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A CRITICAL REVIEW OF DRUGS ACTING ON SHUKRAVAHA SROTAS AS PER BHAVAPRAKASHA NIGANTU

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ABSTRACT

Ayurveda is science of life having 8 branches. Among these 8 branches *vajikarana* is an unique branch that not only deals with disease aspect also, concentrates on maintaining health of the healthy person. *Shukra dhatu* has prime importance in one's healthy life as it is one among the *dashapranayatana.* Any vitiation in shukra dhatu and shukravaha srotas not only affects the diseased one, but also his/her partner and progeny are affected. In this present era, there is lot of disturbance in sexual life of worldwide population. So, we need to give utmost importance in treating these kind of diseases with principles of Ayurveda and Medicines. *Samanya chikitsa* of *shukravaha srotas* includes use of *madhura, tikta oushada, anna, Vyayama, Vyavaya* and *Ritu-Shodana, Uttara basti.* For the application of above mentioned *chikitsa,* the drugs possessing pharmacological actions like *vaajikarana, shukrala, shukrajanana, shukrarechaka, shukrapravartaka, shukrastambaka, shukrakshayakari* are necessary. Out of 29 bhavaprakash karmas,7 karmas are specially mentioned for *shukravaha srotas* that shows the importance to shukravaha srotas given by bhavamishra. Hence the sincere effort has been made to list out the drugs having above said *karmas* from *bhavaprakasha.* Out of 676 total drugs in *Bhavaprakasha Nighantu,* there are 129 single drugs identified as the drugs (herbs, minerals, animal origin) acting on *Shukravaha srotas,* which are scattered throughout the treatise of *bhavaprakasha nighantu* are compiled by reading the text word by word in this article.

KEYWORDS: Shukravaha srotas, Bhavaprakasha Nighantu, Drugs, Ayurveda.

INTRODUCTION

Shukravaha srotas are the channels of transportation of *shukradhatu* (semen tissue). These channels originates from *vrishana*(Testes, scrotum) and *Shepha* (penis).[1] Any structural or functional disarrangement of the *shukravaha srotas* leads to *klaibhya* (the person becomes sexually impotent), suffers from *aharshana* (inability to penetrate despite erection), and may have sick, impotent, and short-lived children with congenital abnormalities. There could be cases of no conception, or there will be spontaneous abortion. Thus, abnormalities of shukra dhatu result in misery for the individual as well as his family.[2] Use of *madhura tikta* rasa dravyas is line of treatment of *shukravaha srotodushti.*[3] There are huge number of dravyas explained in classics. ART, hormonal therapy, surgical treatment are the line of treatment in conventional medicine with lots of side effects and less success rate. *Yonivyapath kriya, vajikarana yoga's, raktapittaharikriya, rasayana yogas*[4] which in turn possess pharmacological activities like, *shukrala, vajikarana, vrishya, shukrashodaka, shukrapravartaka, shukrastambhaka,* are mentioned in *chikitsa* of *shukravaha srotodushti.* In order to get *shudda chikitsa* there is need to understand use of specific dravya in specific condition.

MATERIALS AND METHOD

The present review is mainly focused on list the drugs which acts on *shukravaha srotas* according to *karmas* from *Bhavaprakasha Nighantu* Understanding *karmas* by referring *Brihatrayee, Sharangadhara Samhita,* and *Bhavaprakasha* and previous related articles published in journals.

Shukradhatu

Srotas are the micro and macro channels of the body through which *poshaka dhatu* flows, secrets and reaches to target organ. *Shukra dhatu* is one which is produced from previous *majja dhatu*. which is responsible for the formation of the embryo (*garbha).*[5]

Table No.1: Shukravaha Srotas Moola, Dushti Karana, Lakshana.

Moola	Dushti Karana	Lakshana	Reference
Vrushana – Testes (scrotum) and Shepha – Penis	Akala maithuna – indulgence in sexual intercourse at abnormal or restricted time Ayoni gamana – unnatural sexual practices like anal sex or sex with animals etc Nigraha – regular practice of	Klaibyam – Impotence Aharshanam – disinterest in sex Na cha jaayate garbhaha – conception doesn't occur Rogee vaa kleebam – the child born to the person having vitiation of semen carrying	Charaka

	withholding the ejaculatory responses or urge Ati maithuna – excessive indulgence in sexual activities Shastra – injuries by instruments, weapons Kshaara – application of alkalies Agni – fire burns	channels will have a short lifespan, ugly appearance and will have shukra dushti. Garbhaha patati, prasravati – Even if the sperm does fertilize ovum and becomes successful in producing the embryo, the fetus will not live long since abortion or miscarriage occurs.	

