ABSTRACT OF THE PH.D. THESIS (AYURVEDA), UNIVERSITY OF CALCUTTA

SPERMATORRHEA AND ITS AYURVEDIC MANAGEMENT

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Monumentous advancement of materialistic civilization has changed social, political, economical and moral life which beget newer diseases in this era. Spermatorrhhea is one of them. At present elaborate description of this disease is not available even in the reputed text books of medicine though this disease is more prevalent in the modern society. In Ayurvedic parlance this disease is directly related with Shukra. Ancient scholars of India considered shukra as a dynamic force. It is converted to oja which is shakti (vital power). Shukra is the seed of virility in men. Indian spiritual literatures have described it as vital energy, it is dynamic will. Great sages of our country has advised to preserve shukra carefully as it is the master-key for us, opens the door of elysian bliss and for all sorts of higher achievements of life. So, Ayurveda has laid great stress on the subject concerned with Shukra. Several drugs of plant origin have been described in Ayurvedic classics. Among them two very reputed plants i.e. Jatamansi (Nardostachys jatamansi DC) and Brahmi (Bacopa monnieri Linn.) have been used in this research programme.

A thorough review of the ancient and modern literatures relevant to the disease has been done. Patients have been selected on the basis of some definite criteria. Detailed history of the patients has been recorded repeatedly by specific proforma. Patients continued their treatment with the trial drugs and regular check up for 6 months. By history, clinical features and pathological investigations before and after treatment assessment have been done. Data obtained were tested with the method of paired 't' test and the level of significance were ascertained by the 't' table (Fisher and Yates). The values obtained expressed in percentage were duly transformed into angular values and then statistical calculation were made.

It is observe that Spermatorrhexis is a psychosomatic disorder. Jatamansi (Nardostachys jatamansi DC) and Brahmi (Bacopa monnieri Linn.) gives more satisfactory results not only for their synergistic activity but also their inherent properties of acting both on psychic and somatic part of the disease. Last but not the least that the aforesaid drugs being innocent, cheap and easily available.