

Understanding and management of male infertility through Ayurveda

Santoshkumar Bhatted

National Institute of Ayurveda, India

Day to day life changes significantly for infertile couples after medical treatment begins, affecting in some way the emotional, social, physical, occupational intellectual and even spiritual well being of those whom it touches. Independence and flexibility are lost as their lives begin to revolve around the physician's plans for conception; medications, ultrasound examinations, surgeries etc.

The medical statistics have held the males equally responsible in at least 50% case either alone or in association with the female.

Despite great advances made in understanding each stage of the reproductive process, the problems that occur at each step and planning their management, some arenas post lacunae, due to which infertility is still a catastrophe.

Ayurveda very long back had realized the factors governing fertility and their defects. The healthy state of the Bija i.e. Shukra (sperm) and Aartava (ovum) is the most essential entity to reproduce.

In Ayurveda, eight types of Retodoshha/Shukra Dushti (seminal abnormalities) are described in detail with their management. Unique way to treat by means of purificative treatments like Panchakarma and Vajikarana (andrology) is developed in Ayurveda. In full paper various seminal abnormalities will be discussed in view of Ayurveda.

santoshbhatted@rediffmail.com