

ROLE OF KAPIKACHHU (MUCUNA PRURIENS) IN VRISHYA KARMA

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ABSTRACT

Vajikarana; is special therapeutic and strengthening approach of Ayurveda, focuses on the enhancement of sexual potency. This can be correlated with the aphrodisiac therapy as per modern science meant for the management of reproductive disorders, including *Klaibya*, *Bandhyatva*, *Shukraghata Vata* and premature ejaculation, etc. The term *Vrishya* is also used for *Vajikara*, this term mainly used with reference refers to the aphrodisiac effects of *Dravyas*. There are many herbs or traditional Ayurvedic formulations which offer *Vrishya Karma* property and *Kapikacchu* is one of them. This natural drug improves seminal parameters and cure sexual dysfunction. *Kapikacchu* mainly cited as *Vrishya Dravya* in many Ayurvedic texts. It enhances quantity and quality of *Shukra*. This drug alleviate anxiety associated with sexual performance, modulate hormones, helps in treating reproductive disorders and improves overall sexual performance. This article emphasizes role of Ayurveda drugs in *Vajikarana*; W.S.R. to the contribution of *Kapikacchu* in *Vrishya Karma*.

KEYWORDS: *Ayurveda*, *Kapikacchu*, *Vrishya Karma*, *Vajikarana*, *Sexual*, *Aphrodisiac*.

INTRODUCTION

According to Ayurveda life is supported by three main pillars of fundamental concepts, these pillars are *Aahara*, *Nidra* and *Brahmacharya*. The importance of third pillar (*Brahmacharya*) is evident from the fact that *Vajikarana Tantra*, one of the branches of Ayurveda, which entirely dedicated to the restoration of sexual health. The principle of *Brahmacharya* suggests good moral conduct to maintain healthy sexual life and prevention of reproductive disorders. *Brahmacharya* along with *Vajikarana* therapy works greatly to achieving this goal.^[1,2]

The factors such as stressful lifestyles, obesity, pollution, consumption of junk food, alcoholism, smoking and mental stress, etc. are negatively impacting fertility and reproductive health of human being. The basic theories and principles of Ayurveda can help to preserve the sexual strength and in this regards *Vrishya Dravyas* play appreciable role. *Vrishya Dravyas* are the substances that stimulate sexual vigor and impart aphrodisiacs effect. These drugs not only improve function of reproductive organ, but also increase semen count, strengthen sperm and eggs quality in men and women respectively.^[2-4]

Vrishya Dravyas mainly described as *Shukra janakam*, since these drugs enhances spermatogenesis. *Vrishya Dravyas* acts by virtue of their *Rasa* and *Guna*, etc.

Vrishya Dravyas possess *Madhura Rasa*, *Sheeta Veerya*, *Guru* and *Snigdha Guna*. *Madhura Rasa* along with *Sheeta Veerya* enhances muscular strength of reproductive system. *Madhura Rasa* along with *Guru Guna* causes *Dhatu Pustikara*, thus nourishes tissues related to the reproductive system. Potentiating *Shukradhatu* leads improvement in quality of seminal fluid. *Snigdha Guna* helps to increase semen volume. By virtue of these properties *Vrishya Dravyas* considered effective in conditions like oligospermia and azoospermia. The properties of *Guru*, *Snigdha* and *Madhura* of *Vrishya Dravyas* are similar to those of *Shukra*, thus promotes activity of *Shukra* through the concept of *Samanya Vishesh Siddhanta*.

In *Vata* dominant reproductive disorders, *Dravyas* with *Madhura Rasa*, *Ushna Veerya* and *Guru Guna* are recommended. For *Pitta*-dominant reproductive conditions, *Vrishya Dravyas* are recommended which possesses *Madhura Rasa*, *Sheeta Veerya* and *Snigdha Guna*. Similarly for *Kapha*-dominant conditions of reproductive system, *Dravyas* suggested which offers *Katu*, *Kashaya Rasa*, *Ushna Veerya* and *Ruksha Guna*. There are many drugs which offer *Vrishya* property and *Kapikacchu* is one such potent drug known for its *Vrishya Karma* property. This article further emphasizes *Vrishya* effect of *Kapikacchu*.^[3-5]

Kapikachu

Kapikachu is a spermatogenetic drug, mentioned in various Ayurvedic texts, recognized for its *Balya* properties; it promotes muscle mass and recommended for use in *Vajikarana Chikitsa*. Every part of the *Kapikachu* plant holds medicinal value; however seeds and roots are considered sources of vital energy. *Kapikacchu* is highlighted in the *Bhavaprakasha* as an aphrodisiac agent and also noted in the *Shodhala Nighantu* for its role in enhancing semen.^[5-7]

According to ancient texts the formulation prepared from *Kapikacchu* seeds, wheat, milk and ghee recommended to consume daily with milk to acquire *Vrishya* effect. *Kapikacchu* possesses antioxidant properties thus prevent damage caused by free radical, it enhances *Shukra* production, considered useful for the treatment of oligospermia and *Vataja Reto Dushti*. *Kapikacchu* not only enhances sexual strength but also helps to prevent and treat many reproductive ailments. The various Ayurvedic text mentioned description of *Kapikacchu* as revealed in **Table 1**. While scientific and botanical description is mentioned in **Table 2**.^[7-9]

Table 1: Description of *kapikacchu* according to various ayurvedic texts.

