

The Agnidipan Karma of Narsimha Churna on Kaphajdushtijanya Shukra Dhatu Vikar w. s. r. to Asthenozoospermia: A Case Study

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Abstract Introduction: The WHO has recognized infertility as a significant public health issue. Male infertility is responsible for 30–40% of all infertility cases, with the prevalence rate of *Asthenozoospermia* in India reaching approximately 19%. Common identifiable factors include *Oligozoospermia*, *Asthenozoospermia*, *Teratozoospermia*, and *Azoospermia* due to conditions such as **varicocele of the testes, infections, hormonal imbalances, or defects in the sperm-transporting tubules**. *Narsimh Churnam* has been used as a *Rasayan* and *Vajikaran* for a long time to treat numerous ailments; however, scientific evidence regarding its safety and efficacy in male infertility has not been studied in detail.

Aim: To assess the *Agnidipan Karma* of *Narsimh Churna* on *shukra dhatu* in men with *Asthenozoospermia*.

Methodology: This study utilizes *Ayurvedic* and modern textbooks, authoritative pages, research journals,

published literature in **PubMed** and **Scopus**, and semen analysis reports.

Keywords: *Narsimh Churna*, *Asthenozoospermia*, Male infertility, *Agnidipan Karma*.

Introduction *Ayurveda* mentions seven types of *dhatu* in the human body that are responsible for proper physiological mechanisms. *Shukra* is considered one among them and is the *sara* of these *dhatu*s. The male factor responsible for *Garbhotpadana* is the *shukra dhatu*, which contributes significantly toward masculinity. *Shukra dhatu* is nourished from *majja dhatu* according to the *ksheer dadhi nyaya*. While *shukra* is present throughout the body, it is specifically concentrated in the testes.

The characteristic features of **fertile shukra/retas** are described as:

- *Dravata* (liquidity)
- *Bahalam* (thick volume)

- *Guru* (heavy)
- *Madhura* (sweet/fructose-rich)
- *Snigdha* (mucoid consistency)
- *Avisra* (without a putrid smell)
- *Picchila* (viscous)
- *Spatikabha* (greyish-white like alum)
- *Taila kshoudra nibha* (consistency between sesame oil and honey).

Classification of Shukradushti According to modern parameters, *shukradushti* can be classified as follows:

- ***Vataj shukradushti***: Liquefies within 5 minutes; microscopically presents as *Azoospermia*, *Oligospermia*, or *Teratozoospermia*.
- ***Pittaj shukradushti***: Characterized by a yellowish color and foul smell; microscopically presents as *Pyospermia* or *Teratozoospermia*.
- ***Kaphaj shukradushti***: Characterized as hyperviscous where the sample sinks to the bottom; microscopically correlates to *Asthenozoospermia* and *Teratozoospermia*.

Male infertility is defined as a condition in which a man is unable to cause pregnancy in a fertile female partner after **12 months of regular, unprotected sexual intercourse** due to issues with sperm production, function, or delivery. In *Asthenozoospermia*, the total motility of sperm is **less than 40%**. According to *Ayurveda*, this is a *Kaphaj dushti retas vikar*, which is an *Agnimandyajanit Vyadhi*.

Materials and Methods The study was conducted by reviewing references in the *Bhaishajya Ratnavali*, *Ashtang Hridaya*, *Bhavprakash Nighantu*, *Raj Nighantu*, *Sharandhar Samhita*, and *D.C. Dutta's Textbook of Gynecology*, alongside recent research papers and documented clinical data.

According to the *Sharandhar Samhita*: “पचेन्नाम वह्निकृच्च दीपनं”. This defines *Deepan Dravya* as drugs that ignite the *Jatharagni*, *Doshagni*, *Dhatvagni*, and *Malagni*.

