



**LITERARY, ANALYTICAL AND OBSERVATIONAL CLINICAL EVALUATION OF
“HEVITA SACHET” ON ERECTILE DYSFUNCTION, LOSS OF LIBIDO AND LOSS OF
ENERGY (FATIGUE) IN HEALTHY VOLUNTEERS AS A RASAYANA (IMMUNITY
BOOSTER) AND METABOLISM SUPPORT**

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ABSTRACT

Vajikarana (Aphrodisiac Therapy) – The Science of Vitality and Rejuvenation: Vajikarana, one of the eight key branches of Ayurveda described in *Ashtanga Ayurveda*, focuses on enhancing vitality, fertility, and overall sexual well-being. This ancient science aims not only to improve sexual performance but also to promote the health of future generations. According to *Charaka Samhita*, the wise use of Vajikarana formulations can help develop a strong and energetic body, increase stamina and strength, improve complexion, and boost sexual vigor. These benefits make it an effective approach for managing issues such as infertility, premature ejaculation, and erectile dysfunction. The therapy follows a holistic Ayurvedic approach that includes detoxification, proper lifestyle and diet, and ethical conduct in sexual life. Treatments are personalized, using specific herbal or herbomineral preparations tailored to an individual's unique constitution (*Prakriti*). However, before adopting Vajikarana therapy, certain precautions are essential. Modern scientific validation is still limited, and some commercial preparations may be adulterated or cause unexpected side effects. More research is needed to confirm the traditional claims and safely integrate Vajikarana into contemporary healthcare. “HeVita Sachet” is prepared by modification of classical method according to the Ayurvedic pharmacopoeia of India with standard operative procedure which is described for churana and Ghana (Extract) preparation. The herbs of “HeVita Sachet”, a Ayurvedic rejuvenating formulation described several time in the Ayurvedic Texts, underwent an assessment in a controlled observational clinical trial involving healthy male volunteers aged between 35 to 55 years. The study administered a daily dose of 5 gram fine powder of “HeVita Sachet”, once a day, in a form of Ayurvedic Patent Medicine Duly Approved By AYUSH department of Haryana by Velnex Medicare India Pvt Limited Ambala bearing Manufacturing Licence 1115 - ISM (HR). Over the course of 45 consecutive days, the results demonstrated a statistically significant increase ($P < 0.05$) in treatment of Erectile Dysfunction, Loss of Libido and Loss of Energy (fatigue) in healthy volunteers.

INTRODUCTION (Ayurveda – The Foundational Science of Life and Health)

Ayurveda, derived from the Sanskrit terms “*Ayu*” (life) and “*Veda*” (knowledge or science), represents one of the oldest and most comprehensive systems of medicine originating from India. Its philosophical foundations are rooted in the *Vedas*—the ancient Hindu scriptures of

wisdom—along with conceptual influences from the *Upanishads*, *Samkhya*, and *Yoga*. Dating back more than 5,000 years, Ayurveda presents a holistic framework for understanding health, disease, and the intricate interplay between the body, mind, and spirit.

Beyond serving as a therapeutic medical system, Ayurveda is regarded as a science of mindful and sustainable living. It emphasizes the maintenance of physiological and psychological equilibrium in accordance with natural principles. The Ayurvedic approach extends from disease management to preventive healthcare and health preservation, thereby promoting longevity and overall well-being.

Despite its profound historical and cultural significance, Ayurveda has faced periods of skepticism and underappreciation—particularly within modern scientific discourse—owing to its philosophical depth and interpretive challenges. Nevertheless, with the growing global emphasis on integrative and holistic medicine, there is a renewed recognition of Ayurveda's potential contributions to preventive health and the enhancement of quality of life.

The extract of the herbs of **“HeVita Sachet”** are very ancient Ayurvedic preparation which is commonly used for Vijikarak Karama (Aphrodisiac). This Article refers at **“HeVita Sachet”**, its use, method of preparation, characteristic, probable mode of action and recent works on **“HeVita Sachet”**. The process of **“HeVita Sachet”** preparation is repeated ten times to obtain finally prepared drug. Thus it may be an ancient example of potentization. **“HeVita Sachet” 16 potent** ingredients including Indian and African herbs which mentioned in Ayurvedic texts, other Metria Medica, India pharmacopeia and other research works. It strengthens the muscles and improves the capacity of livingness, Mood promoter increase Libido. All herbs and ingredients helps in treating Erectile Dysfunction, Loss of Libido, Loss of Energy (fatigue) and acts as Balya & Rasayana in healthy volunteers.

