

A COMPARATIVE CLINICAL STUDY OF UTTARBASTI AND MATRA BASTI OF MAHAMASH TAILA IN THE MANAGEMENT OF KSHINA SHUKRA (OLIGOSPERMIA)

Name- Dr. Rahul

PG Specialization- Panchakarma

Name of PG college- Patanjali Bhartiya Ayurvedigyan
Evam Anusandhan Sansthan, Haridwar.

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Marks secured- 68%

WORKING HISTORY AND RESEARCH CONTRIBUTION

- Working as an Assistant Professor (Panchakarma) in Om Ayurvedic Medical College, Hospital and Research Centre, Roorkee, Uttarakhand.
- Teaching experience- 4 months

PUBLICATIONS

- A Comparative study on Nasya Karma with and without Greevabasti in Manyastambha . Published in International Journal of Pharmacy and Pharmaceutical Research (IJPPR)
- The Role of Nasya Karma and Greeva basti of Mahanarayan tail in the Management of Manyastambha . Published in World Journal of Pharmaceutical Research (WJPR)
- A Review On Kustharakshas Taila published in International Research Journal of Modernization in Engineering Technology and Science (IRJMETS)

- Cervical Spondylosis: An Ayurvedic Review published in Journal Healthcare Treatment Development (JHTD- Hm Journals)
- Ayurveda : An Overview of Traditional Indian Medicine published in Swadeshi Research Journal, A monthly Journal of Multidisciplinary Research.
- Pharmaceutico-Analytical Study of Ardraka Khand with special reference to HPTLC is under review in Journal of Drug Research in Ayurvedic Sciences.
- The concept and Implementation of Blended Teaching and Learning in Indian System of Medicine (Ayurveda) is under review in Swadeshi Research Journal, A monthly Journal of Multidisciplinary Research.
- The Opportunities and Challenges For Open Educational Resources is under review in Swadeshi Research Journal, A monthly Journal of Multidisciplinary Research.

RATIONALE BEHIND THE STUDY

- Ksheena shukra is a disease in which depletion of Shukra is observed both Qualitatively and Quantitatively .
- In modern , it can be correlated with Oligospermia, where in there will be decreased sperm count and which is the major cause for Infertility.
- Male infertility can arise from factors such as low sperm count and sperm abnormalities including altered morphology and low motility.
- Both Shodhana and Shamana are 2 basic principle of Ayurveda Chikitsa for Ksheena shukra .
- Uttrabasti is a type of Basti upkarma which has described in Ayurveda Classics very descriptively . It is mentioned for the Genito – urinary disorders of both male and female . (Acharya Sushruta)

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- Matra Basti is a sub type of Anuvasan Basti . It is regarded safe and effective in many cases where other forms of basti are contraindicated . It is used to treat a variety of Vataj disease .
- Qualities of Masha Dravya – Snigdha , Balavardhaka , Vatanashaka and Shukravardhaka etc.
- The Mahamasha Taila has described in Bhaishajya Ratnavali for treatment of vatavyadhi.
- It is an effective classical remedy that retains the Vata , Pitta and Kapha doshas balanced and it can be used externally as well as internally, helpful in alleviating the Vataroga.
- The samprapti of Ksheena Shukra is Dhatukshyajanya type .
- It is very effective in management of Ksheena Shukra .

NOVELTY OF THE STUDY

- No study is found regarding to this Research Proposal .

SOME DIFFERENT STUDIES

- A Comparative Clinical Study of Uttarbasti , Chatuprasrtik Basti and Shatavaryadi Choorna in the Management of Kshina Shukra w.s.r to Oligospermia
- A Review on role of Uttrabasti in the Management of Erectile Dysfunction .
- Clinical Evaluation of Apamarga Ksharataila Uttrabasti in the management of Urethral stricture .
- Review of role of Uttarbasti in management of Vatasthila (BPH)
- Ayurvedic management in Male Infertility w.s.r Oligoasthenospermia : A Retrospective case Series .
- And many more .

AIM AND OBJECTIVES

- 1) To evaluate the efficacy of Uttar basti with Mahamash taila in Kshina Shukra .
- 2) To evaluate the efficacy of Matra basti with Mahamash taila in Kshina Shukra .
- 3)To compare the effectiveness of Uttarbasti and Matra Basti of Mahamash taila in Kshina Shukra .

