

*Review article*

**Pharmacological Study of Sidha Shalmali Kalpa with special reference to  
Bhaishajya ratnavali – A review article**

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**ABSTRACT:**

In Ayurvedic texts huge number of formulations are described as a Vajikaran Kalpa. Vajikarana (aphrodisiac therapy) is primarily related to the promotion of sexual health, healthy progeny, and the treatment of male sexual disorders. In Bhaishajya Ratnavali, Vajikarana Adhyaya, acharya explains Sidha Shalmali Kalpa as an aphrodisiac formulation. After studying all the above articles, it is seen that the ingredients of Sidha Shalmali Kalpa individually act on spermatogenesis, Erectile dysfunction, Sexual Behaviour, and Aphrodisiac activity. But further preclinical as well as clinical research is required to prove its efficacy as an Aphrodisiac formula.

**KEY WORDS:** Sidha Shalmali Kalpa, Vajikaran, Sexual disorders, Aphrodisiac

**INTRODUCTION:**

Sexual disorders lead to considerable personal distress, interpersonal difficulties and mental ill health, mostly anxiety and depression. Most of the sexual problems can be easily recognised and managed in psychiatric practice. It is essential that clinicians should proactively check for these problems. Most of the sexual disorders can be managed with psycho-education and psycho-physiological techniques. Reported therapeutic success rates are promising. Sexual disorders results to considerable personal distress, interpersonal difficulties, mental ill health, frequent anxiety and depression. Most of the sexual problems can be easily documented and managed in psychiatric practice. Although effective medications are not available to date and also It is essential that clinicians should proactively check for these problems.<sup>4,5</sup> After deliberate the burning nature with more incidence of this problem and the restrictions of the available medications, it is the need of time to find out an effective, safe and affordable therapy to manage this troublesome problem.

Sexual disorders lead to considerable personal distress, interpersonal difficulties and mental ill health, mostly anxiety and depression. Most of the sexual problems can be easily recognised and

managed in psychiatric practice. It is essential that clinicians should proactively check for these problems. Most of the sexual disorders can be managed with psycho-education and psycho-physiological techniques. Reported therapeutic success rates are promising Sexual disorders lead to considerable personal distress, interpersonal difficulties and mental ill health, mostly anxiety and depression. Most of the sexual problems can be easily recognised and managed in psychiatric practice. It is essential that clinicians should proactively check for these problems. Most of the sexual disorders can be managed with psycho-education and psycho-physiological techniques. Reported therapeutic success rates are promising Sexual disorders lead to considerable personal distress, interpersonal difficulties and mental ill health, mostly anxiety and depression. Most of the sexual problems can be easily recognised and managed in psychiatric practice. It is essential that clinicians should proactively check for these problems. Most of the sexual disorders can be managed with psycho-education and psycho-physiological techniques. Reported therapeutic success rates are promising Sexual disorders lead to considerable personal distress, interpersonal difficulties and mental

ill health, mostly anxiety and depression. Most of the sexual problems can be easily recognised and managed in psychiatric practice. It is essential that clinicians should proactively check for these problems. Most of the sexual disorders can be managed with psycho-education and psycho-physiological techniques. Reported therapeutic success rates are promising in ayurveda, we might find a ray of light as it is having exclusive approach to recognize and manage this type of social problem. Further in case of management also it is having unique way to treat the suffering not only by means of palliative treatments, but also by special treatment branch called Vajikaran. The Branch of Ashtanga Ayurveda namely Vajikarana (aphrodisiac therapy) primarily related with the promotion of sexual health, healthy progeny, and treatment of male sexual disorders such as disturbed spermatogenesis, defective semen, seminal-related disorders, premature ejaculation, erectile dysfunction, and also infertility.<sup>6</sup> The diet, drinks, and drugs that encourage men with less semen to indulge in sexual activities like a horse with women are named as Vajikarana.<sup>7</sup> It advances the physical, psychological, and social health and also promotes the sexual potential and performance of an individual.<sup>8</sup> The formulations described in Ayurvedic Rasashastra texts generally contain herbal drugs, herbo-mineral drugs, metal, as well as animal origin ingredients. These ingredients are mainly Madhura (Sweet), Singdha (Unctuous), Jivana (life promoting), Brimhana (shouting), Guru (Strengthening), and Manoharsana (Pleasing to mind).<sup>9</sup>

