth, Weakness, Anemia, Inability to perform the normal duties, Fatigue, Impotency, No discharge of semen during the intercourse or Scanty discharge after long period or the discharge of semen mixed with blood, Feeling of pain in penis and testes are the symptoms of Shukra Kshaya .

In Charaka Samhita Sutrasthan fourth chapter 50 Mahakshaya has been described. Among these one Mahakshaya is Shukrajanan Mahakshaya (Semen or sperm poetic) are mentioned. This class includes 10 drugs which increases Shukra dhatu in body. They are:

1. Jivak
2. Hrishabak
3. Kakoli
4. Kshirkakoli
5. Mudakparni
6. Mansaparni
7. Medha

8. Shatawari
9. Jatamansi
10. kulinga

AIM AND OBJECTIVES OF STUDY

Study aimed at achieving following goals:

1. To prove the importance of semen- poetic in deficiency of Shukra Dhatu.
2. To detect the potency of semen poetics.
3. To detect result of semen poetics in sperm count, morphological structure of sperm.
- 4.

MATERIALS AND METHOD REQUIRED INCLUSION CRITERIA:

Patients having following features were considered in the study

1. Patients having deficient symptoms of Shukra which are described in various Samhitas
2. Patients of age managing from 20 to 60 years were taken.
3. Only males were included.
4. Patients of Oligospermia, Azoospermia , premature ejaculation were selected.

EXCLUSION CRITERIA:

Following were excluded from study-

1. Below age of 20 years and above 60 years
2. Rasa Kshaya
3. Rakta kshaya
4. Rasapradoshaj Vyadhi
5. Raktapradoshaj Vyadhi
6. Kash
7. Rajyakshma (Tuberculosis)
8. AID`S patients
9. Diabetic patients

Study was done on 50 patients.

METHODOLOGY

This study was non-comparative open trial. This study was designed to be carried out on total 50 patients who were suffering from Symptoms of Shukra kshaya and came



for the treatment in the OPD No.15 of Sarva Roga Vibhag (General OPD) M.A Podar Medical (Ayurvedic) Hospital, Worli Mumbai 18, Maharashtra. Study had following things:

1. Personal profile was taken according to prepared case paper format.
2. Investigations were done through Dashvidha parikshan and Ashtavidha parikshan.
3. Sperm count of patients was taken.
4. Charts of Shukra deficient symptoms were filled every week.

KALPA (PHARMACEUTICAL PREPARATION)

Selected patients were given preparation having all drugs of Shukrajanan Mahakshaya except Jivak and Hrishab.

Dose: 4-4gram in powder form (Churna) TDS with water

Dose duration: 6 weeks

Investigations: Patients were called after every week for check up and final check up was done after 6 weeks.

Diet: Normal diet

CRITERIA FOR EVALUATION OR ASSESSMENT:

Following symptoms were included for evaluation procedure.

1. Daurbalaya (Debility)
2. Mukhashosh (Dryness of mouth)
3. Pandutwam (Pallor)

1. Details of patients according to age groups

Serial no.	Age (in years)	Patients	Percentage
1	21to 30	15	30
2	31 to 40	30	60
3	41 to 60	5	10
Total		50	100

2. Details of patients according to occupation

S No.	Occupation	Patients	Percentage
1	Service	15	30

4. Sadana (Fatigue)
5. Srama (Exhaustion)
- 6.
7. Klaibya (inability to copulate)
8. Shukra-avisharga (Non emission of semen)
9. Medra-vedana or Ruja-Medra (Pain in testes)
10. Muska-vedana or Ruja-Muska (Pain in scrotum)
11. Chirat Prasek(Late emission of semen)
11. Mathuna-ashakti
12. Timir Darshan

Following Laboratory Investigations were done for Assessment.

1. Sperm count
2. Amount of Shukra (semen)
3. Velocity of sperm
4. Blood test
5. Urine test
6. Stool test

GRADING PATTERNS FOR ASSESSMENT

1. No effect seen- 2 points
2. Little effect seen- 1 point
3. Complete removable of symptoms- 0 point

Result analysis was done on the basis of eradication of symptoms found before.

OBSERVATION AND RESULTS:

The results and observation have been depicted in following tables.



2	Business	6	12
3	Labor	14	28
4	Driver	10	20
5	Other	5	10
Total		50	100

3. Details of patients according to Addiction habits

S No.	Addicted to	Patients	Percentage
1	No addiction	12	24
2	Smoking	10	20
3	Alcohol	8	16
4	Tobacco	20	40
5	Morphine etc	0	00
Total		50	100

4. Details of patients on basis of diet habit

Serial no.	Diet type	Patients	Percentage
1	Vegetarian	32	64
2	Mixed	18	36
Total		50	100

5. Details of patients on basis of economic status

Serial no.	Income	Patients	Percentage
1	More than 1500	00	00
2	8000 to 1500	21	42
3	Below 8000	29	58
Total		50	100

