

**Impact
Factor
3.025**

ISSN 2349-638x

Refereed And Indexed Journal

**AAYUSHI
INTERNATIONAL
INTERDISCIPLINARY
RESEARCH JOURNAL
(AIIRJ)**

Monthly Publish Journal

VOL-IV

ISSUE-II

FEB.

2017

Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 9158387437

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Indigenous Knowledge of Exploiting Aphrodisiac Potential of Locally Available Herbs – A Study Of District Charkhi Dadri (HR)

Ved Parkash

Govt. College of Education, Bhiwani

Abstract:

This paper is based on a brief study of indigenous knowledge of people of District Charkhi Dadri (HR) for the use of local herbs to treat various male sexual disorders like ED and libido enhancement. Sexual dysfunction is becoming a serious issue not only in elderly couples but also among the young couples. The ED (erectile dysfunction) in males and loss of libido in both males and females are the major issues of concern. Aphrodisiacs are the substances which when taken improves the sexual desire (libido) and performance. A large number of herbal preparations are known to the people of study area with a potential of enhancing the sexual desire and potential. A questionnaire was designed to find out the knowledge of local plants having aphrodisiac potential. Consumers have reported positive attitudes towards these products, in large part because they believe them to be of natural and safer than the synthetic drugs.

The study people reported about 8-plants commonly used for the enhancement of sexual desire. These plants are used raw or in different preparations. These plants belong to families.

Keywords: Aphrodisiacs, Erectile dysfunction, poultice, libido

Introduction:

Aphrodisiac is a substance or a drug that elevate the sexual desire and performance. The term aphrodisiac is derived from the word "Aphrodite" the Greek Goddess of love and pleasure. ED ((erectile dysfunction) is a condition where the penis fail to achieve the erection and hardness sufficient for satisfactory intercourse. ED has recognisable negative impact on personality, self-confidence and create fear, depression and other related conditions. Erectile dysfunction (ED) is a serious physiological, psychological and social problem in men especially due to change in life styles.

About 70 % of ED suffering population remain untreated and a little percentage go for allopathic treatment involving vasodilation drugs like sildenafil, tadalafil etc. A large number of side effects are found to be associated with these drugs.

Indigenous people are the ones who were the original inhabitants of any place and live a life of their own which is of self-sufficient type with no foreign involvement. Indigenous knowledge systems are not only for the cultures from which they evolve, but also for scientists and planners striving to improve conditions in rural societies (Shengji, 1999). The rural people have developed unique indigenous knowledge related to the uses of plant resources due to constant association with the local flora. This existing valuable information is needed to be documented. Ethno botanical studies can help in evolving and documenting the indigenous knowledge. Ethno botany, as a science of exploiting traditional knowledge has emerged as a tool to study the indigenous knowledge of local communities about the locally available plants for the treatment of common health problems. Local communities know in a better way that how we can conserve the local biodiversity. Natural aphrodisiacs not only nurture the body but activate the pathways involved in sexual performance. They either increase the secretion of testosterone or the secretion of neurotransmitters indirectly improving the blood supply to spongy tissues of penis. In the study area, a large no. of herbal preparations are used by local inhabitants in crude form or preparations as available in the market.

Methodology:

An interview method consisting of a set of self-designed questions was used. But, no person was ready to answer the questions as they were directly related to this highly personal issue. So, the medicinal ethno botanical knowledge was collected from traditional practitioners, herb sellers (pansaris) and chemists selling branded herbal preparations. The information was collected through informal and formal discussions, field surveys and collection of wild herbs. The interview contains the general information about the informants, local names of the plants used, parts of the plant used, mode of preparations, medicinal and other use, dosages, prescribed period of taking the preparation and any harmful effect known. Interviews and oral discussions among the said subjects in their local languages were made. The knowledge of local people and vaidyas practicing the indigenous system of disease treatment are not easy to explore. So, it was very important to have a friendly conversation with these people before the start of getting necessary information. The important components of information were about the local names of the plants, plant part used, method of preparations and route of administration or application. The data so collected was tabulated, categorized and analysed to draw some conclusion. The information collected was also compared with the previous knowledge about the particular plant to verify the credibility.

