

KAPIKACHCHHU SIDHDHA TIL TAILA IN THE MANAGEMENT OF KLAIBYA W.S.R. TO ERECTILE DYSFUNCTION

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ABSTRACT

Ayurveda is the science of life. *Ayurveda* is considered to be the oldest healing science. It gives physical and mental health which is essential for *Chaturvidh Purusharth- Dharm, Artha, Kama* and *Moksha*. *Klaibya* (Erectile dysfunction) is a common condition affecting in 1 in 5 men over the age of 40 years. It has been recently reported that about 75% of the patients visiting speciality clinics in human behaviour and psychiatry have this problem. *Klaibya* condition is due to *vat Dosha Vikruti* and particularly due to *Shukra Dusti*. According to Acharya Charaka *Shamana Sneha* is effective for *Vatadosha*, specially *Taila* is more potent *Sneha* for the *Vatadosha*. *Kapikachchhu* is *Vrushya*, *Madhura*, *Tikta*, *Bruhani*, *Balya* and its seed also *Vajikaram Param*.

Acharya Sharangadhar mentioned *Kshira* as a *Shukrapravartaka* and *Shukrajanaka*. Here we will use *Kapikachchhu* seed and according to *Kshirasidhdha Sneha Kalpana* as per Acharya Sharangdhar we will prepare *Kapikachchhu Sidhdha Taila*. *Shamanasneha* using *Kapikachchhu Sidhdha Taila* can improve the quality of life suffering from *Klaibya*.

KEYWORDS: *klaibya, shamana sneha, Kapikachchhu Sidhdha Til Taila*.

INTRODUCTION

From ancient time to present era sexuality has fascinated the people from all time of life. Healthy sexual life is co related with function of penis. Among the various phases of sexual response the most essential is achieving of normal erection with sufficient rigidity for penetrative intercourse. It has been recently reported that about 75% of the patients visiting speciality clinics in human behaviour and psychiatry have this problem.^[1] The percentage of all men treated for sexual disorders who have impotence (erectile dysfunction) as the chief complaint ranges from 35 to 50 percent. Erectile dysfunction (ED) has been defined as the inability to achieve/ maintain penile erection which leads to unsatisfactory sexual intercourse. Its incidence increases drastically from about 6% in the age group 20-29 years, to 50-70% in the age group 40-79 years. Its incidence has been projected to increase significantly to over 320 million by the year 2025. India has been dubbed as the impotence capital of the world due to the high incidence of the life style diseases and probably the largest population of males in the world.^[2] The increased rate of addictions particularly, the cigarette smoking associated with the hypertension and heart disease is causing complete impotence.^[3]

In *Ayurveda* literature the condition is called as *Klaibya*. *Acharya Charak* perfectly described the *Klaibya* condition as,

सङ्कल्पप्रवणो नित्यं प्रियां वश्यामपि स्त्रियम् ॥
न याति लिङ्गशैथिल्यात् कदाचिद्याति वा यदि ।
श्वासारतः स्विन्नगात्रश्च मोघसङ्कल्पचेष्टितः ॥
म्लानशिश्वश्च निर्बीजः स्यादेतत् क्लैब्यलक्षणम् ।^४

The person with having orgasm and also with his beloved female partner but cannot perform sexual intercourse or if the person can do copulation with some effort but it all attempts failure due to flaccidity of penis associated with breathlessness and perspiration is considered as *Klaibya*. Sometimes the condition is with absense of sperm too.

DISEASE REVIEW

Sushruta(School of Ayurvedic surgery) was the first person who described the complex psycho – Neuro – Vascular mechanism of erection. He said the filling of Sukravaha Sira under the influence of psychological or physical stimulation results in tumescence. Impotency is of Six Types Depending Upon its Causative Factors are as Follows According to Sushruta.^[5]

- Psychological klaibya – if during desire of sexual intercourse, mind is inflicted by some unpleasant ideas or if the person is in shock or if he intercourse with disliked woman klaibya (impotency) takes place which is known as psychological klaibya.
- Sukra – kshaya janya klaibya due to excessive intake of pungent, sour, hot and salty items.
- Sukra – kshaya janya klaibya due to excessive coitus without using aphrodisiacs.
- Klaibya due to loss of virility caused by severe diseases of penis or cutting of vital spot.
- Sahaj klaibya (congenital)-The impotency occurring since very birth is known as congenital.
- Klaibya due to hardness of semen- a strong person, due to mental agitation, suppression and celibacy, suffers from the sixth type of impotency caused by hardness of semen.

