



Vrishya Dravya- Tool In Shaping The Corner Stones Of Healthy Society From Madanpal Nighantu.

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Abstract-

Madanpal Nighantu, is one of our ancient literature textbook of *Dravyaguna (Auyurveda)* which provides information about various herbs. In *Madanpal Nighantu* 57 drugs are explained as *Vrishya Dravyas* in *Sutras*. In the present scenario the infertility is an most common health issue due to stressful, sedentary lifestyle, smoking, alcohol, disturbed food habits and sleep patterns. According to WHO, worldwide one in six people experience infertility. The treatment in modern science is very expensive along with lots of side effects. It is the need of time to made holistic approaches to improve reproductive health and give high quality fertility care for those in need. So here ia an attempt is made to screen the *Vrishya Dravyas* mentioned in *Madanpal Nighantu* with their *Rasapanchaka*.

Key words: *Vrishya, Madanpal Nighantu, Infertility.*

Introduction-

According to *Ayurveda* the healthy life has three main pillars a *Aahar* (balanced diet), *Svapana* (proper sleep), and *Brahmacharya* (healthy sexual and marital life).¹ The fact that *Vajikarana Tantra*, one of eight specialised branches of *Ayurveda*, has been described as a whole discipline underscores the significance and applicability of the third pillar. It has been described as a branch of *Ashtang Ayurveda*, which deals with the management of defective semen and spermatogenesis along with sexual potentiation.² Not everyone has the goal of becoming a parent, but for those who do, being unable to conceive a child is an extremely painful reality. In the present era importance of this branch has been increased multiple times because nowadays the patients are presenting to clinics with various problems connected to seminal parameters and sexual dysfunction. The WHO estimates the prevalence of Infertility in India to be between 3.9% and 16.8%. All India Institute of Medical

Sciences (AIIMS) has estimated that between 10% and 15% of couples have “fertility issues”. This trend is on the rise because of an stressful lifestyles, pollution, obesity, high intake of junk food, smoking, alcoholism, drug addiction, or substance abuse, and the tendency of couples to opt for late parenthood. Age, as is well known, has a definite negative relationship with fertility, particularly with a woman’s ability to become a mother.³ Finding the solution to this emerging problem across the *Ayurveda* texts, one can find various references to the use of *Vrishya Dravyas* for problems related to sexual life in the *Madanpal Nighantu*.

The word *Vrishya* refers to- Stimulating amorous desire, provocative of Sexual vigour, Aphrodisiac.⁴ This drugs can used to improve the function of the reproductive organs and vitalizes reproductive tissues increasing semen count and strengthening sperm motility in men and making eggs more viable for conception in women. The *Madanapala Nighantu* is commonly known as *Madanavinoda* and also as *Madana Nighantu*. This *Nighantu* occupies an important place in *Nighantu* literature. This is written by the King *Madanapala* (1374 A.D.) Over 500 ingredients, which are used in medicine, food and drinks and which include vegetable products, animal products, metals, gems and jewels are described in this work.⁵ This discussion aims at review of the *Vrishya Dravyas* mentioned in *Madanpal Nighantu*, which have been evaluated for use as an Aphrodisiac.

Aims and Objectives

- To enlist *Dravyas* mentioned as *Vrishya* in *Madanpal Nighantu*.
- To screen the above selected *Dravyas* to assess their probable action as *Vrishya*.
- To classify the *Dravyas* on the basis of *Rasadi* properties, *Doshaghnata*.

Material & Methods

•The drugs are collected from different *Vargas* of *Madanpal Nighantu* main focus is made only on the *Vrishya dravyas* which are described in *Shloka* form. *Dravyas* mentioned as *Vrishya* in sutras from *Madanpal Nighantu* are enlisted. The review of the selected *Vrishya dravyas* from *Madanpal Nighantu* for their *Rasadi* properties and *Doshaghnata*. Ayurvedic books, Pubmed and Google scholar web search.

