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Designing of Auurvediccophoric Models of Aphrodiscophores

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Abstract:

Aphrodisiac herbs are gifted by erotic chemical structures. An ancient therapeutical wisdom utilized them in the ayurvedic formulations by rasayana technique. The thirty-six such formulations of contemporary market were studied to identify multifacet bioactions of rasayana for designing aphrodisicphoric models. Vajikaran therapy uses aphrodisiacs for enhancing sexual capacity and pleasure. Ayurvedically the aphrodisiac powers are ascribed to libidous effects of foods, spices, herbs and minerals. Two models of ayurvedicophoric aphrodisicophores are devised for the holistic longevity and psychosocial styling.

1. Introduction

The principle of ayurvedic therapeutic procedure is revitalization and rejuvenation of human body's functional capacity. It also enhances immunity (reistance to disease) and retards aging. The biovitalizers are generally botanicals. The reasons are –

- The indigenous intake of natural products is not toxicophoric or malfunctional additions to the body.
- They do not alter physiology of nervous system with critical depression or stimulation.
- Their therapeutic effects are mild tolerable and effective.

Aphrodisiacs are pleasurable pharmaceuticals for improving emotional, social and physical happiness. An ideal aphrodisiac, structure should maintain and restore the functionality of sex organs and help to rejuvenate them. The ayurvedic/herbal remedies² are effectively used for male' sexual dysfunctions. The biological and therapeutical properties of thirty-three ayurvedic formulations³ were reviewed. Charaka Samhita⁴, an ancient ayurvedic text depicted how intrinsic sex influence the daily lives of ancient Indian people. Ayurveda characterized the sexual qualities of three types of biological humors. Kapha types indulge insex more frequently than Vata and Pitta types. Vata types find satisfaction in changing the partners and pitta types are in quest for more intensity. Vajikaran therapy uses aphrodisiac supplements for improving psychological profile of an individual. Ayurvedic aphrodisiac enhances the normal sexual capacity and pleasure. Ayurvedically the aphrodisiacs powers are ascribed to libidous effects of foods, spices, herbs and mineral. They possibly provide physiological and psychological strengths to genital organs.

2. Theoretical Methodology

Thirty six formulations of ayurvedic/natural aphrodisiacs^{5,6} were studied. Their 'rasayana' characteristics are listed below:

- Improve body resistance and immunity
- Promote mental acuity, memory and intelligence
- Enhance vitality
- Stimulate metabolism
- Activate nervous system
- Prevent senile degenerations and stimulate regeneration
- Restore health and increase life span
- Rejuvenate failing sexual functions
- Build-up outstanding personality both physically and mentally
- Create general well-being

This holistic pluralism of bioactions testifies the therapeutic worth of ayurvedic medication. The healths of nerves, blood, arteries, heart, muscle tone, and digestion determine abilities of sexual health therefore sexuality is not only the gonadal. Aphrodisiacs can simply affect the organs and sex glands. The principles of aphrodisiology applied to view the structures of love, pleasure and hormonal chemistries⁷.

The love chemicals resemble amphetamine like and opiate type of compounds. They lure togetherness arouse sexual desire and keep us in love bonds long after the passions cool off.

Endorphins are natural pleasure chemicals, released during orgasm. They are molecules of emotions. This chemistry produces pleasure and relieves pain. The chemical structures of phenethylamine, and serotonin increase happy mood. Dopamine is lifetime love potion and promoter of sexual pleasure. Testosterone signifies the sexual energy.

The primary erotic organ is the brain. Aphrodisiacs are pleasure enhancers and tonic for nerve stimulation in genital areas through sensory stimuli. The libido (sexual desire and arousal) is resultant of activation of pleasure chemicals⁷ in CNS.

3. Discussion and Result

The review of therapeutical and biological properties of ayurvedic formulations^{8,9} provided following parameters for the designing

- Promoter of longevity
- Promoter of strength
- Promoter of anabolic activities
- Spermatopoietic
- Semen-retention
- Anti-stress (adaptogenic)
- Anti-anxiety
- Anti-fatigue
- Promoter of stamina
- Provider of metabolic substrates for erotic energy
- Enhancer of pleasure chemicals

Ayurvedic philosophy classifies the Indian foods into three categories the basis of spiritual values which decides the merit of dignified and creative eroticism

- Tamasic – toxic, lowers the spiritual nature with lethargy and slothfulness.
- Rajasic – invigorating stimulating, spicy
- Sattvic – purest class of sustenance, vegetarian, vegan life-style, least karmic burden.
- Rajasic and sattvic foods are naturopathic and take advantage of nutritious foods through natural aphrodisiacs dishes for revitalization and fortification of sexual health by anabolic activation.

Man's vigor, mental energy and aggressiveness are intimately related to sexual health. The nutritional status and life-style maintain the proper coordination of organs for regenerative ability so that sexual potential may be sustained.

