

**NATURAL HERBS AND CLASSICAL AYURVEDA FORMULATIONS TOWARDS THE  
MANAGEMENT OF SEXUAL DISORDERS; A REVIEW****Dr. Dhananjay S. Khot\***MD (Ayu), Dept. Kayachikitsa, Rural Institute of Ayurved Research Center & Hospital Vidyagiri, Vita Road, Mayani,  
Tal.- Khatav, Dist. - Satara, Maharashtra, India.**\*Corresponding Author: Dr. Dhananjay S. Khot**MD (Ayu), Dept. Kayachikitsa, Rural Institute of Ayurved Research Center & Hospital Vidyagiri, Vita Road, Mayani, Tal.- Khatav, Dist. -  
Satara, Maharashtra, India.

Article Received on 22/11/2019

Article Revised on 12/12/2019

Article Accepted on 02/01/2020

**ABSTRACT**

Ayurveda is science of healthy living that provides longevity and keeps away from pathological conditions. Ayurveda take care of physical, mental as well as spiritual health therefore establishes balances between body and soul. The ability of Ayurveda principles to combat against many pathological conditions makes it precious for human civilization. The disorders related to physical and mental status can be treated effectively using therapeutic approaches of Ayurveda. The sexual disorders are one such types of health problems that has becomes burning health issue now a days. Ayurveda offer effective management of different sexual problems by virtue of its modalities i.e; *Vajikarana* or *Vrishya chikitsa* which produces aphrodisiacs action imparts vitality and enhances chances of healthy progeny, etc. Present article reviewed various Ayurveda aspects towards the management of sexual disorders.

**KEYWORDS:** Ayurveda, Vajikarana, Vrishya, Aphrodisiacs, Sexual Disorders.**INTRODUCTION**

The basic fundamental of Ayurveda evolved from *Vedas* and it also encompasses knowledge of *Upanishada*, *Samkhy* and *Yoga*. The Ayurveda system evolved with different branches for various therapeutic purposes and *Kayachikitsa* is one such branch that deals with general disease management. The *Kayachikitsa* utilizes different Ayurveda approaches and internal medicine for the treatment of common health ailments. *Nidana*, *Shodhana*, *Shamana* and *Satwawajaya* are the approaches of *Kayachikitsa* utilizes for different therapeutic purpose. *Kayachikitsa* helps to restore physical as well as mental health.

*Kayachikitsa* involves use of medications, detoxification measures and counseling, These approaches boosts *Dhatu* & *Balya*, balances *Tridosha*, potentiate *Agni*, pacify *Srotas* & enhances *Ojabala* thus provides relieve in various health problems including sexual disorders.

The sexual disorders are one of the major problems now a day's faced by medical fraternity. The incidences of male as well as female sexual problems increasae day by day due to the current living pattern. Inability to coitus, lack of erection, premature ejaculation and loss of sexual desire, etc. are the some common disorders related to male genital system. The *Shukra Dhatus* is considered responsible for reproductive health therefore

as like balance state of other *Dhatu* the equilibrium state of *Shukra Dhatus* is required for reproductive well being

**Causes**

- Excessive masturbation and involvement in sex
- Injury to local tissue
- Diseased conditions like; syphilis and obesity
- Impotence associated with weakness, diabetes and malnutrition
- Prostate gland enlargement
- Psychological factors; fear, grief, anxiety and anger
- Alcohol and smoking
- Disturbed dietary and daily pattern

**Ayurveda management**

Ayurveda described various approaches for sexual problem that enhances sexual capacity and rejuvenates sexual organs. The Ayurveda formulations and herbs used for this purpose provide potency, complexion, strength and luster. These therapies helps in the treatment of diseases like; *Klaibya*, *Bandhyatva*, *Shukraghata Vata* and *Azospermia*, etc. The Ayurveda *Chikitsa* involves use of different therapeutic modalities such as; *Shodhan* which removes toxin from body, use of herbs, herbo-mineral combinations and classical Ayurveda formulations and psychological counseling of patient towards the management of sexual problems.

The Ayurveda therapy for sexual disorders; *Vajikaran* revitalize *Dhatu*s, restores equilibrium of body and mind, pacify defects related to *Shukra* and ovum, ensure healthy progeny and boosts functioning of sexual organs. The *Rasayan* drugs mainly used for this purpose which modulates neuro-endocrino immune system thus prevent prevalence of common infections and restore physical integrity. The Ayurveda drugs offers anti-stress, adaptogenic, antioxidant and rejuvenating effects thus helps to enhances physical and mental strength thereby improving sexual health. **Figure 1** depicted common biological effects of Ayurveda herbs towards the management of sexual problems.