Madanpal Nighantu

Table 1: The *Madanpala Nighantu* has been classified into the following *Vargas*:

S. N0.	Name of <i>Vargas</i>	<i>Dravyas</i> included in <i>Vargas</i> of <i>Madanpala Nighantu</i>
(1)	<i>Abhayadi varga</i>	165 <i>Dravyas</i> .
(2)	<i>Sunthyādi varga</i>	39 <i>Dravyas</i>
(3)	<i>Karparādi varga</i>	84 aromatic <i>Dravyas</i> .
(4)	<i>Suvarnadi varga</i>	44 metals and minerals Including gems.
(5)	<i>Vatadi varga</i>	50 <i>Dravyas</i>

(6)	<i>Phala varga</i>	56 edible fruits.
(7)	<i>Saka varga</i>	56 <i>Dravyas</i> .
(8)	<i>Paniyādi varga</i>	Description like water. Milk, alcohol and urine.
(9)	<i>Iksukādi varga</i>	Description of sugarcane and its product and <i>Madhu</i> .
(10)	<i>Dhanyakṛtānnādi</i>	Description of different food preparations.
(11)	<i>Mamsa varga</i>	Description of various Birds and animals meat.
(12)	<i>Misraka varga</i>	Description of <i>Anupana</i> and seasonal regimens

Table 2: List of *Vrishya Dravya* enlisted in *Madanpala Nighantu*.

S. No.	<i>Dravya</i>	Botanical Name	Family
1)	<i>Haritaki</i>	<i>Terminalis chebula</i> Retz.	<i>Combretaceae</i>
2)	<i>Amalaki</i>	<i>Phyllanthus emblica</i> Linn	<i>Euphorbiaceae</i>
3)	<i>Bilva</i>	<i>Aegle marmelos</i> Corr	<i>Rutaceae</i>
4)	<i>Prishthaparni</i>	<i>Uraria picta</i> Desh.	<i>Papilionatae</i>
5)	<i>Vridhhi</i>	<i>Habenaria intermedid</i> D. Don	<i>Orchidaceae</i>
6)	<i>Meda</i>	<i>Polygonatum verticillatum</i> Linn	<i>Liliaceae</i>
7)	<i>Ashwagandha</i>	<i>Withania somnifera</i> Linn.	<i>Solanaceae</i>
8)	<i>Prasarani</i>	<i>Paederia foetida</i> Linn.	<i>Rubiaceae</i>
9)	<i>Mahashatavari</i>	<i>Asparagus sarmentosa</i> Linn.	<i>Liliaceae</i>
10)	<i>Bala</i>	<i>Sida cordifolia</i> Linn.	<i>Malvaceae</i>
11)	<i>Kakadashringi</i>	<i>Pistacia integerrima</i> Stewart ex B.	<i>Anacardiaceae</i>
12)	<i>Vridhadaru</i>	<i>Argyrea speciosa</i> Sweet	<i>Convolvulaceae</i>
13)	<i>Musali</i>	<i>Asparagus adscendens</i> Roxb.	<i>Liliaceae</i>
14)	<i>Kronch</i>	<i>Mucuna prurita</i> Hook	<i>Leguminosae</i>
15)	<i>Putrajeevak</i>	<i>Putranjiva roxburghii</i> Wall	<i>Euphorbiaceae</i>
16)	<i>Dugdika</i>	<i>Euphorbia thymifolia</i>	<i>Euphorbiaceae</i>
17)	<i>Gunja</i>	<i>Abdus precatorius</i> Linn	<i>Leguminosae</i>
18)	<i>Mocharasa</i>	<i>Salmalia malabarica</i> Schott & Endl	<i>Bombacaceae</i>
19)	<i>Ikshu</i>	<i>Saccharum officinarum</i> Linn	<i>Gramineae</i>
20)	<i>Karpasa</i>	<i>Gossypium herbaccum</i> Linn	<i>Malvaceae</i>
21)	<i>Lakshmana</i>	<i>Ipomoea sepiaria</i> Koenig	<i>Convolvulaceae</i>
22)	<i>Mansarohini</i>	<i>Soymida febrifuga</i> A. Juss	<i>Meliaceae</i>
23)	<i>Khastila</i>	<i>Papaver somnifrum</i> Linn.	<i>Papaveraceae</i>
24)	<i>Chilahinta</i>	<i>Cocculus hirsutus</i> Linn	<i>Menispermaceae</i>
25)	<i>Shunthi</i>	<i>Zinziber officinale</i> Rosc.	<i>Zinziberaceae</i>
26)	<i>Aardruk</i>	<i>Zinziber officinale</i> Rosc	<i>Zinziberaceae</i>
27)	<i>Ajamoda</i>	<i>Carum Roxburghianum</i>	<i>Umbelliferae</i>
28)	<i>Dhanayak</i>	<i>Coriandrum sativum</i> Linn	<i>Umbelliferae</i>
29)	<i>Vanshlochan</i>	<i>Bambusa arundinaceae</i> Willd.	<i>Poaceae</i>
30)	<i>Sendhwa</i>	<i>Sodium chloride</i>	-
31)	<i>Karpura</i>	<i>Cinnamomum camphora</i> N & E	<i>Lauraceae</i>
32)	<i>Raktachandan</i>	<i>Pterocarpus santalinus</i> Linn	<i>Leguminosae</i>
33)	<i>Guggul</i>	<i>Commiphora mukul</i> (Hook ex	<i>Burseraceae</i>
34)	<i>Kamal</i>	<i>Nelumbo nucifera</i> Gaertn	<i>Nymphaeaceae</i>
35)	<i>Mallika</i>	<i>Jasminum Sambac</i> Linn	<i>Oleaceae</i>
36)	<i>Suvarna</i>	<i>Gold</i>	-
37)	<i>Makshika</i>	<i>Copper pyrite</i>	-
38)	<i>Shalmali</i>	<i>Salmalia malabarica</i> Schott & Endl	<i>Bombacaceae</i>
39)	<i>Parish</i>	<i>Thespesia populnea</i> Soland	<i>Malvaceae</i>
40)	<i>Shleshmataka</i>	<i>Cordia dichotoma</i>	<i>Boraginaceae</i>

