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A review on *Charakokta Shukrajanana Mahakashaya*

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ABSTRACT

According to Ayurveda the *Sharir* (human body) is made of seven *dhatu* i.e. *rasa* (fluid), *rakta* (blood), *mamsa* (muscles), *meda* (fat), *asthi* (bones), *majja* (marrow) and *shukra* (semen). *Shukra dhatu* is the 7th and the last *dhatu* made in the body. Hence, we can say *shukra dhatu* is *sara* (essence) of all the *dhatu*s, it is well spreaded all through the body. The *shukra dhatu* according to modern concept can be understood as the sexual power, the ejaculation, the erectile strength, the quality of sperms, the semen or we can say overall reproductive strength of the person. The action of *Shukra dhatu* in the human body is regeneration of species. Any vitiation in the *Shukra dhatu* affects this action. Thus, hampering the progeny. Nowadays, due to lifestyle as well occupational hazards *Shukra dhatu* gets affected. Acharya Charaka has described "*Shukrajanana mahakashaya*" in the *Sutrasthana* 4th *adhyaya*. It is compilation of 10 drugs which helps in generation of *Shukra dhatu* and also helps in maintaining the product *Shukra dhatu* stage in the body. Many factors are involved in the generation of *Shukra dhatu*. Individual drugs out of 10 acts on various factors related to *Shukra dhatu*. As per the causative factors, the *Vaidya* may adjust the dose of drugs of *Shukrajanana mahakashaya* and prescribe to the patient. In this article, identification and action of these drugs will be compiled and presented. On the basis of literature obtained, conclusion will be drawn.

Key words: Ayurveda, Shukra Dhatu, Shukrajanana Mahakashaya.

INTRODUCTION

Obesity According to Ayurveda the *Sharira* (human body) is made of seven *dhatu*s i.e. *rasa* (fluid), *rakta* (blood), *mamsa* (muscles), *meda* (fat), *asthi* (bones), *majja* (marrow) and *shukra* (semen). *Rakta* gets formed from *rasa* first then next the *mamsa*, from *mamsa* *medas* get formed, from *medas* *asthi* gets formed next the *majja* and from *majja*, *Shukra* get formed. *Shukra dhatu* is the 7th and the last *dhatu* made in the body. Hence, we can say *Shukra dhatu* is

Sara (essence) of all the *dhatu*s; it is well spreaded all through the body. The *Shukra dhatu* according to modern concepts can be understood as the sexual power, the ejaculation, the erectile strength, the quality of sperms, the semen or we can say overall reproductive strength of the person. The action of *Shukra dhatu* in the human body is regeneration of species. Any vitiation in the *Shukra dhatu* affects this action. Thus, hampering the progeny. Nowadays, due to lifestyle as well occupational hazards *Shukra dhatu* gets affected.^{[1],[26],[27]} Acharya Charaka has described "*Shukrajanana mahakashaya*" in *Sutrasthana* forth *Adhyaya*. It is compilation of 10 drugs which helps in generation of *Shukra dhatu* and also helps in maintaining the product *Shukra dhatu* stage in the body.^[1] Many factors are involved in the generation of *Shukra dhatu*.

Acharya Charaka has been summarized 50 *kashayas* in 50 *mahakashayas*. Under the 50 *mahakashaya*, all classes of *mahakashaya* are mentioned that cures various disease or help contribute to positive health. Acharya Chakrapani has analysed it more. While

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doing this grouping of 10 drugs, the name which has been given to that particular Mahakashaya gana also denotes its characteristics, e.g. The *Mahakashaya* which has *Shukra janana* property is termed as '*Shukrajanana mahakashaya*'.^[1]

Likewise there is a prescription of a group of *dravyas* named "*Shukrajanana mahakashaya*"

There is a group of 10 drugs which are quoted under the *Shukrajanana Dashemani* or *Shukrajanana mahakashaya* by *Acharya Charaka* and *Vrudha Vagbhata*.^{[1],[2]} Sensing the need for their identification, in the present study their Pharmacognostical details are revealed.