Study area:

CharkhiDadri is located in southern Haryana at 28.600 Latitude and 76.267 Longitude. It is declared as 22th district of state Haryana. Is about 110 kilometer from national capital N. Delhi. According to the 2001 census the population of Charkha Dadri was 44,892. The study area also possess some tracts of tiny forests commonly called "Bani". The banis are maintained on social forestry lands under the control of gram panchayats. Climate of district is warm and the region is categorized as subtropical. The average rainfall is very less. There are a few occasional patches of kikar and Babool jungles which are seen in District villages in large or small area. Trees of Shisham, Pipal, Neem, Kadamb, Dunger, Eucalyptus etc. and shrubs like khair, jharberi, nagphani, thor, etc. are also seen in the district. Plantation belts are found along the canals, railway lines and roads and tree clusters in and along village settlement. The Aravalli forests generally carry bushes with some stripping of trees.

Objectives Of The Study

1. To explore the indigenous knowledge of the local people about the medicinal potential of local/indigenous plants.
2. To explore the ways and means of extracting, processing and use of plant products in the disease control and health management.
3. To compile up the data collected from the common man practicing the traditional knowledge about the plants.
4. To verify the credibility of the data by comparing with documented data available nationally, internationally and/or use of same plant / plant part in control of similar type of illness in some other region.
5. To report the possibilities of exploring the potential of indigenous plant species for sexual potential enhancement in more scientific way.
6. To promote the sustainable use of medicinal plant species.

Relevance of the Study:

ED has recognisable negative impact on personality, self-confidence and create fear, depression and other related conditions. Erectile dysfunction (ED) is a serious physiological, psychological and social problem in men especially due to change in life styles. A large section of population is suffering from ED. A large number of allopathic drugs are available in the market. These drugs are very costly and pose severe side effects like cardiovascular disorders. The allopathic drugs act as vasodilators causing vasodilation non-specifically, thus also affecting non target organs also.

Management and treatment of ED using herbal preparations is can be a viable solution. A large number of plants are known with aphrodisiac potential. These are generally the plants commonly available either in cultivated or wild form. Ethnobotanists are trying to explore the traditional knowledge for the treatment of various health problems. It is now realized that a considerable part of indigenous knowledge is already well documents and practiced widely, yet some knowledge existed in interiors, poorly explored regions and still to be explored and to be verified. The W.H.O. estimates that about 80 % of the population of developing world relies on herbal remedies for their primary healthcare needs.. Some of the traditional knowledge has been recorded in writing but most of them has been passed from one generation to another orally. So, exploring the aphrodisiac potential of local herbs is need of the hour. The findings of the present research will truly give new direction to use of indigenous plants as remedies of various forms of EDs.

Results and discussions:

The present study is based on the information collected from the local physicians practicing indigenous system of medicines, the local villagers, ojjhas, priests, folksongs, pansaris etc. Observation, collection and presentation of data constitute the main part of the present study. People were found to be familiar with the plants commonly used to treat general health problems including the ED. Some of these plants constitute component of their food. Some specific

Practitioners were very conservative in talking about the plant they were using or recommending for ED treatment. These practitioners were contacted and the purpose of research was explained. Qualitative information so collected was subjected to verification from other people/vaidyas. The information collected about the use of various medicinal plants was compiled up and analysed. About 35 locally available plants were reported by the study subjects out of whom 10 plants were reported to be having aphrodisiac properties.

