

**A REVIEW ON VIRYASTAMBHANA IN THE MANAGEMENT OF
SHUKRAGATA VATA (PREMATURE EJACULATION) BY
BHAISHAJYA RATNAVALI**

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ABSTRACT

Currently, one of the blazing and stressful issues in society that impacts the mental health and wellbeing of an individual is male sexual disease. i.e. Premature ejaculation (PE). Premature ejaculation is a state in which men feels orgasm but ejaculates quickly with minimal penile stimulation after initiation of sexual act. Whereas an exclusive definition is not defined in Ayurveda classics for Premature ejaculation but is categorized as *Shukragata Vata* disease. But the direct reference was mentioned in the classics for premature ejaculation under the treatment aspect. There the ancient classics have mentioned about *Viryastambhana dravyas* i.e. those drugs that help in preventing early ejaculation or delay the ejaculation. These drugs are also the best aphrodisiac medications. One of the Literature which has majorly contributed to the treatment perspective is *Bhaishajya*

Ratnavali. Hence we have focused on the treatment modality according to this *Samhita* in treating Premature ejaculation as resolving this health hazard is the need of the hour.

KEYWORDS: *Viryastambhana*, Premature ejaculation, *Shukragata Vata*, IELT, *Bhaishajya Ratnavali*.

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INTRODUCTION

Premature ejaculation is characterized by early ejaculation and even lacks the voluntary control over ejaculation after initiation of sexual act. Men who have less than 1 minute intravaginal ejaculatory latency time (IELT) are definitely considered as a case of PE, whereas IELT time between 1 to 1.5 minutes is probably considered to fall in the category of PE.^[1] The estimated ratio of occurrence is 4 – 39 % of men in society.^[2]

On contrary, Ayurveda has considered this condition as one among the *Shukravaha Srotas vyadhi* and named it *Shukragata vata*. In which *Vata* vitiating factors plays important role for developing PE. Here, *Apana vata* vitiation will stimulate the quick ejaculation of semen. Ayurveda has quoted various types of treatment, one among them is *Stambhana Upakrama*.^[3] *Bhaishajya ratnavali* in the context related to *Shukragata rogas* has opted *Viryastambhana* as the way to treat *Shukragata Vata*. The formulations which are explained in the *Viryastambhana rogadhikara* not only improves the strength of an individual (aphrodisiac) but also acts at the level of *Manas*. In the treatment of various disorders, the drugs mentioned in *Bhaishajya ratnavali* are of utmost use in current practice. Hence we have focused the management view that can be adopted practically is putforth for gaining success in *Shukragata vata*.

FACTORS RESPONSIBLE FOR PREMATURE EJACULATION

1. Dietary factors – The diet which includes dry foods, spicy (*Katu*), astringent (*Kashaya*), bitter (*Tikta*), alkali (*Kshara*), unwholesome diet (*Viruddha ahara*) and fermented foods, etc. Consuming before digestion of the previous meal (*Adhyashana*) and Fasting (*Anashana*) are also observed to be the cause of *Shukragata Vata*.
2. Lifestyle - Indulging in exercises more than one's capacity (*Ativyayama*), excessive coitus (*Ativyavaya*), and awakening at night (*Ratrijagrana*), are also considered the causes.
3. Not following the regimens for sexual act like – coitus at inappropriate time (*Akalamaithuna*), excessive masturbation and sodomy (*Ayonigamana*), coitus with menstruating women (*Rajaswala*), with unlovable partner (*Apriyagamana*) etc.
4. Suppressing the urge of intercourse (*Shukravega dharana*)
5. Mental health status of the person – Excessive Grief, worries or stress, over excitement are contributing factors. These factors initially deteriorate an individual's mental health further they start affecting their physical health.

6. Occupation – One of the exacerbating factors is occupation. People working at high temperatures may end up with disorders of the reproductive system.
7. Genetic predispositions - Hereditary problems in generations will influence and increase the chance of such health hazards.
8. Any trauma to the genitourinary tract.
9. Structural abnormalities of the genitourinary tract can also be reflected as a cause for such problems.

ROLE OF VATA AND MANAS IN PREMATURE EJACULATION

VATA – The functional entity of our body *Vata* has various aspects to perform bodily functions. One of the *vata* type is *Apana vata* which helps in the elimination of semen from our body. Any impairment in the functioning of *Apana vata* leads to *Shukragata rogas*. Along with *Apana vata*, the *Prana vata* can also be a crucial entity to create disbalance in the HPG (Hypothalamic-Pituitary-Gonadal) axis thus leading to premature ejaculation.

MANAS – The mind controls our body and activities. Any kind of stress, fear, over-excitation, or even performance anxiety can affect the mindset of the person which in turn will affect the performance of the patient in terms of Premature ejaculation. Hence it is always advised to enjoy the pleasure instead of taking pressure.

TREATMENT MODULE

In *Ayurveda*, the etiological factor of Premature ejaculation is considered as *Vata*. *Chalatva* (mobile) nature of *Vata dosha* in *Apana pradesha* (pelvic region) will cause early ejaculation. Thus, in such health issues, a holistic approach is always beneficial to treat the condition. Proper orientation of an individual through Counselling, Diet and Medications are a choice of management. While focusing on the management view of *Bhaishajya ratnavali* the *Shukra stambhana* action of drugs can be considered as the line of choice. However, many described formulations (*Yoga*) in the context explained under the Chapter named *Viryasytambhana* are not practically accepted. There is a need to do research on those formulations by adopting them into practice and by evidently collecting the data. But here we will discuss about the recommendations which are in practice and have fruitful results in managing such disorders.