OBJECTIVE OF THE STUDY

1. To study the terms Shukra, Shukrajanana from ayurvedic literature.
2. To review the Ayurvedic Shukrajanana Mahakashaya mentioned in Charaka samhita.

MATERIALS AND METHODS

1. All texts available in the modern and Ayurvedic literature were reviewed.
2. Database available after net surfing, modern text and various research articles were also reviewed.
3. Available information on medicinal uses and chemical constituents/properties of plants were compiled from relevant sources.

REVIEW OF LITERATURE

शुक्र गुण = स्पटिकाभं द्रवं स्निग्धं मधुरं मधुगंधी व शुक्रम् ।
..सु. शा. २

स्निग्धं घनं पिच्छिलं च मधुरं अविदाही च ।

रेतः शुद्धं विजानीयात् । ..च.वि. ३०

Shukra (semen) describes as *Spatikabha* (clear transparent like a crystal), *drava* (liquid), *snigdha* (unctuous), *madhura* (sweet in taste) and *madhu gandhi* (having the smell of honey), some Acharya describe as resembling oil of sesame and *kshaudra* (honey).^[26]

Shukra is saumya (cold in potency), shita (white), snigdha (unctuous) bestows strength and nourishment to the body, it is the seed for the embryo, essence of the body and foremost seat of life.^[1]

Defination of Mahakashaya Shabda

महाकषाया इति दशसंख्याच्छिन्नस्यैक कार्यकरणत

संज्ञाय द वक्ष्यति दशेमनि जीवनीयानी इत्यादिना ।. च.सू. ४-
६ (चक्र.टिका)

It is the collection of ten medicinal plants which are indicated for one vyadhi together.^[1]

महान्तक्ष्व ते कषायाः महाकषायाः । ..अ. सं. सू. १५/१ (इंदु टिका)

The *dravyas* which are considered as the best for the treatment of a particular vyadhi are collectively known as '*Mahakashaya*'.^[2]

Defination of Shukrajanana Shabda

शुक्रजनन = यस्मात् शुक्रस्य वृद्धिः स्यात् शुक्रलं ही तदुच्यते ।

यथा अश्वगंधामुशली शर्करा च शतावरी ॥ ..शा. स. पू. खं.
४/१५

Shukrajanana Mahakashaya =

जीवकऋषभककाकोलीक्षीरकाकोलीमुद्गपर्णीमाषपर्णीमेदावृद्धीरुहा
जटिलाकुलिंगा

इति दशेमनि शुक्रजननानि भवन्ति । ..च. सू. ४/१९

Jeevak, Rishabhak, Kakoli, KsheerKakoli, Mudgaparni, Mashparni, Meda, Vriddharuha, Jatila and Kulinga.^[1]

Table 1: Drugs mentioned in Shukrajanana Mahakashaya.^{[1],[4],[21],[22]}

S N	Sanskrit name	Botanical Name	Family	Habit	Part used
1.	Jeevak	<i>Crepidium acuminatu m (D. Don) Szlach.</i>	<i>Orchidacea e</i>	Herb	Pseudob ulb and tubers

2.	Rishabhak	<i>Malaxis muscifera</i> (Lindl.) Kuntze.	Orchidaceae	Herb	Roots (Tuber)
3.	Kakoli	<i>Roscoea purpurea</i> Smith	Zingiberaceae	Herb	Roots
4.	Ksheerkakoli	<i>Lilium polyphyllum</i> D. Don	Orchidaceae	Herb	Roots
5.	Mudgaparni	<i>Phaseolus trilobus</i> Ait.	Fabaceae	Herb	Roots
6.	Mashaparni	<i>Teramnus labialis</i> (L.f.) Spreng.	Fabaceae	Climber	Roots, Whole plant
7.	Meda	<i>Polygonum verticillatum</i> Linn.	Liliaceae	Herb	Roots, Whole plant
8.	Vruddharuha	<i>Argeria speciose</i> wild.	Convolvulaceae	Shrub	Roots, seeds, Whole plant
9.	Jatila	<i>Nardostachys jatamansi</i> (D. Don) DC.	Valerianaceae	Herb	Roots (Rhizome)
10.	Kulinga	-	-	-	Roots