Sr.No.	Local Name	Botanical Name	Family	Plant part used
1	BHAKHRI small gokhru	Tribulusterrestris	Zygophyllaceae	Stem,leaves, Fruits (whole plant)
2	LAHSUN	Allium sativum	Amaryllidaceae	Cloves of bulb
3	TIL	Sesamumindicum	Pedaliaceae	Seed oil
4	PEEPAL	Ficusrelegiosa	Moraceae	Fruit
5	ASHWAGANDHA	Withaniasomnifera	Solanaceae	Roots
6	PIAZ or GANTHA	Allium cepa	Amaryllidaceae	Bulb
7	GUDHAL	Hibiscus rosa-sinensis	Malvaceae	Flowers,
8	SATYANASI	Argemonemaxicana	Papaveraceae	Leaves
9	ARAND	Ricinuscumminis	Euphorbiaceae	Seeds oil

table Showing Plants Reported With Aphrodisiac Potential**1. BOTANICAL NAME ---*Tribulusterrestris*****COMMON NAME ---BHAKHRI****Family – Zygophyllaceae****BOTANICAL DESCRIPTION**

Mature plant is Prostrate with stems up to 2m long. Leaves are opposite, each consisting of 4-8 pairs of spear shaped leaflets. There are long hairs on the leaf margins and lower surface. Stems are round and hairy. Flowers are yellow in colour. Seeds are enclosed in a woody star-shaped structure 5-7 mm long and there are about five seeds in each carpel. The plant grows prostrate in wild in play grounds, grassland, on the sides of railway lines etc.

PLANT PARTS USED: Whole plant, fruit

*Aphrodisiac: The extract of whole plant when taken orally is known to cure impotency (erectile dysfunctions)

*The fruits of Tribulus are boiled in a glass of milk .Taking this milk twice a day for 15 days improve male sexual act.

2. BOTANICAL NAME --*Allium sativum***COMMON NAME --- Lahsun****Family -Amaryllidaceae****BOTANICAL DESCRIPTION**

The lahsun has been cultivated for over five thousand years and has been used in herbal medicine and as an indispensable flavoring agent or as a vegetable that is cooked and/ or eaten raw. It is a herbaceous, bulbous plant, with a biennial seed production, annual bulb production, the bulb is the edible part. The stem is reduced, non-green and discoidal.

The leaves are long, narrow and flat like grass. The flowers are placed at the end of a stalk rising direct from the bulb and are whitish, grouped together in a globular head, or umbel, with an enclosing kind of leaf or spathe, .The bulb is white, compound, tunicated bulb with large number of concentrically arranged cloves, The leaves are flat and arise in group from the upper end of the bulb. The sheath develops to encircle the growing point and forms a tube that encloses younger leaves and the shoot apex. Young leaves grow up through the centre of the sheath of the preceding leaf. The floral stalk is rigid, hollow and waxy and the plant is about a metre tall, with an umbel inflorescence and spherical shape

PLANT PARTS USED: cloves of Bulb

* 2-3 cloves of garlic are chewed raw for a month. This recommended as sure remedy to cure erectile dysfunction and to increase libido in males.

*1-2 peeled cloves are crushed in a pestle and mortar and a teaspoon full of honey is mixed. This paste is taken twice a day for 15 days.

3. BOTANICAL NAME --*Sesamum indicum***COMMON NAME ---TIL****Family -Pedaliaceae****BOTANICAL DESCRIPTION**

Sesame, a member of Pedaliaceae family, is an annual shrub with pink/ white bell-shaped flower. It is grown for the production of seeds that are rich in oil content. The plant grows erect and reaches a height of 1 to 2 meters, with fine pubescent leaves, pink or white flowers, and a capsule-

type fruit from which seeds are obtained. It is an erect, glandular-pubescent, annual herb up to 95 cm tall, branching from the base. Leaves alternate or lower opposite and often deeply 3 lobed; lobes lanceolate, serrate, puberulous beneath; upper leaves entire, lanceolate, much smaller, passing into bracts. Flowers ill smelling, white or pink with yellow marks, axillary, solitary, forming a false raceme at the end of branches. Fruits quadrangular, oblong, compressed capsules, deeply 4-grooved, dehiscent to half way down. Seeds many, obovoid, compressed, black or white.

PLANT PARTS USED: Oil of seeds

*Sesame oil mixed with castor oil in equal proportion and heated on low flame for about an hour. This oil is used to massage the penis as a remedy for "erectile dysfunction".