DRUG REVIEW

KAPIKACHCHU

As Acharya Bhavmishra mentioned about *Kapikachchhu*, it is *Vrushya*, *Madhura*, *Tikta*, *Bruhani*, *Balya* and its seed also *vajikaram param*.^[6] It is specially indicated in Sukra Ksayavastha, Klaibya, Vatavyadhi, Depression, Parkinson's diseases. Researchers at the Department of Biochemistry, Chhatrapati Shahuji Maharaj Medical University, Lucknow, India, found that Kapikachhu also supports the normal function of the male reproductive system and particularly supports normal levels of male fertility.^[7]

GOKSHIRA

Acharya Sharangadhar mentioned *Kshira* as a *Shukrapravartak* and *shukrajanaka*.^[8] Gokshira is also *Ojovrudhdhikar*, *Jivaniya* and *Rasayan*.^[9]

TIL TAILA

Tila Taila is the best drug for alleviating morbid Vata by virtue of its properties like Teekshana, Sookshma and Vyavayi it pervades into micro channels.^[10] It is used to reduce weight in obese persons and gain weight in slim. It is *Vrushya*, *Balya* and improves *Medha* and *Agni*. For the purpose of *vrushya guna avar matra* of *sneha* is indicated and also *snehniya* and *dipni* too.^[11]

POSOLOGY

Drug	Rasa	Guna	Virya	Vipak	Doshghnata
Kapikachchu	Madhur, tikta	Guru, snigdha	Usna	Madhura	Vata-pitta Shamak
Go kshira	Madhura	Guru, snigdha	Shita	Madhura	Vata-pita har
Til taila	Madhura	Guru, snigdha	Usna	Madhura	Vat shamak

AIM

To study the effect of *Shamana Sneha* using *Kapikachchhu Sidhdha Taila* in the management of *Klaibya*(Erectile dysfunction).

INCLUSION CRITERIA

1. Patients between age group of 18 to 70 years.
2. A person having classical symptoms of *Klaibya* and as well as Erectile dysfunction.

EXCLUSION CRITERIA

1. A person with age group of below 18 years and more than 70 years.
2. Sexual transmitted diseases
3. Patients having systemic disorders like cardio vascular disorders, diabetes mellitus, respiratory disorders, AIDS etc. will exclude.

LABORATORY INVESTIGATIONS

1. Semen analysis.
2. Routine haematological examination.
3. Urine routine and microscopic examination.

CONTENTS OF KAPIKACHCHHU SIDHDHA TAILA

No.	Drug	Latin name	Part Used	Proportion
1.	<i>Kapikachchhu</i>	<i>Mucuna pruriens</i>	<i>Bija</i>	1
2.	<i>Tila Taila</i>	<i>Sesamum indicum</i>	-	4
3.	<i>Go Kshira</i>	Cow Milk	-	16

- *Sneha* will be prepared as per classical method of *Snehapakvidhi* according to *Sharangdhar Samhita*.^[12]

DOSE AND DURATION OF KAPIKACHCHHU SIDHDHA TAILA

No.	<i>Shaman Sneha</i>	Dose	Duration
1	<i>Shamana Sneha Pana</i> (with <i>Kapikachchhu Sidhdha Taila</i>)(with <i>Sahpan</i> of hot cow milk)	20ml <i>Sneha</i> ^[13] With 200 ml hot cow milk & 5gm <i>Sharkara</i>	<i>Shaman Sneha</i> will be taken daily at <i>Annakaleprakanshite</i> ^[14] (At Lunch time) Total duration 4weeks

DISCUSSION

Klaibya (erectile dysfunction) disease nowadays being more spotted in young generation due to stressful life. The condition is also difficult for the consultant because many patients are reluctant to initiate discussion of sexual function. Due to lack of knowledge the people buying the medicine from non medico person and road side shops which gives more side effects to the patient. The condition is due to vat *dosha vikruti* and particularly due to *shukra dushti*. From ancient time Ayurveda treats the condition very well. Vajikarana is a specialized branch in Ayurveda deals with aphrodisiac drugs. It also explains drugs and regimen to cure sexual disorders. Vajikarana drugs also help to promote physical and mental health and strength, improving defense mechanism from our bodies and helping us to achieve a general good physical and mental condition. As per Acharya Sushruta *Snehan Kriya* is first line of treatment for *Shukra Dosha*.^[15] Sushruta Acharya also mentioned *Sneha* is *Sar* product in our body and *Pran* is also depend on *Sneha*.^[16] *Kapikachchu* is *Balya*, *Vrushya*, *Madhura Guna* and *Madhura Vipak*. *Kshira* is *Shukrapravartak* and *Shukrajanaka* and very good effect for *Rasyana* and *Vajikaran Karma*.

CONCLUSION

Kapikachchu Sidhdha Taila as *Shamanasneha* can improve the quality of life which suffering from *Klaibya*.

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