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### Review Article

## PANCHAKARMA INTERVENTION IN SHUKRA DUSHTI: A REVIEW ARTICLE

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### ABSTRACT

*Shukradushti* refers to the pathological alteration in the quality and quantity of *Shukra Dhatu*, resulting in various reproductive dysfunctions. *Panchakarma* therapy plays a significant role in eliminating vitiated doshas, restoring tissue metabolism, and improving the reproductive system.

Male factor contributes to nearly 40–50% of infertility cases, and a significant proportion is related to qualitative and quantitative abnormalities in semen, which can be correlated with *Shukra Dushti* described in Ayurveda. Classical texts advocate *Shodhana* (purificatory) measures prior to *Vajikarana* therapy in *Shukra Dushti*, with special emphasis on *Panchakarma* procedures such as *Virechana*, *Basti*, *Nasya* and *Uttarbasti*. Recent clinical studies and case reports indicate that *Panchakarma*, alone or along with *Shamana* and *Rasayana* therapies, can improve sperm count, motility and morphology, as well as associated systemic complaints, in conditions like *Ksheena Shukra*, *oligozoospermia*, *asthenozoospermia*, *necrozoospermia* and *pyospermia*. This review summarises classical concepts of *Shukra Dushti*, its etiopathogenesis, the rationale of *Panchakarma* interventions, and available clinical evidence.

**KEYWORDS:** *Shukra Dushti*, *Ksheena Shukra*, male infertility, *Panchakarma*, *Virechana*, *Basti*, *Uttarbasti*, *Vajikarana*.

### INTRODUCTION

Ayurveda, the ancient Indian science of life and well-being, *Ayurveda* considers *Shukra Dhatu* as the seventh and most refined dhatu responsible for reproduction, vitality, mental strength, and longevity. A healthy *Shukra Dhatu* is essential for fertility, libido, enthusiasm, and emotional stability. Disturbances in *Shukra Dhatu* result

in *Shukradushti*, leading to infertility, decreased libido, erectile dysfunction, premature ejaculation, and poor sperm quality.

Infertility is defined as the inability to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse. Approximately 30–40% of cases are attributed to male factor alone, and another proportion to combined male and female factors. Modern management of male infertility includes hormonal therapy, antioxidant supplementation, and assisted reproductive techniques, which are expensive and carry limitations in accessibility and success rate. *Ayurveda* offers a holistic approach through *Nidana Parivarjana*, lifestyle modification, *Panchakarma* (*Shodhana*), *Vajikarana* and *Rasayana* therapy. *Panchakarma* is considered central to correct the underlying *Dosha* and *Strotas* pathology before administering specific *Vrushya* and *Vajikarana* drugs. This article reviews the role of *Panchakarma* interventions in *Shukra Dushti*.

### Literature Review:

Concept of *Shukra* and *Shukra Dushti* in *Ayurveda*-

*Shukra Dhatu* of *Shukra Dushti* *Saptadhatu Siddhanta* is one of the basic *Siddhanta in ayurveda* and *Shukra* is 7th *Shukra* is terminal *dhatu* in the *dhatupakriya*<sup>[1]</sup>, representing the essence of all preceding tissues and responsible for reproduction, sexual vigor, mental stability and *Ojas* support. It is nourished via a sequential process from *Rasa* to *Majja Dhatu*; hence systemic health strongly influences semen quality.

*Acharya Charaka* has explained *Shukrapradoshaja roga*- infertility, impotence, decreased or absent libido, birth of an impotent, unhealthy offspring, etc<sup>[2]</sup> *Charakacharya* explained the eight *doshas of Shukra* – *Fenil*(frothy), *Tanu*(thin), *Ruksh*(dry), *Vivarna*(discoloured), *Puti*(foulsmelling), *Picchil*(sticky), *Any dhatu upasrushta* (morbid), *Avsaadi*.<sup>[3]</sup> *Acharya Sushruta* describes eight types of *Shukra Dushti*: *Vataja*, *Pittaja*, *Kaphaja*, *Granthibhuta*, *Puti-puyanibha*, *Ksheena*, *Mutra-purisha-gandhi* and *Avasadi*.<sup>[4]</sup> Clinically, these manifest as changes in semen volume, consistency, colour, smell, presence of pus, reduced count, motility and ejaculation problems.