According Acharya Charak:- VAJIKARANA (Aphrodisiac Therapy) – The Ayurvedic Science of Vitality and Reproductive Health

The term *“Vaji”* in Sanskrit denotes a horse, symbolizing exceptional vitality, stamina, and sexual prowess. Accordingly, *Vajikarana*—often translated as “Aphrodisiac Therapy”—refers to the process of cultivating vigor, reproductive strength, and the ability to sustain healthy sexual function, much like the vitality attributed to a stallion. Although the literal translation of *Vajikarana* does not correspond precisely to the modern term “aphrodisiac,” its essence aligns with the enhancement of sexual health and vitality.

According to classical Ayurvedic texts, the judicious use of *Vajikarana* formulations bestows physical strength, endurance, radiant complexion, and heightened sexual vigor—rendering the individual energetic and potent, often described metaphorically as “strong as an eight-year-old horse.” Beyond physical benefits, *Vajikarana Chikitsa* also emphasizes emotional satisfaction, nourishment, continuity of progeny, and psychological well-being. It is regarded as a means through which an

individual attains both physical vitality and fulfillment in intimate relationships.

While the primary objective of *Vajikarana* is to ensure healthy reproduction, it also serves as a holistic approach to manage sexual and reproductive disorders. Classical Ayurvedic literature describes its therapeutic applications in conditions such as *Klaibya* (erectile dysfunction), *Bandhyatva* (infertility), *Shukraghata Vata* (azoospermia), and premature ejaculation.

The therapeutic protocol of *Vajikarana Chikitsa* necessitates adherence to the guidelines detailed in Ayurvedic classics. It typically begins with *Shodhana* (purification) procedures such as *Vamana* (emesis), *Virechana* (purgation), and *Swedana* (sudation) to cleanse the body and prepare it for rejuvenation. Following detoxification, personalized herbal and herbo-mineral formulations are administered in accordance with an individual's *Prakriti* (constitution) and *Tridosha* balance. Complementary measures—including medicated oil massages, herbal baths, use of aromatic herbs, and engagement in music and other pleasurable activities—are prescribed to promote relaxation, enhance vitality, and restore balance between.

AIMS AND OBJECTIVE

The present work was undertaken with the following aims and objectives:- Conceptual and hypothetical evaluation of (Erectile Dysfunction, Loss of Libido, Loss of Energy (fatigue) and acting as *Vajikarak Balya & Rasayana*).

Clinical evaluation of an Ayurvedic compound **“HeVita Sachet”** in the management of Erectile Dysfunction, Loss of Libido, Loss of Energy (fatigue) and acting as *Balya & Rasayana*.

MATERIAL AND METHODS

Selection of Cases: Patients with *Klaibya* (Erectile Dysfunction, Loss of Libido and Loss of Energy (fatigue)) selected randomly from OPD of P.G Department of Rasa Shastra at Shri Krishna Govt Ayurvedic College Kurukshetra and to observe **“HeVita Sachet”** action as *Vajikarak Balya & Rasayana*, *Rasayana* (Immunity Booster) and Metabolism support.

Age Group

80 Individual from the age group of 35 to 55 Years were taken for Erectile Dysfunction, Loss of Libido and Loss of Energy (fatigue).

Selection of healthy volunteers

The observational clinical trial took place from **AUGUST 2025 to SEPTEMBER 2025** at OPD of P.G Department of Rasa Shastra at Shri Krishna Govt Ayurvedic College Kurukshetra.

The trial design involved the enrolment of healthy volunteers aged between 35 to 55 Years without

consideration of their religious affiliation, income level, or occupation. Initially, a total of 100 volunteers were screened for primary eligibility, but 20 individuals were subsequently excluded for various reasons.

Ultimately, 80 volunteers were selected for the this trial and were randomly assigned to one group: that receiving “HeVita Sachet” for the treatment of Erectile Dysfunction, Loss of Libido, Loss of Energy (fatigue). Eligibility for participation in the study was determined by specific inclusion and exclusion criteria.

Inclusion criteria

1. Male married patients suffering from ED with or without DM.
2. Inclusion criteria involved clinically assessed healthy male volunteers aged between 35 to 55 Years, irrespective of their religious beliefs and income status.
3. These participants were required to be free from chronic, organic, or severe diseases and should not be taking any supplements or vitamins.

