Effectiveness of VRP Choorna in the management of Asthenospermia

Wakkumbura HP¹, Weerasingha WARP¹*, Deepthika SHK¹ and Sandyani HDR²

Sub fertility is a common problem among in one in six couples worldwide. The infertility level measured by total fertility rate (TFR) is estimated at 2.6 for the period between 1993 and 2010. An abnormality is present in the male partner among 30% of sub fertile couples. Semen quality is a measure of the ability of semen to accomplish fertilization. Decreased semen motility is asthenospermia. There are compounds of Ayurvedic preparations and have been widely used in the management of asthenospermia. In this study it is established that VRP choorna a herbal treatment, is effective in the management of asthenospermia. VRP choorna was administered to 35 healthy patients with asthenospermia who were selected by full clinical examination from infertility clinic at Gampaha Wickramarachchi Ayurveda Teaching Hospital. All patients (25-45 years) had been treated with water dissolved VRP choorna 5 g twice a day for a period of 4 months and examined for physical changes with one month interval. Seminal fluid analyze reports of all patients were taken before and after the treatment and the data were analyzed by using SPSS16 software. After 4 months, the percentage of rapid linear progressive sperm has increased significantly to the 70.3 ± 7.8 (p<0.001). Patients have shown significant improvements of reducing immortality sperm percentage after the treatment. Any adverse effect had not been reported during the period of treatment and follow up period. Therefore this study has shown that VRP choorna is effective in the management of asthenospermia.

Keywords: Subfertility, Fertility rates, Asthenospermia, Sperm motility, VRP choorna

1. Department of Kaumarabrithya and Stree Roga, Gampaha Wickramarachchi Ayurveda Institute, University of kelaniya, Yakkala, Sri Lanka. e-mail: rpweera82@gmail.com
2. Gampaha Wickramarachchi Ayurveda Teaching Hospital, Yakkala, Sri Lanka.

Research and Publication Division, GWAI