6. Details of patients on basis of Agani

Serial no.	Agani	Patients	Percentage
1	Mandagni	26	52
2	Tikshagni	0	0
3	Visamagni	24	48
4	Samagni	0	0
Total		50	100

7. Details of patients on basis of Koshtha

Serial no.	Koshtha	Patients	Percentage
1	Mridu	18	36
2	Madhya	27	54
3	Krura	5	10
Total		50	100



8. Details of patients on the basis of Prakruti

Serial no.	Prakruti	Patients	Percentage
1	Vata-Pittaj	19	38
2	Pittaj- Kaphaj	13	26
3	Vataj- Kaphaj	18	36
4	Samdoshaj	0	0
Total		50	100

9. Details of patients on the basis of Satwas(Mental Ability)

Serial no.	Satwas	Patients	Percentage
1	Pravara	03	06
2	Madhyam	34	68
3	Avara	13	26
Total		50	100

10.Shukra-kshaya symptoms details

S.No.	Symptoms	Before Treatment	After Treatment	% Gain
1	Daurbalya	40	20	50
2	Mukhashosha	10	10	0
3	Pandutwa	60	30	50
4	Sadana	60	30	50
5	Srama	10	0	100
6	Klaibya	80	20	75
7	Shukra-avisarga	80	60	25
8	Ruja-Medra	60	30	50
9	Ruja-Muska	20	11	45
10	Chirat Prasek	60	40	33
11	Mathuna-ashakti	60	40	33
12	Timir-Darshan	10	04	60

Effect of semeno- poetic on Shukra deficient symptoms:

11.Result of semeno- poetic on sperm count

Before Treatment Mean	After Treatment Mean	Gain
61 million	70 million	14.5 %

12.Result of semeno-poetic on Shukra deficient symptoms

Before treat.	After Treat.				
Mean	Mean	S D	S E	t-value	P-value
48.83	24.58	21.57	6.23	3.41	0.001



S D-Standard Deviation
S E-Standard Error

13.Final Result of semeno-poetic on all patients of Shukra symptoms selected for study symptoms

Before treat.	After Treat.					
Mean	Mean	%	S D	S E	t-value	P-value
12.60	04.90	60.84	03.22	0.58	13.20	0.001

DISCUSSION

On significant observation among 50 selected patients results were seen:

1. **Age:** There were 15 patients of 21-30 years of age i.e.15% and 30 patients of 31to 40 years i.e. 60% and 5 patients of 41 to 60 years i.e. 10%. This shows maximum evidences of Shukra deficient were seen in age group of 31 to 40 years. This is middle period of marital life i.e. this period contributes more to deficiency of Shukra Dhatu may be due to pattern of life style.
2. **Occupation:** There were 15 patients in service i.e. 30%, 6 were businessman i.e. 12%, 14 were labors i.e. 28% and 10 were drivers i.e. 20%. This shows that mental and physical stress also accounts for deficient symptoms.
3. **Addiction Habit:** There were 20 patients addicted to tobacco chewing i.e. 40%, 8 were alcoholic i.e. 16 % and smokers were 20 %. This shows addiction habits also contributes to deficient symptoms.
4. **Diet:** 64% were vegetarian and 36% were mixed. This shows despite of been vegetarian deficient symptoms were more prevalent in those having Pittakar diet.
5. **Economic status:** The cases of deficient symptoms were more in low earning ones.

6. **Agani(Digestion):** Patients of abnormal digestive power i.e. apart from Sama Agani had more deficient symptoms than others.
7. **Koshtha(Bowels Habit) :** There are three types of Koshtha i.e. i) Mridu Koshtha(Soft Bowels Habit), ii) Madhya Koshtha(Moderate Bowels Habits), iii) Krura Koshta(Hard Bowels Habit). Deficient symptoms were more in Madhya Koshtha patients.
8. **Satwas(Mental ability):** Deficient symptoms were more in Madhya Satwa patients.
9. **Microscopic Examination:** Microscopic studies showed there was 15% increase in sperm count.
10. Effect of medicinal preparation i.e. Shukrajanan Mahakshaya on Shukra-kshaya (deficient symptoms) is $P = 0.001$. P value is significant. There was 50% gain in symptoms like Daurbalya, Pandutwa and Ruja in Medra; 75% gain in Klaibya and almost 100% gain in Srama. This shows Shukrajanan Mahakashaya is significant in Shukra-Kshaya(Shukra deficient symptoms). Semeno-poetic (Shukrajanan) action of this Mahakshaya is not more significant than Shukra-Kshaya(Shukra deficient symptoms) .



CONCLUSION:

The drugs of Shukrajanan Mahakshaya(semeno-poetic) are not much beneficial in increasing the sperm count but they showed significant result in subsiding deficient symptoms of Shukra.

The best result are seen in –

About 50% gain in Daurbalya, Pandutwa and Sadana and in Ruja in Medra, About 75% gain in Klaibya and Almost 100% gain in Srama.

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