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RESEARCH ARTICLE

VRUSHYA BASTIS IN THE MANAGEMENT OF MALE SEXUAL DYSFUNCTION.

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Abstract

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 Klaihya. The management aims both shodhana and shaman chikitsa. Shaman chikitsa deals with shukra janaka, shukra pravartaka aushadhis. Shodhana chikitsa deals with various modalities like Vamana, Virechana, Basti, Uttara basti. There are many basti 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 Vrishya Basti, Yapan Basti, Raja Yapan Basti are also indicated in the management of shukradushti. So here an attempt is made to highlight and screen various vrishya bastis given in classics and their specific indications along with standard operative procedure.

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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.

No ejaculation, delayed ejaculation, retrograde ejaculation and painful ejaculation.

Premature ejaculation is a very common male sexual disorder, affecting on an average 40% of the men worldwide¹

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.

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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 asuttara basti²

Shatavari ghrita-acharya charaka quoted it as best vrishya in vajeekarana prakarana which helps in increasing sukra and also act as mood elivater³

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 birth⁴

In this condition Sthambhaniya and shita guna dravyas should be use such as Ashwattha. Ashwattha is said to possess Kashaya Rasa, Madhura Anurasa, Guru, Shita, Ruksha and Durjara Guna, Katu Vipaka and Shita Virya. Ashvattha (*Ficus religiosa*) Sushruta has mentioned its aphrodisiac effect in men⁵

JATIPHALA as mentioned by sharangadhara as best shukra sthambhaka dravya so it may use as kalka dravya in basti⁶

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 Daru Haridra kashaya are effective Gokshura (*Tribulus terrestris*. Linn) are considered to act as a diuretic and aphrodisiac.

By using Gokshura, daru haridra kashaya inflamatiom 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 anile⁷

Shukra pravartaks dravyas-kshira bastis and masha grhita basti will have more potency⁸

Ashwagandha kshira paka

Musali kshira paka

Shatavari ghrita⁹.

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 ROGAHARA¹⁰

VATAHARA MAMSA RASA BASTI-VRISHANA MEDRA SHULA HARA¹¹

In case of burning ejaculation-Sariva, guduchi, chandana, trina panchamoola kashaya may useful.

Low libido:-

Low libido is the term used to describe a lack of interest in sexual activity, Sexual desire.

This condition is because of alpa shukra and lack of harsha.

In this condition mainly HARSHA JANAKA & SHUKRALA DRAVYAS dravyas are having more effective.

Such as-

Ashwagandha kshira paka,

Musali ksheera paka

Shatavari ghrita

Gokshura kashaya-It is already proved that it is Testosterone enhancer.

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 hormone¹² 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 rats¹³

Tribulus terrestris contains three groups of active phytochemicals. They are Dioscin, protodioscin, and diosgenin. Protodioscin is a potent natural precursor of the testosterone enhancer¹⁴

Acharya sharangadhara mentioned NAGABALA and KAPIKACCHHU as harsha janaka so these may used as kalka dravya¹⁵

Also SHUKRA VARDHAKA bastis should be use.

Such as-

Jivantyadi yamaka basti¹⁶

Mustadi yapana basti¹⁷

Sahacharadi yamaka¹⁸

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