The Composition of Narsimh Churna The following verses from the *Bhaishajya Ratnavali (Vajikaran Adhyay)* describe the formulation:

शतावरीरजः प्रस्थं प्रस्थं गोक्षरकस्य च ।

वाराह्या विंशतिपलं गुडूच्याः पञ्चविंशतिः ॥३७॥¹

भल्लातकानां द्वात्रिंशच्चित्रकस्य दशैव तु ।

तिलानां शोधितानाञ्च प्रस्थं दद्यात् सुचूर्णितम् ॥३८॥

त्र्यूषणस्य पलान्यष्टौ शर्करायाश्च सप्ततिः ।

माक्षिकं शर्करार्द्धं माक्षिकार्द्धेन वै घृतम् ॥३९॥

शतावरीसमं देयं विदारीकन्दजं रजः ।

एतदेकीकृतं चूर्णं स्निग्धे भाण्डे निधापयेत् ॥४०॥

पलार्द्धमुपयुञ्जीत यथेष्टं चास्य भोजनम् ।

मासैकमुपयोगेन जरां हन्ति रुजामपि ॥४१॥

स्त्रीणां शतं गच्छति सातिरेकंप्रहृष्टपुष्टश्च यथा विहङ्गः ॥४६॥

पुत्रान् सञ्जनयेद्वीरान् नरसिंहनिभांस्तथा ।

नारसिंहमिदं चूर्णं सर्वरोगहरं नृणाम् ॥४७॥

वाराहीकन्दसंज्ञस्तु चर्मकारालुको मतः ।

पश्चिमे गृष्टिशब्दाख्यो वराहलोमवानिव ॥४८॥^[2]

Table 1: Ingredients and Pharmacological Properties

<i>Dravya</i>	<i>Guna</i>	<i>Ras</i>	<i>Virya</i>	<i>Vipak</i>	<i>Karma</i>	Effect in Male Infertility
<i>Shatavari</i>	<i>Guru, Snigdha</i>	<i>Tikta, Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Rasayani, Vrishya</i>	Improves sperm motility, vitality, and quality.
<i>Goshur</i>	<i>Guru, Snigdha</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Vrishya</i>	Improves motility; antioxidant action.
<i>Guduchi</i>	<i>Laghu</i>	<i>Tikta, Katu, Kashay</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Rasayani, Agnideepani</i>	Improves motility; immunomodulatory.
<i>Shodhit Bhalattak</i>	<i>Laghu, Tikshna</i>	<i>Kashay, Madhur</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Vrishya, Deepana, Pachana</i>	Stimulates spermatogenic activity.
<i>Varahi Kand</i>	<i>Laghu</i>	<i>Madhur, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shukrayu, Rasayani</i>	Improves motility, vitality, and quality.
<i>Chitrak</i>	<i>Laghu, Tikshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vanhikrit</i>	Improves sperm motility.
<i>Til</i>	<i>Guru, Snigdha</i>	<i>Katu, Tikta, Madhur</i>	<i>Ushna</i>	<i>Katu</i>	<i>Shukral, Agniprad</i>	Improves motility and quality.
<i>Trikatu</i>	<i>Laghu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepan</i>	Improves sperm motility.
<i>Sharkara</i>	<i>Guru, Snigdha</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Vrishya</i>	Improves sperm motility.
<i>Honey</i>	<i>Laghu, Ruksh</i>	<i>Madhur, Kashay</i>	<i>Sheet</i>	<i>Katu</i>	<i>Deepan, Vrishya</i>	Improves sperm motility.
<i>Cow's Ghee</i>	<i>Guru, Snigdha</i>	<i>Madhur</i>	<i>Sheet</i>	<i>Madhur</i>	<i>Vrishya, Agnikrit</i>	Improves sperm motility.

Case Study A 31-year-old patient presented with the complaint of being unable to conceive after 3 years of marriage. **Semen analysis** revealed reduced sperm motility. The patient was treated with *Narsimha Churna*, after which the motility

of the sperm improved. This case study highlights the importance of *Narsimha Churna* in the management of *Kaphajdushtijanya sukra dhatu vikar* (specifically *Asthenozoospermia*).

Results While *Vajikaran Kalp* such as *Ashwgandha ghr̥it*, *Kauncha pak*, and *Musali pak* are commonly used to treat male infertility, *Narsimh Churna* serves as an excellent *Agnideepak*, *Aamachan*, *Strotovibandhanashak*, *Shukraposhak*, *Shrukravridhikar*, and *Shukrarachak*. The main ingredients (including *Chitrak*, *Bhallatak*, *Trikatu*, *Til*, *Guduchi*, *Shatavari*, *Goshur*, and *Varahikand*) make it a powerful remedy for boosting the health of the male reproductive system and improving **spermatogenesis** and **ejaculation**.

Conclusions *Narsimha Churna* should be utilized to treat male infertility resulting from *Asthenozoospermia*.

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