



VRISHYA (SPERMATOGENESIS ENHANCER AND SEXUAL VITALITY) AND GARBHA DOSAHARA DRAVYAS (UTERINE HORMONE REGULATOR) USED IN THE MANUFACTURE OF PUSPA DHANWA RASA-A CRITICAL REVIEW

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ABSTRACT

Male & female infertility are increasing during current times. *Shukra* and *Artava* dushti serves as one of the important etiological factor in most of these disorders including oligospermia and polycystic ovarian disease. Oligospermia and polycystic ovarian disease is identified as one of the leading cause of infertility in both developing and developed countries. In this regard an attempt has been made to critical review the *Vrisya* & *Garbhadosahara* property during the manufacture of Pushpadhanwa Rasa mentioned in many Ayurvedic classics. The ingredients and the process in which the *Pushpadhanwa Rasa* has been prepared mainly having the property of *Madhura*, *Tikta*, *Kasaya*, *Katu* rasa, *Sheetaveerya*, *madhuravipaka*, *laghuguna* and *tridosasamaka* property. The ingredients possess property of *Vrisya*, *vajikarna*, *rasayana*, *ayusya*, *putraprada*, *balya*, *medhya*, *manodoshahara*, *vedanasthapana*, *garbhasayavisanasaka* were noted during analysis.

Key words: Vrisya, Garbhadosa nasak, Infertility.

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INTRODUCTION

Health is the supreme foundation of virtue, wealth, enjoyment and salvation. So, when in fight against disease and premature death, drugs have been the weapons by man. In Ayurveda, it is described in one of the quadruples of the treatment next to the physician. "Dhatu samya", the sole motto of treatment in Ayurveda is achieved by proper usage of drug. It adds more active functional years to total human life by its preventive, promotive and curative effects. Literally the word *Vrishya* denotes, the drugs, which potentiate sexual vigor or promote *Shukra* (seminal parameters) or both. *Vrishya* drugs are those, which can enhance the spermatogenesis and sexual vitality or both. Many a times it is observed that *Vajikarana* and *Vrishya* are taken synonyms with one another. But it is to be noted that

Vajikarana is a therapy and is one among the eight branches of Ashtang Ayurveda whereas *Vrishya* is the property of the drug or substance. The Physiology of male sexual act and spermatogenesis are interpreted with *Vrshya Karma*, in connection to this, their pathological aspects which are *Klaibya* (Male Sexual dysfunction) and *Vandhyatva* (Male infertility & female infertility) are dealt in detail with their respective management. Loss of *artava* is the foremost characteristics of *vandhyatva*, which was seen in PCOD.

As it includes multiple groups of symptoms, single drug formulations might cover only a fraction of the treatment, hence the search for a group of drugs, particularly, such a group of drugs which are having *Vrisya* & *vajikarana* and other multimodal pharmacological actions might be highly beneficial. Such *vajikarana*



formulations, being very beneficial in psychological symptoms arising due to "tridosha vitiation" (mainly vata) have been selected for the present study.

MATERIALS & METHODS

Compilation and tabulation of vrisya(which potentiate sexual vigor or promote Shukra or both & Garbhadosahara(regularizing the female hormones) property present in Jangama, Audhbiha, Parthiva dravyas in the manufacture of Pushpadhanwa Rasa were done from charaksamhita, sushrutasamhita, and Rasashastryalitre ure. Rasa(taste), Guna(quality), Veerya(potency) Vipaka(dru g metabolism), action on Dosas and useful part of the herbs were compiled from Bhavprakash Nighntu and test book of Dravyaguna which was tabulated. Compilation & tabulation of Rasa Panchak of drugs used in the manufacture of Pushpadhanwa Rasa were done and tabulated. The tabulated data were then analyzed.

RESULTS

Pushpadhanwa rasa is a popular Ayurvedic medicine used by many renowned vaidyas domestically & internationally for infertility. The different view available has been described in table no-1. Analysis of total 31

different Jangama, Audhbiha, Parthiva present in the manufacture of Pushpadhanwa rasa has been made which are taken from different vargas enlisted from various Ayurvedic tests.(table no -2). Based on relevant references from classical tests and modern tests of dravyaguna useful part was recorded. The parts used appears to be fruit, seed, leaves, rhizome and stem in large number of drugs (table no-3). Rasapanchaka of drugs have been enlisted (table no-3). Madhura rasa is seen in 15 dravyas, kasaya rasa in 14 dravyas, tikta rasa in 12 dravyas, katu rasa in 9 dravyas, amla rasa in 5 dravyas. on analyzing the guna rukshya in 13 dravyas, laghu in 10 dravyas, guru in 8 dravyas, snigdha in 7 dravyas, tikhna in 6 dravyas. on vipaka katu in 15 dravyas and madhura in 14 dravyas. the veerya of most of the dravyas were 18 in comparison to 9 in sheeta veerya dravyas.

