

CONCEPT OF IMPOTENCY IN AYURVEDA AND ITS MANAGEMENT

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ABSTRACT

Ayurveda is one of the oldest life and health sciences of the world, its antiquity going back to the ancient Vedas. Male sexual dysfunction affects 10-25% of middle-aged and elderly men, and female sexual dysfunction occurs with a similar frequency. Impotence is characterized by the consistent inability to sustain an erection sufficient for sexual intercourse or the inability to achieve ejaculation, or both. In *Ayurveda*, impotency means even though a man has desire to perform sexual act with a cooperative partner, he cannot perform sexual act because of looseness (absence of erection) of his phallus (penis). Even if he performs sexual act with his determined efforts he does not get erection and gets afflicted with dyspnoea, perspiration in the body and frustration to perform sex. Charaka says that impotency is caused by seminal diminution, non-erectile phallus, old age and excessive loss of semen i.e. by sexual intercourse. Impotency is also caused by the seminal morbidities and it gets corrected by the purification of the semen. According to modern medicine erectile dysfunction may result from three basic mechanisms: (1) failure to initiate (psychogenic, endocrinologic or neurogenic); (2) failure to fill (arteriogenic); or (3) failure to store (veno-occlusive dysfunction) adequate blood volume within the lacunar network. Psychogenic factor frequently coexist with other etiologic factors and should be considered in all cases. *Vajikarana* or *Vrishya chikitsa* is one of eight major specialty of the *Ashtanga Ayurveda*. *Vajikarana* herbs have been used in Traditional Herbal Medicine in India and other parts of the world for the treatment of Impotence, low libido, premature ejaculation and male infertility.

KEYWORDS: Erectile Dysfunction, Impotency, *Klaibya*