Table 2: Drugs with their identified and controversial names. [4],[5],[6],[15],[16]

SN	Sanskrit name	Botanical Name	Contraversy of drug
1.	Jeevak	<i>Crepidium acuminatum</i> (D. Don) Szlach.	<i>Malaxis acuminata</i> D. Don <i>Microstylis wallichii</i> Lindl. <i>Malaxis wallichii</i> (Lindl.) Deb
2.	Rishabhak	<i>Malaxis muscifera</i>	<i>Dienia muscifera</i> Lindl.

		(Lindl.) Kuntze.	<i>Microstylis wallichii</i> <i>Microstylis muscifera</i> Ridley.
3.	Kakoli	<i>Roscoea purpurea</i> Smith	<i>Fritillaria roylei</i> Hook.f. <i>Roscoea purpurea</i> f. alba, <i>Roscoea purpurea</i> var. gigantea
4.	Ksheerkakoli	<i>Lilium polyphyllum</i> D. Don	<i>Roscoea purpurea</i> <i>Lilium polyphyllum</i> var. <i>Lilium punctatum</i> Jacquem. Duch.
5.	Mudgaparni	<i>Phaseolus trilobus</i> Ait.	<i>Vigna trilobata</i> (L.) Verdc. <i>Dolichos trilobatus</i> L. <i>Vigna sublobata</i> (Roxb.)
6.	Mashaparni	<i>Teramnus labialis</i> (L.f.) Spreng.	<i>Vigna sublobata</i> (Roxb.) <i>Vigna radiata</i> (L.) Wilczec var.
7.	Meda	<i>Polygonum verticillatum</i> Linn.	<i>Polygonum cirrhifolium</i> <i>Convallaria verticillata</i> L. syn <i>Evallaria verticillata</i> Necker
8.	Vruddharuha	<i>Argeria speciose</i> wild.	<i>Argyreia nervosa</i> (Burm.f.) Bojer <i>Asparagus racemosus</i> Wild.
9.	Jatila	<i>Nardostachys jatamansi</i> (D. Don) DC.	<i>Valeriana jatamansi</i> D. Don. <i>Nardostachys chinensis</i> Batalin <i>Nardostachys grandiflora</i> DC. <i>Patrinia jatamansi</i> D. Don <i>Fedia jatamansi</i> Wall. ex DC.

10.	Kulinga	-	Abrus species
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Table 3: Raspanchak of Drugs mentioned in Shukrajanana Mahakashaya.^{[4-7],[9-11],[13]}

S N	Sanskrit name	Rasa	Vipaka	Veer ya	Guna	Doshghna ta
1.	Jeevak	Madhu ra	Madhu ra	Shee ta	Picchi la, Snigd ha	Vata Pitta pacifying
2.	Rishabh ka	Madhu ra	Madhu ra	Shee ta		Pacifies vata
3.	Kakoli	Madhu ra	Madhu ra	Shee ta	Guru, Snigd ha	Vata Pitta pacifying
4.	Ksheerka koli	Madhu ra	Madhu ra	Shee ta	Guru	Vata Pitta pacifying
5.	Mudgapa rni	Madhu ra, tikta	Madhu ra	Shee ta	Laghu , Ruksh a	Tridosha shamaka, Vata Pitta pacifying
6.	Mashapa rni	Madhu ra, tikta	Madhu ra	Shee ta	Laghu , Snigd ha	Vata Pitta pacifying
7.	Meda	Madhu ra	Madhu ra	Shee ta	Guru	Vata Pitta pacifying
8.	Vruddhar uha	-	-	-	-	-
9.	Jatila	Tikta, kashya , madhu ra	Katu	Shee ta	Laghu , Snigd ha	Tridosha shamak
10.	Kulinga	-	-	-	-	-