Dravyas of similar to vrisya, rasayana , garbhadosa , putraprada properties with Ayurvedic application were enlisted (table no-4). vrisya in 14 dravyas, balya in 7 dravyas, rasayana in 10 dravyas, yoni dosa in 4 dravyas, putraprada 2 dravyas. Herbs with ayurvedic application & pharmacological application reported through different ayurvedic literatures & research models are tabulated (table no-5 & 6).

Table 1. Showing description of Pushpadhanwa Rasa in different classics

S.No	Name of text	Ingredients	Triturations
1	Yoga tarangini, R.K.Dr	Naga Bhasma Abhraka Bhasma- Louha Bhasma, No rasasindura	Dhatura beeja Kvatha-Bhanga Kvatha, Salmali Kvatha, Yastimadhu Kvatha, Naga valli swarasa Each having 3 bhavana
2	Bruhat Yoga Tarangini, R.S, R.Ch, Ni.R, B.R, A.F.I-II, Pg-111, R.Bh. SePg-35), S.B.S, N.A.N(Pg-89), A.K(Pg- 129), V.T.P (pg. 241)	Rasa sindura Naga basma Louha bhasma Vanga bhasma Abhraka bhasma	Dhatura beeja swarasa, Bhanga patra swarasa, Yastimadhu mula swarasa, Salmali niryasa swarasa Nagavallipatra swarasa
3	Yoga Ratnakara in the name Laghu Pushpadhanwa Ras R.Pa, R.R.S, R.R.Si, B.Sh I Pg-137	-Do- Abhraka bhasma=3 part, No vanga bhasma	-Do-

Table 2. Rasapanchaka of Drugs used in the Manufacture of Puspa dhanwa Rasa (According to Jangama, Audhbiha, Parthiva)

S. No.	Dravya	Rasa	Guna	Veerya	Vipaka	Dosa haratwa	Karma
1	Madhu [1]	Madhura, kasaya,	rukhyas	seeta	madhura	Vata vardhak	Barnya, Vrisya, medhakara
2.	Godugdha [2]	Madhura	Guru, Snigdha, Alpa Abhisyanandi		Madhura	Vata pitta nasak	Balya, Vrisya , Prajasthapana
3.	Goghrita [3]	Madhura	Mrdu, Saumya, Alpa Abhisyanandi	Sita	Madhura	Kapha vardhak	Visahara, veerya vardhaka, Oja, teja bridhikara, Rasayana
4.	Gomutra [4]	Katu	Tiksna	Usna	Katu	Pitta vardhak	Pacana GulmaSula
5.	Takra [5]	Madhura,	Sandra,	Usna	Madhura	Kapha pitta	Garbhavisa nasak



