

Clinical study of mahachandalini yoga by reference of charak samhita and bhaishajya ratnavali for sexual malfunction in males

Purpose

From the starting of human development, Sexual satisfaction is an important factor for physical and mental pleasure and relaxation. Male and female both want to be satisfied from each other. But in this time period, there are so many factors, which are affecting the sexual life dangerously like pollution, stress, unhealthy food, irregular sexual life and too much desire for sex. Generally I found that more than 60% male are not able to satisfy females during sex, male come first and quick. So female partner felt uneasiness and many physical and mental problems.

Male comes for long lasting sexual stamina and more hardness in organ. It's most common. So first and important thing is discover the main reason of this problem and definitely this process can be done only by patient cooperation.

The aim and objective of the study is to evaluate the effects of oral ayurveda preparations to cure this problem. This study shows how patient can manage their sexual healthy life without any medicine.

Method

Firstly make a proper schedule which is generally following by the patient before the Ayurveda treatment and find addictions like alcohol, nicotine, food habits like irregular lunch and dinner timings, lack of exercise and many more in patients.

For this 100 patients age more than 21years complain of sexual malfunction then divided into 2 groups, Group A & Group B. each group contains 50patients. Group A is treated with maintained life style such as avoid intercourse, avoid masturbation, avoid addiction, and follow Ayurveda way of daily routine according to ritucharya (season/climatic condition) etc. Group B is treated only by medicine of Ayurveda. Another group C is formed of patient suffering from diabetes which are complaining sexual malfunction.

All three groups treated by Shukra vardhak, virya vardhak and Stambhak herbs (ashwgandha, Sharkara, babool, Vacha, Sfatika, Kutaj, Ela, Saffron etc, all mixed as powder form reference of charak samhita and bhaishajya ratnavali), this combination is named by me as mahachandalini yoga. Group A and group C treated with maintained life style such as avoid intercourse, avoid masturbation, avoid stress and avoid addiction manages food habits etc. All patients are guided, how to make longer stamina by orgasm and passion. After few months, all patients are suggested to intercourse according Ayurveda, like alternative days in winter and once in every 15days in summer. This oral Ayurveda medicine continued for 6 months and Group A and Group C continued their life style for 6months more.

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Duration of the study

Treatment given for 6 months and monitor for 6month without medicine. Total duration is of 12months.

Results

After completing the above treatments with maintained dose of medicine and lifestyle 85 % patients of group A showed normal performance (100% restoration) during their intercourse 3months without oral medicine, 65% patients of group B showed more than 80% relief and group C patients showed 50% normal sexual life even they have problem with their increased and disturbed blood sugar level.

Conclusion

According to Ayurveda, dincharya (daily life style), learning of way of long duration sexual performance with oral Ayurveda treatment can easily solve the problem. After stop the oral medicine patient must follow the life style according to season and avoid excessive sexual intercourse and masturbation.

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Conflict of interest

The author declares no conflict of interest.