41)	<i>Palasha</i>	<i>Butea monosperma</i>	<i>Leguminosae</i>
42)	<i>Tuni</i>	<i>ficus microcarpa</i>	<i>Moraceae</i>
43)	<i>Aam</i>	<i>Mangifera indica</i> Linn	<i>Anacardiaceae</i>
44)	<i>Nariyala</i>	<i>Cocos nucifera</i>	<i>Palmae</i>
45)	<i>Kharjura</i>	<i>Phoenix sylvestris</i> Roxb	<i>Palmae</i>
46)	<i>Badar</i>	<i>Zizyphus jujuba</i> lam.	<i>Rhamnaceae</i> (GP 294)
47)	<i>Charana</i>	<i>Buchanania lanzan</i> Spreng.	<i>Anacardiaceae</i>
48)	<i>Tala</i>	<i>Borassus flabelifer</i> Linn.	<i>Palmae</i> (GP585)
49)	<i>Sev</i>	<i>Malus sylvestris</i> Mill.	<i>Rosaceae</i> (GP)
50)	<i>Pista</i>	<i>Pistacia vera</i> Linn.	<i>Anacardiaceae</i>
51)	<i>Aamrataka</i>	<i>Spondias pinnata</i> Kurz	<i>Anacardiaceae</i> (Easy Ayu)
52)	<i>Kushmanda</i>	<i>Benincasa hispida</i> Cogn	<i>Cucurbitaceae</i>
53)	<i>Mishtatumbi</i>	<i>Lagenaria siceraria</i>	<i>Cucurbitaceae</i>
54)	<i>Patola</i>	<i>Trichosanthes dioica</i> Roxb	<i>Cucurbitaceae</i>
55)	<i>Lashuna</i>	<i>Allium sativum</i> Linn.	<i>Liliaceae</i>
56)	<i>Ashthishrinkhala</i>	<i>Cissus quadrangularis</i>	<i>Vitaceae</i>
57)	<i>Pindalu</i>	<i>Randia uliginosa</i> DC.	<i>Rubiaceae</i>

Table 3: List of Dravya along with their Raspanchaka.

