



International Journal of Multidisciplinary Research and Growth Evaluation.

A conceptual study on role of *Masha Paayasa* in *Ksheena Shukra*

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Article Info

ISSN (online): 2582-7138

Impact Factor: 5.307 (SJIF)

Volume: 04

Issue: 06

November-December 2023

Received: 03-10-2023;

Accepted: 04-11-2023

Page No: 878-880

Abstract

Infertility is a problem of global proportion affecting an average of 8%–12% of couples worldwide¹. Among the present data, also a male factor is solely liable for infertility in approximately 20% and contributory in another 30-40% of couples; intrinsically, a male factor is implicated in additional than 50% of couples seeking out for conception². In present study one such formulation *Masha paayasa*³ (trial drug) has been mentioned by Acharaya *Chakrapani in Chakradutta* is taken to assess its efficacy in *Ksheenshukra w.s.r to Oligospermia*.

Keywords: Ksheena shukra, infertility, Ayurveda, Shukravaha

Introduction

Infertility is defined as the failure of a couple to achieve a clinical pregnancy with regular unprotected sexual intercourse after 12 months or more. Low sperm count (oligospermia) is one of the main causes of male infertility and is correlated with *Ksheena shukra*. *Dushti of shukravaha srota*, decreases the production of *shukra dhatu* leads to *Ksheena shukra*. Ayurveda also explained in detail about infertility, its cause's pathophysiology, and treatment under the umbrella of *Vajikarana* Aphrodisiac, one of the branches of Ayurveda. In Ayurveda various terms related to infertility are explained like *Klaibya*, *Napunsaka*, and *Shanda* which are indicative of impotency and the conditions like *Shukra Dosh*, *Shukra Doshja Klaibya*, *Alparetasa*, and *Kshinaretasa* can be related terms with infertility.

Disease Review

Charaka Samhita: In *Charaka samhita*, charaka has described Shukra Dhatu Kshaya lakshanas in Sutra Sthana (*Cha.Su.17/69*). He has mentioned the general *chikitsa for Shukra Dhatu Kshaya in Sharira Sthana (Cha.Sha.6/11)*. He has indicated *nidan* of *Shukra Kshaya in Vajikarana Adhya (Cha.Chi 4/43)*.

Sushruta Samhita

Sushruta has accounted vitiation of *vyana vayu and apana vayu* for the *sukra dosha (Su.Ni.1/20)*. The symptoms of *shukra kshaya* is explained well in *sutra sathan (Su.Su.15/13)*. In *Chikitsa Sathana*, *Vajikarana Adhya* he has given the use of *vajikarana for the Shukra Kshaya*.

Astangh Sangraha

Ksheena Shukra lakshanas and *Chikitsa* have been described in *Sutrasthana. (A.S.Su.19/10)*. *Kshina Shukra* lakshanas have been mentioned in *Sutrasthana*.

(A.H. Su 11/20). Ksheena Shukra is also mentioned in reference to its treatment (A.H.Sha.1/15). (A.H.Sha.1/10-11). Various Vajikara yogas have been mentioned in Uttarsthana. (A.H. Ut 40).

Madhava Nidana

In Parishista Adhaya, Madhavakara describes eight types of shukra doshas and suddha shukra lakshanas. (Ma. Ni. Pa. Shukradosha nidana).

Sharangadhara Samhita

Ksheena shukra occurs due to Vata dosha is described. (Sha. Pu. 169-170). Sharangadhara has indicated the particular definition along with the appropriate examples of Vajikara, Shukrala, Shukra-Utpadaka, Shukra-Pravartaka, Shukra-Rechak, Shukra-Stambhak and Shukra-Shoshana drugs. (Sha. Pu. 14-17).

Chakradatta

Vrishya drugs has been classified into three groups:- Shukra-Sritikara, Shukra-Vriddhikara and Shukra-Sriti-Vriddhikara and many Vajikaran recipes are mentioned. One of them vrishyarthamasha paayasa.

Bhavaprakasha

In Bhavaprakasha, Shukra kshaya lakshanas and have been described along with proper examples of Vajikarna, Shukrala, Virya Janaka, Virya-Pravartaka. (Bha.Pu. 220-223). Vajikarana adhyaya has been mentioned separately in Uttara khanda.

Bhaishajya Ratnavali

In Bhaishajya Ratnavali, the reference related to Shukrameha, Vajikarana, Klaibya etc. have been mentioned in various adhikaras. In Vajikarana adhikara various formulations like Mashadwidal ksheera paka, etc. are given for the treatment of Shukra Kshaya.