**Figure 1: General health benefits of natural drugs which restore sexual health.**

The *Aswagandha*, *Shatavari*, *Musali* and *Sharkkara* etc. are considered as *Sukrala* drugs that facilitate production of semen thus helps in male sexual problems. The drug like; *Bhallataka* is considered as *Sukra janakam* drugs that promotes ejaculation. The drugs which promote expulsion of semen are considered as *Sukra rechanam* drug like; fruit of *Bruhathi*. The compounds like; *Sthree* stimulates semen (*Sukra pravarthim*). The *Sukra sthambhakam* drugs help to stabilizes semen for longer time and treat premature ejaculation thus prolongs sexual intercourse i.e; *Jati Phala*. The *Sukra soshakam* drugs like; *Hareetaki* helps to dry up semen thus reduces unnecessary and excessive sexual desire.

Similarly Ayurveda formulations like; *Vajeekarana Gulika*, *Brumhana Gulika*, *Vajeekarana Pindirasa*, *Apathyakara Ksheera*, *Vajeekarana Shashuki*, *Vajeekarana Basthanda*, *Vrushya Ghrita* and *Vrushya Payasa*, etc. offers beneficial effects in various sexual problems.

*Charakacharya* categorizes drugs used for treating diseases relating to *Sukra* as mentioned **Table 1**.

**Table 1: Drugs category used for disorders related to *Sukra* as per *Charakacharya*.**

S. No.	Category	Drugs	Effects
1	<i>Sukra Sodhana Mahakashaya</i>	<i>Samudra Phcna</i> , <i>Elavaluka</i> , <i>Katphala</i> and <i>Kushta</i> , etc.	These drugs offers <i>Sukra Sodhana</i> effects
2	<i>Sukra janaka mahakashaya</i>	<i>Mudga Parni</i> , <i>Rushabhaka</i> , <i>Jecvaka</i> , <i>Kakaoli</i> and <i>Masha Parni</i>	Improves production of <i>Sukra</i>
3	<i>Prajasthapaka mahakashaya</i>	<i>Brahmi</i> , <i>Eimdri</i> , <i>Lakshmana</i> , <i>Bala</i> and <i>Shataveerya</i> , etc.	Maintain health of <i>Garbha</i>

#### *Asparagus racemosus*

*Asparagus racemosus* is known as *Shatavari* and its root is used for *Vajikarana* formulations since it improve sexual health. It improves male reproductive system, boos circulation and imparts calming effects to nerves therefore help in erectile function. *Shatavari* offers aphrodisiac effects thus promotes sexual desire. The presence of *Shatavarin* and *Isoflavones* can be considered responsible for sexual benefits of *Shatavari*. It also contains zinc, cobolt, manganese, copper, calcium and magnesium, etc. thus offers good health effects.

#### *Safed musli*

*Safed musli* (*Chlorophytum borivilianum*) is another *Vajikarana* herb offers aphrodisiac effect and enhances sperm count.

#### *Cassia cinnamon*

*Cinnamomum cassia* improves sexual function and helps greatly in erectile dysfunction. It enhances circulation, boost appetite and stimulate metabolic activates thus helps in nutritionl supply and improves overall health status thereby potentiating sexual strength.

#### *Ashwagandha*

*Ashwagandha* (*Withania somnifera*) is a rejuvenating herb and provides antioxidant effect thus controls oxidation-related tissue damage, offers anti-aging activity, help to regulate sex hormones due to presence of steroidal lactones, treat low sperm count, improves sperm motility, restores overall sexual function and vitality.

**Gokhsura**

*Gokhsura (Tribulus terrestris)* is aphrodisiac herb, it affect hormone levels, regulates luteinizing hormone, testosterone and dihydrotestosterone. Improves sexual function in men and imparts luster.

**Shilajeet**

*Shilajeet (Asphaltum punjabium)* is source of minerals, increase levels of hormones; testosterone and follicle stimulating hormones, improves sperm count, motility and restore sexual strength & stamina.

**CONCLUSION**

Ayurveda provides longevity and establishes balances between body and nature. The Ayurveda stream *Kayachikitsa* helps to balances *Tridosha*, boosts *Dhatu*, *Balya* & *Agni*, enhances *Ojabala* and maintains nutritional supply thus helps to treat sexual disorders. Ayurveda offers *Vajikarana* or *Vrishya chikitsa* that helps to manage sexual problems. Ayurveda medicine such as; *Shatavari*, *Safed musli*, *Ashwagandha*, *Gokhsura* and *Shilajeet*, etc. produces aphrodisiacs action, enhances vitality, contributes towards healthy progeny, balances *Dhatu* and *Dosha* therefore provides sexual well being.

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