

Effectiveness of Shiva Gutika in Oligozoospermia – A Case Study

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Abstract – Stress and lifestyle disturbances are the most dominating issues faced by people in present scenario which leads to deteriorating health of individuals. Infertility is one of the consequences of these imbalances. Out of total cases of infertility 30%-40% account for male infertility. There are various anatomical and physiological reasons for male infertility and Oligozoospermia being the most common of all. Ayurveda has always proved itself to be miraculous in treating such health issues even in the present scenario and one such medicine from Ayurvedic classical literature is “Shiva Gutika”. The Gutika has been prepared pharmaceutically in standardised way as mentioned in Chakradutta. Shiva Gutika contains drugs having Rasayana and Vrishya properties and Shilajatu which is the main ingredient of Shiva Gutika is proven drug that works on improving and enhancing Shukra. The aim of the study was to compare effectiveness of the treatment in improving quality and quantity of Shukra. For which the study was carried out on 6 male patients for 60 days and effect was observed. Symptoms being Alpa Cheshta (Lack of Libido), Daurbalya (Fatigue) and Mukha Shosh (Dryness of mouth) and sperm count less than 15 million sperms/ml. The dose given was 500 mg BD with 500 ml of Luke warm milk after meals. After the completion of treatment the results were remarkable with subsidation of symptoms and notifiable rise in sperm count. It was then concluded that Shiva Gutika proved itself to be really effective in cases of Oligozoospermia and more rigorous studies are recommended for more elaboration.

Keywords: - Ksheen Shukra, Oligozoospermia, Shiva Gutika

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INTRODUCTION

Infertility is a health issue which not only impacts the physical health but also the mental as well as social health of individuals suffering from it. Male infertility is considered to be less complicated than female infertility, but can account for 30 -40% of infertility. Present era being the era of stress, disturbed lifestyle and improper eating habits has led to increased cases of male infertility. It has been found that despite of anatomical reasons low sperm count termed as Oligozoospermia has been a major issue in cases of male infertility. For many decades, sperm concentration of less than 20 million sperms/ml, were said to be Oligospermic but recently WHO has reassessed sperm count criteria and established a lower reference point, less than 15 million sperms/ml. Although there are numerous medicines mentioned in Classical texts that are Rasayan and Vajikarak in nature. One such distinguished medicine that is

highly significant in dealing with this issue i.e. Ksheen Shukra is Shiva Gutika. The efficacy can be estimated by presence of Shilajeet as the main ingredient and other ingredients like Trikatu, Vidarikand, and Bhawna of Dashmool Kwath, Balamool and other such ingredients make an ultimate combination. Shilajatu shares the maximum ratio in this combination which is proven drug for enhancing Shukra. Besides that it works multi-dimensionally in the body and treats various ailments like Prameh, Vata- Rakta, Udara Rog etc. It works on Jatharagni and Dhatwagni to break the Samprapti of Ksheen Shukra. Shiva Gutika has been mentioned in various texts, for present research work the pharmaceutical preparation has been done as per text mentioned in Chakradutta, Rasayan Adhyay¹. Six patients: - Patient A, B, C, D, E, F of Age 22 years, 25 years, 27 years, 29 years, 30 years, 38 years of age respectively with symptoms of Alpa Cheshta (Lack of Libido),

Daurbalya (Fatigue) and *Mukha Shosh*² (Dryness of mouth) were enrolled and administration of *Shiva Gutika* 500 mg BD with 50 ml of Luke warm milk after meals was carried out. It was observed that after 60 days of treatment patients experienced subsiding of symptoms as well as increase in their physical and mental well-being too. The result of the study was really significant with 60 – 70% of improvement in subjective and objective criteria's on an average. Patients also stated that they felt a remarkable improvement in their physical and mental health as well.

AIMS AND OBJECTIVES

The study aims at establishing the effect of *Shiva Gutika* in 6 patients of Oligozoospermia i.e. *Ksheen Shukra*.

Diagnostic Criteria

The patients were diagnosed on the basis of signs and symptoms like Lack of Libido, Fatigue and Pallor.

Examination

The General Condition of patient was observed, along with Clinical history, Pulse rate, Blood Pressure, etc.

Inclusion Criteria

1. Patients of Male sex with age between 21 to 50 years (Irrespective of marital status)
2. Patient with Oligozoospermia (*Ksheen Shukra*)(Sperm count < 20 million/ml)
3. Patient willing and able to participate for 2 months.

Exclusion Criteria

1. Patients with evidence of Malignancy.
2. Current history of Ischemic Heart Disease, Chronic Kidney Disease, Diabetes Mellitus, High Cholesterol and any other critical illness which may require hospitalization and critical care.
3. Patients take such as medicine which has anti oligozoospermia effect also.

Laboratory Investigations

Semen Analysis before and after treatment.

Methods

Single group open Clinical study

Assessment Criteria

Assessment was carried out on the basis of subjective (Lack of Libido, Fatigue and pallor before and after treatment) and objective criteria before and after treatment.

Treatment Protocol

- ☐ Dose – 500 mg *Shiva Gutika* 3 twice Daily
- ☐ Route of Administration: - oral
- ☐ Time of administration:- Twice a day after meal
- ☐ Anupana: - 50 ml Luke warm milk
- ☐ Duration of therapy: - 60 days (2 months)
- ☐ Follow-up:- every 15 days
- ☐ Diet advised: - take light diet, green vegetables, Milk, Butter, rice, Maize and wheat, seasonal fruits.
- ☐ Diet restricted: - Avoid spicy and oily food, packed foods, excessive non- veg, Alcohol.