4. BOTANICAL NAME – *Ficus benghalensis*

COMMON NAME – BARR

Family - Moraceae

BOTANICAL DESCRIPTION

Ficus benghalensis, commonly known as the Indian banyan, is a tree which is native to the Indian subcontinent. It is very common in the study area growing in almost all the temples and many other locations. In temples it is grown as triveni – a group of three trees – neem, peepal and banyan. The tree is known by its largest crown. The tree is large, evergreen to deciduous, up to 20 m tall, and with wide leafy crown and branches spreading up to 100 m or more with pillar-like prop roots for additional mechanical support and accessory trunks. Trunk massive, fluted, bark grey, smooth, young softly white puberulous. Leaves are thick, dorsoventrally flat hairy petiole; lamina ovate or orb ovate to elliptic, broad, glabrous above, finely pubescent beneath, base subcordate or rounded, margins apically obtuse, lateral nerves 4-7 pairs. The inflorescence is hypanthodium. The hypanthodia are sessile, in axillary pairs on young depressed-globose, minutely hairy basal bracts, apical orifice. Male flowers are numerous ostiolar, shortly pedicellate; sepals 2-3; stamen solitary, with shortly mucronate anther. Female flowers are sessile, mixed with gall flower, ovary with an elongated style. Gall flowers numerous, pedicellate; ovary with a short style.

Various parts of this plant are considered medicinal. The bark of this therapeutically valuable tree is attributed with tonic, astringent, cooling and diuretic properties in Ayurveda. A postal stamp was issued by the Indian Postal Department to commemorate this tree.

PLANT PARTS USED: Leaves, Bark, Aerial Roots, Fruits, Latex of shoots.

*Fruits are dried in shade and grounded to form powder. This powder is mixed with sugar. One teaspoon of this mixture when taken daily with milk acts as an aphrodisiac.

5. BOTANICAL NAME – *Withania somnifera*

COMMON NAME – ASHWAGANDHA

Family – Solanaceae

BOTANICAL DESCRIPTION

The species name *somnifera* means "sleep-inducing" in Latin. *Withania somnifera* is a perennial shrub from the Solanaceae or Nightshade family. It is also known as Ashwagandha or Ashgandh. The herbal root extract has been traditionally used as a tonic and as a sedative but recent research shows that the leaf extract contains Withanolides which have been found to have regenerative properties on brain-cell synapses in mice and in human cell lines in laboratory studies.

Withania somnifera grows abundantly in India. In the study area, ashgandh grows along the sides of canals and roads. The height of the plant usually ranges from 30-60 cm but can grow up to 170 cm.

The plant is upright and stout shrub with central stem. Branches are star-shaped and are covered in fine hairs. Leaves are alternate and ovate, up to 10 cm long and up to 5 cm wide. Flowers are with yellow petals on the inside but with a green outer-covering layer. Fruit are red berries in papery protective covering of calyx. Roots are long, fleshy tubers. The ripe fruit is orange-red.

The plant's long, brown, tuberous roots are used for medicinal purposes. In ayurveda, the berries and leaves are applied externally to tumors, tubercular glands, carbuncles, and ulcers. The roots are used to prepare the herbal remedy ashwagandha, which has been traditionally used to treat various symptoms and conditions. Ashwagandha is known for its benefits in mental health, concentration, fatigue, social functioning, vitality, and overall quality of life.

PLANT PARTS USED : Roots ,leaves, stem.

*Aphrodisiac : The powder of roots is mixed with sugar and is taken with warm cow milk to resolve the general debility.

*Powder of Ashwagandha root, stem and leaves when taken regularly act as aphrodisiac. It increases libido in males and cures erectile dysfunction.

6. BOTANICAL NAME –*Allium cepa*

COMMON NAME -- ONION

Family –Amaryllidaceae

BOTANICAL DESCRIPTION

The onion has been cultivated for over five thousand years and has been used in herbal medicine and as an indispensable flavoring agent or as a vegetable that is cooked and/ or eaten raw. The name Onion is derived from the Latin, unio, meaning “one large pearl”, and it is interesting to note that the Chinese called the Onion the “jewel among vegetable”.