S. No.	Dravya	Rasa	Guna	Vipaka	Veerya	Doshakarma	Varga	Ref.
1)	<i>Haritaki</i>	<i>Kashaya, Amla, Madhura, Katu, Tikta,</i>	<i>Guru, Ruksha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Tridosahar</i>	<i>Abhayadi</i>	Pg.no- 5
2)	<i>Amalaki</i>	<i>Amla, Madhura, Katu, Tikta, Kashaya</i>	<i>Guru, Ruksha, Sheeta</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Tridosahar</i>	<i>Abhayadi</i>	Pg.no- 6
3)	<i>Bilva</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavata Shamaka</i>	<i>Abhayadi</i>	Pg.no- 9
4)	<i>Prishthaparni</i>	<i>Madhura, Tikta</i>	<i>Laghu, Snigadha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Tridosha Shamaka</i>	<i>Abhayadi</i>	Pg.no- 12
5)	<i>Vridhhi</i>	<i>Madhura</i>	<i>Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Abhayadi</i>	Pg.no- 14
6)	<i>Meda</i>	<i>Madhura</i>	<i>Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Abhayadi</i>	Pg.no-14
7)	<i>Ashwagandha</i>	<i>Tikta, Katu, Madhura</i>	<i>Laghu, Snigadha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Kapha Vata Shamaka</i>	<i>Abhayadi</i>	Pg.no-
8)	<i>Prasarani</i>	<i>Tikta</i>	<i>Guru</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kapha Vata Shamaka</i>	<i>Abhayadi</i>	Pg.no-32
9)	<i>Mahashatavari</i>	<i>Madhura, Tikta</i>	<i>Guru, Snigadha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Abhayadi</i>	Pg.no-33

10)	<i>Bala</i>	<i>Madhura</i>	<i>Laghu, Snigadha, Pichhila</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Abhayadi</i>	Pg.no-34
11)	<i>Kakadashringi</i>	<i>Kashaya, Tikta</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavata Shamaka</i>	<i>Abhayadi</i>	Pg.no-36
12)	<i>Vridhadaru</i>	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Snigadha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Kapha Vata Shamaka</i>	<i>Abhayadi</i>	Pg.no-46
13)	<i>Musali</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Abhayadi</i>	Pg.no-49
14)	<i>Kronch</i>	<i>Madhura, Tikta</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vata Shamaka</i>	<i>Abhayadi</i>	Pg.no-49
15)	<i>Putrajeevak</i>	<i>Madhura, Tikta</i>	<i>Guru, Pichhila</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Abhayadi</i>	Pg.no-50
16)	<i>Dugdhika</i>	<i>Katu, Tikta, Madhura</i>	<i>Guru, Ruksha, Tikshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavata Shamaka</i>	<i>Abhayadi</i>	Pg.no-51
17)	<i>Gunja</i>	<i>Tikta, Kashaya</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kapha Vata Shamaka</i>	<i>Abhayadi</i>	Pg.no-54
18)	<i>Mocharasa</i>	<i>Kashaya</i>	<i>Laghu, Snigdha, Pichhila</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kapha Pitta Shamaka</i>	<i>Abhayadi</i>	Pg.no-56
19)	<i>Ikshu</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Abhayadi</i>	Pg.no-57
20)	<i>Karpasa</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vata Pitta Shamaka</i>	<i>Abhayadi</i>	Pg.no- 57
21)	<i>Lakshmana</i>	<i>Madhura</i>	<i>Sara, Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Tridosha Shamaka</i>	<i>Abhayadi</i>	Pg.no-59
22)	<i>Mansarohini</i>	<i>Kashaya,, Katu</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kapha Vata Shamaka</i>	<i>Abhayadi</i>	Pg.no-59
23)	<i>Khastila</i>	<i>Madhura</i>	<i>Guru</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vata Shamaka</i>	<i>Abhayadi</i>	Pg.no-64
24)	<i>Chilahinta</i>	<i>Tikta</i>	<i>Laghu, Snigdha, Pichhila</i>	<i>Katu</i>	<i>Ushna</i>	<i>Tridosha Shamaka</i>	<i>Abhayadi</i>	Pg.no-64
25)	<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Kaphavata Shamaka</i>	<i>Shunthyadi</i>	Pg.no-65
26)	<i>Aardruk</i>	<i>Katu</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavata Shamaka</i>	<i>Shunthyadi</i>	Pg.no-65
27)	<i>Ajamoda</i>	<i>Katu, Tikta</i>	<i>Laghu, Ruksha, Tikshna</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavata Shamaka</i>	<i>Shunthyadi</i>	Pg.no-69
28)	<i>Dhanayak</i>	<i>Kashaya, Tikta, Madhura, Katu</i>	<i>Laghu, Snigdha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Tridosha Shamaka</i>	<i>Shunthyadi</i>	Pg.no-72
29)	<i>Vansalochan</i>	<i>Madhura, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Kapha Pitta Shamaka</i>	<i>Shunthyadi</i>	Pg.no-73
30)	<i>Sendhwa</i>	<i>Lavana</i>	<i>Laghu</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Tridosha Shamaka</i>	<i>Shunthyadi</i>	Pg.no-73