Exclusion criteria

1. Age below 35 years and above 55 years.

DRUG DOSE DURATION

General contents of “HeVita Sachet” are mentioned below

Ingredients	Botanical / Scientific name	Part used / notes
Shilajit	Asphaltum punjabinum	Resinous exudate from rock crevices
Ashwagandha	Withania somnifera	Root (sometimes leaf)
Safed Musli	Chlorophytum borivilianum	Tuberous roots
Kaunch Beej	Mucuna pruriens	Seeds
Tribulus Terrestris	Tribulus terrestris	Fruit and aerial parts (herb)
Ginger	Zingiber officinale	Rhizome
Piperine	From Piper nigrum (Black pepper)	Active alkaloid from the fruit (peppercorns)
Icariin (98%)	From Epimedium spp. (e.g., <i>E. brevicornum</i> , <i>E. sagittatum</i>)	Active flavonoid glycoside from leaves/aerial parts
“Horny Goat Weed”	Epimedium spp.	Leaves/aerial parts (often standardized to icariin)
Tongkat Ali	Eurycoma longifolia	Root
L-Citrulline	Often from Citrullus lanatus (Watermelon) or produced synthetically	Amino acid; when botanical, sourced from fruit/rind
Korean Red Ginseng	Panax ginseng	Steamed/processed root
Maca Root	Lepidium meyenii (syn. <i>L. peruvianum</i>)	Hypocotyl/tuber (“root”)
Cocoa Powder	Theobroma cacao	Fermented & roasted seeds (nibs/cotyledons)
Inulin (Prebiotic Fiber)	Commonly from Cichorium intybus (Chicory)	Root (also occurs in agave, Jerusalem artichoke, etc.)
Zinc Gluconate	—	Mineral salt (zinc + gluconic acid), not a botanical

“HeVita Sachet” possess the quality to penetrate the deeper tissues. The idea behind this is to use minute alkaloids which has a quality to penetrate the Sukshma Srotas i.e. most fine channels. Here are the properties of the mentioned herbs as useful in overall strength building, stamina and immunity building, according to

2. Unmarried patients
3. Patients suffering from sexually transmitted diseases, carcinoma, acquired immunodeficiency syndrome, tuberculosis, congenital abnormalities of genital organs, other disease like phimosis, ulceration, hydrocele, spinal cord lesions, etc.

Investigations

1. Routine haematological investigations: Haemoglobin %, Total Leucocyte count, Differential Leucocyte count, Erythrocyte Sedimentation Rate.
2. Biochemical investigations: Fasting Blood Sugar, Post Prandial Blood Sugar, lipid profile, blood urea, serum creatinine.
3. Urine for routine and microscopic examination.
4. Semen analysis.
5. Bio markers: serum testosterone, serum Dehydroepiandrosterone Sulfate (DHEA-S)

Assessment criteria: Effect of the therapy will be assessed on the basis of improved status in Erectile Dysfunction, Loss of Libido, Loss of Energy (fatigue).

the Bhav Prakash Nighantu, Materia Medica, and other researched held world wide on the subject are given as below and are stated as

A. Ashwagandha - Ashwagandha can stimulate production of testosterone and considered the potential aphrodisiac drug in Ayurveda. Studies

shown that Ashwagandha is also a proven stress reliever and also effective in treatment of both anxiety and depression and also helps in improving cardiorespiratory endurance, menopausal syndrome and erectile dysfunction.^[17]

