



African Journal of Biological Sciences

Journal homepage: <http://www.afjbs.com>



Research Paper

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Efficacy of Mustadi Yapan Basti in the Management of Oligozoospermia: A Case Study

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Volume 6, Issue 9, May 2024

Received: 12 March 2024

Accepted: 02 April 2024

Published: 28 April 2024

doi: [10.48047/AFJBS.6.9.2024.5350-5354](https://doi.org/10.48047/AFJBS.6.9.2024.5350-5354)

Abstract:

This research paper explores the effectiveness of Mustadi Yapan Basti, an Ayurvedic therapeutic intervention, in managing Oligozoospermia - a condition characterized by low sperm count. The study involved a 35-year-old married male patient who had been trying to conceive for eight years without success. The patient had no significant health issues or genital deformities and exhibited normal erection. Semen analysis revealed Oligozoospermia, and as a result, Mustadi Yapan Basti was administered for sixteen days, followed by a 14-day follow-up period. The results showed a significant improvement in sperm count, motility, and other semen parameters after the treatment.

Keywords: Mustadi Yapan Basti, Ayurvedic therapeutic intervention, Oligozoospermia, low sperm count.

Introduction:

Oligozoospermia is a condition where a man has a low sperm count, which can lead to infertility. Ayurveda, an ancient Indian medical system, has various treatments for reproductive health issues. One of these treatments is Mustadi Yapan Basti, a traditional Ayurvedic therapy that can potentially manage Oligozoospermia.

The term 'yapana' refers to sustaining or maintaining. 'Yapana basti' is a type of therapeutic enema (basti) that is specifically designed to sustain life. It is recommended for chronic and critical conditions such as urolithiasis (ashmari), insanity (unmada), obstinate urinary diseases (prameha), abdominal distension (adhmana), and vatarakta.¹ Yapana basti is mainly used in diseases of shukra and asthi dhatu like infertility and lumbar spondylosis to provide instant nourishment and strength.

Yapana basti is a mild treatment that results in both purification (shodhana) and nourishment (brimhana) simultaneously. It is used to treat diseases related to mamsa, asthi, and majjagat dhatu. Yapana basti can be administered to a healthy individual as well. Only a single administration of yapana basti is given, and its retention time is longer than that of niruha.²

In a clinical study, the effect of yapana basti and akarakarabhadi yoga was assessed in cases of shukragata vata. The patients treated with protocol of yapana basti and akarkarbhadi yoga showed considerable improvement (55.35%) in premature ejaculation.³ The effect of Yapana Basti was also assessed for Shukra Dushti. The patient treated with the Yapana Basti and Vajikarana Yoga protocol showed considerable improvement in semen volume (32%), sperm viability (14.6%), and sperm count (42.58%).⁴ The Yapana Basti was also found helpful in cases of Vandhyatva. The patient treated with the Brihtyadi Yapana Basti and Shivalingi Beej Churna protocol showed a considerable improvement in ovulation (80%) and follicular size.⁵

Objective:

To evaluate the effectiveness of Mustadi Yapan Basti in treating Oligozoospermia by analyzing changes in sperm count, sperm motility, semen volume, semen pH, and abnormal sperm count.

Methods:

A male aged 35, who had been married for eight years without successful conception, was chosen for the study. Semen analysis showed Oligozoospermia and the patient was given Mustadi Yapan Basti treatment for ten days, followed by a 30-day follow-up period. The

treatment's impact was measured by analyzing objective parameters, including sperm count, motility, and other semen characteristics, before and after the treatment.

Patient Profile:

Age: 35 years old

Gender- Male

Socioeconomic Status- Lowe Middle Class

Marital Status: Married for eight years

Medical Condition: Oligozoospermia (low sperm count), a condition associated with male infertility.

Duration of Infertility: The patient had experienced eight years of unsuccessful conception, indicating a prolonged period of fertility concerns.

Baseline Sperm Parameters: The initial semen analysis of the patient revealed a sperm count of 3 million/ml and 10% rapidly progressive motility, indicating a significant impairment in reproductive health.

Treatment History: The patient had not successfully conceived despite being married for eight years, suggesting a lack of success with conventional fertility treatments.

