

ROLE OF AYURVEDA IN PRE MATURE EJACULATION: CASE STUDY

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Nanded.**ABSTRACT**

Ayurveda is divided into eight branches, each chiseled carefully to meet out the specific needs in the process of maintenance of health and prevention of diseases. *Vajikarana* is one of them, designed specifically for dealing with all types of physical and psychological sexual problems - e.g., impotency, libido, poor erection and early ejaculation in males; sterility and healthy body in females. The purpose of *vajikarana* is to resolve the sexual activity related problems in men and women and of course infertility. Infertility is not just a woman's problem. Both men and women are equally likely to suffer with fertility issues. Hence the conception depends on the fertility potential

of both the male and female partner. The male is directly responsible in about 30-40% of cases. Pre ejaculation, seminal dysfunction, Oligospermia, Physiological, Pathological as well as psychological effects cause male infertility. The present case report provides an effective management in Pre ejaculation symptoms through *Vajikarana*.

KEYWORDS: *Ayurveda*, Pre-ejaculation, *Vajikarana*, *Vandhyatwa*.**INTRODUCTION**

Vandhyatwa (Infertility) is a burning issue in the present scenario. The sound life has three principle pillars (*trayopasthambha*) a fair eating routine, appropriate sleep and a healthy sex and conjugal life.^[1] The significance and pertinence of the third pillar lies in the way that a whole order has been referenced among the eight particular parts of Ayurveda known as *Vajikarana Tantra*. Ayurveda unequivocally accepted that a feeble *Shukra* was the guilty party behind all Male and Female Sexual Problems. One of the types of impotency is caused by demunition of semen by excessive intake of *Katu Amla Lavana Ushna Padartha*.^[2] A strong person with mental agitation, suppression and celibacy suffers from impotency caused

by Hardness of semen.^[3] According to *Ayurveda*, *Acharya sushrut* mentioned about *Garbhasambhava samagri Ritu* (fertile period), *Kshetra* (reproductive organs), *Ambu* (nutrient) and *beeja* (Shukra & Shonita-Sperm & ovum).^[4] Abnormalities in one or all mentioned factors may lead to infertility.

CASE REPORT

History of present illness

C/O Pre-ejaculation ~ 3 months

Weakness ~ 2 month

Rogi-Vritanta

Past history:

No H/O any disease

Personal history.

Age-23

Middle class family responsibility, Irregular lifestyle.

Marital status : married

Occupation : Property dealer

Bad habits : No H/O addiction

Astavidha pareeksha (O/E)

Nadi (pulse) = 78/min

Mala (stool) = *Prakrut*

Mutra (urine) = *Prakrut*

Jeeva (tounge) = *Niram*

Agni = *Madhyam*

Shabda (speech) = *Spashta*

Sparsha (skin) = *Anushan*

Druka (eyes) = *Prakrut*

Akruti = *Madhyam*

Bala = *Madhyam*

Raktachap (B.P) = 130/80 mmHg

Body weight- 56 kg

Treatment plan-

Drug: *Shatavari*, *Ashwagandha*, *Kapikacchu* in *churna* form with Milk

Duration: 1 month

MATERIALS AND METHODS

The classical *Ayurveda* treatises *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Samgraha*, different articles related with topic, internet, news papers etc have been explored regarding the concept and the misconception as well mis- use of aphrodisiacs(*Vajikarana*), findings organised systematically and critically analysed for a rational outcome.

Shatavari and *Kapikacchu* are *Madhur Madhur Shita* in *Gunas* and *Ashwagandha* is *Madhura Madhura Ushma* in *Gunas*

Shatavari with *Sukrala*^[5] *guna* increases sperm count

Kapikacchu *beej* are *Vrushya*^[6] and increases sperm quality

Ashwagandha is *Vajikarana*^[7]

They all together works as sperm quality enhancer and avoid pre ejaculation of semen

गुप्ताफलं गोक्षुरकात्त्व बीजं |

यथोत्त्वटां गोपयसा विपाच्य ||

खजाहतं शर्करया च युक्तं |

पीत्वा नरो हृष्यति सर्वसन्तम् || (Su.Chi.26/35)^[8]

Place of study- Government Ayurved College, Nanded

Type of study- Simple random single case study

Plan for schedule - *Churna* are given to patient twice a day with milk as mentioned in Su.Chi.26/35

Samprapti Ghatak:- on the basis of *Shastra*.

Dosh:*Vata & Pitta pradhana* associated with *Manas Dosha*

Dushya: *Rasa* and *Shukra*.

Adhishtana: *Shukra vaha sansthan*.

Inference/observations:-Patient was with moderate body weight. When I ask the details about his condition he told whole condition. After the discussion, it was about impotency caused by mind infliction causing pre ejaculation. No past history of DM, Hypothyroidism etc. In this condition we treated him with the help of *Vajikarana Yog* along with counselling. The patient who was suffering from Pre ejaculation problem after intake of *shatavari,ashwagandha and kapikacchu Churna* twice a day along with cow milk before meal has increased ejaculation time to 6 min on initial 15 days and later it increased to 15 min after 15 days. That means the patient who's ejaculation time was 2 min has increased to 15 min in a month.

DISCUSSION

Patient belongs from lower middle class family. He was suffering from impotency i.e. Ejaculation within 2 min since 3 months. Considering all condition he came at GAC Nanded and share his problem. After study of his case we plan to give him *Shatavari Kapikacchu* and *Ashwagandha churna* as mentioned in *Sushruta Samhita*. After taking churna the patient feeling fresh and energetic since from 5th day of consumption after 15 days of proper treatment with given *pathyapathya* patient had an effective result i.e.50%. The treatment was continued to next 15 days without interruption and the patient had 70% positive result in a month.

CONCLUSION

Now a days impotency in society is growing up corporate person who have any type of stress, mind infliction, hardness of semen, Irregular food habits and life style etc. propagate such type of conditions. *Ayurveda* principles play a key role in successful treatment. The treatment given According to the shastra works effectively on *Sukravaha strotas* and the patient suffering from impotency caused by Pre ejaculation is cured. In this case I took the history of patient and works minutely in his whole day to day activity. I treated patient and symptoms are subsided. But this is not enough I advised him for *nidaan parivarjana* and to follow *Pathyapathya* for best result is future.^[9]

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