- B. Shilajatu** - Antioxidant and anti-inflammatory effect of Shilajit, Clinical evidence of Shilajit on physical performance and fatigue, Clinical evidence of Shilajit on diabetes, Clinical evidence of Shilajit on reproductive health, Clinical evidence of Shilajit on hypertension, Clinical evidence of Shilajit on skin health.^[18]
- C. Safed Musli** - Chlorophytum Borivilianum is a multitherapeutic and multi-nutritional plant which is well known for its roots. The saponin components present in the plant parts are associated with various medicinal properties such as anti-ageing, adaptogenic, aphrodisiac, antimutagenic etc. This plant is considered a precious gift of nature in the ayurvedic therapeutic system and is used in numerous ayurvedic formulations. Safed Musli is used primarily for its aphrodisiac and immunomodulatory property. In Ayurveda, this plant is considered a 'White Gold' or 'Divya Aushad' and used to cure diseases like impotence, diarrhoea, dysentery, leucorrhoea, infertility, erectile dysfunctioning, libido and other disorders.^[19]
- D. Gokshura** - The plant Gokshura has been used since centuries in Ayurvedic system of Medicine. It has been used to treat sexual disorders. Gokshura has long been used in traditional medicine to relieve urinary tract diseases, diabetes, worms, piles, and as an anti-inflammatory, and analgesic plant. It is concluded that *T. terrestris* has antiinflammatory, analgesic, diuretic, aphrodisiac, and rejuvenator effects.^[20]
- E. Ginger** - Ginger has various bioactive components, such as gingerol, shogaol, zingerone, and paradol, known to have antioxidant and anti-inflammatory activities. Ginger extract, ginger juice, ginger tea, and ginger oleoresin have also been shown to have potential as immunomodulators through antioxidant and anti-inflammatory pathways. Bioactive compounds in ginger inhibit pro-inflammatory responses, increase levels of anti-inflammatory cytokines, and promote signaling pathways related to inflammation prevention on the anti-inflammatory pathway. Bioactive compounds in ginger are able to improve oxidative stress tolerance by eliminating ROS and lowering oxidative stress parameters, increasing antioxidant enzymes, and increasing antioxidant capacity.^[21]
- F. Piperine** - Piperine exerts an immunomodulatory activity not only by prompting PBMC capacity for anti-inflammatory cytokine production, but also by affecting the immune activity of lymphocytes and a number of other cells. Piperine, as an immunomodulator, may express beneficial synergistic effects with other drugs and spices, virtues that permit to affix a number of medical benefits to a renowned appetizing spice.^[22]
- G. Icariin** - ICA commonly presents multiple effects such as regulating sex hormones, relieving atherosclerosis and antioxidant activity, etc. Recently, more and more studies have demonstrated the application of ICA in autoimmune diseases such as rheumatoid arthritis, bronchial asthma, multiple sclerosis and systemic lupus erythematosus due to its anti-inflammatory. Additionally, ICA also has the anti-tumor activities. Multiple targets and mechanisms of ICA are reported which relates to regulate lymphocytes balance, anti-inflammatory/inflammatory cytokines, signal pathways like NF-kappa β and Erk-p38-JNK, lymphocyte transcription factors and other targets such as TLRs, STAT and PTEN.^[23]
- H. L-citrulline** - Oral L-citrulline and citrulline malate supplementation have shown to increase plasma citrulline and arginine concentrations, along with total nitrate and nitrite concentrations. Although blood flow enhancement is a proposed mechanism for the ergogenic potential of L-citrulline, evidence supporting acute improvements in vasodilation and skeletal muscle tissue perfusion after supplementation is scarce and inconsistent. Nevertheless, several studies have reported that L-citrulline supplementation can enhance exercise performance and recovery. Given the positive effects observed from some investigations, future studies should continue to investigate the effects of both acute and chronic supplementation with L-citrulline and citrulline malate on markers of blood flow and exercise performance and should seek to elucidate the mechanism underlying such effects.^[24]
- I. Korean Red Ginseng** - KRG boosts the immune system through an increase in T cells, B cells, and WBCs, and that it is safe according to the study's safety evaluation.^[25]
- J. Maca Root** - Ongoing research has unveiled maca's promising attributes in various areas, including cardioprotection, antihypertensive properties, photoprotection, anabolic effects, hepatoprotection, and even proangiogenic, antithrombotic, and anti-allergic activities. Maca exhibits multifaceted potential for health enhancement, with a particular emphasis on its neuroprotective effects and significant contributions to sexual health, marking them as the most promising bioactivities warranting further research.^[26]
- K. Inulin (prebiotic factor)** - According to the collected data, inulin demonstrates significant potential in improving human physiology by acting independently and through modulation of the gut microbiota, particularly species from the *Bifidobacterium* and *Anaerostipes* genera, leading to better anthropometric parameters, improved glucose metabolism, lower insulin levels, and beneficial effects on inflammation and immune function, ultimately improving metabolic states.

These positive outcomes have been observed when inulin is used alone or in combination with other compounds, underscoring its versatility and efficacy in promoting metabolic health. However, further research is warranted to fully elucidate its therapeutic potential and optimize its clinical applications.^[27]

“HeVita Sachet” is Ayurvedic Patent Medicine Duly Approved by AYUSH department of Haryana and prepared in R n’ D Lab of Velnex Medicare India Pvt Limited Ambala bearing Manufacturing Licence 1115 - ISM (HR), Formulated & Marketed by ARINDIVA LIFESCIENCES PVT.LTD. No/201, Solai Amman Koil Street, Ayanavaram, Chennai 600023 (Tamil Nadu).

