



A REVIEW ARTICLE - IMPORTANCE OF WHITE MUSLI IN MALE IMPOTENCE

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ABSTRACT

Safed musli is used for the production of hormone which is very imperative called testosterone it is also used for the effective execution of adrenal gland which is very important for sexual arousal. White Musli is an aphrodisiac drug. It has a natural biological environmental effect on neuro hormonal sexual axis. It maintains the equilibrium in mind and body. It reduces the sexual harassments like libido, impotency, infertility, and oligospermia. It increases sexual disireness, reduces fatigueness, maintains sexual satisfaction level, reduces the early ejaculation, increases sperm maturity, increases sperm number, increases sperm activity, reduces the oligospermia and infertility. It maintains the mental and physical equilibrium by homeostasis of blood include the regulation of temperature and the balance between acidity and alkalinity i.e. ph balance of the body.

KEYWORDS: Aphrodisiac Plants, Herbal Aphrodisiacs, Libido, Erectile Dysfunction, Impotency, Oligospermia, Infertility. Safed Musli, Herbal Viagra, Erectile Dysfunction.

INTRODUCTION

Safed musli (Chlorophytum) is a very popular aphrodisiac agent, with no side effects. It is often prescribed for enhancing male potency and overcoming signs of fatigue. Safed musli is particularly used for individuals with low sperm count and low libido. The tuber roots of safed musli (Chlorophytum) have been used since ancient times, to prepare nutritive tonic for sexual weakness and is used in Ayurvedic medicines even today.

Mental stress, work stress, lack of physical exercise, constant sitting habit, lifestyle changes like late night food and sleep, sleep under sunlight i.e. daytime sleep increases libido, oligospermia, infertility, impotency. Loss of libido, irrectile dysfunction, oligospermia, infertility, and impotency is a major clinical condition for male. Psychosexual development in hormonal axis i.e., pitutary-gonadial axis is most important for development of healthy progeny. There are so many natural aphrodisiac substances available in classical texts and traditional practices induces sexual desire, pleasure and reduces oligospermic activity. Yohimbine and the mandrake plant in Africa and Europe, Spanish fly and Ground Rhinoceros horn in the Chinese culture.

In recent study conducted in Gopabandhu Ayurveda Mahavidyalaya, Puri, India. Men between the ages of 40 and 70 reported some degree of sexual dysfunction, oligospermia, and infertility. Aphrodisiacs on the basis of mode of action classified into three types that increases sexual appetite; libido, increases sexual power; potency,

and sexual pleasure. There are so many folkler medicines of plant origin used for erectile dysfunction, infertility, oligospermia, physical performance in men, among them very few have scientifically identified. Ambrein of Ambra grisea plant used for increasing libido in Arab countries. Contains tricyclic triterpene alcohol acts on anterior pituitary; releases several hormones and testosterone. In china Panax ginseng acts as an antioxidant; enhances nitric acid synthesis in endothelium of corpora cavernosa; ginsenosides helps in tras mural nerve stimulation activated relaxation associated with increased tissue cyclic guanosine monophosphate.

Common Names

Hindi: - Safed Moosli, Dholi Musli, Khiruva English: - Land-Calotrops.

Latin: - Chlorophytum Borivilianum Family Name: - Liliaceae.

Sanskrit: - Swetha Musli Tamil: - Taniravi Thang Telgu: - Swetha Musli Malayalam: - Shedheveli. Marathi: - Safed Musli Gujarati: - Dholi Musli Arabic: - Shaqaqle.

Chemical Constituents

Safed Musli contains carbohydrates (35-45%), fiber (25-35%), alkaloids (15-25%), saponins (2-20%), and proteins (5-10%). It is a rich source of over 25 alkaloids, vitamins, proteins, carbohydrates, steroids, saponins, potassium, phenol, resins, mucilage, and polysaccharides and also contains high quantity of simple sugars, mainly sucrose, glucose, fructose, galactose, mannose and

xylose.

Applications for Male

1. Controls erectile dysfunction due to any reason whether psychological reasons or health problems.
2. Stops and cures premature ejaculation.
3. Increases sexual desire and overcome frustration and embarrassment over a sexual dysfunction, especially erectile problems.
4. Improves energy.
5. Provides ability to maintain the erection throughout the sexual act.
6. Improves physical power and stamina.
7. Improves the semen quality.
8. Increases sperm count substantially (Plays a vital role in Fertility).
9. Increases frequency of orgasm.
10. Solves erectile problems.
11. Increases the volume of ejaculation.
12. Used for faster recovery for second orgasm.
13. Provides extra time, extra pleasure, and extra satisfaction in sexual act.
14. Controls premature ejaculation.
15. Improves and promotes general well-being and vitality.
16. Helpful in prolong performance.
17. Increases libido.
18. Equally good for male and female.
19. Increases sexual confidence.
20. Yearlong action with the same intensity.

