

Safed musli *chlorophytum borivilianum*

Abstract

Safed musli (*Chlorophytum borivilianum*), Figure 1 a herb belongs to family Liliaceae. It was originally grown in thick forests of India,¹ is a promising medicinal plant with great economic potential. The appreciation of medicinal value of safed musli tubers has been made in ancient Indian medicine literature right from the 11th century AD. The tubers contain saponins and have aphrodisiac, adaptogenic, antiaging, health restorative and health promoting properties.² Its root contains steroidal and triterpenoidal saponins, sapogenins and fructans which act as therapeutic agents and play vital role in many therapeutic applications. It is a rich source of over 25 alkaloids, vitamins, proteins, carbohydrates, steroids, saponins, potassium, calcium, magnesium, phenol, resins, mucilage, and polysaccharides and also contains high quantity of simple sugars, mainly sucrose, glucose, fructose, galactose, mannose and xylose.³ The plant is cultivated in different parts of India on a small scale at present. However, systematic information on different aspects of this species is not available. In this review, an attempt has been made to present this information.⁴ Safed musli is being promoted as a sexual enhancement herb and has historically been used as an aphrodisiac herb.

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Figure 1 *Chlorophytum borivilianum*.

Keywords: borivilianum, rats, tonic, medicinal system, safed musli, animal studies, antioxidant

Indications

Reproductive

Primarily used as a tonic and rejuvenative for the reproductive system. For premature ejaculation, impotence, low sperm count in men. Used in chronic leucorrhoea.

Gynaecology

Useful during pregnancy as a nutritive tonic for mother and fetus. Post-partum it replenishes lost fluids, prana, ojas and improves the quantity and flow of breast milk.

Properties-rasa (taste)

Sweet, Bitter, Virya (action): Cold, Vipaka (post-digestive effect): Sweet, Guna (quality): Moist, Unctuous, Heavy, Dosha effect: VP-, K+, Dhatu (tissue): All tissues- especially Plasma, Reproductive, Srota (channel): Reproductive, Digestive, Breast

Ingredients at a glance

In the Ayurvedic medicinal system, it may have historically been

used to boost energy levels, relieve pre-natal and post-natal problems and act as a remedy for arthritis. Its purported use as an aphrodisiac agent may be a more recent discovery. Some online sources claim that the active components in the extract may include 25 different alkaloids, vitamins and minerals. These substances may be the underlying reason why it has been linked to increase sex drive and stamina. The mechanism may act by elevating male testosterone levels, which has been shown to influence virility and sex drive in men. We find in the male sexual enhancement category, the more promising supplements are those that contain a potent blend of proven ingredients, rather than just relying on a single ingredient. People may wish to consider some of the following substances: Tribulus Terrestris, Epimedium, Yohimbe Extract, Muira Puama, Panax Ginseng, Catuaba Bark Extract and Damiana.⁵

Chlorophytum borivillianum or safed musli

This is now being marketed as the natural Viagra; it is now being cultivated in India for sale only to the Western markets. It actually grows wild on the subcontinent, so is used in the treatment of diarrhoea, dysentery and general debility. It is known as a revitalizer and boosts the immune system.⁶ In a study conducted on rats it was

found that safed musli produced a marked increase in the libido of rats, an increase in sexual vigor and arousal, in other words it is an effective aphrodisiac for rats. After 60 days of a regular dose of the powdered root of safed musli, the rats' sperm count increased "significantly",⁷ They also came to the conclusion that "roots of *chlorophytum borivillianum* (safed musli) can be useful in the treatment of certain forms of sexual inadequacies such as premature ejaculation and oligosperma".