Properties of **“HeVita Sachet”**: Regular practice of “HeVita Sachet” regains the sharpness of the sense-organ. It strengthens and rebuild the muscles, it increase the Libido, Energy in the Body and act as Rasayana, Vajikaran in the Body.

PROPOSED MECHANISM OF ACTIONS

Vajikarana (Aphrodisia) therapy is believed to rejuvenate all seven dhatus (body elements), thereby restoring balance and promoting overall health. Within the framework of Ayurvedic principles, Vajikarana (Aphrodisia) emerges as a viable solution for addressing defects in the shukra (sperm and ovum), contributing to the potential for a healthy progeny. Despite its potential benefits, there is a scarcity of experimental studies on Vajikarana (Aphrodisiac) therapy, and existing research often lacks scientific rigor.

Rasayan drugs operate within the human body by modulating the neuro-endocrino-immune system. Among these, Vaajikara, Rasayan constitutes a distinct category specifically designed to enhance the reproductive system and boost sexual function. These Rasayans exert their influence on higher brain centers, such as the hypothalamus and limbic system. Additionally, Vajikarana (Aphrodisiac) claims to possess anti-stress and adaptogenic properties, playing a role in alleviating anxiety related to sexual desire and performance.

In a study conducted by Chauhan et al. in 2010, it was demonstrated that the administration of Vajikaran rasayana, including extracts from Gokhura, Satavari, Kaunch, Javitiri, Akarkara, Kesar, Bichhua Patti, Ashwagandha, Safed Musli, Munjataka, had a modulating effect on the levels of pituitary hormones FSH and LH. This modulation may provide insights into the positive impact of these herbs on sexual functioning. Further research is warranted to substantiate the claims and explore the comprehensive mechanisms underlying the therapeutic effects of Vajikarana (Aphrodisia) therapy.^[11]

Statistical analysis

The statistical analysis of data gathered from the two treatment groups at various study intervals was conducted through paired Student's 't-test'

RESULT

Initially, subjects who examined properly in the OPD and biochemistry examination were done Furthermore, they were required to meet all other inclusion criteria. During the initial screening process, fasting glucose, renal indicators including serum urea and creatinine, hepatic indicators such as ALT and AST, haematological parameters, and stool investigations were all found to fall within the normal range, which was a prerequisite for the inclusion of volunteers. Clinical assessment of **“HeVita Sachet”** in Erectile Dysfunction, Loss of Libido and Loss of Energy (fatigue).

Furthermore, the study revealed a significant ($P < 0.001$) improvement in Erectile Dysfunction (+70.0 %), Loss of Libido (+65.4%), Loss of Energy (fatigue) (40.4% to 50.4% after varying time intervals).

The study revealed a significant ($P < 0.001$) improvement in Volume of Semen.

The study revealed a significant ($P < 0.001$) improvement in Viscosity of Semen.

This improvement was concurrent with a reduction in Erectile Dysfunction, Loss of Libido and Loss of Energy (fatigue) after a 45 - day regimen of **“HeVita Sachet”** at a dosage of 1-2 **“HeVita Sachet”** taken orally twice daily.

The subjects overall health status was confirmed by evaluating various hematological and biochemical parameters, which included fasting glucose, serum urea, creatinine, ALT, AST, Hb% (hemoglobin percentage), total RBC (red blood cell) count, total and differential counts of WBC (white blood cells), RBC/WBC morphology and ESR (erythrocyte sedimentation rate).

Treatment efficacy

80 subjects opted to discontinue their participation in the study for various reasons and at different stages. Consequently, the data from these subjects were excluded from the calculations."

Discussion is Vataghna, Bruhana and Snehan. It is sukshma srtotogami. Profuse energy or Bala increases after administration of **“HeVita Sachet”** firstly mobilises the Kaphadi doshas from these sthanas and then it acts there as Bruhana, Balya and vajikarak.

Medicine reaches to minute channels and remove all the doshas. The Sneha reaches in the srotasas, It cures prevent premature ejaculations also while keeping the mind calm. Regular practice of **“HeVita Sachet”** helps avail this benefits Viajikarak Dravyas and cures Erectile dysfunctions.

Regular use of “**HeVita Sachet**” liquefies the Doshas, extract them from the site without destructing it and ultimately improves efficiency of Indriya and muscles become Strong. “**HeVita Sachet**” finds its roots in Ayurveda, the ancient system of Indian medicine, where it serves as a remedy for a variety of ailments, notably chronic conditions. The ingredients of “**HeVita Sachet**” has retained its significance within the annals of Ayurvedic Materia Medica (Bhav Prakash Nighantu) and Ayurvedic Pharmacopeia of India to harness its potential for a wide spectrum of maladies.