It is a herbaceous, bulbous plant, with a biennial seed production, annual bulb production, the bulb is the edible part. The stem is reduced ,non green and discoidal on the underground bulb. The leaves are cylindrical and arise in group from the upper end of the bulb Leaf is radical, alternate, sessile, simple cylindrical, hollow green, parallel veined foliage leaves with fleshy sheathing base arising from the underground stem. The floral stalk is rigid, hollow and waxy and the plant is about a metre tall, with an umbel inflorescence and spherical shape. The hermaphrodite flowers are white, bracteate, 2-3 membranous spathe like bracts enclosing the flower during young stage, actinomorphic, trimerous, hypogynous, small and the fruit a capsule. Reproduction occurs through the seeds.

PLANT PARTS USED: Bulb , leaves

*Taking onion bulb raw daily is considered as aphrodisiac.

7. NAME –*Hibiscus rosa-sinensis*

COMMON NAME ---GUDHAL

Family - Malvaceae

BOTANICAL DESCRIPTION

Hibiscus Rosa-Sinensis a well known member of the family Malvaceae, *Hibiscus rosa-sinensis* grows as an evergreen herbaceous plant. A native to tropical and sub-tropical regions, this plant is extensively cultivated as an ornamental plant in the study area. It is about 3-4 meter tall, evergreen highly branched bush. It bears large flowers on the bushy hedges. These enormous flowers are usually dark red in color and are not usually fragrant. Grown in different regions of Asian continent, these beautiful flowers are denoted by several other names such as China rose. Roots is a taproot

system .Roots taste sweet and mucilaginous. Leaves are simple ovate or ovate- lanceolate and are entire at the base and coarsely toothed at the apex. Taste is mucilaginous. Flowers generally red in colour, of 10- 15 cm. diameter and are pedicellate, actinomorphic, pentamerous and complete. Corolla consists of 5 petals, red in colour and about 3 inches in diameter. The fruit is a capsule. The plant flower throughout the year.

PLANT PARTS USED: Flowers

* the dried flowers are aphrodisiac and supposed to increase libido in males.

8. BOTANICAL NAME-*Argemonemexicana*

COMMON NAME

--- SATYANASI

Family - Papaveraceae

BOTANICAL DESCRIPTION

Argemonemexicana is a species of poppy found very commonly in the study area along the roads and in the open fields in the month of April and May. An extremely hardy pioneer plant, it is tolerant of drought and poor soil. It has bright yellow latex, and though poisonous to grazing animals, is rarely eaten, but has been used medicinally by many people. *Argemonemexicana* or prickly poppy is annual medicinal shrub that is found almost throughout India. It can be easily found in parks, roadside or abandoned fields growing as weed.

PLANT PARTS USED: Whole plant ,roots , leaves, seeds

Take fresh roots of *Argemone* ,dry it in shade and make fine powder. Take half teaspoon twice a day mixed with equal amount of sugar for 15 day to cure impotency.

9. BOTANICAL NAME-*Ricinus communis*

COMMON NAME--ARAND,CASTOR

Family – Euphorbiaceae

BOTANICAL DESCRIPTION

The Castor Oil plant is a native of India, where it bears several ancient Sanskrit names, the most ancient and most usual being *Eranda* or arand, which has passed into several other Indian languages. The castor plant is commonly found in almost all the villages of district Bhiwani. The male flowers are yellowish-green with prominent creamy stamens and are carried in ovoid spikes up to 15 cm. long, the female flowers, borne at the tips of the spikes, have prominent red stigmas. The fruit is a spiny, greenish to reddish-purple capsule containing large, oval, shiny, bean-like, highly poisonous seeds with brownish mottling. Castor seeds have a warty appendage called the caruncle. It grows commonly in the study area along the road side as well as in gardens as ornamental plant. It generally found in colony of 5-10 plants.