Inter relationship between shukravaha srotas and majjavaha srotas

The *sneha (*fatty) portion of *majja* produces *shukra*. The porosity in the *asthi* is produced because of the factors such as *vayu* and *akasha mahabhuta*. *Shukra* comes out of *asthi* through these pores just as the water comes out of a new earthen vessel. Through the channels known as *shukravaha srotas*, this *shukra* spreads all over the body. This *shukra* is discharged through the urethra (which is connected to the urinary bladder) because of several factors such as sexual excitation, reflex activities (*vega),* and mental determination (samkalpa). Just as the ghee moves out with ease when heated, the *shukra* too, is discharged due to the heat liberated during the sexual activity. This process of seminal discharge is comparable with the movement of water from a place of lower altitude to a place of higher altitude.[6]

Chikitsa

Samanya chikitsa of shukravaha srotas involves use of madhuratikta oushada and anna, kale vyayama, vyavaya and shodana. Shukradushti is treated with raktapittaharikriya,yonivyapata chikitsa, and vaajikarana yogas. After shodana karma Uttara basti is advised.[7] For the application of above mentioned chikitsa dravyas possessing pharmacological activities like vaajikarana, shukrala, shukrajanana,shukrarechaka, shukrapravartaka, shukrashodaka, shukrastambhaka, shukrakshayakara (avrishya)are necessary. Hence attempt is made to list drugs having above karmas from bhavaprakasha.

Vajikarana –Vajikarana (aphrodisiac treatment) is that which produces lineage of progeny, quick sexual stimulation, enables one to perform sexual act with the women uninterruptedly and vigorously like a horse, makes one charming for the women, promotes corpulence and infallible and indestructible semen even in the old persons, renders one great having a number of off-springs like a sacred tree branched profusely and commanding respect and popularity in the society. By this one attains eternality based on filial tradition here and

hereafter along with fame, fortune, strength and corpulence.[8] It is also described as Sukra pravartakam' i.e. which promotes movement of Sukra out of the body.[9]

The medicines or therapy by which the man becomes capable of sexual intercourse with greater strength, which endears him to women and which nourishes the body of the person is known as Vajikarana. It is the best promoter of strength and vigor.[10]

The drugs which increases stree purusha harsha by producing kaamashakti sukhan are called as vaajikarana.

Table No.2: List of Vajikarana Dravyas In Bhavaprakash.

S. no	Drug	Rasa	Guna	Virya	Vipaka	Karma Chemical constitute
1	Ashwaganda *(Withania somnifera)*	Tikta, Kashaya, madhura,	**Laghu snigdha**	Ushna	**madhura**	brimhana, balya, Alkaloids, steroidal lactones, saponins, and withanolides
2	Musali *(Curculigo orchioides)*	Madhura	snigdha,	sheeta	Madhura	Vrishya, Saponins, phenolic glycosides, triterpene,sitosterol
3	Sharkara	Madhura	Snigdha	sheeta	**madhura**	Vajikara,shukrakara
4	Shatavari *(Asparagus recemosus)*	Madhura	Guru,	Sheeta	Madhura	Balya,vatapittahara Root- Sarsapogenin; two spirostanolic & two Furostanolic Fruits- B-sitosterol, Sarsasapogenin, Asparamins A & B. Leaves- Favonoids,
5	Kapikacchu *(Mucuna pruriens)*	Madura	Guru,	ushna	madhura	Balya ,brimhani levodopa, or L-dopa, a precursor to dopamine, adrenaline and noradrenaline.
6	dugda	Madhura	Snigda	Sheeta	madhura	Brimhana

SHUKRALA - Drugs which facilitate and increase the production of shukra are called as shukrala. Examples are *Withania somnifera, Asparagus racemosus, Vigna mungo, Mamsa, Grita.*[11]

Table No. 3: List Of Shukrala Dravyas In Bhavaprakasha.