		Amla Anuasa Kasaya	Laghu,			nasak	Brusya Hrudya
6.	Til Taila [6]	Madhura, Anurasa Tikta, Kasaya	Sukhma Visada guru	Usna	Madhura	Pitta vardhak	Brusya Garbhasaya sodhak Bruhana Yoni sula nasak
7.	Kanji [7]		Bhedhi, TiksnaUshna			Pitta vardhak	Sula nasak
8.	Kulatha Kvatha [8]	Kasaya		Usna	Katu	Pitta vardhak	Sukrasmari nasak Gulma nasak
9.	Haritaki [9]	Pancharasa(lavana varjita) Kasaya pradhana	Laghu rukhya	Ushna	Madhura	Tridoso nasak	Vrisya Rasayana Vaya sthapana
10	Amalaki [10]	Pancharasa (Lavana Varjita) Amla Pradhana	Guru, Ruksha, Sheeta	Sheeta	Madhura	Tridoso nasak	Vrisya Rasayana
11	Bibhitaki [11]	Kashaya	Ruksha, Laghu	Ushna	Madhura	Kapha pitta nasak	Balya
12	Nimbu [12]	Amla	Laghu	Anusna	Madhura	Pitta vardhak	Deepana,Pachana
13	Adraka [13]	Katu	Tikhna, rukhya,guru	Ushna	Madhura	Kapha vata nasak	Hridya,Vrisya
14	Arka [14]	Katu,tikta	Laghu,rukhya, tikhna,sara	Ushna	Katu	Vata vardhak	Balya, Rasayana
15.	Vata [15]	Kasaya,madhura	rukhya	seeta	katu	Kapha pitta nasak	Barnya, Yonidoshanasaka
16.	Haridra [16]	Katu, tikta	Laghu,rukhya,	ushna	katu	Kapah vatahara	Varnya, pramehanasaka
17.	Chincha [17]	Amla,madhura	Laghu, rukhya,	Ushna	Katu	Kaphavata nasak	Hrudya
18.	Aswatha [18]	Kasya, Madhura	Rukhya, guru	Seeta	Katu	Kapha pittahara	Yoni vishodhana, Varnya
19.	Dhattura [19]	Madhura.kasaya, Tikta	Guru, tikhna Rukhya	Ushna	Katu	Kapha vatahara	Madakari Visahara
20.	Bhanga [20]	Tikta, kasaya	Tikhna, laghu, Rukhya	Ushna	Katu	Kapha vatahara	Vajikara,sukra stambhaka
21.	Yastimadhu [21]	Madhura, tikta	Guru, snigdha	Seeta	katu	Tridoso hara	Sukrala, valya B.P
22.	Salmali ²²	Madhura, kasaya	Pichilla,guru	Seeta	Madhura	Pitta vata hara	Brihana, Rasayana-B.P
23.	Nagavalli [23]	Katu,tikta,kasaya	Laghu,tikhna,	ushna	katu	Vata hara	Srama nasaka
24.	Parada bhasma [24]	Sadrasa	Snigdha, sara, guru	Ushna	madhura	Tridoso nasak	Vrisya,Balya
25.	Gandhaka [25]	Madhura	Snigdha, sara	ushna	katu	Tridoso nasak	Rasayana Veerya vridhi
26.	Manashila [26]	Tikta, katu	ushna	Ushna	katu	Vatakapha nasak	Sarbasrestha rasayana
27	Haritala [27]	Katu, snigdha, kasaya	Snigdha	Ushna	Katu	Kapha nasak	Veerya vridhikara,,jaramruto nasaka
28.	Naga bhasma[28]	Tikta	Laghu, Sara, Rukhya	Ushna	Katu	Vata kapha nasak	Kamavala,naga sata tulya balam



29.	Vanga bhasma [29]	Tikhna, ushna, Rukhya	Laghu,sara	ushna	katu	Vata prakopa	Valya, Vrissyasarba prameha naska, prajakara, deepana, Pachana
30.	Abhraka Bhasma [30]	Guru	Snigdha	Seeta	Madhura	Vata kapha nasak	Pragya bodhi Khya nasak Vrися, Ayusya Putraprada
31.	Louha bhasma [31]	Guru	Rukhya	Seeta	Madhura	Tridosas nasak	Putraprada, Bala kara Vrися, Vayastambhna,

Table 3. Showing description of Dravyas/Utility/Literature in manufacturing Pushpadhanwa Rasa in different classics:

Name of the Dravya	Utility in preparing pushpadhanwa Rasa	Carak samhita	Sushruta samhita	Rasashastriya literature
Madhu	Anupana of pushpadhanwa Ras ³²	Madhuvarga ³³	Madhuvarga ³⁴	Madhura trikam, Panchamruta ³⁵
Godugdha	Samanya Shodhana of Abharaka ³⁶ Shodhana of Dhatur, Bhanga	Gorasa Varga ³⁷	Ksrira Varga ³⁸	Pancha gavya, khirastaka ³⁹
Goghrita	Anupana of Puspadhan wa rasa ⁴⁰ , Amritikara na Of Lauha ⁴¹	Madhura Skandha, Yamaka, Mahasneha Rasashastreya Panchamrita, Panchagavya ⁴² ,	-	Mitrapanchaka ⁴³ , Dravanapanc haka ⁴⁴ , Dravaka varga ⁴⁵
Gomutra (cow's urine)	Samanya Shodhana of Naga, Vanga and Louha ⁴⁶	Mutra varga ⁴⁷	Mutravarga ⁴⁸	Pancha gavya, Mutravarga, Mutrastaka ⁴⁹
Takra (butter milk)	Samanya Shodhana of Naga, Vanga, and Louha, Abhraka ⁵⁰	Gorasa Varga ⁵¹	Takra Varga ⁵²	Pancha gavya ⁵³
Til taila (sesame oil)	Samanya Shodhana of Naga, Vanga, Louha, Abhraka ⁵⁴	Taila Varga ⁵⁵	Taila Varga ⁵⁶	Taila Dravya ⁵⁷
Kanji (sour gruel)	Samanya Shodhana of Naga, vanga, Louha , Abhraka ⁵⁸	Madya varga ⁵⁹	Madya varga ⁶⁰	Amla varga ⁶¹ , Sandhana varga
Kulaththa kvatha	Samanya Shodhana of Naga, Vanga, Louha, Abhraka ⁶²	-	-	-
Haritaki (fr.)	Visesa shodhana of Louha ⁶³ , Trividha paka of Louham	Prajasthapana	Parusakadi, Bara (Tri phala)	Louha maraka gana ⁶⁴ , Krushna varga
Amalaki (fr.)	Visesa shodhana of Louha, Trividha louha paka, amruti karana of Louha. ⁶⁵	Vayasthapana, Virechanopaga	Triphala, Parushakadi	Louha maraka gana ⁶⁶
Bibhitaka (Fr.)	Visesa shodhana of Louha, Abhraka ⁶⁷	Jwarahara, Virechanopaga	Triphala, Mustadi	Louha maraka gana ⁶⁸ , Bara (Triphala)



Nimbu (fr.)	Marana of vanga bhasma ⁶⁹ , Trividha louha paka, Abhraka amruti karana	-	-	Amla varga ⁷⁰
Ardra (Rhizome)	Shodhana of Manashila ⁷¹	Sulaprasamana, Truptighna, Arsoghna, Dipaniya, Trusnanigrahana	Pippalyadi, Trikatu	kaphanasak gana ⁷²
Arka (Kheera)	Marana of Abhraka bhasma ⁷³	Vamanapoga, Bhedanya, Swedapoga	Adhavagohara, Arkadi	kaphanasaka gana ⁷⁴
Vata (Ankura)	Bhavana dravya of Rasasindoora ⁷⁸	Kasaya skandha, Mutrasangrahaniya	Nyogradhadi	Lohiti Karana of Abhraka, abhraka Maraka gana ⁷⁶
Haridra (Kanda)	Visesa shodhan of Vanga ⁷⁷	Tiktaskandha, Lekhaniya, Kandugha, visaghna	Haridradi, Mustadi, Sleshmaprasamana	Abhrka maraka gana ⁷⁸
Chincha (Twak)	Jarana dravya for Naga & Vanga bhasma ⁷⁹			Jarana dravya, Amla varga, Khara varga ⁸⁰
Aswatha (Twak)	Jarana dravya for Naga & Vanga bhasma ⁸¹	kasaya skanha, Mutrasangrahaniya	Nyagrodhadi	Jarana dravya ⁸²
Dhattura (Beeja)	Bhavana dravya of pushpadhanwa Ras ⁸³			Upavisa ⁸⁴ , Schedule E (D&CAC), Rasa, marana ⁸⁵ , Rasasodhana jarana
Bhanga (Patra)	Bhavana dravya of pushpadhanwa Ras ⁸⁶			Upavisa ⁸⁷ , Schedule E (D&CAC), Rasabhasma kruta ⁸⁸ , Parada bandhan
Yastimadhu (Panchanga)	Bhavana dravya of Pushpadhanwa Ras ⁸⁹	Jivaniya, Sandhaniya, Varnya, Kandugha, Chardinigrahana, Snehapoga, Vamanapoga, Sonitasthapana, Mutra virechaniya,	Sariyadi, Kakolyadi	Louha maraka rasayana ⁹⁰
Salmali (Niryasa)	Bhavana dravya of pushpadhanwa Ras ⁹¹	Sonitasthapana, Vedana sthapana	Priyanguadi	Pittanasaka gana ⁹² , Rasa nirjivakara ⁹³ , Rasabandhanaka
Nagavalli (Patra)	Bhavana dravya of pushpadhanwa Ras ⁹⁴	Matrasitya adhya	Arnapanavidhi Adhya	Abhraka maraka gana ⁹⁵ , Rasa nirjivakara ⁹⁶ , Rasabandhanaka ⁹⁷ , Rasa, sodhna jarana ⁹⁸ , rasabhasma, kruta ⁹⁹ , Parada kramana ¹⁰⁰
Parada	Preparation for Rasasindoora ¹⁰¹	-	-	Rasopanishata quotes that as soul plays an important role in body, likewise Parada is a soul of Rasashastra and without Parada, existence of Rasashastra could not be imagined. (R.P – 1/17)
Gandhaka	Preparation for Rasasindoora ¹⁰²	Gandhaka is mentioned in Kusthadi Churna for Dadru, Kandu, Pama and Vicharchika for external application for dusting ¹⁰³	Mahavajraka taila ¹⁰⁴	Uparasa, Vida dravya Sreshtha
Manahshila	Marana dravya of	Manahshila has been	Manahshila in the	Uparasa ¹⁰⁸