31)	<i>Karpura</i>	<i>Tikta, Katu, Madhura</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kapha Shamaka</i>	<i>Karpooradi</i>	Pg.no-77
32)	<i>Raktachandan</i>	<i>Tikta, Madhura</i>	<i>Guru, Ruksha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kapha Pitta Shamaka</i>	<i>Karpooradi</i>	Pg.no-78
33)	<i>Guggul</i>	<i>Tikta, Katu</i>	<i>Snigdha, Pichhila</i>	<i>Katu</i>	<i>Ushna</i>	<i>Vata Shamaka</i>	<i>Karpooradi</i>	Pg.no-85
34)	<i>Kamal</i>	<i>Kashaya, Tikta, Madhura</i>	<i>Laghu, Snigdha, Pichhila</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Kapha Vata Shamaka</i>	<i>Karpooradi</i>	Pg.no-91
35)	<i>Mallika</i>	<i>Tikta, Katu</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Tridosha Shamaka</i>	<i>Karpooradi</i>	Pg.no-92
36)	<i>Suvarna</i>	<i>Madhur Kashaya, Tikta,</i>	<i>Laghu, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Tridosha Shamaka</i>	<i>Suvarnadi</i>	Pg.no-98
37)	<i>Makshika</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Tridosha Shamaka</i>	<i>Suvarnadi</i>	Pg.no-101
38)	<i>Shalmali</i>	<i>Madhura</i>	<i>Laghu, Snigdha, Pichhila</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Vatadi</i>	Pg.no-118
39)	<i>Parish</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Kapha Pitta Shamaka</i>	<i>Vatadi</i>	Pg.no-109
40)	<i>Shleshmataka</i>	<i>Madhura</i>	<i>Snigdha, Pichhila, Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Vatadi</i>	Pg.no-112
41)	<i>Palasha</i>	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kaphavata Shamaka</i>	<i>Vatadi</i>	Pg.no-115
42)	<i>Tuni</i>	<i>Katu, Tikta</i>	<i>Laghu</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Tridosha Shamaka</i>	<i>Vatadi</i>	Pg.no-118
43)	<i>Aam</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Katu</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Phaladi</i>	Pg.no-122
44)	<i>Nariyala</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Phaladi</i>	Pg.no-123
45)	<i>Kharjura</i>	<i>Madhura</i>	<i>Snigdha, Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Phaladi</i>	Pg.no-124
46)	<i>Badar</i>	<i>Madhura, Amla, Kashaya</i>	<i>Guru, Snigdha, Pichhila</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Phaladi</i>	Pg.no-126
47)	<i>Charana</i>	<i>Madhura</i>	<i>Snigadha, Guru, Sara</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Phaladi</i>	Pg.no-127
48)	<i>Tala</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Phaladi</i>	Pg.no-129
49)	<i>Sev</i>	<i>Madhura, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Phaladi</i>	Pg.no-130
50)	<i>Pista</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Vata Shamaka</i>	<i>Phaladi</i>	Pg.no-131
51)	<i>Aamrataka</i>	<i>Amla, Madhura</i>	<i>Guru, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Phaladi</i>	Pg.no-137
52)	<i>Kushmanda</i>	<i>Madhura</i>	<i>Laghu, Snigdha</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Vata Pitta Shamaka</i>	<i>Shakadi</i>	Pg.no-141

53)	<i>Mishtatumbi</i>	<i>Madhura</i>	<i>Guru</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Pitta, Kapha Shamaka</i>	<i>Shakadi</i>	Pg.no-142
54)	<i>Patola</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Tridosha Shamaka</i>	<i>Shakadi</i>	Pg.no-148
55)	<i>Lashuna</i>	<i>Madhura, Lavana, Katu, Tikta, Kashaya</i>	<i>Snigdha, Guru, Pichhila, Tikshna, Sara</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kapha Vata Shamaka</i>	<i>Shakadi</i>	Pg.no-153
56)	<i>Ashtishrinkhala</i>	<i>Madhura</i>	<i>Laghu, Ruksha,</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Kaphavata Shamaka</i>	<i>Shakadi</i>	Pg.no-155
57)	<i>Pindalu</i>	<i>Madhura</i>	<i>Laghu</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Pitta Shamaka</i>	<i>Shakadi</i>	Pg.no-156