1.	Naagabala *(Sida veronicaefolia)*	Madhura, Kashaya, tikta,	Guru	Sheeta	Madhura	Vatapittahara Quinazoline, gossypol, Sterculic acid, Linoleic acid
2	Shatavari (*asparagus racemosus)*	Madhura tikta,	Snigdha, guru	Sheeta	Madhura	Rasayana, balya, Glycosides of quercetin and rutin, sitosterol saponins
3	Kapikacchu	Madhura, tikta,	Guru	ushna	madhura	brumhan, balya
4	Kakoli *(Roscoea purpurea)*	Madhura,	guru	Sheeta	madhura	Brimhana, Vatapittasra contains carbohydrates, proteins, phenolics, flavonoids, alkaloids, glycosides, tannin and saponins
5	Ksheerakakoli (*Lilium polyphyllum)*	Madhura,	guru	Sheeta	madhura	Brimhana, Vatapittasra linalool and α-terpineol.
6	Kustha *(Saussurea lappa C.B)*	Madhura, tikta	Laghu ruksha	Ushna	katu	Vataasrahara Essential oil, costol, taraxas- terol, costunolide, Dehydro constuhactone, sitosterol,
7	Vyaghranakha (*Helix aspera)*	Madhura	Laghu	Ushna	katu	varnya,
8	Prapoundareeka (*Prunus cerasoides,)*	Madhura, tikta, Kashaya	Laghu ruksha	Sheeta	madhura	Varnya, bita-sitosterol, stigmasterol, ursolic acid, prunetinoside, glucogenkwanin and neosakuranin
9	Naarikera (*Cocus nucifera)*	madhura,	Snigdha	Sheeta	madhura	Balya, hridya, keshya, bastishodaka Kernal yield oil (60%-70%)contains lauric acid (44%- 51.3%), myristic acid (13%-18%), palmitic acid, stearic acid glycerides. vitamin A and vitamin B.
10	Badari(souveera) (*Ziziphus mauritiana)*	Amla	guru	Sheeta	madhura	bhedana, Brimhana arabinose, galacturonic acud and galactose

11	Madooka (*Madhuca longifolia (Koen.)*	Madhura	Guru	Sheeta	madhura	brimhana, vatapittahara triterpenoids, n-hexacosanol, beta-sitosterol. nut shell-qurcetin Seed- saponins-2, 3-di-O- glucopyranoside of basic acid. Bark- alpha-spinasterol, erythrodiol monocaprylate,
12	Dadeema *(Punica granatum)*	Madhura, kashaya	Laghu, snigdha	Sheeta	madhura	grahi, tridoshaghna, tarpana Tannins, ellagic acid, gallic acid, anthocyanins, flavonoids, vitamins, sterols, lignans, saccharides, fatty acids, organic acids, terpenes, terpenoids
13	Chataka	Madhura	Snigdha	Sheeta	madhura	vatapittahara
14	Samudrajala(ashwin masa)	Madhura	Nirmal, neervisha			Shukrala
15	Santaneeka	madhura	Snigdha	Sheeta	madhura	Tarpana, brimhana
16	Vrintaka *(Solanum melongena)*	Madhura	tikshna,	Ushna	katu	vatakaphahara Fiber, Protein, Manganese, Folate, Potassium, Vitamin K, C, niacin, mg, cu
17	Raktashali (*Oryza sativa)*	Madhura	Guru	Sheeta	madhura	Balya, varnya, tridoshaghna, mutual, swarya Anthocyanin, fe, ca, zn
18	Riddi (Habenaria intermedia), vriddi(Habernaria edgeworthii)	Madhura	Guru	sheeta	madhura	Tridoshaghna, balya Starch, minerals, glycosides
19	Sthouneyaka (Clerodendrum infortunatum)	Tikta	Laghu, ruksha	Ushna	katu	Medhakara**, shukrakara,** Betasitosterol, linoleic acid, oleic acid, palmitic acid,
20	Twak/daruseeta (*Cinnamomum zylanicum)*	Madhura, tikta,	Laghu, ruksha	Sheeta	katu	varnya, vatapittahara linalool 54.55%; cinnamaldehyde 1.45%, alpha-and beta-pinene, p- cymene and limonene