DISCUSSION

Male Infertility is prevailing with a rise in percentage of cases every year. Not only affecting the physical health it decelerates mental and social well-being on an individual. To combat with this increasing health issue Ayurvedic literature offers a large number of medicines out of which *Shiva Gutika* has been chosen in this research so as to find its efficacy to deal with Oligozoospermia i.e. *Ksheen Shukra*. According to Butterworth's Medical Dictionary, Oligozoospermia defined as a condition in which too few spermatozoa are present in the semen. Whereas WHO 2010 Oligozoospermia as the condition where the sperm concentration is less than 15 million/ml of semen. Six male patients(Identity hidden) A, B, C, D, E, F of age 22 years, 25 years, 27 years, 29 years, 30 years, 38 years respectively with symptoms being *Alpa Cheshta* (Lack of Libido), *Daurbalya* (Fatigue) and *Mukha Shosh* (Dryness of mouth) and sperm count less than 20 million sperms/ml were enrolled for the study. On taking history of the patients it was revealed that a Stress and disturbed food habit was a part of their lifestyle.

Shiva Gutika is an esteemed and effective Ayurvedic medicine. It is used to treat multiple health issues. It is *Ojaskara*, *Varna Prasadana*, *Balya* and has eliminative properties like *Medohara*. The main ingredient of *Shiva Gutika*, *Shilajatu* is a proven drug as *Vrishya* and that works on enhancement of *Shukra Dhātu*.

As *Ksheen Shukra* is either *Dhatu Kshay Janya* or due to vitiation of *Tridoshas*, *Jatharagni Mandya*, Lodging of *Doshas* in *Medra* and *Vrishana*, *Shiva Gutika* helps in combating with *Dhatu Kshay* as it is *Brimhana*, *Balya* and *Rasayan* in nature helps in balancing *Tridoshas* and due to its *Lekhana Karma* helps in clearing the blocked channels. Milk is used as *Anupaan* as it adds to the effect of *Gutika*.

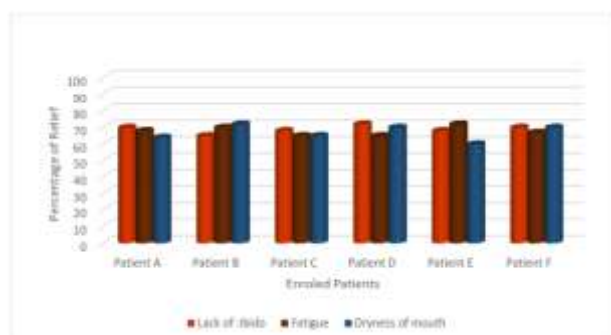
The assessment was made on the basis of conversation with the patients and laboratory investigations before and after the treatment. It was revealed that patients not only experienced subsidation of symptoms but were also experiencing better physical and mental health after following treatment protocol.

OBSERVATION

The observation was made on the basis of percentage of improvement in symptoms are shown in tabular and graphical presentation.

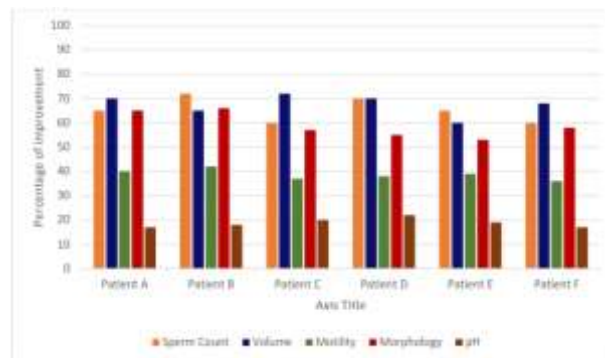
Relief in symptoms after 2 months of medication.

Patient	Alpa Cheshta (lack of libido)	Daurbalya (Fatigue)	Mukhshosh (dryness of mouth)
Patient A	70%	68%	64%
Patient B	65%	70%	72%
Patient C	68%	65%	65%
Patient D	72%	65%	70%
Patient E	68%	72%	60%
Patient F	70%	67%	70%



Improvement in objective criteria after treatment

Patient	Sperm Count	Volume	Motility	Morphology	pH
Patient A	65%	70%	40%	65%	17%
Patient b	72%	65%	42%	66%	18%
Patient C	60%	72%	37%	57%	20%
Patient D	70%	70%	38%	55%	22%
Patient E	65%	60%	39%	33%	19%
Patient F	60%	68%	36%	58%	17%



CONCLUSION

This open clinical study reveals the effect of *Shiva Gutika* on Oligozoospermia (*Ksheen Shukra*). The *Gutika* is prepared with standardised method mentioned in *Chakradutta*, which has added up to its excellent result on the patients. *Shiva Gutika* has proved itself highly effective in subsidation of symptoms but has also helped in boosting up the generalised health of the patients. Further detailed study and research needs to be carried out to find more facts about effect of *Shiva Gutika* on Oligozoospermia.

Data access and Responsibility

The corresponding author had full access to all of the data in the study and takes responsibility of for the integrity of data and the accuracy of the analysis.

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Conflict of Interest:-

There are no conflict of interest

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