

**Review Article On Shukrajanan Mahakashay****Vd Jyotsna V Kulkarni**Associate Professor, Department Of Dravyaguna,  
CSMSS Ayurved Mahavidyalaya, Kanchanwadi, Aurangabad**Abstract :-**

*Shukra is a broad concept in Ayurveda that is the resultant outcome of food metabolism i.e. ahar into rasa, rakt upto shukradhatu. Ayurveda is evident of drugs acting on shukra. Mainly embarked for infertility due to male and female factors. Infertility itself does not stand alone, it is a result of some other disease, so drug acting towards eradicating the underlying cause. Charakacharya hence compiled 10 drugs in Shukrajanan Mahakashaya.*

**Key Works :-** Shukrajanan Mahakashay**Introduction :-**

**T**he body shows basis of seven dhatus namely Rasa, Rakt, Mansa, Meda, Asthi, Majja and Shukra. The origin of the shukra dhatu are breast and penis respectively in females and males. These two sites are stated by Shushrut Acharya. The form of shukra is being described as liquid with small similar to honey, colour like oil or honey. The duration for formation of Shukra from ahar varies as per different acharyas, as per some duration of one month is required, as per others a period of seven nights. The karmas of Sukradhatu are described in terms of strength and vital energy of body. The reference for same are found in Shushrut Samhita.

Any kind of deformity or abnormality that occurs in the Shukra dhatu leads to decrease in age, impotency or failure to conceive. In some cases hemorrhage takes place and abortion take place.

Hence Charak has started certain dravyas that act on Sukradhatu. In sutrasthan he mentioned 50 Mahakashayas among which Shukrashodhan and Shukrajanan are two mahakashayas. Heere the Shukrajanan Mahakashaya is being discussed.

In this Shukrajanan Mahakashaya, the drugs from ashtvarg are stated, bu these drugs are getting depleted with the eve of time and hence it is suggested by the samhitarakas to substitute these drugs with other available herbal drugs. For Jevak – Rushbhak – Vidharikand can use, instead of Kakoli – Kshirkakoli – Ashwagandha can use and instead of Meda – Vrudharuha – Shatavari can use.

**Vidarikand<sup>3</sup> :-**

Latin name – Pueraria tuberosa Dc, Family – Fabaceae

Distribution – Kokan hilly areas, Western Himalaya, Shimala, Kumau, found besides river and streams.

Morphology :- Creeper that extends to greater area.

Bark with 12 mm thickness with trifoliate leaves.

The leaflets being 10-15 mm in length and flowers

occurs in inflorescence. The legumes are 5 – 7.5 cm

length containing 2-6 seeds within. Rhizomes are

present below ground level called as Vidarikand. It is

round, brown in colour and 60 cm in length and 75

cm n circumference. Old Rhizomes are more than 20

kg in weight. These rhizomes are sweet in test, sheet

viryatmak and guru snigdha gunatmak. These

rhizomes creates sperms i.e., shukrotpatti.

**Ashwagandha<sup>4</sup> :-**

Latin Name – Withania Somnifera Family – SOLLANACEAE.

Distribution – This shrub is found in two types.

Market species is withania ashwagandha (Nagori)

being used for strength, vital energy. In vatvyadhi,

apasmad wild variety of ashwagandha must used.

Nagori ashwagandha is of tikt, kashay ras and ushn

virya. It stimulates spermatogenesis.

**Mudgaparni<sup>5</sup> :-**

Latin Name : Phaseolus tribulus Family – Fabaceae

Morphology : This drug is in climber form with

leaves triserrate and rounded, legumes with seeds

white in appearance. The plant is madhur and tikt

rasatmak with sheet virya and ruksh guna. Tikt ras

stimulate shukradhatwagni and madhur ras produces the sperm.

**Mashparni :-**

Latin Name : *Tremanus labialis* Family – Fabaceae

This drug is also act same as mudgaparni.

Meda is found in Nepal but since the drug is not available shatavari is used as substitute drug.

**Vrudharusha I.E., Shatvari<sup>6</sup> :-**

Latin Name : *Asparagus racemosus* . Family – Liliaceae

Morphology : This shrub occurs in climber form. It have thorn instead of leaves. Flowers are minute, white aromatic. Fruit are round, small and turn red when get ripend. Roots of this drug are used in medicines. These are tikt madhur rasatmak, sheet viryatmak and guru snigdha gunatmak. They act as spermatogenetic i.e. increasing in sperm count. Other species of is Mahashatavari (*Asparagus Sarmantosus*) which found in south area of India and also act for increase in number of sperms.

**Jatila I.E., Jatamansi<sup>7</sup> :-**

Latin Name : *Nordostyichys jatamansi*. Family – Valerianaceae

Distribution and Morphology : It is found in Himalaya. The drug has got hair on its root. These roots are aromatics and used in medication. Being with madhur, tikt, kashay rasa, sheet virya eradicate manasdosh like stress, fear. It act as shurajanak by prabhav.