21	Mudgaparni (*Phaseolus trilobus)*	Tikta, Madhura	Hima, ruksha	Sheeta	madhura	Tridoshaghna flavonoids, isoflavonoids, stigmasterol, tannins, Vitamin K, Vitamin C, protein.
22	Ashwagandha	Kashaya, tikta,	Laghu, snigdha	Ushna	madhura	balya, rasayani, atishukrala
23	Jalapippali (*Lippia nodiflora)*	Katu	Hima, grahi, laghu,	Sheeta	katu	Hridya, mutrala, grahi CHO, linoleic acid, beta sitosterol
24	Shatapatri *(Rosa centifolia)*	Tikta, kashaya	Hima, grahi,	Sheeta	katu	tridoshaghna Betasitosterol, eugenol, quercetin
25	Godhuma (*Triticum aestivum)*	Madhura	snigdha	Sheeta	madhura	brimhan Ergosterol, sitosterol, triglycerides
26	Bhallataka phala (*Semecarpus anacardium)*	Katu, tikta, Kashaya madhura	Laghu, Snigdha, teekshna	Ushna	Madhura	Deepana, paachana, bhedana, rechana, medya riboflavin, thiamine, linoleic, myristic, oleic, palmitic acids,
27	Kastoori (*Moschus moschiferus)*	Katu, tikta, kshara	Guru,	Ushna		Hridhya shukrala
28	Mashaparni (*Teramnus labialis)*	madhura	Sheeta, guru, ruksha	Sheeta	Madhura	**Shukrakrut,** balakrut Ldopa, minerals fat
29	Shigru *(Moringa oleifera)*	Katu tikta, kshara,	Ushna, sangrahi	ushna	katu	Chakshushya, hridya, Quercetin, karpferol
30	Vidarikanda (*pueraria tuberosa)*	madhura	Snigdha,	sheeta	madhura	Swarya, jivani, stanya, brimhani CHO
31	Saariva (*hemidesmus indicus*)	madhura	Snigdha	Sheeta	Madhura	**Shukrakara,** Betasitosterol, lupeol,
32	Kakamachi (Solanum nigrum)	Tikta	snigdha	Ushna	Katu	Rasayani, hridya Carotene, vit c, palmitic, stearic, oleic, linolenic acid, citric acid
33	Tala *(Borassus flabellifer)*	Madhura	Guru Snigdha	Sheeta	madhura	Shukrajanana, brimhana, bastishodaka CHO, riboflavin, vitc, pectin,
34	Kalambi *(Ipomea aquatic)*	Madhura, tikta	Guru	Sheeta	Madhura	Balya shukrajanana, brimhana Vit a, b, e,

35	Yasti (*Glycyrrhiza glabra)*	Madhura	Guru Snigdha	Sheeta	Madhura	Balya, shukrala, varnya, chakshushya Glycyrrhizin, glabrine,
36	Jivanti (*Holostemma rheedianum)*	Madhura	Laghu, Snigdha	Sheeta	Madhura	Rasayana, shukrala, chakshushya
37	Kharjura *(cucumis melo)*	Madhura	Guru, Snigdha	Sheeta	Madhura	Balya, mutrala, Vit a, vit c,
38	Seva *(Malus domestica)*	Madhura, kashaya	Laghu, ruksha	sheeta	madhura	Shukrala
39	Masha (*Vigna mungo)*	Madhura	Guru, Snigdha	Ushna	Madhura	Balya shukrajanana, brimhana Genistein, glycinol, hexosans,
40	Potaki (*Basella rubra)*		Snigdha, picchila	Sheeta		Balya, ruchya, brimhani Vit a, b

VRISHYA - Therapeutics which promotes strength and immunity is categorized in vrishya (aphrodisiac) and Rasayana (promotives), while the therapy of the second category is mostly applied for alleviation of disorders.[12] Any article which is sweet, unctuous, life promoting, nourishing and heavy to digest and causing mental excitement, is to be regarded as vrishya. Therefore, a person, first of all be impregnated with these articles, should approach for his woman. He gets excited by his own urge and also by the erotic attributes of the woman. After the sex act, the man should take bath and drink milk or meat juice and then go to sleep. By doing this, his semen and strength get replenished.[13]

Table No. 4: List of Vrishya Dravyas in Bhavapraksha.

1	Aamalaki (*Emblica officinalis)*	Madhura, amla, katu, tikta, kasshaya	Laghu, ruksha	sheeta	Madhura	Rasayana, tridoshagna Ellagic acid, vit c, carotene
2	Jeeraka (*Cuminum cyminum)*	Katu	Ruksha	ushna	katu	deepana balya, ruchya, kaphahara, chakshushya Carotene, glycerol, linoleic acid,
3	Meda mahameda	Madura, ,	snigda, guru	sheeta	madhura	Stanya, brimhana,
4	Lashuna *(Allium sativum)*	Pancha rasa,	Snigdha, tikshna	Ushna	katu	pachana, kantya, rasayana, balavarnakara Volatile oil Alliin; Carbohydrates,