	Naga bhasma ¹⁰⁵	used for the treatment of, Unmada, in Visa, Moreover, it is used for external application in skin diseases ¹⁰⁶ .	treatment of disease like Vrana, Upadansha, and Kshudrarogas ¹⁰⁷ .	
Haritala	Marana dravya of vanga bhasma ¹⁰⁹	Haratala has been used for the treatment of, Unmada, in Visa, Moreover, it is used for external application in skin diseases.	Dhatu visha, Haratala in the treatment of disease like Vrana, Upadansha, and Kshudrarogas.	Uparasa, marana dravya of vanga bhasma
Naga bhasma	Preparation of puspadhanwa rasa ¹¹⁰	Used for Trapvadi lepa ¹¹¹ Pancha, louha ¹¹² , Kustha roga chikitsha ¹¹³	Trapvadi gana ¹¹⁴ , variety of silajatu ¹¹⁵ , used in kaphaja arbuda ¹¹⁶	Dhatu varga ¹¹⁷ , putilouhas ¹¹⁸ , constituent of divya ausadhi yoga ¹¹⁹ ,
Vanga (bhasma)	Preparation of puspadhanwa rasa ¹²⁰	Used for Trapvadi lepa ¹²¹ pancha louha ¹²² , Jihwa nirlekhana yantra ¹²³ , vasti netras ¹²⁴ , Vasti netras, Trapu churna	Trapvadi gana ¹²⁵	Dhatuvarga ¹²⁶ , Putilouha ¹²⁷
Abhakra bhasma	Preparation of Pushpadhanwa rasa ¹²⁸	-	-	Maharasa varga ¹²⁹
Louha bhasma	Preparation of puspadhanwa rasa ¹³⁰	Rasayana ¹³¹ , Navayasa churna ¹³² , Vyoshadi ghrita Lauha churna	Arbuda ¹³³ Pandu ¹³⁴ , Palitya, Khalitya Sleshmaja granthi ¹³⁵	Dhatu Varga ¹³⁶ , Sudha Louha ¹³⁷ .

Table-4 Categorisation of herbs on the basis of part used/Rasa/Guna/Vipaka/Veerya/Dosa haratwa

Part used	No	Rasa	No	Guna	No	Vipak	no	Veerya	No	Dosaharatwa	No
Fruit	5	Madhura	15	Rukshya	13	Katu	15	Ushna	18	Tridosha shamak	6
Seed	3	Kasaya	14	Laghu	10	Madhura	14	Sheeta	9	kapha pitta shamak	4
Rhizome	2	Tikta	12	Guru	8	-	-	-	-	Kaphavata shamak	7
Leaves	3	Katu	9	Snigdha	7	-	-	-	-	-	-
Stem bark	2	Amla	5	Tikhna	6	-	-	-	-	-	-

Table no-5 Showing description of Ayurvedic application of Dravyas used in the manufacturing Pushpadhanwa Rasa in different classics:

Dravyas	Ayurvedic application	Pharmacological application
Madhu	Veerya vardhak ¹³⁸	Antioxidant ¹⁷⁶ , Increase the epididymal sperm count and reproductive hormones ¹⁷⁷ , Fertility enhancer ¹⁷⁸
Goghrita	Vandhya ¹³⁹ , sahasra veerya ¹⁴⁰ , Rasayana, Vajikara, Rasavardhaka ¹⁴¹ ,	Improving sperm quality ¹⁷⁹ , Improving egg quality ¹⁸⁰
Haritaki(Fr.)	Vrisya ¹⁴²	Seminal defect, General Debility ¹⁸¹
Amalaki(Fr.)	Vrishya ¹⁴³ , Rasayana ¹⁴⁴	Reduces the frequency of spermhead abnormalities ¹⁸²
Bibhitaki	-	Higher antioxidant and radical scavenging activity ¹⁸³
Nimbu(Fr.)	Balya ^{145,146}	Anti oxidant ¹⁸⁴
Ardra (Rhizome)	Garbhasaya Sodhaka, Vrisya	Enhancing spermatogenesis and LH secretion ¹⁸⁵