Yogaratanakara

Importance of Shukra, various Vajikaran yogas and dietary articles have been described in the management of Kshina Shukra.

Nidana of Ksheena Shukra

Acc to cha.chi.30/136-39

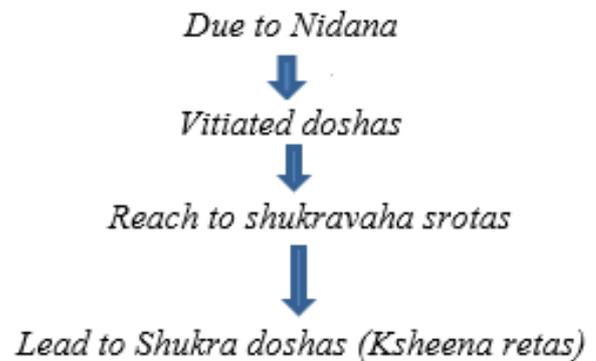
Aharaja-Asatmya ahara sevana, Ati ushna, Tikta, Ruksha, Kashaya, Lavana, Amla dravyas
Viharaja- Ativyayama, Ativyavaya
Manasika-Chinta, Shoka, Bhaya, Krodha

Vyadhi karshana janya- DM, Erectile dysfunction

Lakshana of Ksheena Shukra

- It can be classified into Sarvadehagata like Daurbalya, Bharna, Panduta, Sandhishula, Sadana, Shosha, Shrama.
- Sthanika Lakshna like Mukha Shosha, Timira Darshana, Medhra Vedana, Vrishana Vedana, Medhra Dhumayana, Vrishana Dhumayana,
- Manasika lakshana include Stridvesha,
- Maithungata Lakshnas are Klaibya, Acheshta, Maithune Ashakti, Shukragata,
- Shukra Lakshana are i.e Avisarga, Chirat Praseka, Alpa-Raktayukta, Majjamishrita Shukra Pravritti.

Samprapti



Samprapti Ghatak

Dosha: Tridosha especially Vata, Pitta

Dhatu: Rasa, Shukra

Srotas: Rasavaha, Shukravaha

Agni: Jataragni, Dhatwagni

Ama: Jataragnimandyajanya, Datwagnimandyajanya

Srotodushti: Sanga

Udbhavasthana: Amashaya

Adhishtana: Medra, Vrishana

Vyakthasthana: Shukra, Vrishana, Medra

Rogamarga: Madhyama

Vyadhiswabhava: Chirakari

Drug Review

The drug under consideration masha payaasa has been taken from Chakradatta^[3]

- Masha (*Phaseolus mungo* Linn)^[4]
- Dugdha^[5]
- Ghee

Properties of Drugs

Table 1

DRUGS	RASA	GUNA	VIRYA	VIPAKA	KARMA
Masha (<i>Phaseolus mungo</i> linn)	madhura	guru, snigdha	ushna	madhura	Vatahara, pittakaphakara, and have Balya (strengthening), brumhana (bulk promoting) vrushya (aphrodisiac) actions.
Ghee	Madhura	Snigdha, sara mridu	Sheeta	Madhura	Balya, ojas, shukral
Dugdha	madhura	mridu, snigdha	sheeta	madhura	Ojovridhikara, vrishya, balvardhak, rasayana as well as Jeevaniya

Discussion

Probable action of *Masha paayasa on Ksheena Shukr*

The chief ingredients of Masha paayasa are Masha, dugdha, ghrita

▪ *Masha*

Masha having Madhura Rasa and Madhura Vipaka which shows the properties of Santarpanakara, Balapravartaka, and Shukrapravahkara.

▪ *Dugdha*

Dugdha which has used in the preparation of this formulation, having Madhura Rasa and Madhura Vipaka and Rasayana, Balya and Medhya properties. Probably synergic effect of all these drugs may lead to stimulant effect, mainly on endocrine glands. This shows affect on testis as well as accessory sex glands result in improved the qualities and quantity of Semen. Due to the Vrishya properties of the drug it will also show immunomodulatory effects and help to increase the strength of the body and also have effect on stress as well as on anxiety.

▪ *Ghrita*

Ghrita having Madhura Rasa and Madhura Vipaka which shows the properties of Balya, shukrala.

Conclusion

Infertility is a burning problem of society mainly male infertility, if we have proper knowledge of cause, diagnostic tools for early diagnosis and have proper management can cure the patient and couple can achieve parenthood. Ayurveda is better choice for the infertile patients.

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