If you feel as though you will give anything a try to improve your sex life, then this could help. The powdered root of safed musli is taken in a number of ways on the subcontinent and in India it is one of the ingredients available for paan. It is also often fried in ghee (clarified butter) and chewed to relieve sore throats and mouth ulcers primarily, but of course is ingested and so helps with sexual vigor. Passion Rx potent aphrodisiac formula -- Medical Doctor formulated for Female and Male Sexual Enhancement supplement² The roots of *Asparagus racemosus*, *Chlorophytum borivillianum*, and rhizomes of *Curculigo orchoides* are popular for their aphrodisiac and immunostimulatory properties. The herbs have been traditionally used as Vajikaran Rasayana herbs because of their putative positive influence on sexual performance in humans.⁸

History

About 300 species are distributed throughout the tropical and subtropical parts of the world. Tropical and subtropical zones of Africa are the probable centers of origin of the genus.⁹ In India, it is considered as a valuable medicinal herb, whereas in other parts of the world it is being used as ornamental plant. The roots (tubers) are rich in alkaloids, vitamins, minerals, proteins, carbohydrates, saponins, polysaccharides and steroids of various therapeutic values as total rejuvenator, antioxidant and Immuno modulator.¹⁰ Safed musli is widely distributed in India mainly in Southern Rajasthan, Western Madhya Pradesh North Gujarat and few parts of Karnataka. But, continuous exploration has decreased its frequency, distribution and the quality. This species has low rate of regeneration and prone to attack by many diseases. Among them tuber-rot and crown-rot are more prevalent in Agricultural fields at Mysore district of Karnataka State in India. *Chlorophytum*¹¹ is a genus of about 200-220 species of evergreen perennial flowering plants in the Agavaceae, native to the tropical and subtropical regions of Africa and Asia.

They grow to 10–60cm tall, with a rosette of long, slender leaves 15–75cm long and 0.5–2cm broad, growing from a thick, fleshy rhizome. The flowers are small, usually white, produced on sparse panicles up to 120cm long; in some species the panicle also bears plantlets, which take root on touching the ground. *Chlorophytum comosum*, also called the Spider Plant, a native of South Africa, is a very popular houseplant in its variegated form. *Chlorophytum borivillianum* is a native of India, used and grown as a medicinal plant.

Healing power and curative properties

Impotency

The dried roots of asparagus are used in ayurveda as an aphrodisiac. They are available in the market as Safed Musli. Fifteen grams of roots boiled in one cup of milk should be taken twice daily. The regular use of this remedy is valuable in impotency and premature ejaculation.

Other important musali power (safed musli) benefits are

- General debility due to Diabetes.
- As a remedy in Arthritis & Joints pain.

- Great helpful in Men and Women sexual problems
- Tonic for physical weakness and many other illnesses.
- Powerful sex tonic.
- Natal and post-natal problems.¹²
- Aphrodisiac properties of safed musli-Effects of *Chlorophytum borivillianum* Safed Musli on sexual behavior and sperm count in male rats.^{13,14} A Comparative Study on Aphrodisiac Activity of Some Ayurvedic Herbs in Male Albino Rats.¹⁵ Safed musli animal studies, antioxidant and anti-stress effects-Anti-stress and anti-oxidant effects of roots of *Chlorophytum borivillianum*¹⁶
- Safed Musli is used to cure physical illness and weakness as an aphrodisiac agent¹¹ and revitalizer
- As general sex tonic, remedy for diabetes, arthritis and increasing body immunity, curative for natal and postnatal problems
- For rheumatism and joint pains, increase lactation in feeding mothers
- As antimicrobial, anti-inflammatory,¹¹ antitumor agent¹⁷
- Also used in diarrhea, dysentery, gonorrhoea, leucorrhoea etc.
- It has spermatogenic property and
- Found useful in curing impotency, now it is considered as an alternative 'Viagra'.
- Aqueous extract of *C.borivillianum* root has significant powerful antioxidant activity and may favorably affect atherosclerosis risk status by reducing LDL oxidation susceptibility.¹⁸

Different types

Among the numerous uses and usage of Safed Musli, the most important of them include the following :

- As a principal ingredient in Ayurveda, Unani and Allopathic applications¹⁹
- As a vitalizer and health-giving tonic
- As a curative for pre-natal and post-natal problems
- As a natural aphrodisiac alternative to Viagra
- As a restorative for immunity-improvement
- As a remedy for diabetes and arthritis

In the Ayurvedic literature, Safed Musli is celebrated as a Divya Aushad with unparalleled medicinal properties. It is a chief ingredient in the preparation of over a hundred Ayurvedic formulations. Besides its extensive use in Ayurveda and other conventional medicinal systems in Asia, Safed Musli is also gaining increasing acceptance as a vitalizer and health-giving tonic, a curative for pre-natal and post-natal problems, a restorative for immunity-improvement and as a remedy for diabetes and arthritis.