PLANT PARTS USED : Oil from seeds.

Castor oil and sesame oil are mixed in equal quantity and is ripened at low flame. This oil is massaged on penis to treat erectile dysfunction.

Out of total nine species, two belongs to same family i.e. Amaryllidaceae while the remaining seven plants species belongs to separate families. Most common parts used are fruits, roots, flowers, oil and seed oil. The most common route of administration is oral route while massage therapy is also practised. The common way of preparation are taking the product raw in powder form or as extract. Poultice is also prepared in some cases. All the reported plants are found to be having aphrodisiac properties. However, due to lack of experimental studies no any dose standardised is

performed. Further studies are required to explore the possible positive and negative effects, if any on the human body. After knowing the mechanism of action, doses, side effects the use of herbal aphrodisiacs would be a milestone.

References

- i. A, Madhavachandran V, Rajasekharan S, and Pushpangadan P., Aphrodisiac property of *Trichopuszeylanicus* extract in male mice. *Journal of Ethnopharmacology*.1997; 57: 21– 27
- ii. Gauthaman K, Adaikan PG, Prasad RN. Aphrodisiac properties of *Tribulusterrestris* extract (Protodioscin) in normal and castrated rats. *Life Sci*. 2002;71:1385–96. [PubMed]
- iii. Ramachandran S, Sridhar Y, Kishore G S . Aphrodisiac activity of *Buteafrondosa* Koen. Roxb. extract in male rats. *Phytomedicine* 2004;11: 165– 168
- iv. Ratnasooriya W D, Fernando T S P. Effect of black tea brew of *Camellia sinensis* on sexual competence of male rats *Journal of Ethnopharmacology*. 2008; 373–377
- v. Musa T Y, Musbau A. Androgenic potentials of aqueous extract of *Massulariaacuminata* (G. Don) Bullock ex Hoysl. stem in male Wistar rats. *Journal of Ethnopharmacology* 118:2008:508–513
- vi. Hosseinzadeha H, Ziaeeb T, Sadeghi A. The effect of saffron, *Crocus sativus stigma*, extract and its constituents, safranal and crocin on sexualbehaviors in normal male rats. *Phytomedicine* 2008; 15:491–495
- vii. Thakur M, Chauhan NS, Bhargava S, Dixit VK. A comparative study on aphrodisiac activity of some ayurvedic herbs in male albino rats. *Arch Sex Behav*. 2009;38:1009–15. [PubMed]
- viii. Sharma V, Thakur M, Chauhan N S, Dixit V K. Evaluation of the Anabolic, Aphrodisiac and Reproductive Activity of *Anacyclus Pyrethrum* DC in Male Rats. *Sci Pharm*. 2009; 77: 97–110
- ix. Gunasekaran B, Muralidharan P, Satyanarayana.P .Aphrodisiac activity and curative effects of *Pedaliu murex* (L.) against ethanol-induced infertility in male rats. *Turk J Biol* 2010;34:153-163
- x. Javeed A W, Rajeshwara N. Achur, Nema R K. Phytochemical Screening and Aphrodisiac Activity of *Asparagus Racemosus*. *International Journal of Pharmaceutical Sciences and Drug Research* 2011; 3(2): 112-115
- xi. Pallavi KJ, Singh R, Singh S, Singh K, Mamta F , Vinod S. Aphrodisiac agents from Medicinal Plants: A Review *J. Chem. Pharm. Res.*, 2011;3(2):911-921
- xii. Javeed A W, Rajeshwara N. AchurNema R K. Phytochemical Screening and Aphrodisiac Property of *Tinosporacordifolia*. *International Journal of Pharmaceutical and Clinical Research* 2011; 3(2): 21-26
- xiii. Ramandeep Singh, Sarabjeet Singh, G. Jeyabalan, Ashraf Ali. An overview on traditional medicinal plants as aphrodisiac agent. *J PharmacognPhytochem* 2012; 1(4): 43-56