



**ORIGINAL RESEARCH PAPER**

**Medicine**

**VAJEEKARANA PROPERTY OF SWAYAMGUPTHADI CHOORNAM- A DRUG REVIEW**

**KEY WORDS:** vajeekarana, aphrodisiac therapy, sexual dysfunction,swayamgupthadi choornam

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**ABSTRACT**

Sexual classification systems are based on precise and understandable definitions of sexual dysfunctions and are needed for investigative research, determination of diagnostic standards, and delineation of treatment strategies. The four major categories of sexual dysfunctions include desire/interest, arousal, orgasm, and sexual pain. Sexual functioning is a complex bio-psycho-social process, coordinated by the neurological, vascular and endocrine systems. In addition to the biological factors, the psychosocial factors like societal and religious beliefs, health status, personal experience, ethnicity and socio-demographic conditions, and psychological status of the person/couple play an important role in adequate sexual functioning of a person. In addition, sexual activity incorporates interpersonal relationships, each partner bringing unique attitudes, needs and responses into the coupling. A breakdown in any of these areas may lead to sexual dysfunction. Ayurveda the holistic science can contribute in improving sexual health by correcting sexual dysfunction through the branch vajeekarana tantra.

**INTRODUCTION**

In Ayurveda Aushada is considered as one of the four fold constituents of chikitsa chatushpada<sup>1</sup>. The consideration of recipes during the line of treatment of particular ailments have a great importance. In the modern ages WHO also stresses importance of drug and defines it as a substance or product that is used or intended to be used<sup>2</sup>, to modify or explore physiological system or pathological status for the benefit of the recipient.

WHO defines drug- as "any substance or product that is used or intended to be used to modify or explore physiological systems or pathological states for the benefit of the recipient". Present study deals with kilaiba, where the dhatus are in a state of debilitated condition. So I selected a recipe which is formulated with the support of Ashtanga Hridaya uttarasthana ,Vajeekarana vidhi adhyaya to manage and study the action on the specified subject<sup>3</sup>.

Vajikarana or Vrishya chikitsa is a one of eight major specialty of the Ashtanga Ayurveda. This subject is concerned with aphrodisiacs, virility and improving health of progeny<sup>4</sup>. As per Charak Samhita, by proper use of these formulations, one becomes endowed with good physique, potency, strength, and complexion and sexually exhilarated and sexually potent. This in turn is helpful in many common sexual dysfunctions, including Infertility, Premature Ejaculation and Erectile dysfunction<sup>6</sup>.

**MATERIALS AND METHOD**

The trial drug "swayamgupthadi choorna "is taken from the context of vajeekaranadhyaya -ashtanga hridaya, Uttarasthana

The drug contains 2 ingredients

- 1. Athmaguptha -Mucuna pruriens<sup>7</sup>
- 2. Ikshura -Astercantha longifolia<sup>8</sup>

Swayamgupthadi choornam is prepared using the following ingredients

Name of drug	Botanical name	Family Name	Vernacular name	Part used for the study
1. Athmaguptha	Mucuna pruriens <sup>9</sup>	Fabaceae	Naykuruna	Seed (beeja choorna)
2. kokilaksha <sup>10</sup>	Hygrophila Auriculata	Acanthaceae	Vayalchulli	Seed (beeja choorna)

Properties (acc.to Bhavaprakash a nighandu) <sup>11</sup>	Athmaguptha <sup>12</sup>	Kokilaksha <sup>13</sup>
1.Rasa	Madhura thiktham	Madhura
2.Guna	Guru and snigdha	Snigdha , pichila
3.Veerya	Seetha	Seethe
4.Vipaka	Madhuram	Madhura
5.karma	Tridoshasamana, rakthadushtiharam, Vajeekarana, brimhana Balya	Vajeekarana , brimhana, Vataharam <sup>14</sup>

**METHOD OF PREPARATION**

For the preparation of the drug "swayamgupthadi choornam ",the purification of ingredients should be done first .For the purification of kapikachu choorna<sup>15</sup> is done by swedana vidhi mentioned in vanari gulika preparation in baishajya ratnavali ,seeds should be soaked over night and boiled in cow milk(1 kudava matra of kapikachu seeds have been taken and dip into one prastha matra of go-dugdha and remove the skin of the seeds)<sup>16</sup> next day ,and for the purification of kokilaksha seed<sup>17</sup> it should be thoroughly washed and dried . Drugs are finely powdered and packed.

**Time Of Administration**

Swayamgupthadi choorna will be given orally in the dose of 6g b.i.d for a total period of 30 days.

- a) Dosage form -Chooranam .
- b) Dose -6g<sup>18</sup>
- c) Dosing schedule - 6 g at morning and 6g at bed time with godhugdha and sarkara

**DETAILED DESCRIPTION**

**Athmaguptha(kapikachu)<sup>19</sup>**

- > Botanical Name-Mucuna prurita Hook (M. pruriens (L.) Dc)
- > Family-FABACEAE

Vernacular Names= Hindi- Kounch English- Cow-hage or cow-itch ,Malayalam- Nai korana

Synonyms=Atmagupta, Rsya proktā, Kandura, Markati, Śūksimbi, Ajadāphala, Kapikacchum<sup>20</sup>

**Botanical Description<sup>21</sup>**

It is a herbaceous twinning annual Leaves- trifoliate, grey silky below; leaflets elliptic, broadly ovate or rhomboid ovate,

unequal at the base.

Flowers-in axillary, pendulous racemes, purple.