						Vitamins (folic acid, Niacin, Riboflavin, thiamine, vit c); Amino acids (arinic, Asparagic acid, methionine etc); enzymes (allinase); volatile compounds (allylalcohol, allylthiol, allylpropyl disulphide Thioglycosides
5	Saindava lavana	Lavana	Laghu, Snigdha	Sheeta	Madhura	Ruchya, vrishya, netrya, tridoshahara, deepana, pachana
6	Karpoora (*Cinnamomum Camphora)*	Katu, tikta, madhura	Laghu, ruksha	Sheeta	Katu	lekhana, kaphapittahara Campher, Campherol, Cineol, Camphene, dipentene, terpineol, candinene, safrole, camphorace, laurolitsine, reticuline
7	Rakta chandana (*Pterocapus santalinus Linn. F)*	Madhura, tikta	Guru, ruksha	Sheeta	Katu	vrishyam Santallin a, b, beta amyrone, lupeol
8	Guggulu (*Commiphora mukul,)*	Tikta, Kashaya,	katu, ruksha, laghu, sukshma, picchila,	ushna	katu	Balya, rasayana, lekhana Linoleic acid, palmitic acid, quercetin, b sitosterol, amino acids
9	Sihlaka (*Liquidamber orientalis)*	Katu, Madhura	snigdha,			kantya, grahi Storesinol, ethyl cinnamate, styracin
10	Gambhari phala (*Gmelina arborea)*	Madhura	Guru, , snigdha	ushna	Madhura	brimhana, keshya, rasayana B-Sitosterol, ceryl alcohol, Gmelinol, Butyric, &Tartaric Acids;Apigenin, premnazole, Arborone, Ardorel, Isoarborel, cutytyl
11	Gokshura (*Tribulus*	Madhura	Guru,	Sheeta	Madhura	balakrit, deepana,

	terrestris)		snigdha			B sitosterol, rhamnose, quercetin, kaempferol, spirosterol,
12	Alarka kusuma (*Calotropis gigantea)*	katu, tikta	laghu	ushna	katu	deepana, pachana Laurane, Saccharose, B-amyrin; a&B calotropeols;Cyanidin-3-rhamnoglucoside;
13	Gunja (*Abrus precatorius)*	Tikta, kashaya	Laghu, ruksha	ushna	katu	Balya, vatapittahara Precol, Abrol and two alkaloids(abrasine& precasine), abrasine, precasine and precol, proteiN abrusoside A, B, C and D, xylose, choline, hypaphorine, precatorine, glycyrrhizin
14	Karpasa beeja (*Gossypium barbadens Linn)*	Madhura, kahaya	Guru, snigdha	Ushna	katu	Vatahara, , stanya, Hemigosypol, Quercimetitrin Caryophyllene, Pinene, Limonene
15	Bhadramunja *(Saccharum munja*)	Madhura, Kashaya,	Laghu	Sheeta	Madhura	tridoshaghna, cellulose 58. 2%, lignin 20.5%, pentosoms 23.7% and ash 2 – 3%.
16	Kokilaksha (*Asteracantha longifolia)*	Madhura, aamla, tikta	Snigdha, picchila	Sheeta	Madhura	Balya, brimhana, ruchya lupeol, stigmasterol and hydrocarbons, the seed gave sterols and the flowers have apigenin glucuronide.
17	Astisamhara *(Cissus quadrangularis)*	Madhura, katu	Ruksha, sara	Ushna	Madhura	Vrishya, krimigna, paachana Quercetin and Kaempferol, ketosteroids, freidelin, resveratrol, and Quadrangularin
18	Patalagarudi	Tikta	Laghu,	Ushna	Katu	vajikara

