VRUSHYA BASTIS IN THE MANAGEMENT OF MALE SEXUAL DYSFUNCTION.

Dr Ravindrasingh N. Rajput1, Dr Sukumar Nandigoudar2 and Dr Rohini Purohit3.

1. Assistant professor Dept of Panchakarma LKR Ayurvedic medical college Gadhinglaj.
2. Reader Dept of Kayachitsa KLE’s Shri B M Kankanawadi Ayurveda Mahavidyalaya Belagavi.
3. Assistant professor Dept of Panchakarma KLE’s Shri B M Kankanawadi Ayurveda Mahavidyalaya Belagavi.

A couple may be considered infertile if not conceived even after two years of regular sexual intercourse without any contraception. As per survey conducted in India one in ten is having problem of infertility, in that 40% are due to male sexual dysfunction. The semen analysis of infertile patients reveals semen abnormalities like oligospermia, asthenospermia, azoospermia etc.

In classics concept of infertility is dealt under Shukra dusti and Klaibya. The management aims both shodhana and shaman chikitsa. Shamana chikitsa deals with shukra janaka, shukra pravartaka aushadhis. Shodhana chikitsa deals with various modalities like Vamana, Virechana, Basti, Uttara basti. There are manybasti formulations explained to manage various shukra dusti. As mentioned in classics Niruha basti is having quality of SHUKRA BALADAYASCHA and Anuvasana basti guna as PUSHPA PHALADAYASCHA.

Acharya Charaka has highlighted various basti formulations like MADHU YUKTA BASTI as vrishya in nature. Sushruta has mentioned that by giving 18 bastis it will reach the shukra dhatu. Other basti kalpas like Vrshya Basti, Yapana Basti, Raja Yapana Basti are also indicated in the management of shukradushti. So here an attempt is made to highlight and screen various vrshya bastis given in classics and their specific indications along with standard operative procedure.

Introduction:-
A couple may be considered infertile if not conceived even after two years of regular sexual intercourse without any contraception (WHO definition). As per survey conducted in India one in ten is having problem of infertility, in that 40% are due to male sexual dysfunction.

Premature ejaculation is a very common male sexual disorder, affecting on an average 40% of the men worldwide. Sexual problems belong to the of conditions known as psychosomatic disorders, in which the body expresses the distress via a symptom, such as low libido. Symptoms can be the result of physical (somatic) and/or psychological/relationship factors.

All psychosexual problems can be “primary”, meaning that the problem has been there since the start of sexual experience, or “secondary”, when there was a period of normal functioning before the problem began.

The most common male sexual problems are:
- Premature ejaculation
- Erectile dysfunction.
- Low libido
- Ejaculation problems including retrograde, delayed and painful ejaculation.

Corresponding Author:- Dr Ravindrasingh N. Rajput.
Address:- Assistant professor Dept of Panchakarma LKR Ayurvedic college Gadhinglaj.
Basti is the most important Panchakarma treatment modality in the management of vata disorders. Male sexual dysfunction also due to the vitiation of vata hence for that Basti will having more efficacy in managing the MSD.

The proper usage of vajeekaraka dravyas as in the form of vrishya basti is proved to be effective in the management of MSD.

**Various vrishya bastis in msd:**

**Erectile dysfunction:**
Erectile dysfunction is when a man is unable to get or keep an erection that allows sexual activity with penetration. Which can be described as “Klaibya” in the Ayurvedic classics.
Mainly in this condition need to use the drugs having qualities like mood elevator, shukra balakaraka.
Ashwagandha tailam proved to be as mood elevator. It may given as matra basti as well as uttara basti.
Shatavari ghrita-acharya charaka quoted it as best vrishya in vajeekarana prakarana which helps in increasing sukra and also act as mood elivater.
Gokshura kashaya-As Gokshura it is testosterone enhancer helps in this condition.

**Premature ejaculation:**
"Either just being very excited with a new partner, or an acute sensitivity of the local nervous system, which triggers orgasm too suddenly." Known as pre ejaculatory condition.

In Ayurveda there is a concept of Shukragata Vata, which can be correlated with Premature Ejaculation.
The clinical presentations of Shukragata Vata are early ejaculation, delayed ejaculation, affliction of fetus/premature birth.
In this condition Shthambhaniya and shita guna dravyas should be use such as Ashwathatha. Ashwathatha is said to possess Kashaya Rasa, Madhura Anurasasa, Guru, Shita, Ruksha and Durjara Gunas, Katu Vipaka and Shita Virya. Ashwathatha (Ficus religiosa) has been mentioned its aphrodisiac effect in men

JATIPHALA as mentioned by sharangadhara as best shukra sthambhaka dravya so it may use as kalka dravya in basti.

**Retrograde ejaculation:**
Retrograde ejaculation occurs when the muscles of the bladder wall do not function properly during orgasm and sperm are forced backward into the bladder instead of forward out of the urethra. Sperm quality is often impaired. Therefore little or no semen is discharged from the penis during ejaculation, and the first urination after sex looks cloudy as the semen mixes into the urine. Retrograde ejaculation is uncommon and harmless.

In this condition Gokshura kashaya Haridra kashaya are effective Gokshura (Tribulus terrestris. Linn) are considered to act as a diuretic and aphrodisiac.

By using Gokshura,daru haridra kashaya inflammatiom will reduce and pressure on bladder also reduced helps in managing the condition.

**Delayed ejaculation:**
Delayed ejaculation and anorgasmia describe the inability to ejaculate at will, so that ejaculation (and orgasm) takes much longer than desired, or does not happen at all.

It may be caused when the vitiated vata loses its drutatva or chalatva after the enlodgement, which leads to lack of sufficient stimulation (prerana) for ejaculation. It may also happen when the vitiated vata causes diminution of Shukra Dhatu by Shoshana Svabhava, and quantitatively less amount of Shukra is ejaculated after a long effort.
So for that reason drugs of SUKRA JANAKA AND PRAVARTAKA will help in this condition.

Dvitiya baladi yapana basti quoted as shukra mutra sange anile.
Shukra pravartaks dravyas-kshira bastis and masha grhita basti will have more potency.
Ashwagandha kshira paka
Musali kshira paka
Shatavari ghrita.

**Painful ejaculation:**
Painful ejaculation is when painful, burning sensations are felt during or following ejaculation. Pain can be felt in the perineum (the area between the anus and the genitals) and the urethra (a tube that runs from the bladder to the end of the penis).

Vanga sena given highlighted that UTTARA BASTI quality AS SHUKRA RUJA HARA IN PUMSAM. Acharya charaka mentioned DASHAMOOLA MAYURADI BASTI AS VRISHANA ANILA ROGAHARA.

**Low libido:**
Low libido is the term used to describe a lack of interest in sexual activity, Sexual desire.
Gokshura (Tribulus terrestris) is mentioned as a Vrishya

Studies have suggested that Gokshura can enhance the hormone levels to within a normal range. It can increase the testosterone by increasing the luteinizing hormone and the gonadotropin-releasing hormone. This hormone is effective in building muscles as well as improving fertility and libido, and it has also been proved to be active in stimulating spermatogenesis and sertoli cell activity in rats.

Tribulus terrestris contains three groups of active phytochemicals. They are Dioscin, protodioscin, and diosgenin. Protodioscin is a potent natural precursor of the testosterone enhancer

Acharya sharangadhara mentioned NAGABALA and KAPIKACCHHU as harsha janaka so these may used as kalka dravya

Also SHUKRA VARDHAKA bastis should be use.

Such as-
Jivantyadi yamaka basti
Mustadi yapana basti
Sahacharadi yamaka basti

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