Ayurvedic Text	Synonyms for <i>Kapikacchu</i>	Context of Mention	Usage
<i>Charaka Samhita</i>	<i>Atmagupta, Markati</i>	Mentioned for <i>Balya, Purisa Viranjaniya Mahakashaya, Madhura Skanda</i>	Used in various formulations for strength and nourishment
<i>Sushruta Samhita</i>	<i>Atmagupta, Markati</i>	Mentioned in <i>Vidarigandhadi, Mudgadivarga, Kakolyadi, Vatasamsamana Varga</i>	Used in <i>Vata</i> -pacifying formulations
<i>Ashtanga Sangraha</i>	<i>Atmagupta, Markati</i>	Mentioned in <i>Vidaryadi, Durvadi Varga</i>	Used in formulations for strength and <i>Vata</i> disorders
<i>Ashtanga Hridaya</i>	<i>Atmagupta, Markati</i>	Mentioned in <i>Vidaryadi Varga</i>	Used for strengthening and pacifying <i>Vata</i>
<i>Laghutrayi</i>	<i>Atmagupta, Kandura</i>	Mentioned for <i>Vajikarana</i> and nerve disorders	Used in formulations for reproductive and nerve health

Table 2: Scientific and Botanical description of *Kapikacchu*.

Botanical Name	<i>Mucuna pruriens</i>
Family	<i>Fabaceae</i>
Traditional Uses	<i>Vrishya, Balya</i> and nerve tonic
Chemical Constituents	L-dopa, serotonin, alkaloids, flavonoids, tannins
Scientific Findings	Antioxidant properties, enhances testosterone and estrogen levels, supports oocyte maturation and spermatogenesis, neuroprotective effects.

Role of *kapikacchu* in *vrishya karma* (Probable mode of action)

Kapikacchu is described with *Madhura* and *Tikta Rasa*, *Sheeta Virya* and *Guru Guna*, thus considered effective in balancing *Vata* and *Pitta Doshas*, it also potentiate *Rakta Dhatu*. *Madhura, Guru* and *Sheeta* properties attributed to *Snigdha, Balya, Brmhana* and *Vrishya* qualities. *Tikta Rasa* acts as a *Kaphahara*, counteracts aggravated *Kapha dosha*. *Vata-Kaphahara* property helps in relieving obstruction caused by *Vata* especially in reproductive organs. *Guru* and *Snigdha* qualities help to mitigate *Chala Guna* of *Vata*. *Balya* effect nourishes *Dhatu* and provides rejuvenative action. *Balya* and *Brmhana* properties of *Kapikacchu* replenishes *Majja*, thereby potentiate *Rakta & Rasa Dhatu* which further nourishes reproductive elements. It corrects channels of vital energy thus boost circulation of energy and vitality in body. *Kapikacchu* due to its replenishing action on *Sukra* and *Rasadhatu* imparts *Vajikaraka* effect.^[8-10]

Kapikacchu offers *Vata-Shamaka, Balya* and *Vajikaraka* properties, thus has significant effects on reproductive organs and nerve tissue. The effect on nerve tissue relieves stress or anxiety which is considered a major cause of sexual problems. *Kapikacchu* regulate reproductive endocrinology, thus addresses both male and female reproductive dysfunctions. *Kapikacchu* enhances reproductive health in women by addressing menstrual disorders, stabilizes imbalanced *Doshas* or endocrine function. *Yogaratanakara* mentioned *Kapikacchu* for treating *Yoni Sankirnana*. Similarly it enhances quality and quantity of *Sukra* in male, thereby promotes sexual desire and maintains vigor.^[9-11]

According to modern science *Kapikacchu* contains constituents that increase levels of follicle-stimulating hormone, luteinizing hormone and progesterone. It elevates testosterone and estradiol levels in males and females respectively. *Kapikacchu* improve dopamine, adrenaline and noradrenaline in cases of male infertility. *Kapikacchu* helps to activate the hypothalamus and

pituitary gland by sensitizing hormone and stimulate positive feedback loop. This activation boosts dopamine, reduces stress and aiding in the regulation of GnRH (gonadotropin-releasing hormone) secretion. The elevated GnRH levels trigger the production of FSH (follicle-stimulating hormone) and LH (luteinizing hormone), which in turn support follicular development and enhance the overall growth and function of the female reproductive system. Similarly it improves level of testosterone to boost sexual function in male, enhances adrenaline and nor-adrenaline levels to initiate stimulation and excitation. It enhances estrogen and other reproductive hormones, contributing to the growth and development of the reproductive system and increased muscle mass. Additionally, it supports oocyte maturation in females and spermatogenesis in males, improving sperm and ovum quality.

CONCLUSION

Ayurvedic texts highlight benefits of *Kapikacchu*, emphasizing its role in *Vrishya* and *Balya Karma*. It improves menstrual health and vaginal muscle toning in female. *Kapikacchu* regulates reproductive neuro-endocrinology through various chemical constituents. *Kapikacchu* affects hypothalamus, reduces stress and influences reproductive endocrinology positively. *Kapikacchu* functions as a *Vata-Shamaka* thus relieves symptoms of reproductive disorders since *Vata* is considered most common *Dosha* associated with reproductive issues. *Kapikacchu* affects brain's higher centers as well as limbic system to reduce stress thereby stimulate reproductive nerve tissue. It increases reproductive hormones and improves reproductive health in both male as well female. *Kapikacchu* alleviates reproductive disorders and boost sexual ability by virtue of its *Vrishya Karma*.

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