	(Cocculus hirsutus(Linn)		picchila			coclaurine, magnoflorine, beta-sitosterol, ginnol and a monomethyl ether of inositol
19	Kinjalaka (kamala) *(Nymphaea nelumbo Linn*)	Kashaya, Madhura, tikta	laghu	Sheeta	Madhura	Mutrashodhaka, varnya Robinin(a glucoside), Nuciferine(alkaloid); Asmilobine& Lirinidine, Flavonoids, Isoliensinine; Neferine, Armepavine palmitic, myristic, oleic and linoleic acid.
20	Kubjaka (Rosa moschata)	Madhura, tikta, Kashaya anurasa	sara	Sheeta	Madhura	Vrishya Vit c, malic acid, citric acid
21	Mrunaala *(Nelumbo nucifera)*	Madhura, tikta, Kashaya	Sheeta, guru	sheeta	Madhura	Vrishya, grahi
22	Damanaka (*Artemisia vulgaris)*	Kashaya, tikta,	Laghu, ruksha	Ushna	katu	Vajikarana, hridya Cineol, thujone, thujyl, citral
23	Palasha *(Butea monosperma.)*	Kashaya, katu, tikta	Sara, snigdha	Ushna	Katu	Deepana, vajikarana, astisandanaka Leucocynidin, riboflavin, thymine, stigmasterol,
24	Mocharasa (*Bombax ceiba)*	Kashaya, Madhura,	Snigdha, grahi	Sheeta	Madhura	Sananaka, vajikarana l-arbinose, d-galactose,
25	Pakwaamraphala (*Mangifera indica)*	Madhura, kashayaanurasa,	Guru, snigdha,	Sheeta	Madhura	Hridya, varnya Mangiferin, betasitosterol, ellagic acid, quercetin
26	Aamrataka (*Curcuma amada Roxb)*	Madhura, Kashaya,	Snigdha, guru, vishtambhi	Sheeta		Kantya, hridya, deepana, tarpana, balya, brimhana d-camphor, linalool, ocimene
27	Supakwa lakucha (*Atrocarus lacucha Buch)*	Madhura, amla,		ushna		Ruchya, vrishya, Betasitosterol, galangin, lupeol acetate, artocarpin,
28	Kadali	Madhura, sheeta,	Guru,	Sheeta	Madhura	Brimhana, vishya

	(*Musa paradisica)*	brimhana, vrishya	snigdha			Dopamine, serotonin, riboflavin, sitosterol, CHO
29	Kharbuja (*Cucumis melo)*	Madhura	Guru, snigdha	Sheeta	Madhura	Mutrala, balya, koshta shuddikara Vit a c, CHO,
30	Preeyala (*Buchanania latifolia)*	Madhura	Snigdha, sara,	sheeta	Madhura	Hridya Aa, leneolic acid, palmitic acid, myristic acid triterenoids,
31	Rajadana (*Manilkara hexandra)*	Madhura, Kashaya	Snigdha, guru	Sheeta	Madhura	Vrishya, Ursolic acid, quecitol, quercetin, betasitosterol
32	Padmabija (*Nelumbo nucifera)*	Madhura Kashaya, tikta,	guru, ruksha, grahi	Sheeta	Madhura	Garbhastapana, dardyakara, balya Palmitic, myristic, oleic, linoleic acid
33	Shrungataka **(***Trapa bispinosa Roxb*.)	Madhura	Guru, grahi	sheeta	Madhura	Balya, vrishya, Amylose, amylopectin, S, Ca, Mg, Fe
34	Watadmajja *(Prunus amygdalus Baill.)*	Madhura	snigdha, ushna	Ushna	Madhura	Balya, vrishya Arginine
35	Amrutaphala *(Pyrus communis)*	Madhura	Guru, ruksha	Sheeta	Madhura	Pachana, hridya, vrishya Vit a&c, Cu, Mg,
36	Suvarna(iron sulphide)	Madhura tikhta,	Pichchila, guru,	Sheeta	katu	balya, rasayana,
37	Swarnamakshika (copper iron sulphide)	Madhura, tiktha	Laghu, ruksha	Ushna	katu	rasayana, chakshushya,
38	Parada (hydragyrum)	shadrasa	snigdha	Ushna	Madhura	Yogavahi, mahavrushya, balaprada,
39	Mouktika (calcium carbonate+canchialian)	Kashaya, madhura	Guru, snigda	sheeta	madhura	chakshushya, balaprada
40	Charuka (*Saccharum munja)*	Madhur, ruksha, sheeta, Kashaya, laghu	Ruksha laghu	Sheeta	Madhura	vrishya Cellulose, lignin
41	Patolpatra *(Trichosanthes dioica)*	Tikta, katu	laghu, snighdha, ushna	Ushna	katu	Deepana, pachana Vit c, thiamine, CHO

