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Lifestyle modification and male infertility; A review

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Abstract:

Modernization had added comfort to life's of people. But has a heavy cost on their health. Unlike females, male's reproductive power too has been affected by the same. Ever-changing life goals and rat race to achieve it had increased the due pace of life. Physical as well as mental exertion at work places had led to drastic change in one's lifestyle. Inability to conceive a child with female partner with unprotected sex for more than one year is termed as male infertility. In this scenario, there are many factors which are responsible for this condition. But, lifestyle modification has a major impact on all these factors and correction in it with following Ayurvedic principles and with selective herbal medication can address this issue in a holistic way.

Keywords: *Ayurvedic principles, lifestyle modifications, male infertility*

Introduction:

Ayurveda had stated the wellness of body and mind to be of prime importance for having a healthy life. Today the quality of life is wrongly taken as the earned standard of life. The rat race to achieve this had led to number of issues in all aspects of life. Fundamental urge of human to procreate his progeny is also sidelined in this quest. Unfit physical as well as mental state had resulted in the inability to conceive a child in every other couple. There are many factors which causes infertility in the couples. Besides female counterpart, male patients are found to be equally responsible for infertility in many of the cases. As there is a generation change in both the sexes, male and female, the workaholic culture had creped in and now is the part of normal life in most of the families. The never-ending targets, shift duty work pattern, backend outsourcing for abroad

delegates – causing night working hours as daily working routine, increasing stress to accomplish the worldly things had huge impact of male reproductive health.

Corresponding to the causative factors, the sign and symptoms along with investigations vary in number. A brief overview of male infertility, its causative factors, signs, symptoms and lifestyle corrective measures along with Ayurvedic formulations to be used are discussed in this study.

Male infertility:

Infertility is the inability of a couple to conceive a child even after a healthy and unprotected sexual relationship for one year or more. Many a times male is responsible to cause this issue. Male infertility is mainly caused due to abnormalities related to sperm. This may be enlisted as, impaired sperm production (including heat generation at the parts), hormonal imbalance, defects in sperm transportation, ejaculatory issues, tumors or vericocele etc. in short this may sum up to, Systemic defects, Coital defects, Sperm defects and pathological conditions.

Infertility in Ayurveda:

In Ayurveda it is stated as *Shandhatva*. It is inability to deliver a progeny with a female partner. *Acharya Charaka* had mentioned it under *ShukraDosha* and *Klaibya*. In thirtiethchapter of *ChikitsaSthana* of *Charaka Samhita*, *Acharya* states eight types of *ShurkraDosha* and four types of *Klaibya*. This can be understood in brief as follows;

ShukraDosha

ShukraDosha	Observation	Doshavitiation
<i>Fenil</i>	Foam forming	<i>VataDosha</i>
<i>Tanu</i>	Low viscous	<i>Vata, Pitta Dosha</i>
<i>Ruksha</i>	Low in fluid medium	<i>VataDosha</i>
<i>Vivarna</i>	Colour variation	<i>Pitta Dosha</i>
<i>Pooti</i>	Foul smelling	<i>Pitta Dosha</i>
<i>Pichilla</i>	Sticky	<i>KaphaDosha</i>
<i>Anya DhatuMishrit</i>	Presenting along with other body fluids like blood	<i>Tridosha</i>
<i>Avsada</i>	Body mind energy drain	<i>Tridosha</i>

Klaibya

Type	Observation
<i>Beejopghata</i>	Defective production of <i>Beej</i> – Sperm
<i>Dhwajbhang</i>	flaccidity in muscles of penis
<i>Vrudhavastha</i>	Due to old age
<i>Kshayaj</i>	Excessive coital defect

Hetu – causative factors:

As mentioned by *Acharya Charaka*, the causative factors include, improper dietary habits, unnatural sexual practices, hot chilly spicy food intake, stress, worry, anger etc. by studying this factors thoroughly we can correlate it with faulty lifestyle followed by majority of male patients.

Management of infertility according to Ayurveda

The management depends on above mentioned causative factors as well as the type i.e. *SukraDosh* or *Klaibya*. It comprehends the treatment as it works on rectification of lifestyle and addresses physical and mental issue too. The brief account of treatment regime to be followed can be enlisted as follows;

Treatment	Implementation
<i>Deepen Pachana</i>	Firstly <i>Agni Chikitsa</i> is undertaken with help of <i>DeepanPachan</i> drugs
<i>Shodhana</i>	Implementation of <i>Panchakarma</i> according to <i>Prakriti</i> , <i>Desha</i> and <i>Vyadhi</i>
<i>AharVihar</i>	Nutritive and timely fresh food is advisable along with proper code of conduct i.e. <i>Acharrasayana</i>
<i>Vyayam</i>	Moderate exercise
<i>Dinacharya and Rutucharya</i>	Following daily routine and seasonal routine for balancing of <i>Dosha</i>
<i>SutiVastra</i>	Use of cotton light and hygienic cozy innerwear
Posture correction	Long sitting jobs are to be tackled with various exercise modes to be implemented and keeping cool temperature of reproductive parts

The Ayurveda classics had mentioned number of herbs and herbo mineral preparations which had wide applicability in male infertility. The contemporary and easy to implement drug forms and useful dosage are enlisted here as follows;

Type	Treatment	Action
<i>SukraDosh</i>	<ol style="list-style-type: none"> 1. Use of <i>VajikaranYoga</i> 2. <i>RaktapittanashakYog</i> 3. Drugs used in <i>Yonivyapad</i> according to <i>Dosha</i> 4. <i>JeevaniyaGhrut</i> 5. <i>ChawanprashAvleha</i> 6. <i>Shilajit</i> 	<ol style="list-style-type: none"> 1. Increase semen volume 2. Increase sperm count 3. Increase active sperm percentage 4. Maintain healthy sperm motility 5. Reduces infection in

	7. Use of <i>Ghrut, Dugdha, Shali, Godhoom, Mamsras</i> are to be done in daily diet 8. <i>BastiChikitsa</i>	seminal fluids
<i>Klaibya</i>	1. <i>Shodhankriya – SasnehaVirechanaPanchakarma</i> 2. <i>Raktamokshanand Basti</i> 3. <i>VranChikitsa</i> 4. Use of <i>Ghrut – Dugdha</i>	1. Helps in erectile dysfunction 2. Improves libido 3. Rejuvenates body mind and helps to establish healthy relations
Herbs	<i>Lashuna, Ashwagandha, Kapikachu, Shatavari, Musali, Gokshura</i>	Increased body mind stamina
Herbal formulations	<i>ChawanprashRasyayana, AmlikiRasayana, TriphalaRasayana, BhalatakaRasayana, PippaliRasayana, NarsimhaRasayana</i>	Comprehensive approach to physical and mental reproductive health
Herbo mineral formulations	<i>MakardhwajRasayana, Purnachandrodaya, TrivangaBhasma, MuktaPishti, AbhrakaBhasma, SuvarnarajVangeshwarras</i>	Potent and fast acting mineral origin formulations for both SukraDosha and Klaibya

Inference:

Holistic approach to treat the underlying condition is the beauty of Ayurveda. Here the infertility in male which is an important factor in healthy couples and ultimately the society can effectively addressed by inculcating above mentioned treatment regime.

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