1. JEEVAKA

Jeevaka is taken as *Microstylis wallichii* by Acharya P. V. Sharma (Dhanwantari nighantu), Dr. Hegde, Dr. Uniyal and Dr. JLN Shastri.^{[5],[15-17]} Whereas K.C. Chunekar take it as *Microstylis musifera ridleyi*.^[4]

Botanical Name: *Crepidium acuminatum* (D. Don) Szlach.^{[21],[22],[25]}

Synonyms: *Shringaka, Kshveda, Dirghayu, Kurchashiraka, Harsvanga, Madhura, Svadu, Pranda, and Chirnjivi*.^[4-7]

Botanical description

Jeevak Kanda (bulbs, tubers) resembles those of *Rasona (Allium sativum L.)*, have no sap/ juice, have small leaves. Jeevak is Brush like in shape.^[3]

It is a small to medium sized terrestrial orchid.

Stem: 5-7 cm long, tender, underground.

Leaves: sessile, ovate, lanceolate.

Flowers: Small, short stalked, pale-yellowish green.

It is distributed in Himalayas from Himachal Pradesh to Sikkim, Meghalaya, Peninsular India at altitude 450-3000m.^{[8],[21],[22],[25]}

Actions: Cooling, aphrodisiac, spermopiotic, febrifuge and tonic.^[5]

Therapeutic uses: Seminal weakness, bleeding diathesis, burning sensation, emaciation, fever, tuberculosis and general debility.^{[5],[18]}

2. RISHABHAK

Rishabhak is taken as *Microstylis muscifera* by Acharya P.V. Sharma (Dhanwantari nighantu), Dr. Hegde, Dr. Uniyal and Dr. JLN Shastri.^{[5],[15],[16],[17]} Whereas K.C. Chunekar taken it as *Microstylis wallichii*.^[3]

Botanical Name: *Malaxis muscifera* (Lindl.) Kunt.^{[21],[22],[25]}

Synonyms: *Durdhara, Dheera, Matruka, Vrishnabha, Vrisha, Vishani, Kakuda, Indraksa, Bandhura and Gopati*.^[4-7]

English name: Fly bearing malaxis.

Botanical description:^[35]

Rishabhak resembles the horn of a bull. Rest all similar to Jeevak.^[5]

Fly Bearing Malaxis is a orchid with yellowish-green flowers.

Leaves - broad stalkless, paired unequal, elliptic.

Stem - pseudobulbs ovoid.

Flowers - Petals are linear, lip erect.

It is found in the Himalayas, at altitudes of 2500-4000 m. Flowering: July-August.^{[8],[22],[25]}

Actions: Cooling, febrifuge and spermopiotic.^[5]

Therapeutic uses: Bleeding diathesis, burning sensation, fever, increasing sperm count and phthisis.^{[5],[18],[22]}

3. KAKOLI

Kakoli is taken as *Roscoea purpurea* by Acharya P.V. Sharma (Dhanwantari nighantu) and Dr. Uniyal.^{[5],[16]} Whereas Dr. Hegde and Dr. JLN Shastri taken it as *Lilium polyphyllum*.^{[15],[17]}

Botanical Name: *Roscoea purpurea* Sm.^[23]

Synonyms: *Madhura, Shukla, Ksheera, Dhawanksholika, Vayastha, Svadumansi, Vayasoli, Karnika, Kaki, kalika, Dwanshika, Veera, Shukla, Dheera, Medura, Vayastha and Jivani*.^{[4],[5],[6],[7]}

English name: Purple Roscoe Lily

Botanical description:

Kakoli resembles *Ksheerkakoli* but slight black in colour, that the only difference between them.^[5]

It is a stout perennial herbaceous herb, 25-38 cm tall.