42	Kasamarda (*Senna occidentalis)*	madhura, Tikta	Laghu, ruksha	ushna	Katu	Ruchya, pachana, kanthashodhana, Cassiollin, mucilage, tannic acid occidental1 2
43	Kushmanda *(Benincasa cerifera)*	Madhura	sheeta, guru, snigdha	Sheeta	Madhura	Brimhana, vrishya, bastisuddikara Vit b&c, Oleic acid, palmitic acid, mannitol, serine, b sitosterol
44	Alabu (*Lagenaria siceraria)*	Tikta	Laghu, ruksha	sheeta	Katu	Hrudhya, pittakaphahara, ruchya Vit b&c, Oleic acid, palmitic acid, mannitol, serine, b sitosterol Cucurbitacin b, codisterol
45	Patol *(Trichosanthes dioica)*	Tikta	laghu, ushna, snigdha	Ushna	katu	hurdhya, agnideepan, vit a&c, CHO, Cu, Mg, S, cl Vit b&c, Oleic acid, palmitic acid, mannitol, serine, b sitosterol
46	Aaluk (*Dioscorea bulbifera)*	Madhur, Katu,	guru, SNIGDHA,	Ushna	katu	mutrala, balya three furanoid norditerpenes, diosbulbins A, B, C, D, E, F, G, H
47	Shaalooka (*Nymphea alba)*	swadu, tikta, Kashaya	Ruksha, Sheet, guru,	Sheeta	madhura	Balya, hridya, grahi Cardiac glycosides, b sitosterol, GA,
48	Kukkuta (Cock)	Madhura, Kashaya	snigdha, ushna, guru	Ushna	Madhura	Chakshushya, brimhana,
49	Edaka	madhura	Guru, snigdha	Ushna	katu	Hrushya, shramahara, pittakaphahara
50	Kulechara	Swadu, watahara	snigdha,	sheeta	madhura	Balya, mutrala
51	Bhankura	Madhura	Snigdha, guru, vishtambhi	sheeta	Madhura	vrushya,
52	Madgura	Madhura	laghu	Ushna	Madhura	balya
53	Matsyanda	Madhura	Snigdha, laghu	Ushna	Madhura	pustikara, balya
54	Tilapishta		Snigdha,			brumhana

			guru,			
55	Godughdha	madhura,	Snigdha, kleda,	Sheeta	Madhura	Balya, brumhana, stanya
56	Hastidugdha	Madhura, Kashaya,	Guru	Sheeta	Madhura	Balya, brumhana, chakshushya
57	Maahishadadhi	Snigdha, madhura, abhishyandi, guru	Snigdha, guru, abhishyandi,	Ushna	Madhura	Vrushya
58	Goghruta	madhura,	snigdha,	sheeta	Madhura	Balya, chakshushya, medhya, balavarnakara
59	Maahishaghruta	Madhura,	Snigdha, guru,	Sheeta	madhura	balya
60	Tilataila	madhura,	Guru, sara, vikasi, sukshma,	Ushna	Madhura	balavarnakara, brumhana, lekhana, deepana, keshya
61	Khasabijataila *(Papaver somniferum)*	madhura	guru	sheeta	madhura	balya
62	Erandataila *(Recinus cuminis)*	Madhura, kashayanurasa	Guru, picchila, sukshma, Teekshna, ushna,	Ushna	Madhura	deepana, twaccha, vayahstapana, kantibalaprada, yoni shukra shodana
63	Madhu (Honey)	Kashaya, madhura,	vishada,	Sheeta	Madhura	Varnya, medhakara, grahi, lekhana, chakshushya, yogavahi
64	Kantarekshu	madhura	Guru, sara,	Sheeta	Madhura	Brumhana,
65	Khandam	Madhura,	Snigdha, guru,	Sheeta	Madhura	Balya, brumhana, chakshushya
66	Tara makshika (iron pyrite)	Madhura tikta	Laghu ruksha	sheeta	madhura	Vrishya rasayana
67	Mahishagrita	Madhura	Guru, Snigdha	Sheeta	Madhura	Vrishya
68	Gavya navaneeta	Madura	Sangrahi sheeta	Sheeta	madhura	Balavarnakara, Vrishya,

SHUKRAPRAVARTAKA **–** the drugs which initiates ejaculation of *shukra* from its path are termed as *shukrapravartaka.* Example –stree (sha m 4/15/35).

SHUKRASHODHAKA**-** the drugs which purify semen and sperm and restore their normal physiology are termed as *shukrashodhaka.* example-*gundra(Typha domingensis), erandataila(Ricinus cuminis)*(CSS4/)

SHUKRASTAMBAKA- the drugs which obstruct in *shukra pravartana* are termed as *shukrastambaka* example-*jatiphala (Myristica fragrans*) (sha m 4/17/35). These drugs are helpful in case of premature ejaculation.