INTERNAL YOGAS (Medications)

The formulations that can be used internally have shown good results in the practice are -

1. Purified Surana Kanda (*Amorphophallus campanulatus*) along with roots of Tulasi (*Ocimum sanctum*) both in equal quantity should be pounded together to make a powder. Wrap the powder in betel leaves and keep it in mouth before intercourse. It will help to delay ejaculation.^[4]
2. Tilla Gokshura Churna^[5] – Take Krishna tila (Black sesame) seeds and Gokshura (*Tribulus Terrestris*) in equal quantity. Then boil it in goat milk. The quantity of Goat's milk should be 4 times. *Tribulus* is one of the best aphrodisiacs (*Vrishya*) medicine.^[6] Black sesame has potent absorbent action (*Sangrahi*) thus helping to delay the ejaculation.^[7]
3. Shukravallabha Rasa^[8] – This formulation is composed of Purified Parada, Purified Gandhaka, Loha bhasma, Abhraka bhasma, Rajata bhasma, Swarna bhasma, Swarna makshika, Vanmshalochana (*Bambusa arundinacea*), and Bhanga (*Cannabis sativa*). The mentioned drugs revitalize the whole body by nourishing all the *dhatus* one after the other. Hence it not only delays ejaculation but is also considered as best aphrodisiac medicine. It is advised to take 1 gram two times a day after meals with lukewarm milk mixed with Jaggery.
4. Kaminividravana Rasa^[9] – This medicine is prepared from Akarkara (*Anacyclus pyrethrum*), Shunthi (*Zingiber officinale*), Lavanga (*Syzygium aromaticum*), Keshar (*Crocus sativus*), Pippali (*Piper longum*), Jayaphal (*Myristica fragrans*), Javitri (*Myristica fragrance*), Shveta Chandana (*Santalum album*), Purified hingula, Purified Gandhaka and Ahiphena (*Papaver somniferum*). The dose 375 mg can be given twice daily after meals with jaggery mixed with lukewarm milk. It is also beneficial in Premature ejaculation.

EXTERNAL YOGAS

Even the drugs if applied locally over the genital areas may enhance the ejaculation time. Those are available in the form of powders that can be directly applied or also can be tied over the waist region.

1. The Egg of Chataka (Jacobian bird) mixed with butter should be massaged over the soles.^[10]
2. The root of Apamarga (*Achyranthes aspera*) can be tied over the waist region.^[11]

3. *Kamalbeeja* (*Nelumbo nucifera*) mix with *Madhu* (Honey) and apply the paste over the umbilical region.^[12]
4. Paste of pollen of *Neelakamala* (*Nymphaea stellate*) and *Shweta kamal*, along with Jaggery and Honey if applied around the naval region may also help to retain the ejaculation.^[13]

MEDICINE-INDUCED INFERTILITY

The reference of drug-induced infertility is available in our ancient text written by *Chakradatta* stated that there is some infertility which is induced by the use of drugs and even under the influence of *Grahas* (any kind of infection). It may affect both males and females. In females, this can be reversed by washing the Vagina regularly for 3 to 4 days with *Takra* (Buttermilk).^[14]

DISCUSSION

Shukragata Vata is a condition where a person cannot hold ejaculation for a sustainable time. A person will ejaculate within 1.5 minutes that can be due to any above mentioned confounding factors. It will affect the mental status of a person and even the relationship. The medicines told in *Bhaishajaya ratanavalli* can be fruitful in managing the condition. The herb *Tulasi* being efficacious over the *Vata*, particularly on *Apana vata* is effective in managing *Shukragata vata* condition.^[15] Oral medications like *Shukravallabha rasa* and *Kaminividravana Rasa* have *virya stambhana* properties which will reduce the *chalatava* (mobility) of *vata dosha* and enhances the *sthira*tva to help in the retention of *shukra* for prolonged time. *Gokshura* being a potential aphrodisiac herb helps in improving the quality as well as quantity of semen along with that it also prolongs the erection and delays the ejaculation.

External applications mentioned in the classics may consider to have local action via absorption through the skin but there is no evidence for such preparations found yet. Even their action can also be considered to have a placebo effect on the psychology of the patient so that they might get relief from the performance anxiety thus probably helpful in delaying ejaculation. They may divert the mindset of a person by reducing anxiety and can also uplift the mood.

Here the practically adopted ways of text have been explained but the other part can also be prove evidently if adopted into the practice.

CONCLUSION

Vajikarna, one of the branches of *Ayurveda* that exclusively deals with the sexual disorders of males as well as females. If the proper regimens explained by the context followed, individual will always enjoy the pleasure of sexual life. If not, may end with various diseases related to *Shukravaha srotas*. Premature ejaculation is one among the conditions that not only impact the human body but also the mind. Hence if proper diet, medications, *Yoga* and counselling is followed in such health issues it will show fruitful results. Many medications explained in *Bhaishajya Ratnavali* under *Viryastambhana rogadhikara* chapter has proven to be effective if advised appropriately.

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