Safed Musli Helpful in Treating Male Impotence and Erectile Dysfunction

Erectile dysfunction is a male condition in which a man is unable to achieve or maintain a strong erection. Depending on the underlying cause, this problem can be either temporary or chronic. It is a fact that there are an increasing number of men who suffer from the inability to obtain or sustain an erection. Most men experience erectile dysfunction every now and then, but if you frequently have this problem, it is advisable to seek proper treatment as soon as possible. Remember that sexual dissatisfaction is one of the main reasons that can cause cracks in a marriage or relationship. Moreover, this condition can make it harder for you to father a child.

Erectile dysfunction may also affect your self-confidence and esteem and can lead to emotional problems like stress, anxiety and depression. Various factors can contribute to the development of this condition. In many cases, erectile dysfunction occurs as a result of an underlying medical condition, such as obesity, high blood pressure, heart problems, diabetes, multiple sclerosis, enlarged prostate, Parkinson's disease, trauma to the pelvis or spinal cord, pelvic or spinal cord surgery, low testosterone levels, and prostate cancer treatment. It has been noted that unhealthy habits like smoking, substance abuse, and alcohol intake, use of some types of medications, bicycling for a long period of time can affect the ability of man to attain and maintain an

erection. Psychological conditions, such as anxiety, stress, and depression, may also cause lack of sexual desire and erectile dysfunction. Fortunately, several types of medications are now available to treat this sexual problem. Other treatment options for erectile dysfunction include penile implants, penile pumps, and alprostadil suppository and alprostadil self-injection. Lifestyle modifications like quitting smoking, avoiding excessive alcohol consumption, exercising regularly, and reducing weight can be helpful in dealing with erectile dysfunction. There are also certain very effective ayurvedic herbs that have the aptitude to successfully treat this condition and improve your reproductive health. Safed musli, a very potent ayurvedic aphrodisiac herb, has been proven to be extremely beneficial in treating low libido and erectile dysfunction. Safed musli is also an excellent remedy for several other male conditions, including infertility, oligospermia or low sperm count, premature ejaculation, and physical weakness. It has the ability to increase your sperm count and semen motility, and thereby improves your fertility. Safed musli capsules are helpful in curing erectile dysfunction, male impotence and infertility. One of the best ways to cure erectile dysfunction and to increase the desire for sex or libido is to take one or two safed musli capsules twice daily with water or milk. Safed musli capsule is an ayurvedic herbal supplement that contains other aphrodisiac herbs in addition to safed musli. Taking these capsules seems to be effective to raise energy levels, boost physical power, improve stamina, relieve fatigue, and enhance immunity system. They help rejuvenate your body and health, build muscle mass, and improve blood circulation. Safed musli basically works by unleashing a man's testosterone, which is the key player in achieving a good erection. Testosterone release can increase a person's sex drive and endurance in bed. This herbal Viagra is also known to be adaptogen a component that can effectively regulate one's level of enzymes and hormones making the male genitalia to function properly. This medicine can also alleviate depression and tiredness. If you feel as though you will give anything try to improve your sex life, then this could help. The powdered root of safed musli is taken in a number of ways on the subcontinent and in India it one of the ingredients available for pan. It is also often fried in ghee (clarified butter) and one wed to relieve sore throats and mouth ulcers primarily, but of course is ingested and so helps with sexual vigor.

CONCLUSION

It is concluded that the herbal aphrodisiac white Musli, (*Chlorophytum borovillianum*) is the best among the aphrodisiacs because of it zero side effects, multidirectional sexual benefits. It may treated to different clinical conditions like sexual harassments like libido, impotency, infertility, and oligospermia. It increases sexual disireness, reduces fatigueness, maintains sexual satisfaction level, reduces the early ejaculation, increases sperm maturity. The change of environment of body before and after sexual excitement,

intercourse and seminal discharge comes to normal state without weakness. It maintains and increases the long duration attachment and satisfaction level. It increases the fertility chance within one year of regular sexual intercourse. It prevents the ageing process by maintaining antioxidant levels, hormonal levels, vitamins levels, nutritional levels, ph levels and adaptogenic to change in biological environment. The complex system of hypothalamus-pituitary-gonadial axis is maintained by the system of glands, hormones, and chemical messengers called neurotransmitters which are critical for reproduction.

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