	¹⁴⁷	
ARKA (Kheera)		Anti oxidant effect ^{186,187}
Vata(Ankura)		
Haridra (Kanda)	Garbhsayasotha, stanya dosha, Pradara,Sukra dosha ¹⁵⁰	
Chincha(Twak)	Sukra taraly ¹⁵¹	-
Aswatha(Twak)	Pradara,Atyartava,Garbhas rava, Yonivishodhana ¹⁵²	-
Dhattura (Beeja)	Used for vajeekarana, stambhaka as for unani, increase sexual power. Dhatura phala (beeja) churna with ghee & madhu causes garbhadhana. If we give it with maricha then it will cure night discharge ¹⁵³ .Matula mula was used for vandhya ¹⁵⁴ .	Increases the secretion of melatonin and serotonin phytochemicals ¹⁸⁸
Bhanga (Patra)	Garbhasaya sankocaka, vajikarana,.For garbhasaya sankocana it was a good remedy.In case of difficult in menstruation it was very much useful.It is a good vajikarana dravya.It is a good sukra stambhaka.According to unani if the paste of bhanga was applied over the mutrendriya then it increases the sexual power ¹⁵⁵ .	Increase the plasma secretion levels of LH & FSH. Immuno modulator. ¹⁸⁹
Yastimadhu(Panch anga)	SukralaJeevaniya ¹⁵⁶ ,Vrisya ^{157,158} ,Putradam ¹⁵⁹ ,Garbhak ara ¹⁶⁰ ,Alparetas ¹⁶¹ ,Vandhy anasaka ¹⁶² ,Kheenaveerya ¹⁶³ ,Sandhatwa ¹⁶⁴ .	Immunodisorders'anti oxidant activity,Estrogenic activity
Salmali (Niryasa)	Veerya vardhaka, garbhastapaka, Kama udipaka ¹⁶⁵ . Improves sexual power, vala vardhaka. It is having good effect in sweta pradara ¹⁶⁶ .When garbhasaya was filled by up by rakta then Mocarasa can be used ¹⁶⁷ .	Aphrodisiac, Menorrhagia
Nagavalli (Patra)	Kamagnivardhaka, swelling on the breast, Nervine tonic ¹⁶⁸	Anti oxidant
Parada	Rasayana, Vrishya, Balya ¹⁶⁹ .	-
Gandhaka	Balya, Rasayana ¹⁷⁰	-



Haritala	Rasayana and Vajikrana ¹⁷¹	As a 'tonic' in debilitating diseases
Naga bhasma	Rasayana ¹⁷²	Testicular regenerative capacity ¹⁹⁴ Good for rasayana
Vanga (bhasma)	Balya, Rasayana, Vrisya, garbhasaya chutihara, svapna dosha hara, Sveta pradara hara ¹⁷³	Testicular regeneration property increases spermatogenesis ¹⁹⁴ oligospermia
Abhraka bhasma	Vrisya, Rasayana, Putraprad, Pragyabodhi, Dhatuvardhaka ¹⁷⁴	-
Louha bhasma	Vrishya, Rasayana ¹⁷⁵	-

DISCUSSION

Available references of Pushpadhanwa Rasa shows that acharya Bahata was the pioneer to depict this formulation in between 9-11th century (As conferred in PHD thesis of Dr Rambabu Dwivedi). This yoga contains 12 bhasmas along with 25 herbal ingredients. Latter the authors of different texts have explained yoga on the the same concept with little variation name. Regarding addition of bhasmas by some authors and replacing of some other ingredients was done by some of the authors, which suggests that the changes made by them was for enhancing the properties of yoga. from the period of acharya Bahata to R.T.S.S.P.S, the preparation gaining its popularity. The etymology of the word pushpadhanwa indicates towards kamadeva dhanu (depicts from Sabdakalpadruma, Vachaspatyam). kamadeva means to increase the sexual power. After depicting all the samhitas a vajikarana drug could be given in both male/ Female. As this sarira is saddhatwatmaka in nature may it be male or female, requires sexual enjoyment. so this saddhatwamtaka sarira needs a preparation which could increase the sexual power. As from the views of Chanakya that females are two times more in ahara, four times more in Lajja, 6 times more in sahasa & eight times more in kamasakti than male counterpart. but due to different physical and psychological stresses the kamasakti of both male and female decreases. As this preparation contains ingredients having property of enhancing the sexual hormones in both male and females it might be given in both partner.