*Shukradushti* mentioned in the classical texts:<sup>[5]</sup>

1. *Vataja Shukradushti* – low sperm count, erectile dysfunction, premature ejaculation
2. *Pittaja Shukradushti* – yellowish discoloration, burning sensation, increased heat
3. *Kaphaja Shukradushti* – thick semen, low motility, viscosity
4. *Kshina Shukra* – very low quantity of semen
5. *Shukra Mootravat* – semen mixed with urine
6. *Shukra Raktavat* – blood mixed with semen
7. *Ati-Shukra* – excessive discharge without proper stimulation

*Ksheena Shukra* is characterised by decreased quantity and quality of semen along with systemic symptoms like fatigue, body ache, pallor and decreased libido, and is generally considered *Vata-Pitta* predominant with *Shukravaha Srotodushti*.

## Modern Correlation

*Shukradushti* can be correlated with:

Oligospermia – reduced sperm count

Teratospermia – abnormal morphology

Asthenozoospermia – reduced motility Erectile dysfunction

Chronic prostatitis Male infertility

WHO semen parameter standards (2021):

Sperm count  $\geq 15$  million/ml Motility  $\geq 40\%$

Morphology  $\geq 4\%$  normal forms Liquefaction within 60 minutes

## **Hetu (causative factors) of Shukra Dushti**

Classical texts and contemporary interpretations highlight the following factors:

*Acharya Charaka in Vimanasthana*, explained the *shukravaha strotas dushti hetu*<sup>[6]</sup> and also explained the *shukradushti hetu* in *Chikitsasthana*<sup>[7]</sup>

*Aharaja Nidana – Viruddhahara, Ruksha, Katu-Tikta-Kashaya* dominant diet, excessive *Guru, Snigdha* and *Meda-varadhaka* foods, alcohol, and malnutrition disturb *Agni* and produce *Ama* which blocks *Shukravaha Srotas*.

*Viharaja Nidana – Excessive exertion*, night-awakening, long sitting, suppression of natural urges, excessive sexual indulgence, and exposure to heat and toxins aggravate *Vata* and *Pitta* in the pelvic region.

*Manasika Nidana – Chronic stress*, anxiety, depression and fear negatively affect HPA axis and endocrine functions and are also described as *Chinta, Shoka, Bhaya* etc., leading to *Shukra Kshaya*.

*Sharirika & Srotodushti* Factors – Vitiated *Vata* in *Apana Vayu sthana* (pelvic region) causes improper expulsion and reduced production of semen; *Pitta* and *Rakta* vitiation leads to inflammatory conditions like pyospermia; *Kapha* and *Meda* aggravation contribute to sluggish metabolism and subfertility.

Therefore, *Shukra Dushti* is best addressed by *Dosha-specific Shodhana* with primary focus on *Apana Vata* and *Pitta*, followed by targeted *Vrushya* and *Rasayana* therapy.

## **Panchakarma intervention in Shukra Dushti**

*Acharya Charaka* has stated the treatment protocol for *shukradushti* diseases- medicines and diet specifically of *Madhur, tikta ras, vyayama* and panchakarma procedures like *vamana* and *virechana*.<sup>[8]</sup>

General management of *Shukra dosha* includes-*Vajikarana* formulations, rakta pitta pacifying formulations, *Jivaneey ghrut*, purified *shilajeet*, etc. <sup>[9]</sup>

Panchakarma offers systemic detoxification (*Shodhana*), correction of *Agni, Ama* elimination, *Srotoshodhana* and *Vata-Pitta-Kapha* balancing. For *Shukra Dushti*, special importance is given to:

1. *Virechana* – Indicated in *Pitta*-dominant and mixed *Shukra Dushti*, helpful in correcting liver function, hormonal balance and *Rakta-Pitta* vitiation.
2. *Basti* – Considered prime for *Vata* disorders and *Apana Vayu*; reproductive organs are located in *Katisthana*,

a site of *Vata*, where *Basti* acts directly by *Snehana*, *Shodhana* and *Rasayana* effects. As *vata dosha* is a major controller of *shukravaha strotas*, *basti* is the most effective intervention.<sup>[10]</sup>

Type of Basti	Use
<i>Matra Basti</i>	Improves libido, relieves stress, enhances semen quality
<i>Yapana Basti</i>	Indicated in infertility and low sperm count
<i>Utaara Basti</i>	Genital tract obstruction, <i>shukra mootravat</i>

3. *Nasya* – Through influence on higher centers and endocrine axis, *Nasya* is proposed to support hormonal balance and stress modulation, indirectly affecting spermatogenesis.

4. *Uttarbasti* – Localised instillation of medicated oil/decoction via urethral route is mentioned for *Shukra Dushti*, *Klaibya* and *Alpa Shukra*, improving local tissue health and *Srotoshodhana*.

Pre-procedural *Snehana* and *Swedana*, and post-*Panchakarma Sansarjana Krama* and *Rasayana* support are integral for sustained benefits.

#### Treatment Protocol Table

Stage	Procedure	Drug Used	Duration	Expected Outcome
1	<i>Snehapana</i>	<i>Ashwagandhadi Ghrita</i>	5–7 days	<i>Vata</i> pacification & <i>dhatu</i> nourishment
2	<i>Swedana</i>	<i>Nadi Sweda</i>	2–3 days	Removal of <i>srotorodha</i>
3	<i>Virechana</i>	<i>Trivrit Lehya / Eranda Taila</i>	1 day	Elimination of <i>Pitta</i> & <i>Ama</i>
4	<i>Basti</i>	<i>Ksheerbala / Yapana Basti</i>	8–16 days	Improvement in semen quantity & quality
5	<i>Nasya</i>	<i>Ksheerbala Taila</i>	7 days	Stress control & neuroendocrine balance

#### Proposed Mechanisms of Action

Based on Ayurvedic theory and modern interpretations, the beneficial effects of *Panchakarma* in *Shukra Dushti* may involve:

1. *Dosha* and *Agni* Modulation – *Virechana* and *Basti* correct deranged *Pitta* and *Vata*, normalize *Agni* and reduce *Ama*, thereby improving tissue metabolism and spermatogenesis.
2. *Srotoshodhana* and Microcirculation – *Shodhana* clears blockages in *Shukravaha Strotas*, enhances blood flow to testes and accessory glands, and improves nutrient delivery.
3. Endocrine and Neuro-psychological Effects – *Panchakarma*, particularly *Nasya*, *Shirodhara* (as an adjunct) and *Basti*, can reduce stress and support hypothalamo-pituitary- gonadal axis balance, indirectly aiding hormonal regulation.
4. Antioxidant and Anti-inflammatory Actions – Many *Rasayana* and *Vrushya* drugs used post-

Panchakarma possess antioxidant, anti-inflammatory and adaptogenic properties, improving sperm DNA integrity and reducing oxidative stress, a key factor in male infertility.

## DISCUSSION

*Panchakarma* therapies correct the underlying pathology by targeting the root cause of *Shukradushti*. Basti therapy is the most potent intervention because *Vata dosha* regulates both reproductive functioning and *Shukravaha Srotas*. After detoxification, *Rasayana* and *Vajikarana* formulations further enhance spermatogenesis, libido, strength, stress tolerance, and fertility. *Panchakarma* not only improves physical reproductive parameters but also restores psychological and emotional well-being.

## CONCLUSION

*Shukra Dushti* represents a broad spectrum of semen and reproductive disorders described in Ayurveda, many of which correlate with modern entities like oligozoospermia, asthenozoospermia, necrozoospermia and inflammatory semen pathologies. Classical texts clearly recommend *panchakarma* especially *Virechana* and *Basti*, rejuvenates and restores *Shukra dhatu*, leading to improved sexual strength, and overall reproductive wellness.

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