The use of “**HeVita Sachet**” for the treatment of Erectile Dysfunction, Loss of Libido and Loss of Energy (fatigue) stands with a significant

When administered chronically, “**HeVita Sachet**” was established as safe within the dosage range of 1-2 **Sachet** every Day.

DISCUSSION

The *Guru Guna* has been mentioned as one among the six qualities of *Vrishya Dravya* by *Charaka* (Cha. Chi. 2/4/36). The aphrodisiac effect of ingredients of *Liv Muztang* is also described in the texts. The better effect on ejaculation score may be because of *Stambhaka* effect due to its *Shita Guna* and *Kashaya Rasa*. This acts as *Shukra Stambhana* (Treatment of Premature ejaculation). The results found in orgasm and performance anxiety score may be due to its *Shita Virya*, cooling property and because of good performance by improvement in erection and ejaculation and by psychological counseling. The effect on post-act exhaustion may be due to the *Guru Guna* and *Balya* property of the test drug. Improvement on self and partner's satisfaction after intercourse may be because of improvement in erection, rigidity and the time of ejaculation. The percentage-wise improvement in serum testosterone and serum DHEA-S may be due to its *Shukra Vriddhikara Vrishya* properties of the Ingredients of “**HeVita Sachet**”, as these male androgens are being correlated with *Sarva Shariragata Shukra*.

However, these results were statistically insignificant. Here, *Guru* and *Shita Guna* are similar to the properties of *Shukra* (Cha. Chi. 2/4/50). Here, the *Shukra Vriddhikara Vrishya* effect due to its *Guru Guna* and *Shita Virya* might have increased the sperm count.

“**HeVita Sachet**” had caused mild increase in serum testosterone and DHEA-S levels, and testosterone stimulates sertoli cells to secrete paracrine agents that stimulate sperm proliferation and differentiation.

CONCLUSION

Vajikarana (Aphrodisia) stands as a significant therapeutic approach in Ayurveda, offering a range of potential benefits such as enhanced sexual capacity, the

promotion of future progeny's health, and the treatment of prevalent sexual disorders like infertility, erectile dysfunction, and premature ejaculation. Despite these potential advantages, the contrasting philosophical foundations of Ayurvedic science and modern medicine pose challenges to effective collaboration between researchers and practitioners in these fields. A notable critique of Vajikarana (Aphrodisia) is the lack of research conducted according to contemporary scientific standards. The absence of standardized formulations and difficulties in obtaining unadulterated herbs present practical challenges in the practical application of Vajikarana (Aphrodisia) preparations.

To bridge these gaps, conducting randomized controlled trials on these formulations could offer valuable insights into their efficacy, potential side effects, and other treatment-related parameters.

A survey study indicates that Erectile Dysfunction (ED) is more prevalent in individuals with Diabetes Mellitus (DM), and its severity tends to escalate with the progression of age and chronicity of the disease. The impact of socioenvironmental factors, such as strained relationships, adverse life experiences, significant financial crises, bereavement, and psychological stress, is noteworthy as these can contribute to psychogenic ED by influencing the mind.

Notably, the challenge of treating ED in diabetic individuals appears to be more formidable compared to cases in non-diabetic subjects. In a study involving Ashvattha, there was a substantial increase observed in both total sperm count and total motility among non-diabetic subjects. This positions Ashvattha as a noteworthy addition to the category of *Shukra Vriddhikara Vrishya* drugs, indicating its potential use in the treatment of Oligoasthenozoospermia.

Based on the obtained results, it can be inferred that “**HeVita Sachet**” significantly enhanced relief to patients dealing with ED (Klaibya). This suggests its promising role in improving reproductive health and addressing associated concerns.

The analytical and observational clinical evaluation of “**HeVita Sachet**” on Erectile Dysfunction, Loss of Libido and Loss of Energy (fatigue), has provided encouraging results. This Ayurvedic remedy, with its natural and time-tested ingredients, demonstrated effectiveness in providing symptomatic relief to healthy volunteers, with no reported adverse side effects.

While further research is warranted to establish the broader efficacy of “**HeVita Sachet**” in a larger population, this study serves as a promising step in exploring alternative approaches to address to Sexual life, Longevity, Energy and Libido. “**HeVita Sachet**” offers a natural remedy option for those seeking relief

from the discomforts associated with Erectile Dysfunction and Energy loss.

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