Preparation of Basti:

Ingredients:

1. **Mustadi Siddha Ksheer (Medicated Milk):** 400 ml
2. **Individual Ingredients:**
 - Musta: 1 pal = 40 gm
 - Ushir: 1 pal = 40 gm
 - Bala: 1 pal = 40 gm
 - Aragvadh: 1 pal = 40 gm
 - Kutaki: 1 pal = 40 gm
 - Trayamana: 1 pal = 40 gm
 - Punarnarva: 1 pal = 40 gm
 - Bibhitak: 1 pal = 40 gm
 - Guduchi: 1 pal = 40 gm
 - Laghupanchamul: 5 pal = 200 gm
3. **Kalk (Paste):** 80 gm
4. **Powders** (Shatapushpa, Yashti, Yandrayav, Rasanjan, Priyangu)
5. **Other Ingredients:**
 - Madhu (Honey): 110 ml
 - Saindhav (Rock Salt): 10 gm
 - Ghrit (Clarified Butter): 120 ml
 - Mansaras: 240 ml

Total Volume of Mustadiyapan Basti Mixture: 960 ml

Procedure:

1. Mustadi Siddha Ksheer was prepared by combining 400 ml of medicated milk.
2. The specified quantities of individual ingredients such as Musta, Ushir, Bala, Aragvadh, Kutaki, Trayamana, Punarnarva, Bibhitak, Guduchi, and Laghupanchamul were mixed after measuring accurately.
3. The calculated amount of Kalk (paste) was added to the mixture.
4. Powders of Shatapushpa, Yashti, Yandrayav, Rasanjan, and Priyangu were added.
5. Honey (Madhu), rock salt (Saindhav), clarified butter (Ghrit), and Mansaras into the concoction was integrated.
6. Thorough mixing to create the final Mustadiyapan Basti with a total volume of 960 ml was ensured.

This medicated preparation is used for basti (enema) therapy. It has various therapeutic effects such as increasing sperm, muscle strength, and curing several ailments like cough, pain, fever, hernia, dysuria, erysipelas, piles, and urinary disorders. It also promotes strength and rejuvenates the body.⁶

Sr No	Particular	Treatment and Follow Up
1	Intervention	Mustadi Yapan Basti
2	Duration	16 Days
3	Follow up	14 days after completion of basti
4	Total Duration	30 days

Results:

The patient initially had a sperm count of 3 million/ml and 10% rapidly progressive motility. However, after undergoing Mustadi Yapan Basti treatment, there was a significant increase in the total sperm count to 27 million/ml, with an improvement in sperm motility from 10% to 20%. Additionally, semen viscosity returned to normal levels, indicating positive changes in reproductive health.

Discussion:

The Ayurvedic therapy of Yapan Basti is focused on sustaining and maintaining life, primarily for chronic and critical conditions related to Shukra and asthi dhatu. It is a mild yet effective therapy that simultaneously provides purification and nourishment. Clinical studies mentioned in the paper have shown positive effects of Yapan Basti in cases of premature ejaculation, Shukra Dushti, and Vandhyatva, which confirms its potential in managing various reproductive health issues. The preparation of Mustadi Yapan Basti involves a combination of medicated milk, individual ingredients like Musta, Ushir, Bala, and various powders and other ingredients. The mixture is designed for enema therapy and is claimed to have therapeutic effects such as increasing sperm count and muscle strength and addressing various ailments. Mustadi Yapan Basti when given, absorbed through the gut channel. The active ingredients of Mustadi Yapan basti being Vrashya property helps in the production of Sperm also being antioxidant in nature nurture the Shukravahastrotas and helps for its normal functioning. Basti works in This study on

the patient with Oligozoospermia is noteworthy as it indicates a substantial increase in sperm count and motility after the Mustadi Yapan Basti treatment. This outcome suggests that Ayurvedic interventions, specifically Yapan Basti, could be a promising approach to managing male infertility associated with low sperm count.

Conclusion:

A patient with Oligozoospermia showed significant improvement in sperm count and motility after receiving Mustadi Yapan Basti treatment. This Ayurvedic intervention could be a promising approach to manage male infertility caused by low sperm count. Yapan basti helps clear channels, lubricates, nourishes, strengthens and helps with vata regulation. It can be a radical therapy. However, further research and larger-scale studies are required to validate these results and investigate the underlying mechanisms of action.

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