**Kulinga I.E., Gunja<sup>8</sup> :-**

Latin Name : *Abrus precatorius* linn family Fabaceae.

Morphology : It occurs in form of creeper. There are two types of gunja i.e., rakt and shwet. Leaves of this is sweet in taste. Flowers occur in inflorescence being white in colour. Fruits are in legume type in it shiny seeds with black pointed appearance. Gunja being poisonous drug need to purified i.e., shodhan process is essential before utilizing it in medication. For shodhan it is stated to boil it in cows milk for 3 hours and later its skin should be removed and wash it off in plan water. Gunja is tikt, ruksh in guna with ushn virya. Its roots are madhur, tikt and tikt ras stimulates the dhatu agni and madhur rasa of roots works for shukrajanan.

All above drugs are stated by Achary Charak in Chikiststasthan Vajikaran Adhyay. Some kalpas like Bruhani gutika, Apatyakari shastikadi gutika,

vajikaran ghrut, vrushya ghrut, apatyakar ksheer, vrushya payas are use for shukrajanan Karma. Vajikaran and Vrushya are both different concepts. Vajikaran means increase in capacity of sexual function and Vrushya means increase in number of sperm count. References are stated in Charak Samhita and Astang hrudhay. Madhur, tikt and snigdha gunatmak drugs acts as Vrushya. Shurajanak, Shukrapravartak and Shukrajanakpravartak are divisions of vajikaran. Madhur, snigdha, sheet drugs can use for shukrajanan while tikshn, ushn drugs can use for shukrapravartan.

**Research Reviews :-**

**Vidarikand<sup>9</sup> :-**

*Pueraria tuberosa* DC used in medicinal preparation as tonic, aphrodiac, galactogogus. It is reported to possess numerous activities like antioxidant and antifertility. Interstigly the plant is considered as treatment for sexual disorders but on the other hand recognized as antifertility activity. However this takes place at only higher doses and also because of the absence of any scientific study on traditionally claimed fertility enhancing properties of the drug. It was envisaged to carry out a systematic investigation of androgenic and fertility enhancing properties of the herb along with its possible action on the pituitary and testicular hormone level.

Invitro study was conducted with ethanolic extract of *pueraria tuberosa* on albino rats. It should improve sexual behavior in rats and mount latency and post ejaculation latency significantly reduced. It showed improved spermatogenesis in all groups compared to invitro marked increase in fructose concentration in seminal vesicles.

**Ashwagandha<sup>10</sup> :-** Photochemical like alkaloids, steroidal lactones flavonoids, flavonoids, withanolids, withaferin, withanosides shows / prominent fertility status. In animal studies it is known to have gonadotropic function which increases gonadal weight by growing follicle size in female and increasing seminiferus tubule cell layer in male animals. On clinical trial the effect of 5 gm of ashwagandha root for 3 months on semen parameter of infertile men showed improvement in semen quality increased vitamin E, C and A and increased fertility.

**Shatavari<sup>11</sup> :-** The root extract increases milk production in females complaining of deficient milk

secretion. The aqueous fraction of the alcoholic fraction extract of root at 250 mg/kg administered intramuscularly was shown to cause both on increase in the weight of mammary gland lobuloaveolar tissue and the milk yield of oestrogen primed rats. The activity was attributed to the action of released corticosteroids or an increase in prolactin.

**Effect On Uterus :-** Glycosides shatavarin isolated from the root of *Asparagus racemosus* has been found to be responsible for the competitive block of oxytocin induced contraction of rat guinea pig and rabbits uteri in vitro as well as in vivo.

**Gunja<sup>12</sup>:-** The modern review are in contrast evidence which are stated as follows :-

Antispermatic effect – Ethanol extract of seeds administered intragastrically to male rats at dose of 100 mg/kg for 60 days was inactive. Ethanol / Water (1:1) extract of dried seeds administered by gastric intubation to rats at the dose of 250.0 mg/kg was active. Although no significant histological changes in the testes was reported, sperm concentration was significantly reduced in both cauda epididymis and tests after dosing for duration of 60 days.

**Conclusion :-**

The mahakashay described by Acharya Charak is useful and can be implemented in cases of various aspects including the increase in vital energy, immunity, healthcare in preventing measures. The growing urbanization, industrialization with reflecting implant on life style changes including eating habits and subsequent activities like sleeping, awakening schedules etc. All these affect the bodies metabolic activities, dosh and agni, saptdhatu and their functions. Disturbed physiological function ultimately affects the shukra dhatu resulting into infertility and impotency. Ayurvedic herbs like shatavari, ashwagandha are extremely useful to create the synergistic hormonal balance between the FSH and LH. Among the stated dravyas vidarikand, shatavari and ashwagandha can be used as their properties have been proved from the modern perspective through pharmacological and phytochemical screening.

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