Fruits- pods, curved, turgid, longitudinally ribbed, 5-10 cm, densely clothed with gray or pale-brown bristles (causes intense itching and dermatitis).

seeds -4-6, ovoid

**Major Chemical Constituents<sup>22</sup>**

Seeds- L-dopa, mucunine, mucunadine, prurienine, purienine, tryptamine,

Seed oil -acids & sterol. stearic, palmitic, myristic, arachidic, oleic, linoleic

Podtrichomes- 5- hydroxytryptamine

Whole plant- choline

**KOKILAKSA<sup>23</sup>**

- Botanical Names- *Astercantha longifolia* Nees (*Hygrophylla longifolia*)
- Family- ACANTHACEAE
- Vernacular Names-

Hindi -Talmakhana; Telugu- Nirugobbi, Tamil- Nirmulli;

- Synonyms- Iksuraka, Ksuraka, Kåleksu, Bhiksu, kokilakshi.

**DESCRIPTION<sup>24</sup>**

It is spiny annual herb bearing bluish violet flowers. It grows as a weed on the roadside and found near the water sources. Part Used- Whole plant, seeds, root.

- Major Chemical Constituents- Hygrophiloside, diastase, lipase, protease, linoleic acid, oleic acid, stearic acid, palmitic acid, alkaloid.

**ANUPANAM**

Properties (B.P)	Goksheera <sup>25</sup>	SARKARA <sup>26</sup>
1. Rasa	Madhura	Madhura
2. Guna	Guru, snigdha, pichila	Guru, snigdha
3. Veerya	Sheeta	Sheeta
4. Vipaka	Madhura	Madhura
5. Karma	Jeevaneeyam, rasyanam, Kshathaksheenahitam, Medyam, balyam, Stanyakaram, INDICATION: Srama-bhrama-mada-alakshmi, swasa, kasa, thri t, kshut Jeernajwaram, mootrakrc hram, Rakthapithanashanam. (AH.su)	Vata-pithaharam, dahahrith, Moorcha, chardi, jwara haram Sukrakaarini,

**DISCUSSION**

Probable action of the drug  
The trial drug swayamgupthadi choorna contains 2 herbal drugs, swayamguptha (kapikachu) and ikshuraka (kokilaksha). It is taken along with milk and sarkara as anupana.

1. Probable mode of action of drug based on rasa, guna, veerya, vipaka of ingredients

a. Rasa

Both the ingredients of trial drug are having Madhura/thikha rasa. Madhura rasa in general is vata samana, sarvadhata vivardhana, vrishya. So it may have both shukla vridhikara property as well as a nervine tonic by vata modulating action.

b. Guna

Both drugs possess snigdha guna. kapikachu having guru

guna. Pichchila property is exclusively found in kokilaksha. The snigdha guna along with guru may have an effect on controlling vitiated vata associated with ED. The pichchila, snigdha, guru gunas may have a guna samanyata with sukla which may have helped increasing sperm count and normal forms.

c. Veerya

Eventhough both the drugs possess sheeta guna, the drug was able to correct the vata dushti, may be through its vishishta karma and rasa, guna, vipaka etc. The sheeta veerya may have helped in shukla vridhikara property.

d. Vipaka

It is found that both the trial drugs were having madhura vipaka. Vipaka according to ayurveda occurs primarily in pachyamana pakwasaya. Vata's main seat also have been described as pakwasaya. So the vipaka also may have a control on vata dushti associated with ED. It may also have an effect on sperm count due to its sukla vridhikara and vrishya effect.

2. Probable mode of action of drug on its karma and doshaharatwa

Both the ingredients of the drug in general have got a vatahara, vrishya, balya, sukrasodhaka properties. The vatahara property was effective in controlling vyana-apana dushti. The balya property may have improved the muscle tone, preventing flaccidity of penis. Vrishya and vajeekarana properties may have acted in a higher level correcting performance anxiety as well as a nervine tonic.

3. Probable action of drug on dushya

The dushya which are involved in vandhyatwa are rasa, rakta, mamsa, medas and sukra. The drug by virtue of its dhatu vivardhana, sheeta virya, balya, vrishya effect may have acted in correcting sexual dysfunctions as well as have a role in increasing sperm count and normal forms.

4. Probable action of drug on srotas

Rasa-rakta-mamsa-shukra vaha srotas are affected in Sexual dysfunction and ksheena shukra. The management of rasa, mamsa and shukra vaha srotas is brimhana, tarpana, snehana etc. The drug by virtue of its rasadi gunas may have helped in proper functioning of srotas.

5. Probable action of anupana

The anupana of trial drug is godugdha and sarkara. Goksheera is having madhura rasa, snigdha, guru guna, sheeta virya. It is also considered sadyo vrishya. It is considered a dietary object that is ajanma satmya due to its sarvadhata vivardhana effect. There by virtue of its rasadi gunas and visishta karma, it acts as catalyst for improving the action of drug. Sarkara is having Madhura rasa, guna is guru snigdha, veerya is Madhura, vipaka is Madhura also having the karma of vata pithahara, dahakrith, moorcha, chardi, jwara haram, sukrakaarini.

**CONCLUSION**

- The ayurvedic part of male sexual dysfunctions are included in the domain of klaibya, and whose references can be found out in all major ayurvedic textbooks, though scattered in different parts.
- The terminology 'vajeekarana' is explained in ayurveda in a broad meaning. On occasions it means improving infertility by improving seminal parameters, at times it means increasing libido, at times increasing erectile function.
- The trial drug, "swayamgupthadi choornam" is an effective oral formulation, which helps in the management of erectile dysfunction. Explained in ashtanga hridayam uttarasthanam.

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