The peduncle of the flower spike is hidden by the leaf sheaths.

Leaves - elliptic, lanceshaped to oblong-ovate.

Flowers - borne in a cluster at the top, light purple, pink or white with purple markings, usually only one or two flowers open at a time.

It is found in the Himalayas, from Uttarakhand to NE India, at altitudes of 1520-3100 m.^{[21],[22]}

Actions: Spermopiotic, galactagogue, stouten the body, sexual stimulant, anti-rheumatic, antipyretic, antidiabetic, antihypertensive and diuretic.^[5]

Therapeutic uses: Bleeding disease, burning sensation, phthisis and urinary infection.^{[5],[18],[22]}

4. KSHEERKAKOLI

Ksheerkakoli is taken as *Lilium polyphyllum* by Dr. Uniyal and Dr. JLN Shastry.^{[15],[16]} Where as Dr. Hegade taken it as *lilium* species.^[17]

Botanical Name: *Lilium polphyllum* D.Don.^{[21],[22]}

Synonyms: *Kshirshkula, Payasvani, Vayastha, Kshiramadhura, Veera, Kshiravishanika, Payasya, Jivavalli and Jivashukla*.^{[4],[5],[6],[7]}

English name: White Himalayan lily, Many-leaved lily.

Botanical description:

Ksheerkakoli grows in the same place where *Mahameda* grows and where *Kshirkakoli* grows, *Kakoli* also grows itself. *Ksheerkakoli* tuber resembles the tuber of *Pivari (Shatavari- Asparagus racemosus)* contains milky sap has pleasant smell.^[5]

A rare Himalayan lily with fragrant, large, waxy, bell shaped.

Leaves: small, scaly, narrow and lanceolate.

Flowers: pink or white with many dark pink or purple spots and stripes.

Stem: Bulb is long and narrow, white, forming long roots.

It is found in the Himalayas, at altitudes of 1800-3700 m. Flowering: June-July.^{[21],[22]}

Actions: Cooling, appetizer, emaciation, spermopiotic, aphrodisiac, diuretic and antipyretic.^[5]

Therapeutic uses: Seminal weakness, Asthma, cough, emaciation, bleeding disorders, phthisis and general disability.^{[5],[18],[22]}

5. MUDGAPARNI

Botanical Name: *Phaseolus trilobus* Ait.^{[3],[5],[14-17]}

Synonyms: *Shudrasaha, Shimbi, Marjargandhika, Vanaja, Ringani, Kakaparni, Suryaparni, Hrasva, Kurangini, Kakamudga, Vanamudga, Shimbi, Aranya mudga, Vanya, Kasika, Shurshaparni, Aranyamudgaja, Valli, Sashimba, Peetapushpaka, Mudgparni, Abhaparna*.^{[4],[5],[6],[7]}

English name: Wild Gram, Three-Lobe-Leaf Cowpea.

Botanical description:

It is an Trailing, twining, straggling or suberect annual or perennial herbs.

Stems – reddish, glabrous or rarely pubescent, which are prostrate and trailing to 50 cm.

Leaves- trifoliate. The leaves are also glabrous to sub-glabrous and usually shiny.

Seeds - pods are linear , turgid, 6-12 seeded, and are black when ripe.