Observation-

- Total 57 *Vrishya Dravyas* are found from *Madanpal Nigahntu* from which 54 *Dravyas* are from plant origin, 1 is salt and 2 are from Metal.
- 24 *Dravyas* are from *Abhayadi Varga* and 6 from *Shunthyadi Varga*, 5 from *Karpooradi Varga*, 2 from *Suvarnadi Varga*, 5 from *Vatadi*, 9 from *Phaladi Varga* and 6 from *Shakadi Varga*.
- Out of 57 *Vrishya Dravyas*, 20 *Dravyas* have *Madhur Rasa*, 5 *Dravyas* have *Madhur -Tikta*, 2 *Dravya* have *Madhur Kashaya Rasa*, 2 *Dravyas* have *Madhur Kashaya, Amla Rasa*, 1 *Dravyahas Madhur Amla Rasa*, 4 *dravyas* have *Madhur Katu- Tikta Rasa*, 1 *Dravyas* have *Madhur , Kashaya- Tikta Rasa*, 1 *Dravyas* have *Lavan Rasa*, 3 *Dravyas* have *Tikta Rasa*. 4 *Dravyas* have *Tikta - Katu Rasa*, 3 *Dravyas* have *Tikta – Kashaya Rasa*, 2 *Dravyas* have *Katu Rasa*, 2 *Dravyas* have *Kashaya Rasa*, 1 *Dravya* have *Kashaya Tikta, Katu, Madhur Rasa*, 2 *Dravyas* have *Katu-Tikta-Kashaya Rasa*, 1 *Dravya* have *Kashaya Rasa*, 1 *Dravya* have *Katu, Kashaya Rasa*. 1 *Dravyas* have *Amla Rahit Pancharasa*, 2 *Dravya* have *Lavan Rahit Pancharasa*.
- 22 *Dravyas* have *Ushana Veerya* and 36 *Dravyas* have *Sheet Veerya*.
- From these 57 *Dravyas*, 37 *Dravyas* have *Madhur Vipak* and 20 *Dravyas* have *Katu Vipak*, and not a single *Dravya* have *Amla Vipaka* from all 57 *Dravyas*,
- 11 *Dravyas* are with *Guru- Snigdha Guna*, 2 *Dravya* have *Guru- Snigdha- Pichhil Guna*, 2 *Dravyas* have *Guru, Ruksha Guna*, 10 *Dravyas* have *Laghu, Ruksha Guna*, 6 *Dravyas* have *Laghu, Snigdha Guna*, 5 *Dravyas* have *Guru Guna*, 5 *Dravyas* have *Laghu, Snigdha, Pichhila Guna*, 1 *Dravyas* have *Guru, Pichhila Guna*, 1 *Dravyas* have *Guru, Ruksha, Tikshna Guna*, 1 *Dravyas* have *Snigdha Guna*, 1 *Dravyas* have *Sara, Guru Guna*, 1 *Dravyas* have *Laghu, Ruksha, Tikshna Guna*, 1 *Dravyas* have *Snigdha, Pichhila Guna*, 2 *Dravyas* have *Snigdha, Pichhila, Guru Guna*, 1 *Dravyas* have *Guru, Snigdha, Sara Guna*, 4 *Dravyas* have *Laghu Guna*, 1 *Dravyas* have *Snigdha, Guru, Pichhila, Tikshna, Sara Guna*.
- 12 *Dravyas* have *Tridoshaghna / Tridoshar Property*, 15 *Dravyas* have *Kapha Vata Shamak Property*, 19 *Dravyas* have *Vata- Pitta Shamak Property*, 5 *Dravyas* have *Kapha – Pitta Shamak Property* and 4 *Dravya* have *Vata Shamakaproperty*, 1 *Dravya* have *Pitta Shamaka Property*, 1 *Dravya* have *Kapha Shamaka Property*.

