



## Evaluate the effect of Yapana basti on biological markers of reproduction: A Case Series on Oligozoospermia

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### Abstract:

**Background:** Infertility is clinically defined as the inability of a couple to conceive after 1 year of coital activity without contraception. The WHO has estimated the incidence of global infertility as 16.7%. The contribution of the male factor alone to this total infertility is reported as 26.2% to 46.6%. The male is directly responsible for about 30 to 40 % of infertility cases. The main cause of male infertility is Oligozoospermia. **Purpose:** To determine the Effect of Yapana basti on biological markers (Serum FSH, Serum LH, Serum Testosterone) of Reproduction in Population of Delhi -NCR. **Design:** Case series. **Study Intervention and Data Collection:** Mustadi Yapana Basti was given to each participant for 15 consecutive days. The Shukra Kshaya Assessment through Questionnaire and Objective assessment (sperm count and serum biomarkers) was used to evaluate the severity as well as to determine the response to therapy. Data were collected at baseline and one month after therapy. **Results:** Five study participants with a sperm count of less than 15 million/ml with a mean age of 29 years (range 25-40) were enrolled in the study. All five participants experienced improvement at the end of treatment. Results were assessed by serum biomarkers of male reproductive health and semen analysis. Basti treatment gives a significant improvement in all the symptoms of Shukra Kshaya and semen parameters as well as on biomarkers in this case series. No adverse events were reported during the study. **Conclusion:** Yapana Basti shows a beneficial effect on serum biomarkers of spermatogenesis, especially serum testosterone and improved sperm count.

### Biography:

Completed my Graduation at the age of 23 years from Delhi University and Pursuing M.D. in kriya sharir (Physiology) from Ayurvedic & Unani Tibbia College & Hospital, Govt. of



N.C.T. Delhi. He is the Publisher on International Journal of Panchkarma and Ayurved medicine (IJPAAM). He has invited as guest speaker by Lok sabha TV on healthy india show. He has published more than 10 papers in reputed journals and has been serving as an editorial board member of many international Journal.

Researcher in the University of São Paulo, in the Ophthalmology department from 2012 to 2013.

### Recent Publications:

1. Tanwar Ankur, Indian Journal of Medical Case Reports. 2020
2. Tanwar Ankur, International Journal of scientific research. 2019
3. Tanwar Ankur, WJPR. 2019
4. Tanwar Ankur, Ayurved Sutra. 2019

**Webinar on Chinese and Traditional Medicine | October 12, 2020**

**Citation:** Tanwar Ankur; Evaluate the effect of Yapana basti on biological markers of reproduction: A Case Series on Oligozoospermia; Webinar on Chinese and Traditional Medicine; October 12, 2020