Contraindications: With excess mucus, congestion, kapha or ama

The usual problems found in men to which musli power helps are given below

- Erectile dysfunction:** This often called as erectile problems mostly happen due to psychological reasons, Diabetes as well as health problems or permanent illness.

2. **Premature ejaculation:** It occurs when a man ejaculates earlier before he or his partner wish him to and has an orgasm sooner during intercourse. One has to stop premature ejaculation problem as early as possible as it makes a person Fatigue which is not good for sexual health.
3. **Fatigue:** It is a very bad aspect in men sexual health. Lack of energy, stamina problems, inability to maintain the erection throughout the sexual act, failure in satisfying the woman etc are the other major reasons found in men.
4. **Acquired inhibited sexual desire:** The important reason for male inhibited sexual desire is embarrassment and frustration over a sexual dysfunction, especially erectile problems.

How musli power extra can help in men's sexual problems?

Safed Musli Herb is a nature's gift to enhance your strength, stamina and satisfaction. New Musli power contains Safed Musli herb as a main ingredient which brings the confidence back to your bedroom. Because it is an Herbal Aphrodisiac, it increases sexual excitement, Sexual health, Stimulation and vigor. Increases overall energy and stamina. Erectile problems mainly occur due to the less or no supply of blood to the Penis nerves. Musli Power provides the required amount of blood to the penis nerves and helps the erection successful and powerful. Controls premature ejaculation and gives you more time to satisfy your partner. Helps solving a person's sexual relationship problems both for men and women.

The usual problems found in women to which musli power purely helps are given

- i. FSAD (female sexual arousal disorder). Due to this reason females are not able to complete the sexual activity with adequate lubrication.
- ii. Difficulty in reaching orgasm
- iii. Inhibited sexual desire.
- iv. Vainsmus (constriction of muscles of the vaginal opening making penetration difficult.
- v. Dyspareunia. (painful intercourse)
- vi. Sexual aversion disorder.
- vii. Difficulty in becoming aroused
- viii. Hypoactive sexual disorder. (Decreased desire, no response to the partner).

Other problems like vaginal dryness, loss of sensation and sensitivity in the genitals and nipple and low blood flow to the genitals are also common in females.

Lifestyle

Whether buying locally or online, it may be especially important to thoroughly consider the product being acquired. The last thing an individual will desire is utter disappointment in a supplement they thought would be as effective as claimed. Formulas that affect a man's penis and hormone levels should not be taken lightly, considering the potential risks.

Positives

- a. May be derived from an all-natural plant

- b. May not produce serious side effects

Negatives

May not be effective for sexual stimulation if used alone dissatisfied consumers have begun speaking out about the poor results this product has produced. To hear about their negative experiences, you can click here to read a number of posts in this Safed Musli blog.

- a) Research on its effects may be inconclusive
- b) Customer reviews may be limited at this time
- c) May be more suitable for overall health benefits

Final thoughts

At this time, the Safed Musli extract may be more appropriate as a general health tonic. We believe men should seek out more reputable sources when considering sexual enhancement ingredients. Some companies may be in the habit of using unreliable advertisements, typically accompanied by some radical claims. Some online research may assist in the decision-making process.

Select manufacturers may offer a 100percent money-back guarantee on their capsule-based supplements. This enables people to test out a product for 30days, worry-free. If for any reason the individual is not satisfied, a full refund may be given. It is a nifty benefit, especially when making online purchases, because the customer may shop with confidence.⁵

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Conflicts of interest

Author declares that there are no conflicts of interest.

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