

**“A CLINICAL STUDY TO EVALUATE THE EFFICACY  
OF *VIDARYADI YOGA* IN THE MANAGEMENT OF  
*KSHEENASHUKRA* WITH SPECIAL REFERENCE TO  
OLIGOSPERMIA”**

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- Marks – 313/500

# Working History and Research Contribution

- Currently working - Om Ayurvedic Medical College, Haridwar, Uttarakhand
- Position - Assistant Professor
- Experience – 5 Months
- Publications – 2

# Rationale of Proposal

- Oligospermia is among the prime factors in male infertility and it is defined as a subnormal concentration of spermatozoa in the penile ejaculate.
- As the sperm count decreases, there is a corresponding decrease in the likelihood of conception.
- Commonly used pharmacological contemporary medicines include Clomiphene citrate, Tamoxifen, Hormone Replacement Therapies like FSH, HCG, Testosterone, which can cause various untoward effects like changes in libido, mood and energy level, weight gain, increased blood cell concentration and increased risk of blood clots.
- Recent advancements of MART (Medically Assisted Reproductive Technologies) like artificial insemination, invitro-fertilization, and intra-cytoplasmic sperm injection, are not accepted widely in India due to social, economical concerns and also the results are not very encouraging.

# Rationale of Proposal

- *Vidaryadi yoga* mentioned in the *Harita Samhita Vajikarana Adhyaya* consists of *Vidarikanda, Gokshura, Mushakarni, Saindhav Lavana, Amalaki, Pippali* administered along with Milk and *Khanda sharkara*. The properties of the ingredients like *Vrishya and Brimhana* are promising in the management of *Ksheenashukra*.
- Hence, considering the above background, it is thought worthy to evaluate the efficacy of oral administration of *Vidaryadi yoga* in the management of *Ksheenashukra* with special reference to Oligospermia.

# Novelty of Proposal

- **Comprehensive Hormonal Analysis:** This study uniquely integrates the evaluation of key hormonal parameters including serum FSH, LH, and testosterone.
- **Detailed Spermatogenesis Metrics:** The study will also assess critical aspects of spermatogenesis such as sperm count, motility, and morphology.
- **Holistic Evaluation:** By combining hormonal analysis with detailed sperm metrics, the research aims to provide a more comprehensive understanding of the effects of the trial drug on reproductive health.

# Aim and Objectives

## ❖ AIM

- Evaluation of the efficacy of *Vidaryadi Yoga* in the management of *Ksheenashukra* with special reference to Oligospermia.

## ❖ OBJECTIVES

### ☐ PRIMARY OBJECTIVES

- To evaluate the efficacy of *Vidaryadi Yoga* in the management of *Ksheenashukra* with special reference to Oligospermia on the basis of significant improvement in Sperm Metrics and Hormones parameter

### ☐ SECONDARY OBJECTIVE

- Female partner pregnancy

# Proposed Methodology

## ❖ EXCLUSION

### CRITERIA

## ❖ INCLUSION

### CRITERIA

## ❖ DIAGNOSTIC

### CRITERIA

- Subject diagnosed with oligospermia (Sperm count less than 15 million/ml - on Semen analysis)

- Age- 21-40 years of male
- Sperm count less than 15 million/ml.
- Subjects willing to participate with written informed consent, which was conveyed in a language that the subject can understand.

- Subjects of azoospermia and aspermia
- Subjects with diagnosed Diabetes Mellitus .
- Subjects with diagnosed varicocele, accessory sex gland infection, sexually transmitted diseases.
- Subjects with any uncontrolled systemic illness including Hypertension.
- Subjects with Genetic disorders like Klinefelter Syndrome.

# ASSESSMENT CRITERIA

## Objective parameters:

- Sperm Count, Motility and Morphology
- Serum FSG, LH & Serum Testosterone

## Subjective parameters:

- *Lakshana of Ksheenashukra* mentioned in *samhitas*
- Sexual Health Parameters



# ASSESSMENT SCHEDULE

Assessment will be done on 0<sup>th</sup>, 30<sup>th</sup> and 45<sup>th</sup> Day

- 0<sup>th</sup> day – pre-test assessment of subjective parameters and Objective Parameters
- 30<sup>th</sup>day – post- test assessment - subjective parameters and Objective Parameters.
- 45<sup>th</sup>day – Follow up assessment - subjective parameters and Objective Parameters.

# Probable Research Outcomes

The oral administration of Vidaryadi Churna is effective in treating Ksheenashukra by significantly increasing sperm metrics, including count, motility and morphology, as well as hormonal parameters such as FSH, LH, and testosterone.

# References

Harita Samhita Tritiya Khanda Vajeekarana  
Adhyaya.

