Role of current lifestyle to cause male infertility.

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Abstract – Health of an individual is an outcome of good healthy lifestyle. Diet, sleep and sexual life are key factors in lifestyle which has major impact on human health. Ayurveda explained these three as ‘upastambha’. Changes in lifestyle with respect to diet, sleep and sexual indulgence are found which affect potency of shukra dhatu and cause infertility in males. Shukra is said to be potent when its attributes are not affected and it has ability to reproduce. Dietary factors like cheese, paneer, yogurt etc, night wakefulness, excessive sexual indulgence are changes in new lifestyle which can help to change attributes of shukra. Diet, sleep and sexuality based on ayurvedic principles help to avoid damage to shukra dhatu and further avoids infertility.

Keywords- shukra dhatu, lifestyle, infertility

Introduction - Since last some decades, humans made different researches in every possible way causing development biologically, socially, mechanically, etc. resulting as a drastic change in lifestyle. On a step where human should connect to mother nature, we are living an artificial life - doing 24x7 jobs, running round the clock, rushing as fast as possible, changing food habits, having less of natural food and more of chemicals and preservatives, leading to stresses and strained life.

Diet, Sleep, Abstinence (Intercourse by appropriate way) are three pillars of long life.⁰ Lifestyle is studied on the basis of these three factors. Healthy food is a key to a healthy life while contaminated food is a direct way to the contaminated body, resulting in deformed digestive juices and progressively leading to qualitative and quantitative deterioration of body dhatu.¹ 'Dharanat dhatavah' is the main task of
healthy dhatu in body. Due to disoriented food habits, work of dhatu get distorted, progressively causing bad health. Appropriated duration and time of sleep is necessary to build bodily elements. It gives sukha, nourishment, strength and virility. Disturbed sleep is responsible for misery, emaciation, weakness etc.iii Abstinence or appropriate indulgence to sexuality is third pillar of life. Shukra is the outcome par excellence of food. One should preserve his shukra because its diminution leads to many diseases and even death.iv

There are seven dhatu in the body. Shukra is the seventh and most essential dhatu in the body. Shukra dhatu is the vital dhatu all around. Healthy Shukra dhatu will bring healthy progeny/offspring. Vitality and potency of this dhatu is hampered due to change in lifestyle.

Attributes of Shukra-

Bahala, Madhura, Snigdha, Avisra, Guru, Picchila, Shukla, Bahu are attributes of shukra dhatu. Shukra dhatu fulfilled with these attributes is potent with regeneration capacity.v

| Attributes         | Description             |
|---------------------|-------------------------|
| Bahala (thick)      | Madhura (sweet)         |
| Snigdha (unctuous)  | Guru                    |
| Avisra (Without any odour) | Picchila (slimy)   |
| Shukla (white)      | Bahu (large quantity)   |

Types of Shukradushti -

In ayurveda, eight types of shukradushti are explained which are caused due to vitiated vata, pitta or kapha. These doshas get aggravated due to following reasons and afflict shukra dhatu. This affliction ultimately leads to infertility.

| Doshas | Attributes         |
|--------|--------------------|
| Vata   | Tanu Fenila Ruksha |
| Pitta  | Vivarna Pooti      |
| Kapha  | Picchila Anyadhatu |
|        | Avasadi            |

**Aim** - To study role of current lifestyle to cause male infertility.

**Objective** –

1. To study causative factors of male infertility according to Ayurveda.
2. To find out similarities in these causative factors with current lifestyle.
3. To improvise lifestyle by changing it with base of ayurvedic principles helping to avoid infertility in males

**Material and Methods** -

Material-The review of literature was done by using, Bhruhrayi i.e. from Charaka Samhita, Ashtanga Hridaya, Sushruta Samhita

Methodology

Study was done in two steps

1. Causative factors of shukradushti from texts were studied.
2. Consumption of these causative factors in various ways was studied.
Observation-

Attributes of shukra, invariably helps in procreation of offspring.

1) Madhura - Ayurveda says to include Madhuraahar in one's diet at the starting of meal, while westernization of food says desserts after meal. Another point is including artificial sweeteners to food, not at all eating sweet food, preferring spicy diet over sweet vitiate madhuara attribute of shukra.