It occurs in Himalayan region ascending to 7000ft. altitude.^{[9],[21],[22]}

Actions: Spermatogenic, good for eye, Antioxidant, Cooling, antihelmintic.^[5]

Therapeutic uses: Oligospermia, Menorrhagia, Burning sensation, wound inflammation, worm infestation, sterility, fever, dropsy and skin diseases.^{[5],[18],[22]}

6. MASHAPARNI

Mashparni is taken as *Teramnus labialis* by Acharya P.V. Sharma and Dr. Hegade.^{[5],[17]} Where as Vd. Bapalal Vaidya taken it as *Phaseolus radiatus* and Dr. Uniyal taken it as *Phaseolus labialis*.^{[13],[16]}

Botanical Name: *Teramnus labialis* (L.f.) Spreng.^{[21],[22]}

Synonyms: *Kamboji, Krushnavrunta, Mahamasha, Adramasha, Sinhavinna, Ashwapuchhika, Mahasaha, Kalyani, Visarini, Bahiphala Pandura, Mansamasha, Adramasha, Manglya, Sulabha, Hayapuchchika, Mashapatrika, Vajramuli, Shaliparni, Atmodbhava, Bahuphala, and Svayambhu.*^{[4],[5],[6],[7]}

English name: Blue Wiss, Rabbit vine, Horse vine.

Botanical description:

It is a wide-spreading slender, climbing or trailing to prostrate legume.

Stems are 1-9 ft long, slender, covered with hairs.

Leaves - lanceolate deciduous; stipules minute, subulate.

Inflorescence - Racemes axillary, elongated lax; pedicels solitary below, fascicled upwards; bracts narrowly lanceolate, caduceus; bracteoles minute, subulate.

Flowers - pink-purple or white in colour. Inflorescence is slender.

Seeds - red in colour in fresh or green state but turned black when dried.

Actions: Spermatogenic, Aphrodisiac, Antioxidant, Cooling.^[5]

Therapeutic uses: Oligospermia, bleeding disorders, diarrhoea, Leucorrhoea, Menorrhagia, burning sensation, Gout and rat poisoning.^{[5],[18],[22]}

7. MEDA

Botanical Name: *Polygonatum verticillatum* (L.) All. syn.^{[3],[5],[14-17]}

Synonyms: *Manichhidra, Shalyaparni, Medobhava, Adhavara and Dhara.*^{[4],[5],[6],[7]}

English name: Whorled Solomon's seal

Botanical description:

Meda is white coloured tuber, which on scratching by nails exudes fluid resembling *Medodhatu* (Fat tissue) Hence the name *Meda*.^[3]

It is a perennial growing to 1.2m. Stem erect, 20-80 cm long, glabrous.

Leaves - 4 to 8 in a whorl, alternate near base of stem, sometimes opposite near apex of stem.

Flowers - 2-3 in a bunch in the axils of the leaves, are greenish-white.

Fruits - red when ripe, and remain hanging after the leaves have fallen.

Dried rhizomes of *P. verticillatum* rhizomes are orange-brownish in color, rough surfaced. while *P. cirrifolium* are creamish colored and smooth surfaced. Microcopy, the rhizomes are similar in both species, but the roots show a sclerenchymatous central zone in *P. verticillatum* that is absent in *P. cirrifolium*.^{[3],[24]}

The species is widely distributed in temperate Himalaya between 1600m and 3500m.

Flowering May-June and fruiting August-October.^{[9],[22]}

It is documented in "Abhinav Niguntu" that "Meda" grows from the same place from where "Mahameda" originates, suggesting that both *P. verticillatum* and *P. cirrhifolium* grows together. The term "Meda" represents the mucilage present inside the rhizomes of these plant species.^[3]

Actions: Aphrodisiac, spermopiotic, galactagogue, stouting, Imitate rakta, appetizer, antipyretic, antimalarial, antifungal, antidiarrheal and skin tonic.^{[3],[5]}

Therapeutic uses: Fever, oligospermia, burning sensation, phthisis Cough, emaciation, and skin diseases.^{[5],[18],[22]}

8. JATILA

Jatila is taken as *Nardostachys jatamansi* by Acharya P.V. Sharma and Dr. JLN Shastry.^{[5],[15]} Where as Vd. Bapalal Vaidya taken it as *Uchchata* and Dr. S. Talamale taken it as *Kasheruk (Scirpus species)*.^{[13],[14]}

Botanical Name: *Nardostachys jatamansi* (D.DON) DC.

