

Review on Ayurveda and modern concepts of male infertility

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Abstract

The purpose of this review was to analyze the concepts of infertility in both modern and Ayurvedic perspectives. The data was collected through Ayurveda and Modern authentic texts, Journals and internet. Infertility is a condition of couple who make regular mating without using any contraception; but failure to achieve a clinical pregnancy even after 12 month of marriage. It is a burning problem which badly effect on social, cultural and psychological surroundings. According to WHO recommendations infertility rate in Asian countries is highly increasing. In Ayurveda, infertility means by the term of *Vandhyathva*; inability to birth child. Though most of Ayurveda authentic texts not define the incidence of infertility in depth; facts of infertility is given. According to Ayurveda *Vandhyathwa* occur due to abnormalities of any component of female reproductive system and mainly due to female factors. But, percentage of male factors contribute to infertility is 30%; while female factors also contribute in 30%. Therefore, review of male factors on infertility is also important. According to classical texts, Male infertility occurs due to Disability/ impotency, Blockages of spermatic code, Abnormalities and weaknesses of seminal fluid and sperms.

Furthermore *susrutha* and all other classics mentioned four factors, which is vital for fertilization. *Rithu* (fertile period), *Kshesthra*(Healthy female genital tract) *Ambu*(essential nutritional elements), *Beeja* (Healthy female and male gametes). *Charaka* goes further in the description of infertility. He says any abnormalities of *beeja* or its components can leads *vandhya*. According to *charaka* following factors are responsible for formation of fetus. They are *mathru*, *Peethru*, *aathama*, *satwa*, *satmayee* and *rasa*.

In Ayurveda concept of infertility, the common factor of male infertility is disability, (*Klaivya*) . *Klaivya* is a condition which unable to mate with woman due to various factors. Considering all these facts according to Ayurveda following factors are leads to male infertility. Blockage of spermatic code, lack of seminal fluid, lack of sperms and impotency are facts which can be clearly correlated with modern concepts and factors.

Keywords: *Vandhyathva*, *Infertility*, *Klaivya*