RESEARCH PLANNING

- The selection of 50 male patients from OPD and IPD of the hospital and divided into 2 groups -
- In Group A, 25 patients will received Uttar Basti with Mahamasha Taila at a daily dosage of 20 ml for 2 consecutive days, followed by a 3 day gap. Total 6 Basti will be administered in 9 days duration.
- In Group B, 25 patients will received Matra Basti of 60 ml Mahamasha taila for 9 days .
- Assessment- at 1st day , last day of treatment .
- 1 Follow up will done after 1 month

INCLUSION CRITERIA

- Age group of 20–50 years
- Sperm count <15 million/ml semen
- Fit for Basti karma

EXCLUSION CRITERIA

- Age <20 and > 50 years
- Sperm count >15 million/ml.
- Additionally individuals with conditions such as payospermia, azoospermia, aspermia, nacrospemia, STD's, accessory sex gland infection, varicocele, and severe systemic diseases etc .
- Patients undergoing treatment for significant psychiatric conditions or genetic disorders like klinefelter syndrome etc.
- Unfit for Basti karma

INVESTIGATION

- Semen analysis before and after the treatment.
- Patients will advised to refrain from coitus up to 5 days before semen analysis.

CRITERIA FOR ASSESSMENT

- Patients will evaluated based on Subjective parameters and Semenogram to assess the impact of therapies on sexual parameters.
- The scoring pattern established by Mehra and Singh, 1995 and Jitesh Padaria, 2010 will be adopted.

SUBJECTIVE PARAMETERS

- Daurbalya
- Mukhashosha
- Sexual Desire
- Erection
- Ejaculation
- Self-Satisfaction
- Performance anxiety
- Post- act Exhaustion
- Partners Satisfaction

OBJECTIVE PARAMETERS (SEMINAL PARAMETERS)

- Semen Volume (ml)
- Sperm count(million/ml)
- Motility (%)

Table 3. Scoring pattern for assessment of chief complaints and associated complaints

Symptoms	Grade	Scale
<i>Daurbalya</i>	Cannot do any work	4
	Weakness and work affected	3
	Weakness but routine work not affected	2
	Slight weakness	1
	No weakness	0
<i>Mukhashosha</i>	Dryness not relieved by anything	2
	Dryness relieved by putting anything in mouth	1
	No dryness of mouth	0
Sexual Desire	No desire at all	3
	Lack of desire	2
	Desire only in demand of partner	1
	Self and partner normal desire	0
Erection	No erection or swelling without any methods	5
	Erection with artificial method	4
	Very slight swelling but unable to penetrate	3
	Some swelling, able to penetrate	2
	Erection with occasional failure	1
	Full swelling whenever desire	0
Ejaculation	On mere thoughts/slight or no ejaculation at all	5
	During fore play	4
	Before penetration	3
	During sexual intercourse<30 s/ at least 1-5 pelvic thrust	2
	During sexual intercourse< 60s / at least 5-10 pelvic thrust	1
	During sexual intercourse>60s / at least >10 pelvic thrust	0

Self-Satisfaction	No satisfaction after every act	4
	Satisfaction in 25% act	3
	Satisfaction in 50% act	2
	Satisfaction in 75% act	1
	Satisfaction after every act	0
Performance anxiety	Anxiety that hamper in almost all the encounters	5
	Anxiety that hamper in 75% the encounters	4
	Anxiety that hamper in 50% the encounters	3
	Anxiety that hamper in 25% the encounters	2
	Slight anxiety, does not hamper sexual act	1
	No anxiety at all	0
Post- act Exhaustion	After every sexual act	5
	In 75% of the encounters	4
	In 50% of the encounters	3
	In 25% of the encounters	2
	Slight exhaustion occasionally	1
	No exhaustion at all	0
Partners Satisfaction	No satisfaction after every act	4
	Satisfaction in 25% act	3
	Satisfaction in 50% act	2
	Satisfaction in 75% act	1
	Satisfaction after every act	0

STATISTICAL ANALYSIS

- The “Wilcoxon Signed Rank Test” will be used for all nonparametric data while “Paired ‘t’ test” will be used for parametric data to analyze the effect of individual therapy in both groups.
- For non-parametric data, “Mann-Whitney Rank Sum Test” will be used while “Unpaired ‘t’ Test” will be used for parametric data to compare the effect of therapies in both groups.

PROBABLE RESEARCH OUTCOMES

- In Ksheena Shukra, Uttrabasti of Mahamash tail will be more effective than Matrabasti . Or Matrabasti of Mahamash tail will be more effective than Uttrabasti .
- Both Uttrabasti and Matrabasti of Mahamash tail will be good result

REFERENCES

- Qualities of Masha Dravya – Astanga Hridhya – 6/21
- Mahamash Taila – Bhaishajya Ratnavali – 26 / 543- 550 .
- Uttrabasti - Sushruta Chikitsa sthan – 37 / 125 -126 .
- Matrabasti – Sushruta Chikitsa sthan – 35 /18 .
- Kshina Shukra - Sushruta Shareer sthan – 2/3 .

THANKS