Discussion-

Ayurveda is used for prevention of disease and prolongation of a healthy life, In *Ashtanga Ayurveda*, *Vajikaran* is one of the eight specialities. Nowadays the cases of infertility is increasing day by day and becoming a major issues in society. Not everyone has the goal of becoming a parent, but for those who do, being unable to conceive a child is an extremely painful reality. Though population of the world is increasing day by day yet 20-30% population of the world are the victims of the infertility and about 30-40% of cases men alone are contributory.⁶ To overcome such condition *Vrishya karma* would be very effective. Aphrodisiac are the substances which are used to increase sexual activity and help in fertility.⁷ Many synthetic drugs are available and or used to treat the sexual problems. Being expensive and also their ability to provoke serious adverse effects are some of the drawback for these drugs. Hence, there is always a search of Aphrodisiac drugs. The drugs which possess *Madhura Rasa* (sweet), *Snigdha Guna* (unctuous), *Jivana* (promoters of life), *Brimhana* (nourishing), *Guru* (heavy) properties are called *Vrishya*,⁸ and can be used for the purpose of *Vajikarana* also. A compilation of drugs possessing *Vrishya* properties has been shown in Table 3.

Vrishya has been described as '*Shukra janakam*' meaning any substance which increases spermatogenesis. *Vrishya Dravyas* increase and potentiate the *Shukra* in the body. *Vrishya* is beneficial in increasing the *Shukra* in quantitative and qualitative measures. *Bhavaprakasha* has also explained *Vrishya* as *Sukravridhikara*.⁹ which mean that it increases the quantity and quality of *Shukra* in the human body thus improving seminal parameters.

Ayurvedic Aphrodisiacs that enhance the vitality and give sexual power, which enable couple to give birth to healthy children. the use of Aphrodisiacs that enhance the potency of a person. Ex. *Ashwagandha*, *Mushali*, *Shatavari*, *Kapikacchu* etc. Researches prove that, they enhance the reproductive capabilities and vigor of men while strengthening the body and overall well-being. In *Ashwagandha* main contain is withanolides, which are steroid lactones and have a quick and pronounced hormonal effect, which stimulate the development of testicular cells. *Kapikacchu* has been shown to increase sperm count. L dopa, a precursor of the neurotransmitter dopamine, isolated from *Kapikacchu*, has been shown to increase sperm production.¹⁰ *Vrishya Chikitsa* states the reason for sexual inefficiency and directs the use of several aphrodisiac herbs and minerals to enhance the vitality. Targeted at improving the sexuality of an individual, this aphrodisiac therapy aims at promoting the quality of the germinative tissues of an individual and is used to treat impotency and increases vitality.¹¹

In *Madanpal Nighantu* 57 drugs have been attributed with *Vrishya Karma*.

Based on *Rasa Panchaka* Here most of the drugs possess *Madhura Rasa*, *Sheeta Veerya*, *Guru*, *Snigdha Guna*. *Madhur Rasa*, *Sheeta Veerya Dravyas* increases the muscular strength of the reproductive system.¹² *Madhura Rasa*, *Madhura Vipaka* and *Guru Guna* are considered as *Dhatu Pustikara* and inturn nourishes *Shukradhatu*.

Snigdha Guna helps in increasing the volume of the semen.¹³ Hence the above said *Dravyas* may play their role in oligospermia and azoospermia conditions.

Guru and *Snigdha Guna* and *Madhura Rasa* have been mentioned as qualities of *Vrushya Dravya* are similar to the properties of *Shukra*. Hence it increases the *Shukra* by *Samanya Vishesha Siddhantha*.

Based on *Dosha*, *Shukra Doshas* are either due to vitiation of *Doshas* individually or combination of any of two or three *Doshas*. According to *Dosha* dominance, the drugs having *Madhura Rasa*, *Ushna Veerya* and *Guru*, *Snigdha* properties like *Kroncha*, *Khastila* can be used in *Vata* dominant condition. The drugs attributed with *Madhura*, *Tikta Rasa*, *Sheeta Veerya* and *Snigdha* properties like *Mahashatavari*, *Karpasa*, *Kharjura*, *Charana*, can be administered in *Pitta* dominant condition. The drugs attributed with *Katu*, *Tikta*, *Kashaya Rasa*, *Ushna Veerya* and *Laghu Ruksha* properties like *Kakdashringi*, *Vridhadaru*, *Ashwagandha*, *Ajamoda*, *Aardruka* can be used for *Kapha* dominant conditions.

Conclusion- Infertility is emerging as one of the major problems in the present era, the *Vrushya* herbs mentioned above can be a ray of hope to the patients of infertility. *Madanpal Nighantu* enlisted 57 drugs which possess *Vrushya karma*. Based on *Yukti* one can use these drugs as an answer to solve problem of sexual inefficiency and enhance the potency of a person according to *Doshika* predominance .

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