Vajikarana therapy not only rejuvenates the male reproductive system and slows down the aging progression but also increases the quality and quantity of sperm, thus increasing sperm motility and count.<sup>1</sup> The Branch of Ashtanga Ayurveda namely Vajikarana (aphrodisiac therapy) primarily related to the promotion of sexual health, healthy progeny, and treatment of male sexual disorders such as disturbed spermatogenesis, defective semen, seminal-related disorders, premature ejaculation, erectile dysfunction, and also infertility.<sup>2</sup>

The diet, drinks, and drugs which encourage men of less semen to indulge in sexual activities like a horse with women is named as Vajikarana.<sup>3</sup> It advances the physical, psychological, and social health and also promotes the sexual potential and performance of an individual.<sup>4</sup> The formulations described in Ayurvedic Rasashastra texts generally contain herbal drugs, herbo-mineral drugs, metal, as well as animal origin ingredients. These ingredients are mainly Madhura (Sweet), Singdha (Unctuous), Jivana (life promoting), Brimhana (shouting), Guru (Strengthening), and Manoharsana (Pleasing to mind).<sup>5</sup>

Herbal medicines have been used since the beginning of civilization to sustain health and treat diseases. In Ayurvedic texts huge number of formulations are described as a Vajikaran Kalpa with different aspects

of this problem. These formulations are used for erectile dysfunction, specific time-related effects, increasing stamina and performance, for enhancing the count and quality of sperms for getting progeny. In Bhaishajya Ratnavali, Vajikarana Adhyaya, acharya explains Sidha Shalmali Kalpa as an aphrodisiac formulation. It promotes sexual strength even to the person of 80 years old to indulge in intercourse with hundreds of women.<sup>6</sup>

The most common side effects of Aphrodisiac drugs are headache, dyspepsia, unintentional incomplete sexual arousal, palpitation<sup>7</sup>, etc., but in the Ayurvedic Aphrodisiac formula are no side effects. for that detailed research work with respect to analytical, toxicological, and efficacy studies should be undertaken to validate the claims as per the modern scientific validation parameters. To fill this research gap, further evidence-based clinical study is required. keeping this in mind I am studying the medicinal properties of this Kalpa through this article.

**Aim of the study** - To study the pharmacological properties Sidha Shalmali kalpa with special reference to Aphrodisiac activity.

### Objectives

1. To study the pharmacological properties of the ingredients of Sidha Shalmali kalpa as per Ayurvedic classical texts as well as modern textbooks.
2. To study the concept of Aphrodisiac activity.
3. To study the preparation of Sidha Shalmali kalpa

### Methodology:

This study is mainly based on reviews of Ayurvedic classical texts, Bruhatrayee, Laghutrayee, Nighantu grantha, Rasashastra granth, etc. as well as modern textbooks. To study the Aphrodisiac activity of Sidha Shalmali kalpa first, we have to study the pharmacological properties of the ingredients of this particular kalpa.

### Review of Literature:

#### Drug Review -

Sidha Shalmali Kalpa<sup>7</sup> is explained in Ayurvedic classical text - Bhaishajya Ratnavali in Vajikaran Adhyaya.

