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 Sidhadha Taila. Shamanasneha using Kapikachchhu Sidhdha Taila can improve the quality of life suffering from Klaibya.

KEYWORDS: klaibya, shamana sneha, Kapikachchhu Sidhadha 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,

\[
\text{साह्याप्रकाशो नित्य प्रिया वश्यामपि बिल्यम्} \quad \|
\text{न याति विष्कृति सत्य ग्राहित व यदि} \quad |
\text{श्वासार्त: विल्यमारत्न मोदसिद्धिचित:} \quad \|
\text{म्यानसहिष्ठच् निर्भो: न्यायेतृत कृत्यन्यासम्} \quad ^4
\]

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 Tails is the best drug for alleviating morbid Vata by virtue of its properties like Teekshana, Sookshma and Vyavayi it pervades into micro chennels.[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**

<table>
<thead>
<tr>
<th>Drug</th>
<th>Rasa</th>
<th>Guna</th>
<th>Virya</th>
<th>Vipak</th>
<th>Doshghnata</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kapikachchhu</td>
<td>Madhur, tikta</td>
<td>Guru, snigda</td>
<td>Usna</td>
<td>Madhura</td>
<td>Vata-pitta Shamak</td>
</tr>
<tr>
<td>Go kshira</td>
<td>Madhura</td>
<td>Guru, snigda</td>
<td>Shita</td>
<td>Madhura</td>
<td>Vata-pita har</td>
</tr>
<tr>
<td>Til taila</td>
<td>Madhura</td>
<td>Guru, snigda</td>
<td>Usna</td>
<td>Madhura</td>
<td>Vat shamak</td>
</tr>
</tbody>
</table>

**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 SIDHDA TAILA**

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

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

**DOSE AND DURATION OF KAPIKACHCHHU SIDHDA TAILA**

<table>
<thead>
<tr>
<th>No.</th>
<th>Shaman Sneha</th>
<th>Dose</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Shamana Sneha Pana (with Kapikachchhu Sidhdha Taila)(with Sahpan of hot cow milk)</td>
<td>20ml Sneha[13] With 200 ml hot cow milk &amp; 5gm Sharkara</td>
<td>Shaman Sneha will be taken daily at Annakaleprakanshite[14] (At Lunch time) Total duration 4weeks</td>
</tr>
</tbody>
</table>
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讨论 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
Kapikachchhu Sidhdha Taila as Shamanasneha can improve the quality of life which suffering from Klaibya.

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