



## Vrishya Basti: an effective treatment in Erectile Dysfunction

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### Abstract

Healthy reproductive life is essential for maintaining the happiness and harmony in marital life. Happy and healthy sexual life is important to fulfill the procreational and recreational aspects of life. Healthy sex is a media to express love and gives pleasure. Male who are unable to maintain erection during sexual act mostly suffer from depression and stress. This hampers the marital relationship leaving to frustration sometime ends into divorce and causes inefficiency in performing the routine duties. For performing the sexual act, there is a phase of erection with sufficient rigidity for penetrative intercourse, the absence of which ends into failure and dissatisfaction. This condition elaborately described as 'Klaibya' in Ayurvedic classics. Ayurveda described different factors responsible for klaibya and mentioned different treatment modalities for the treatment of klaibya or erectile dysfunction. In Charaka samhita and Sushruta samhita, many vajikarana yoga are described for the treatment of sexual problem. One of the main treatment modality is basti treatment. Acharya charaka mentioned vrishya basti for the treatment of the same. Mustadi yapana basti is one of them described by different ayurveda classics and called as raja yapana basti due to its multifactorial functions. In this case study, a male patient of age 40 year with symptoms of low sexual desire and difficulty in maintaining the erectile was admitted. The patient was managed with Mustadi Yapanaa basti. Acharya Charaka mentioned Mustadi Yapanaa basti for "Shukra-mansa-bala-janana"(Enhance the semen, muscles and gives strength ) and "Sadyobalajanaorasayancheti" (gives strength quickly and having rejuvenating effects) in Sidhi Sthana<sup>1</sup>. Acharya Sushruta mention it as Rajabasti and it is superior to all Yapanaabasti and mention its qualities as "-sjivvano-vrishaya"(Prolonging life, gives strength and enhance sperm or semen)<sup>2</sup>. Results are assessed on the basis of international index of erectile dysfunction, semen examination and patient perspective. Basti treatment give significantly improvement in all the symptoms of the patient and semen parameters.



### Biography

Ankur Kumar Tanwar Completed Graduation at the age of 23 years from Delhi University and Pursuing M.D. in kriya sharir (Physiology) from Ayurvedic & Unani Tibbia College & Hospital, Govt. of N.C.T. Delhi. He is the Publisher on International journal of panchkarma and ayurved medicine (IJPAAAM). He has invited as guest speaker by Lok sabha TV on healthy India show. He has published more than 10 papers in reputed journals and has been serving as an editorial board member of many international Journals.

### Publications

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Chinese Herbal Drugs for the treatment of diabetic retinopathy .

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International Conference on Clinical Research and Case Reports  
Paris, France | June 15-16, 2020

**Citation:** Ankur Kumar Tanwar, *Vrishya Basti: an effective treatment in Erectile Dysfunction*, Clinical Research 2020, International Conference on Clinical Research and Case Reports, Paris, France | June 15-16, 2020, 03:04