Synonyms: *Mamsi, Krushnajata, Hinsttra, Nalada, Jatila, Mishi, Jata, Pishita, Peshee, Sulomasha, Bhutaja, Krvyadi, Pishachipisita, Palankasha, Mata, Lomasha, Vilomasha. Tapasvini, and Kiratini.*^{[4],[5],[6],[7]}

English name: Spikenard, valeman, or muskroot.

Botanical description:

Jatamansi is a forest herb, 0.5-2 ft tall, velvet-hairy to hairy. Rhizomes are elongate, stout with fibrous roots.

Stems -10-60cm long, pubescent upwards, glabrate, below, sub scapose.

Leaves - thin, long, sessile, oblong or subovate. Stem leaves are stalkless, small.

Flowers - pink in colour, in cluster..

Fruits - 4mm long, covered with ascending white hairs.

It is found throughout the Himalayas, at altitudes of 3000-5000 m.^{[10],[11],[12]}

Actions: Brain tonic, sedative, appetizer, cholagogue, laxative, cardiac depressant and hypotensive.^{[3],[5]}

Therapeutic uses: Infertility, dysmenorrhea, uterine inflammation, epilepsy, hysteria, hypochondriasis, fever, abdominal distention, jaundice and nervous disorder.^{[5],[18]}

9. VRUDHARUHA

Vrudharuha is taken as *Argeria speciose* by Dr. JLN Shastry.^[15] Where as Vd. Bapalal Vaidya, Dr. Hegade and Dr. Uniyal taken it as *Asparagus racemosus*.^{[13],[16],[17]} Dr. S. Talamale taken it as *Bandak (Loranthus longiflorus)*.^[14]

10. KULINGA

Kulinga is taken as *Uchchata* bhed by Dr. Uniyal and Dr. S. talamale.^{[14],[16]} Where as Dr. Hegade taken it as *Abrus species*.^[17]

DISCUSSION

To obtain the good or desired quantity and quality of sperm *Charaka* and *Astang Sangraha* specifies group of drugs under heading of 'Shukrajanana Mahakashaya' meaning of which the drugs having spermatogenic effects or improving quality of the sperm and ovum. Usually such drugs are aphrodisiac, unctuous energizers and tonic in nature.

The above said drugs are *Guru* (heavy), *Snigdha* (unctuous), *manda* (thick), *hima* (cold) and *sthira* (stable) in nature. Most of drugs are having *Madhura rasa* (sweet taste), *madhura vipaka*, *Sheeta veerya* (cold potency). Similar to *Shukra dhatu* properties. Thus, directly increases *Shukra dhatu*. They also function as *Shareera Sthirakara* (body stabilizer), *Nadi Balya* (nerve tonic) and *Balya* (energy tonic).

Due to above said properties these drugs useful in *Kleebata* (impotency), *Ksheena Shukra* (oligospermia) and *Shukrabala Hani* (asthenospermia) as well as in muscular dystrophy, loss of nerve strength, general debility, neurological deficit etc. Especially used in the

treatment of *Ksheena Shukra* i.e. in Azoospermia and Oligospermia cases.

CONCLUSION

All these *Dravyas* not only increase *Shukra Dhatu* but also during the formation of *Shukra Dhatu*, they maintain all previous *Dhatu*, thus also possess *Jeevaniya* (Enlivening, anti-ageing) property. None of the drugs of above *Dravyas* have been identified correctly so far (Except *Mudgparni* and *Meda*). Spurious drugs are being sold in their name by traders. From above explanation we have taken majority of Acharya's opinions with recent researchers opinion for their botanical identity. More research should be carried on this basis. This paper also suggests that any classical formulation ought to be made after thorough study and analysis of classical text and proper interpretation should be made. Then drugs written should be botanically identified and formulation prepared in accordance with method written in classics.

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