When the production of prostatic fluid dwindles, man's desire and capabilities for sex drive reduce through decline in vitality. The prostate produces the material bulk for semen. Thyroid plays its role in sexual health, iodine deficiency decreases sex drive by increasing hormonal flow. The pituitary glands are responsible for the proper functioning of male and female sex hormones; thus providing sex drive for mind and body. All this infers that hormonal tropism, prostate secretion, activation of neurochemicals for bondage of love and blood flow for the sexual prowess.

The aphrodisiac nature of ayurvedic models should be age related because the deterioration of organs and declined body ability to deal with external stresses are important factors. The aging begins in persons of twenty years old as soon as growth hormones of teenage years are no longer produced. The body abuse and illness accelerate aging. Therefore two types of model are suggested for different age groups

- 20-50 age = A
- 50 onwards = B

The aphrodisiac model for people between 20-50 years of age demands strength, stamina, hygiene, pleasure, procreativity and happiness. Such ayurvedic model should be trine of love efficacy libido affinity and erotic energy through ayurvedic dietary protocols¹¹ and aphrodisiac supplements. They are all intimately inter-related and well co-ordinated.

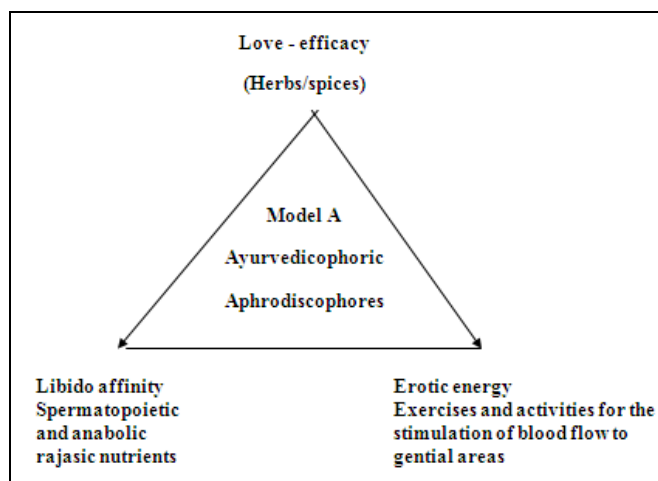


Figure 1

The advanced aged model (50 years onward) needs few modifications in an aphrodisiac model. The anxiety, depression, fatigue and stress, lack of nutritive diets, Zn⁺⁺, and absence of pleasurable chemicals diminish the sexual capacity, libido, and performance, therefore, dietary revitalizers and fortifiers¹¹ are essential parts of this model. The anti-stress, anti-fatigue, anti-anxiety, antidepressant, antioxidant vitamins, Zn⁺⁺, pleasure enhancer perfumes, and good energy substrates compose this ayurvedicophoric aphrodisicophore

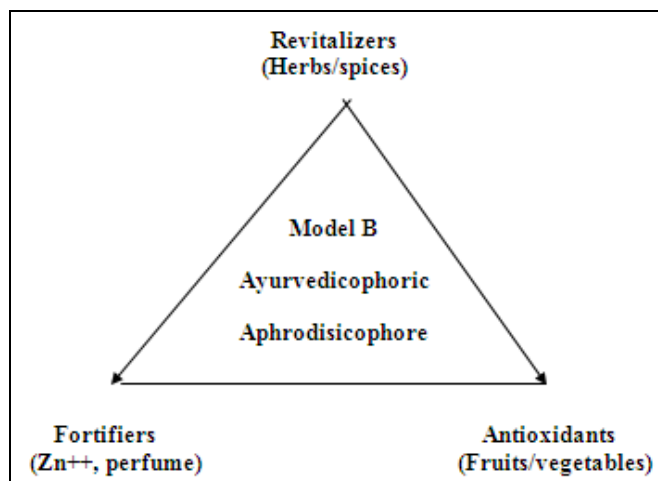


Figure 2

4. Conclusion

The sexual motivation is governed by psychosocial and socio-economic factors which no animal model can exactly replicate. Therefore ayurvedic product being a mixture of 'rasayana' ingredients would be precursor for sexual agonism by motivational stimulation of neuroendocrine system. The stipulated objectives are ascribed by aphrodisicophoric structure should

- Maintain and restore the sex organs
- Help to rejuvenate sex glands
- Perk up sexual experience and pleasure
- The most important is the inducer and intensifier of love

Two ayurvedicophoric aphrodisicophores have delineated based on love efficacy and revitalization for young and old. They prescribe pleasure efficacy and libido affinity and erotic energy. Recently the area of aphrodisiac research received well deserved attention for the growth of aphrodisiology to imbibe passion, arousal and prowess at behavioral level through 'rasayana' character of phyto chemicals. Ayurvedic philosophy of Indian dietary styles helped to potentiate sexual creativity and ingenuity.

5. Acknowledgement

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