2) Snigdha - Vegan dietary habits are such which do not include cow's ghee or cow's milk, etc kind of food, while these kind of food are considered to be most aphrodisiac food in Ayurveda. Lack of consumption of healthy amount of good milk and ghee is another cause of infertility disorder.

3) Guru, Pichhila, Bahala - Globalization of food has bought cheese, paneer, mayonese, yogurt like substances upto the kitchen, which ara excessively heavy to digest by digestive power(agni) of body causing in collection of undigested food in body which is ultimately enough reason for any disease.

Sleep and its relation with infertility –

Appropriate sleep is aphrodisiac while inappropriate sleep tends to develop infertility. Night wakefulness takes place due to workload, excessive use of electronic devices, late night parties etc. Night wakefulness is generally accompanied with consumption of alcoholic beverages and certain kinds of unwholesome food which causes vitiation of body tissues, which ultimately leads to infertility.

Causative factors of shukradosha in charaka samhita and its correlation -

1) Excessive sexual indulgence - Satyriasis is the main cause of infertility in youngsters.

2) Excessive vyayama- Hypergymnesia, Anorexia athletica, consuming steroids, etc are hampering the production of shukradhaatu.

3) Unwholesome food - Food habits which are not suitable to the body is main reason behind infertility. Also continuous change in food type is another one. A person born in south India is eating punjabhi food followed by gujrati food on next day and italian food on another day and so on. This continuous change in food habit loosens and weakens stomach capacity to digest the food and weakens the digestive power (basic reason of any disease).

4) Sexual indulgence at wrong time - Adolescent sexuality or early sexual initiation of young adults causing infertility like disorders later in age.

5) Ayonimaithuna - Intercourse is a holy act and should be done by following rituals. While Beastiality, Zoophilia, Onanism, etc are reason of vitiation of shukradhatu.

6) Excessive dry, bitter, astringent, sour and salty diet - These eating habits are against the properties and qualities of shukra. Most of the junk food items has excessive sour and salty taste which affects shukra dhatu regularly.

7) Excessive hot climate or food - Over exposure of person to hot atmosphere
repeatedly e.g. sauna, hot bath, factory work, etc causing alteration in sperm production in male, as sperm production requires certain amount of temperature. High temperatures results in death of viable sperm or less sperm count.

8) Mental stress conditions - Mental health is a big reason of healthy body mechanism. Busy lifestyle in day-to-day life, excessive work, unnecessary thinking or over-thinking, etc leads to depression, mania like disorders. These kind of mental health problems are one of the leading causes of infertility.

Other causative factors of shukradosha observed in current lifestyle

Now a days, food grains included in daily food are genetically modified in such a way that they are single generation harvesting that means when we sow a product of first harvesting again, we will not get another harvesting product i.e. harvesting product do not have regeneration capacity. Such impotent food products are consumed by humans, ultimately resulting in 'less-regeneration-capacity' of human body. And is the reason of human facing problem towards low libido, impotence, poor erection, early ejaculation and other infertility causes.

Discussion

Madhura, guru and snigdha attributes of shukra are maintained by appropriate dietary habits. Unwholesome dietary regimen with madhura, snigdha, guru and picchila attribute has affinity towards respective attributes of shukra. This causes abnormal formation of shukra dhatu. Vitiates shukra dhatu is lacking in regeneration capacity and causes infertility in males. Causative factors of klaibya and shukradosha are explained in ayurvedic samhita. These factors cause shukra kshaya, shukra dushti, physical disability which ultimately leads to infertility. To avoid consumption of causative factors as said above is first step in improvisation of lifestyle. Wholesome food consumed by following ayurvedic dietary regimen helps to generate appropriate quality of body tissues. Ghee, milk has appropriate madhura, snigdha, guru, picchila attributes which do not vitiate shukra but maintains quality and quantity of shukra dhatu. Improvised sleep habits avoid vitiation of doshas and dhatus. Appropriate sexual frequency according to the season, age, constitution do not causes shukra kshaya and avoids infertility.

Conclusion -

Dietary habits in current lifestyle have major influence over fertility of males. Unwholesome dietary items which are not used to the human body and non-familiar with body tissues cause vitiation of body tissues. Sleeping habits like night wakefulness is responsible for shukra kshaya. Sexual over indulgence causes excessive loss of shukra and later of other dhatus also. This causes further debility and leads to infertility. Following guidelines about diet, sleep and sexual indulgence based on ayurvedic principles avoids infertility in males.
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