Harrison Internal Medicine

THANK

YOU

## GRADING SCALES (SUBJECTIVE PARAMETERS)

### *Medhravrishana Vedna* (Pain in the penis and scrotal region)

Sr.No.	Features	Score
1	Absence of any pain	0
2	Pain only during sexual activity	1
3	Mild pain otherwise and increases during sexual activity	2
4	Moderate or severe pain	3

### *Maithuna Ashakti* (Weakness in performing sexual activity)

Sr.No.	Features	Score
1	No weakness in performing sexual activity	0
2	Mild weakness in performing sexual activity (satisfaction unaffected)	1
3	Moderate weakness in performing sexual activity (satisfaction affected)	2
4	Severe weakness in performing sexual activity (unable to penetrate)	3

## GRADING SCALES (SUBJECTIVE PARAMETERS)

### *Chirat Praseka (Delayed Ejaculation)*

Sr.No.	Features	Score
1	Passage of <i>Shukra</i> unaffected	0
2	Mild delay in passage of <i>Shukra</i>	1
3	Moderate delay in passage of <i>Shukra</i>	2
4	Severe delay in passage of <i>Shukra</i>	3

### *Alpa Praseka (less amount of Shukra)*

Sr.No.	Features	Score
1	Semen amount $\geq 2$	0
2	Semen amount 1.5 – 1.9 ml	1
3	Semen amount 1.0 – 1.4 ml	2
4	Semen amount less than 0.9 ml	3

## GRADING SCALES (SUBJECTIVE PARAMETERS)

### *Chirat Praseka (Delayed Ejaculation)*

Sr.No.	Features	Score
1	No blood in <i>Shukra</i>	0
2	Occasionally blood in <i>Shukra</i>	1
3	Frequently blood in <i>Shukra</i>	2
4	Consistently blood in <i>Shukra</i>	3

### **Desire**

Sr.No.	Features	Score
1	Normal (Desire without any initiation from the partner)	0
2	Mild (Desire after the involvement of the partner)	1
3	Moderate (Desire after the involvement of the partner and can't maintain the desire further)	2
4	Severe (Lack of desire)	3

## GRADING SCALES (SUBJECTIVE PARAMETERS)

### Erection

Sr.No.	Features	Score
1	Normal (Maintain the erection till the end of the act)	0
2	Mild (unable to maintain erection during the act)	1
3	Moderate (Failure to do the insertion even though having erection)	2
4	Severe (No erection)	3

### Ejaculation

Sr.No.	Features	Score
1	Normal (Without any type of discomfort)	0
2	Mild (Pain and burning after ejaculation)	1
3	Moderate (Less ejaculation at the end of the act)	2
4	Severe (No ejaculation or blood mixed less ejaculate or premature ejaculation)	3



**GRADING SCALES (SUBJECTIVE  
PARAMETERS)**

**Orgasm**

Sr.No.	Features	Score
1	Normal (Orgasm attains at the end of the act with full satisfaction)	0
2	Mild (Attains orgasm just before the completion of the act)	1
3	Moderate (Attains the orgasm in the middle of the act)	2
4	Severe (Lack of Orgasm)	3

**Table 1: Botanical description and properties of each ingredient in VidaryadiYoga**

<b>Ingredients</b>	<b>VIDARIKANDA</b>	<b>GOKSHURA</b>	<b>MUSHAKARNI</b>	<b>AMALAKI</b>	<b>SAINDHAV</b>	<b>PIPPALI</b>
<b>Latin name</b>	<i>Pueraria tuberosa</i> DC.	<i>Tribulus terrestris</i> Linn.	<i>Ipomea reniformis</i> L.	<i>Embllica officinalis</i> Gaertn.	<i>Rock salt</i>	<i>Piper longum</i> Linn.
<b>Family</b>	Fabaceae	Zygophyllaceae	Convolvulaceae	Euphorbiaceae	-	Piperaceae
<b>Parts used</b>	Tuberous root	Whole Plant	Whole plant	Fruit	-	Fruit, Root
<b>Rasa</b>	<i>Madhura</i>	<i>Madhura</i>	<i>Katu, Tikta, Kashaya</i>	<i>Alavana Panchrasa</i>	<i>Lavana, Alpa madhura</i>	<i>Katu</i>
<b>Guna</b>	<i>Guru, Snigdha</i>	<i>Guru, Snigdha</i>	<i>Laghu, Ruksha, Teekshna</i>	<i>Guru, Ruksha, Sheeta</i>	<i>Laghu, Snigdha</i>	<i>Laghu, Snigdha, Teekshna</i>
<b>Veerya</b>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Ushna</i>
<b>Vipaka</b>	<i>Madhura</i>	<i>Madhura</i>	<i>Katu</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Madhura</i>
<b>Karma</b>	Brumhana, Vrushya, Svarya, Shukrala, Prajasthapana	Brumhana, Vrushya, Mootrala, Hridya, Prameha	Krimihara, Rasayana, Jwarahara	Vrushya, Rasayana, Hrudyta, Dahahara	Vrushya, Rochana, Deepana, Avidahi	Vrushya, Deepana, Rasayana, Pitta avirodhini
<b>Doshghnta</b>	<i>Vatapittashamaka</i>	<i>Tridosha shamaka</i>	<i>Kaphapitta shamaka</i>	<i>Tridosha shamaka esp pittashamaka</i>	<i>Tridosha shamaka</i>	<i>Vatakapha shamaka</i>
<b>Pharmacological actions</b>	Spasmolytic, hypoglycaemic, anti-inflammatory, antiimplantation	Diuretic, Hypotensive, CNS stimulant, anticonvulsant	Anti epileptic, Anti pyretic, Diuretic, Anti-inflammatory	Antimicrobial, Antioxidant, Antiulcer, Antibacterial	Anti-inflammatory, Carminative, Digestive stimulant, Antioxidant	Antioxidant, Immuno stimulant, Anti microbial