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The Efficacy of Shatavari In Orgasm A comparative Clinical Study

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ABSTRACT

Vajikarana is a branch dealing with the medicines for healthy and intellectual offspring and maintains sexual vigor for performing happy life. It promotes the creative transformation of sexual energy for the benefit of the body and mind, these all functions are carried out if *shukravaha srotas* is in normal condition, if any defect in the *shukravaha srotas* (male reproductive system) it leads to *klaibya*.

Klaibya in Ayurveda is attributed to infertility. Reduction of Orgasm¹ is one of the symptom in infertility. Orgasm² is sudden discharge of accumulated sexual tension during the sexual response cycle, resulting in rhythmic muscular contractions in the pelvic region. The reduction in orgasm will affect the sexual life of both the partners. It can be increased by many *vajikarana dravyas* as like *Shatavari*.

*Shatavar*³ is a potent *Vajikarana dravya*, implying its ability to increase fertility, increases longevity, vigor and vitality of the body. Its Root has been referred as aphrodisiac, rejuvenating based on chemical constituents like Asparagamine A, a polycyclic alkaloid^{4,5} and subsequently synthesized to allow for the construction of analogs⁶. The efficacy of any drug can be better appreciated if it is compared. Hence a comparative clinical study was conducted on group A B C treated with external administration of *yoga basti* with *shatavari ghruta*, internal administration of *shatavari ghruta*⁷, *yoga basti* and internal administration of *shatavari ghruta* respectively. Study showed high significance in group B and C, as compare to group A.

INTRODUCTION

- *Vajikarana* is a branch dealing with the medicines for healthy and intellectual offspring and maintains sexual vigor for performing happy life. When *shukravaha srotas* is in normal condition.
- If any defect in the *shukravaha srotas* it (male reproductive system) leads to *klaibya*.
- Reduction of Orgasm is one of the symptom in infertility, Orgasm is sudden discharge of accumulated sexual tension during the sexual response cycle, resulting in rhythmic muscular contractions in the pelvic region.
- It can be increased by so many *vajikarana dravyas* as like *Shatavari*.
- Hence *Shatavari* is given in the form of *ghruta* in Orgasm.

PURPOSE:AIM:

- The present work was under taken to analyze the efficacy of *shatavari* in Orgasm .

OBJECTIVES:

- To assess the efficacy of *Shatavari* on Orgasm.

METHODS

RESEARCH DESIGN:

- A single blind randomized comparative clinical study.

- Data has been collected by purposive sampling from minimum of 30 patients of Orgasm with respect to age and sex, irrespective of caste, religion and socio economic status.
- All the patients has been assigned to three groups, group A, group B and group C, consisting of 10 patients in each group for the intervention.
- Data has been collected before treatment, during treatment and after treatment.

DIAGNOSTIC CRITERIA:

- Reduced Somatic and Psychological Orgasm i.e Sudden discharge of accumulated sexual tension during the sexual response cycle.
- Reduced rhythmic muscular contractions in the pelvic region.

INCLUSION CRITERIA:

1. Only male patient.
2. Age between 25-50 years.
3. Patient fit for *Snehana*, *Swedhana* and *Basti karma*.

EXCLUSION CRITERIA:

1. Patients with any systemic disorders like TB, CA, DM VD, and HIV

INTERVENTION:

The intervention of clinical study was carried according to the individual groups as mentioned below.

GROUP A:

1. The patients of group A were administered with *shunti phanta* in appropriate doses for *deepana* and *pachana* till *niramavastha* was attained.

2. After attaining *niramavastha* patient was subjected to *abhyanga* (*sarvadehika*) by *balataila* followed by *ushna jala snana*.

3. The sequence of 8 *basti* in the form of *Yoga basti* was administered starting from *Anuvasana basti* by *Shatavari ghruta* (overall 5 *Anuvasana basti*) and *Niruha basti* by *Shatavari Kshaeerapaka* (overall 3 *Niruha basti*) with maintaining the proper duration between them and performing the *abhyanga* and *ushna snana* before each *basti*. After *pratyagamana* of each *basti*, patients were advised to

take specially cooked rice and maintain the *pariharya vishaya's*.

GROUP B:

1. The patients of group B were administered with *shunti phanta* in appropriate doses for *deepana* and *pachana* till *niramavastha* was attained.

2. Patients were administered with 12 ml of *Shatavari Ghruta* in equal two-divided dosage with *sharkara*, one hour before meals for 24 days⁸.

3. Patients were advised to take a specific *ahara* and *vihara* for 24 days.

GROUP C:

Patient treated according to group A intervention as explained earlier

- After satisfactory completion they were followed by group B intervention excluding *deepana* and *pachana*

RESULTS:

- Study showed high significance in group B and C, as compare to group A.

ORGASM	NO. OF PATIENT'S	%
GRADE 1	00	00.00
GRADE 2	12	37.66
GRADE 3	14	46.00
GRADE 4	04	16.33

- ❖ Patients registered for the study were assessed for,
 - Majority of patients were from Grade – 3(14pts, 46%),
 - Grade – 2 were (12pts, 37.66%)
 - Grade – 4 were (4pts, 16.33%)
 - None of the patients had the normal Orgasm.

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GROUP - A

Variable	Grading on	Mean	SD	SE	T	P Value	Significance
	BT	2.5	0.49	0.19			
Orgasm	AT	2.0	0.00	0.00	3.63	0.0150	NS
	FU	1.5	0.49	0.15	4.16	0.0088	NS

Group - B

Variable	Grading on	Mean	SD	SE	T	P Value	Significance
	BT	2.5	0.72	0.25			
Orgasm	AT	2.0	0.00	0.00	2.55	0.0515	NS
	FU	1.4	0.49	0.16	4.13	0.0076	NS

Group - C

Variable	Grading on	Mean	SD	SE	t	P Value	Significance
	BT	2.7	0.43	0.19			
Orgasm	AT	2.0	0.50	0.17	06.48	0.0013	S
	FU	1.8	0.33	0.15	11.17	0.001	HS

- At the end of Intervention Group A, B showed non – significant and after follow up group B and C showed high significance, as compared to group A.
- Hence Shatavari ghruta has significant result on Orgasm.
- It can be treated with medicine. The present work deals with reduced Orgasm.
- Both Shatavari ksheera basti and shatavari ghruta are having effect on Orgasm.

DISCUSSION:**Circumstances of Orgasm are:⁹**

- ✓ Reduced Somatic and Psychological Orgasm i.e Sudden discharge of accumulated sexual tension during the sexual response cycle.
 - ✓ Reduced rhythmic muscular contractions in the pelvic region.
 - Group A B C showed significant result at the end of treatment and group C showed high significance at the end of follow up.
 - Basti is having slow influence, hence group A and B showed significant result at the end of follow up.
- Probable Mode of Action of Asparagus Racemosa:
- It is one of the Vajikarana herb, and just like Ashwagandha, in men it can

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readily increase the Orgasm, erection indexes and much more.

- Shatavari is imbued with phytoecdysteroids which can mimic hormones and sapogenins¹⁰. It support sexual arousal and ability in men.

CONCLUSION

- Orgasm is a sudden discharge of accumulated sexual tension during the sexual response cycle, reduced rhythmic muscular contractions in the pelvic region.
- Basti helps in anabolism of tissues and Overall basti with Shatavari grhuta externally have significant result, only Shatavari ghruta internally have high significant in Orgasm.

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