The composition of one formulation mainly depends upon two criteria (Vagbhata; Ashtanga Hridaya, Vidyotini Bhasa Tika by Kaviraj Atridev Gupta & Yadunandan Upadhyaya, Published by Chaukhamba Sanskrit Samsthan, Varanasi. Ed.-13th, 2000, Uttar sathan Ch-40/49)

Chief constituent

1. Supporting constituent - it includes
 - a. Drug, supports the chief ingredient in it's action
 - b. Drug, which eradicates the toxicity of the formulation

c. Drug, which are responsible to give the nature of the formulation.

1. The **Chief Constituent** present in Pushpadhanwa Rasa were Rasasindoor, Nagabhasma, vanga bhasma, Louhabbhasma, abhraka bhasma, Dhaturabeeja, salmali, Bhanga patra, Yastimadhu, Nagavalli swarasa.

2. Supporting ingredient

A

- ✍ Parada, gandhaka, Vatankura kvatha for Rasasindoor
- ✍ Manahshila Kanji juice for Naga bhasma
- ✍ Haritala bhasma and Nimbu swarasa for Vanga bhasma
- ✍ Triphala kvatha for Louha bhasma
- ✍ Arka dugdha for Abhraka bhasma

B.

- ✍ Til taila, Gomuta, Takra, Kanji, Kulatha kwatha for detoxification of metals used in this herbomineral preparation
- ✍ Haridra, Churnodaka, Chinch, Aswatha for Oxidation of the metals
- ✍ Adraka swarasa for detoxification of manahshila
- ✍ Dugdha for dhatura beeja, Bhanga patra purification
- ✍ Ghee madhu are responsible for detoxification of the hebomineral preparation

C.

- ✍ Madhu, ghee Sarkara dugdha possesses madhura as chief rasa, increasing snigdha guna which acts on the elevated vata dosa.

A careful review of the literature provided in table no 1 suggests regarding the variations in the herbo mineral constituents of pushpadhanwa rasa. Nonetheless, the formulation mentioned in Bruhat yoga tarangini is accepted widely for its authenticity. The Āyurvedic formulary of India also reproduces the same formulation for statutory purpose. Hence the formulation of Bruhat yogatarangini was selected for the study.

The ingredients and the process in which the push padhanwa rasa has been prepared mainly having the



property of madhura, tikta, kasaya, katu rasa, sheeta veerya, madhura vipaka, laghu guna and tridosha samaka property. The ingredients possess property of Vrisya, vajikarna, rasayana, ayusya, putra prada, balya, medhya, manodosha hara, vedana sthapana, garbhasaya, visanasaka etc. The drug Pushpadhawa rasa when administered to the patient through oral route due to its laghu guna, katu rasa and ushna veerya acts as deepana and pachana and regulates the Agni. The formation of dhatu from rasa to sukra or artava is by the madhura rasa and vipaka, snigdha guna and sheeta veerya. These properties of the preparation of pushpadhawa rasa act for rasayana, vajikarana, Vrisya, balya, vayasthapaka, Medhya and vata samaka karma. As a result, the symptoms like ovarian cyst subside.

CONCLUSION

Drugs mentioned in ayurvedic classics have

multifarious pharmacological properties. Some of the research studies carried out on these herbs confirmed both enhancing spermatogenesis & Regularising female hormone activities. This observation is useful to treat both male & female infertility.

From the above formulations it indicates that pushpadhawa Ras can be used for Vrisya (aphrodisiac), vajikarana (Increased sexual power), vandhyatwa (sterility in both male & female). As it suggests that it was a preparation that can be used for male infertility due to oligospermia & female infertility due to ovarian cyst, we design our study to see the effects of pushpadhawa rasa in male albino rats for their sexual behaviour as evidenced by an increase in number of mounts & mating performance in sterile animals & in female infertility to see the effects on poly cystic ovarian cyst.

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