

Ayurveda Intervention of the Management on Dvajabhanga wsr Erectile Dysfunction: A Systematic Review

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Ayurveda classical texts have mentioned that Dvajabhanga can be correlated with Erectile Dysfunction (ED) in modern medicine. In this study the PICO model was used to formulate the research question. This systematic review was conducted as per the PRISMA- P guidelines. The terms ED, Dvajabhanga, Klaibya and Shukra Dushti were used in searching without narrowing or limiting search elements. Accordingly, clinical trials, case series, case reports were included and ED patients aged between 18 to 70 years were diagnosed, irrespective of ethnicity and marital status, with or without diabetes mellitus, psychogenic ED, obesity were included in this study. At the end of the selection process, 23 research articles Including 9 clinical studies and 14 review articles were selected Clinical trials have been conducted for diagnosed ED patients and selected treatment modalities were as follows: Shodhana, Shamana, Shodhana with Shamana, External applications, and Uttarabasti. Among the clinical studies, Shamana (Rasayana Drugs) followed by Shodhana may show a better result than only Shamana treatment. Kaminimadvidhunan Ras and Pramehamihir Tail Matra Basti have a significant effect in treating ED due to diabetes. Kapikacchu Churna (black seeds) has shown a highly significant increase in erectile function and sexual desire. The results of the 14 review articles recommended suitably combined treatment options as a general line of treatment for Dvajabhanga – Purification therapy: Snehayukta Virechana, Asthapana and Anuvasana, Vrishya yogas. In addition, Uttarabasti is recommended as a local treatment for ED. It can be concluded that Panchakarma with internal medicine treatments was observed to have better results for ED with or without Diabetes Mellitus than only internal medicine.

Keywords: *erectile dysfunction, Dvajabhanga, Klaibya, Shodana, Shamana*