#### Ingredients of Sidha Shalmali Kalpa<sup>7</sup> -

Vidarikanda, Musali, Amalaki, and Punarnava, Shudha Gandhak and Shudha Parada

#### Ingredients of Sidha Shalmali Kalpa<sup>7</sup> -

As mentioned in Bhaishajya Ratnavali, Sidha Shalmali Kalpa is prepared as mentioned below

1. Vidarikanda, Musali, Amalaki, and Punarnava taken in equal quantity, each one-part (4 parts) Shudha Gandhak taken half of this mixture that is two parts and Shudha Parada taken in Half part of Shudha Gandhaka that means 1 part of Parada should be taken.
2. Prepare the Kajjali of Shuddha Parada (1 part) and Shuddha Gandhaka (2 part). Add a mixture of the above-mentioned ingredients in it and triturated well.
3. Give the bhavana of Shweta Shalmali Kawath and Mahishi Dugdha 7 times each. Dry it in shade. After well drying it should be mixed with Madhu (honey) and Goghrita (cow's ghee), make it in Avaleha form.

#### Therapeutic uses of Sidha Shalmali Kalpa as per Bhaishajya Ratnavali<sup>7</sup> -

Even an eighty-year-old man can have sexual intercourse a hundred times after consuming it, but his penis will remain erect due to sexual vigor. He will be free from other diseases like Jwara, etc. and that person can enjoy all the happiness of life.

This Kalpa should be taken in One masha quantity along with Dugdha (milk) as a Anupan (Vehicle).

#### Pharmacological action of Sidha Shalmali Kalpa -

As per Bhaishajya Ratnavali Vidarikanda, Musali, Amalaki, and Punarnava, Shudha Gandhak, and Shudha Parada these are the ingredients of Sidha Shalmali Kalpa. Pharmacological actions of these ingredients can be enlisted as follows -

##### 1. Drug Name - Parada<sup>8</sup>

**Latin Name** Mercury  
**Guna** Snigdha, Sara, Guru  
**Rasa** - Shad rasa  
**Veerya** Ushna  
**Vipaka** - Madhur

**Research findings** - Effects of mercury on spermatogenesis studied by velocity sedimentation cell separation and serial mating.<sup>9</sup> Thus, these results suggest spermatogenic effects of methyl mercury complexes which might have important health consequences in men

##### 2. Drug Name - Gandhak<sup>10</sup>

**Latin Name** - Sulfer  
**Guna** - Ushna, Snigdha, Sara  
**Rasa** - Madhura Katu Tikta,  
**Veerya** - Ushna  
**Vipaka** - Katu

**Research findings** - The Spermatogenic Activity of Shuddha Gandhaka and Kamdeepaka Rasa - A Comparative Study in Albino Rats<sup>11</sup> Experimental study reveals that Shuddha Gandhak shows more Spermatogenic activity than milk. Kamdeepak Rasa shows more Spermatogenic activity than milk.

Kamdeepaka Rasa shows more Spermatogenic activity than Shuddha Gandhak

##### 3. Drug Name - Shalmali<sup>12</sup>

**Latin Name** - *Ceiba pentandra*  
**Guna** - Laghu, Snigdha, Picchil,  
**Rasa** - Madhur  
**Veerya** - Sheet  
**Vipaka** - Madhur

**Research findings** - Effect of *Bombax ceiba* L. on spermatogenesis, sexual behaviour and erectile function in male rats<sup>13</sup> - In *B. ceiba* extract-treated a gain in body and sexual organ weights was observed. Mount intromission and ejaculation frequencies were significantly improved. Penile erection index was also higher compared to control group animals.

##### 4. Drug Name - Krishna Musali<sup>14</sup>

**Latin Name** - *Curculigo orchioides*  
**Guna** - Guru, Snigdha, Picchil,  
**Rasa** - Madhura, Tikta,  
**Veerya** - Ushna  
**Vipaka** - Madhur

**Research findings** - Spermatogenesis activity of rhizomes of *Curculigo orchioides* gaertn on male rats.<sup>15</sup> Reduced number of spermatozoa, mal formed spermatozoa or their reduced or insufficient motility are the leading Causes of disturbed fertility or infertility in patient. The drug may thus provide an alternative for management of Infertility due to reduced spermatogenesis. Further studies are necessary to elucidate the compounds of the ethanolic Extract is responsible for enhances spermatogenesis in rats.