SHUKRARECHAKA – the drugs which helps in easy expulsion of semen are termed as *shukra rechaka.* Example- *brihati(Solanum indicum), kantakari (Solanum xanthocarpum)*

SHURAKSHAYAKARA/AVRISHYA/SHUKRASHOSHAKA- the drugs which decreases shukra are termed as *shukrakshayakara/avrishya eg- haritaki, dhayaka.*

Table No. 5: List of Avrishya, Shukrahrit Dravyas In Bhavaprakasha.

1	Dhanyaka (*Coriandrum sativum)*	Kashaya, tikta	snigdha, laghu,	Ushna	Madhura	mutrala, Beta carotene, beta sitosterol, umbelliferon, camphor, eugenol
2	Bhootruna *(Cymbopogon citratus)*	katu, tikta	ruksha, laghu	Ushna	Katu	Deepana, vidhahi, anetrya, Citrals, elemol, undecanon
3	Yavanala *(Zea mays)*	swadu,	Ruksha,laghu	Sheeta,	Katu	Avrishya Geosmin, kaempferol
4	Shobhanajana beeja *(Moringa oleifera)*	Tikshna, vatakaphaghna	Laghu, ruksha	ushna,	KATU	Arushya Leucine, nicotinic acid
5	Yavani *(Carum copticum)*	Katu	Teekshna, laghu	Ushna	Katu	Shukrahrit, paachaka, deepana,
6	Twakpatra (*Cinnamomum cassia)*	Katu, tikta, madhura	Laghu,ruksha, teekshna	Ushna	Katu	shukrahrit Volatile oil, linalool
7	Katabhi phala (*Careya arborea)*	Katu kashaya	Ruksha	Ushna	Katu	Grahi, shukrahara,
8	Moksha (*Schrebera swietenoides)*	Katu tikta kshara	Grahi,	Ushna	Katu	shukrahrit
9	Rajata (silver)	Amla, Kashaya	Guru Snigdha	Sheeta	Madhura	shukranashana
10	Chanaka (*Cicer arietinum)*	Kashaya	Grahi	Sheeta	Madhura	Shukrahara

DISCUSSION

Bhavaprakasha has mentioned 7 karmas related to shukravaha srotas. That shows importance of the shukradhatu.

Present study author has done sincere efforts to screen the Bhavaprakasha Nighantu for vajikarana dravya(TABLE. NO 2), Shukrala(TABLE.NO 3), Vrishya (TABLE.NO 4), Avrushya (TABLE NO 5), shukrapravartaka, shukrarechaka, shukrashodaka drugs are listed.

In whole nigantu screening 6 are found to be *vajikarana*, 40 are *shukrala*, 68 are *vrishya*, 2 are *shukrashodaka*, 2 are *shukrarechaka*, 1 is *shukrastambaka*, and 10 are found to be *avrishya/shukrahara* drugs from *bhavaprakasha Nighantu*. These all drugs are said to be having karma on *Shukravaha srotas.* The drugs mentioned in these karmas are mainly *madhura, tikta, guru, sheeta, snigdha* in nature and so by similarity in properties, they increase sperm quality. oleic acid, palmitic acid, vit c, e, d, are more found to be in screened drugs. oleic acid and palmitic acid significantly increased sperm motility, progressive motility, straight-line velocity (VSL), membrane integrity, and acrosome integrity with a simultaneous decrease in sperm apoptosis after seven days during storage.[14] Quercetin also have action on sperm motility and quality.[15] For example, *kapikacchu* is included in *vrishya* and *vajikara karma; ashwaganda* is included in *shukrala* and *vajikara; shatavari* is included in *vrishya* and *vajikara; astavarga* drugs included in; These drugs may act on higher center of the brain, i.e. the hypothalamus and limbic system. This may have anti-stress, adaptogenic actions, which helps to alleviate anxiety associated with sexual desire and performance.

CONCLUSION

From the above discussion it can be concluded 129 drugs from bhavapraksha nighantu are having action on shukravaha srotas. Most of the drugs are having oleic acid, palmitic acid, quercetin, vit a, e, d, are found and there are various researches done on these chemical substances, they have different action on male reproductive system. It is responsibility of Vaidya that particular drug is selected in particular condition for the better result in single or multiple drug combination according to the yukti of Vaidya. Various experimental and clinical studies are required to establish the action of these drugs on shukravaha srotas.

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