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**THE EFFECTIVENESS OF TRADITIONAL MEDICINE MAHUA
(*Madhuka indica*) IN MALE INFERTILITY – A CASE STUDY**

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ABSTRACT

Ayurveda is a traditional system of medicine which is native to India and now its popularity have gained acceptance as a global medical science. The world is shifting to herbal remedies which is considered to be safe and effective. Reproductive Medicine is a branch of medicine which deals with disorders of male and female sexual disorders and infertility. Ayurveda has dealt this system of medicine and termed as *Vajikaran Chikitsa*. Many herbal and herbo-mineral medicines

have been quoted in the ancient texts. *Madhuka* or Mahua is a Indian origin tree and its flowers are said to have aphrodisiac properties with plenty of medicinal and nutritional values which improves general health and vigor. **Aim** -This article aims to explore the qualities of *Madhukapushpavati* and its applicability in improving Seminal parameters in Oligospermia. **Observation & Results**– The medicinal and nutritional qualities of *Madhukapushpavati* expresses as an aphrodisiac and improves seminal parameters.

Keywords – Oligospermia, Ayurveda, *Vajikaran* , *Madhuka indica*, Semen parameters

INTRODUCTION

World Health Organization defines sexual health as ‘A state of physical, emotional , mental and social well being in relation to sexuality , it is not merely the absence of disease, dysfunction or infirmity.’¹ Many enjoy good sexual health throughout their life but some of the population do suffer from sexual dysfunction which affects their social well being. Male and Female are equally prone to diseases affecting their sexual health. According to WHO 2010 criteria, 60-80 million infertile couples are found worldwide while in India 10-15% in the productive age group are infertile in which 25% are male. Except for some physical defects Oligospermia (Low sperm count) is responsible for Male Infertility in more than 90% of cases.²Undoubtedly fertility and reproduction becomes an essential necessity for continuation of Human race. Oligospermia can be co related with *Shukra Kshaya* or *Ksheena Shukra* in Ayurveda which is caused due to the vitiation of *vata*

and *pitta dosha*.³*Vajikaranchikitsa* in Ayurveda prescribes many herbal medicines which improves the quality and quantity of semen as well as improves sexual pleasure during coitus. Madhukaie. *Madhuka Indica* is a herbal medicine which is less explored as a aphrodisiac which improves the sexual health and cures sexual dysfunctions. Thus the flowers of *Madhuka* were taken for trial in the form of vati (tablet) in treating a case of Oligospermia.

Aim – To explore the qualities of *Madhukapushpavati (tablet)* and its applicability in improving Seminal parameters in Oligospermia.

Material & Methods -

- Preparation of *Madhukapushpavati-Madhukapushpa* was procured from udupi, Karnataka and authenticated from SDM Centre for Research in Ayurveda and Allied Sciences. *Madhukapushpavati* was prepared in S.D.M College of Ayurveda

pharmacy (G.M.P. certified) , Udupi-Karnataka.

- Source of patient – Patient was registered at Dr. D.Y. Patil College of Ayurved& Research Centre, Pimpri-Pune

Inclusion Criteria

1. Patient diagnosed with Oligospermia was selected.
2. Male patient of age ranging from 21-40yrs
3. Mild and Moderate oligospermia i.e. spermcount 5mill/m lto 15mill/ml.

Exclusion Criteria

1. Severe oligospermia i.e.

Spermcount < 5 million/ml

2. Patient with Azoospermia and Aspermia
3. Genetic Defects like Klinefelters Syndrome
4. Patients with disease like varicocele, Accessory sex gland infection, Sexually transmitted diseases, systemic diseases like D.M. etc.

Drug Details –

MADHUKA-

- “*Madhukapushpammadhuramshe etalamgurubhrimhanam | Balashukrakarproktamvatapittavi nashanam ||*” *BhavPrakash.*



PART USED : Flowers

DOSHA KARMA : *Vata- Pittashamaka*

GUNA KARMA : *Madhura, Sheeta,*

Guru, Brimhana, BalaShukrakar

Case Report –

A 25 year old male patient with normal BMI parameters reported with complain of inability to impregnate his fertile wife even after two years of married life with frequent unprotected sexual intercourse. He had no other related abnormalities of sexual

function. He had no history of addictions, no past history of any surgery nor any major illness. His wife was also said to be normal with normal parameters on investigation. He was advised with semen analysis which reported with Oligospermia. The sperm count was 10 million/ml out of which 0 % were highly motile and 25% sperms were sluggishly motile while 37% were immotile. Sperm morphology showed short tail forms with final Impression as Oligospermia with asthenospermia.

He was prescribed with *Madhuka Pushpavati* in a dose of 3 gm twice daily before food for 3 months. The semen analysis was done after three months which showed encouraging results. The sperm count was 50 million/ml out of which 10% were highly motile, 25% sluggish motile and 32% were immotile. Sperm morphology had no abnormal forms. Table no 1 depicts the Semen Analysis report before and after treatment.

Table 1: Assessment of Semen Analysis Report Before & After Treatment –

Semen Analysis Report	0 day (B.T.)	90 th day(A.T.)
Sample Collection	Lab Collection	Lab Collection
Abstinence	3 days	3 days
Physical Examination		
Volume	1.5	1.5
Colour	Opaque white	Opaque white
Viscosity	Viscous	Viscous
Liquefaction time	35	30
Chemical Examination		
Reaction PH	Alkaline	Alkaline
Fructose	Present	Present
Microscopic Examination		
Sperm Count	10 mil	50 mil
Motile Sperms	40 %	70 %
Grade IV	00 %	10 %
Grade III	25 %	25 %
Grade II	38 %	23 %
Grade I	37 %	32 %
Pus cells	00	00
Spermatids	Occasional	2-4 /hpf
Sperm Morphology	Short tail Form	-

RESULTS

The results of the study showed that there was marked improvement in the seminal parameters of the patient after consuming *Madhukapushpavati* for 3 months duration

with a dosage of 3gms twice daily. There was significant improvement in the sperm count as well as it improved the motility percentage of the sperms. Total sperm count increased from 10 million/ml to 50 million/ml. Motile

sperms improved from 40% which was before treatment to 70% after treatment. Before treatment Highly motile ie. Grade IV sperms were 0% and after treatment showed 10% improvement.

CONCLUSION

Oligospermia is a disease associated with male reproductive system . In Ayurveda it is associated with *Ksheenashukra* or *Shukra Kshaya* where in the quality and quantity of the semen is impaired. *Madhuka* in the classics have been mentioned as *Brimhana*, *shukrakrauta*, *veeryapushtivardhana* which pacifies the *vata* and *pitta dosha*.⁴*Madhukapushpa* has *madhura rasa* with qualities of *sheeta*, *snigdha*, *guru*, *pichila* which remarks same with the *panchabhautika* qualities of *Shukradhatu* (semen). Thus having similar qualities in nature the treatment with *Madhukapushpavati* showed good improvement in seminal parameters and it can be a drug of choice for treating cases with seminal impairment and sexual dysfunction.

Acknowledgement –Parul University, Parul Institute of Ayurved, Vadodara – Gujrat & Dr. D. Y Patil Vidyapeeth (Deemed to be University), Pimpri –Pune -18

Conflict of Interest – None.

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Reports Attached – Before & After Treatment Semen analysis report

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