##### 5. Drug Name - Vidari Kanda<sup>16</sup>

**Latin Name** - *Pueraria tuberosa*  
**Guna** - Guru, Snigdha,  
**Rasa** - Madhur  
**Veerya** - Sheet  
**Vipaka** - Madhur

**Research findings** - *Pueraria tuberosa* DC Extract improves Androgenesis and Sexual behaviour via FSH LH Cascade<sup>17</sup> Rats significantly improved the androgenic and sexual behaviour parameters. also increase in serum concentration of FSH and Testosterone. PT showed significant androgenic stimulation as evidenced by an increase in the weight of testis, epididymis, and seminal vesicles. Spermatogenesis' was also improved

##### 6. Drug Name - Amalaki<sup>18</sup>

**Latin Name** - *Emblica officinalis*  
**Guna** - Guru, Ruksha, Sheet  
**Rasa** - Panch rasa (Amlapradhan-Lavana Rahita)  
**Veerya** - Sheet  
**Vipaka** - Madhur

**Research findings** - The effect of *Emblica officinalis* diet on lifespan, sexual behaviour, and fitness characters in *Drosophila melanogaster* <sup>19</sup> The conclusion of our experiment suggests that *E. officinalis* Enhances the sexual activities. This obviously increases longevity, fertility, fecundity, ovarioles number along with developmental time.

#### 7. Drug Name Punarnawa <sup>20</sup>

**Latin Name** - *Boerhavia diffusa* Linn

**Guna** - Laghu, Ruksha,

**Rasa** - Madhura, Tikta, Kashaya

**Veerya** - Ushna

**Vipaka** - Madhur

**Research findings** - The Effect of The Aqueous Extract of The Leaves Of *Boerhavia Diffusa* Linn. On Semen and Testicular Morphology of Male Wistar Rats<sup>21</sup> Male Wistar rats decreased the sperm count, progressive sperm motility, and sperm live-dead ratio and caused degeneration of the Germinal epithelia of the testes. There is therefore the need to further investigate the mechanism for the anti-fertility induced by the aqueous extract of *B. diffusa* L. leaves.

#### DISCUSSION :

Approximately 15% of couples of reproductive ages are affected by Infertility. It is estimated that globally, 60–80million couples suffer from infertility per year out of which almost 15–20 million are in India merely.<sup>22</sup> As per a World Health Organization study on more than 8500 couples, the male factor contributes to infertility as much as 51.2%. Approximately 27.5 million couples actively trying to conceive suffer from infertility in India.<sup>23,24</sup>

Sexual disorders lead to considerable personal distress, interpersonal difficulties and mental ill health, mostly anxiety and depression. Most of the sexual problems can be easily recognised and managed in psychiatric practice. It is essential that clinicians should proactively check for these problems. Most of the sexual disorders can be managed with psycho-education and psycho-physiological techniques. Reported therapeutic success rates are promising

Sexual disorders go ahead to considerable personal distress, interpersonal difficulties, mental ill health, frequently anxiety and depression. Most of the sexual problems can be easily documented and managed in psychiatric practice. Although effective medications are not available to date. It is essential that clinicians should proactively check for these problems.<sup>25,26</sup> After deliberately the burning nature with more incidence of this problem and the restrictions of the available medications, it is need of time to find an effective, safe, and affordable therapy to manage this troublesome problem. In Ayurveda, we might find a ray of light as it has an exclusive approach to recognizing and

managing this type of social problem, as a variety of formulations like Sidha Shalmali Kalpa is described in various classical textbooks, which have specific Vajikaran properties i.e. Aphrodisiac activity.

#### CONCLUSION:

After studying all the above articles, it is seen that the ingredients of Sidha Shalmali Kalpa individually act on spermatogenesis, Erectile dysfunction, Sexual Behaviour, and Aphrodisiac activity. However not any type of previous research work has been done on Sidha Shalmali Kalpa to date to evaluate its Aphrodisiac activity. So, further analytical preclinical as well as clinical study is required to prove the efficacy of Sidha Shalmali Kalpa with respect to its Aphrodisiac activity.

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