

Ethnomedicinal Plants Used for Cure of Sexual Dysfunctions in Humans by Traditional Hakeem's of Malegaon Region from Nasik District.

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Abstract: *Hakeem is an Arabic word meaning "Physician" or "Practitioner of herbal medicine". Hakeems are practice Unani medicinal system i.e. the Greco Arabian system of medicine or Islamic medicine. Most of the Hakeems are practice on sexual disorders like Decrease in sperm count, decrease of viscosity of semen, erectile dysfunction, pre mature ejaculation and fluidity of sperms are common sexual dysfunctions of males and Leucorrhoea, Amenorrhea and Lactational amenorrhea (Postpartum infertility) are the common sexual dysfunctions of females of human being. The present study on these diseases is based on the collection of data from Hakeems of Malegaon region who practicing on these diseases from generations about 90 to 150 years.*

Keywords: Hakeem, Unani, Temperament.

I. INTRODUCTION

Hakeem never told his formula but in this present work we try to collect some data from Hakeems about some plants used against sexual dysfunctions and we collect 18 plants crude drugs and some details about these plants. These 18 plants belongs to 16 genera of 15 Families.

Malegaon city is densely populated with near about twelve lakh people live in a society from this 79 % peoples belongs to Islam religion and from this 75 % people complete their education in Urdu language and these peoples also have great knowledge of Arabic and Persian and the data of Unani medicinal system is written in the language. Hakeems of Malegaon practicing these system traditionally learned from their ancestors. The medicines have great impact factor.

II. MATERIAL AND METHODS

2.1 Survey

We collect data and samples of crude drugs from Hakeems and some BUMS doctors who practicing in Unani system by interview. The Hakeems of Malegaon are practicing in these medicine from 90 to 150 years.

- Doctor and Hakeem Tabish: Their clinic was established in 1928. It is their family profession which is going on since 90 years and this is their fourth generation in the same profession. Their great grandfather (Hakeem FatehMohammed / Fattu Hakeem) was the pioneer of this profession in their family.
- Hakeem Altaf Rehmani: It is their family profession which is going on since 120 years and this is their fourth generation in the same profession. Their great grandfather was the pioneer of this profession in their family.
- Hakeem Momin Hafeez (Lallahakeem): It is their family profession which is going on since 90 years and this is their third generation in the same profession. Their great grandfather was the pioneer of this profession in their family.
- Babu Hakeem: It is their family profession which is going on since 85 years and this is their third generation in the same profession. Their great grandfather was the pioneer of this profession in their family.
- Mohammadia Unani College and Assayer Hospital: I obtained information, photographs and samples of crude drugs from here. Dr. Omair Malik (B.U.M.S.) helped me here for collection of crude drugs.

III. OBSERVATION

1) Botanical name: *Withaniasomnifera*

Unani name / Local name: Asgandh

English name: Winter cherry

Common name: Ashwagandha

Family: Solanaceae

Medicinal part of the plant: Root

Form of medicine: Root powder and milky latex.

Temperament: Hot and dry 3°

Uses: Erectile dysfunction (sexual disease of men's), increases viscosity of semen, spermatogenic, leucorrhoea (in females), joint pain, increases production of milk.

Dose: 3 to 5 gm.

Side effects: Hot temperament

Solution of side effects: Use with Kateera (*Sterculiaurens*)

Compound form: Hub-e-asgandh, majoon-e-muqawwirahem

2) Botanical name: *Salvia haematodes*

Unani name / Local name: BehmanSurkh

English name: Red Behen

Common name: Lalbehman

Family: Lamiaceae(Labiatae)

Medicinal part of the plant: Roots

Temperament: Hot and dry 3°

Uses: Sexual disorders like premature ejaculation, increase viscosity of semen, palpitation.

Dose: 3 to 5 gm.

Side effects: Headache

Solution of side effects: use with Shikanjabeen

Compound form: Laboobkaseer, Hub-e-jadwar

3) Botanical name: *Gossypiumherbaceum*

Gossypiumindicum

Unani name / Local name:Pumbadana

English name: cottonseed

Common name: Sarki

Family: Malvaceae

Medicinal part of the plant: Seed, root, fruit, fruit covering, flower.

Form of medicine: Seed oil, powder.

Temperament: seed; hot and wet 2°

Uses: Seeds use in sexual disorders, increase sperm production, milk production, and expectorant.

Dose: 3 to 7 gm.

Compound form: Majoonkhurma, majoonpumbadana.

Side effects: kidney diseases

Solution of side effects: Sarbat-e-banafsha (*Viola pilosa*)

4) Botanical name: *Asteracanthalongifolia*

Unani name / Local name:Talmakhana

English name: Andres

Common name: Talimkhana
Family: Acanthaceae
Medicinal part of the plant: Seeds and root.
Form of medicine: powder
Temperament: Cold and wet 1°
Uses: Seeds; increase viscosity of semen, increase production of sperms, fluidity of sperms, production of milk, nutritive. And Root; highly diuretic, kidney stone, analgesic.
Dose: 2 to 5 gm.
Compound form: Sufoof-e-kalan, Majoon-e-pyaz.
Side effects: Not easily digestible.
Solution of side effects: use with honey

5) Botanical name: *Cheiranthuscheiri*
Unani name / Local name: Tudri
English name: Wallflower
Family: Cruciferae
Medicinal part of the plant: Seeds are used.
Form of medicine: Powder of seeds.
Temperament: Hot and wet 2°
Uses: used in sexual disorders, increase production of sperms, increase production of milk, nutritive, Anti-inflammatory, expectorant.
Dose: 3 to 5 gm.
Compound form: Laboobkabir/sageer, Majoontalib.
Side effects: Bad for stomach
Solution of side effects: Use with Zarishk (*Berberisaristate*)

6) Botanical name: *Tamarindusindica*
Unani name / Local name: Tamar-e-hindi
English name: Tamarind
Common name: Imli/chinch
Family: Fabaceae (Leguminosae)
Medicinal part of the plant: Fruit, Seed, leaf, bark.
Form of medicine: Fruit pulp, Seed cotyledons powder.
Temperament: Seed Cold and dry 3°
Uses: Seeds cotyledons; Increase viscosity of semen, hemostatic, vasoconstriction, Fruit pulp; used in bile diseases, palpitation, anti-emetic. Leaf; anti-inflammatory, vasoconstriction, Bark; Vasoconstriction and haemostatic.
Dose: Seeds 2 to 3 gm. and fruit pulp 25 gm.
Compound form: Sharbat-e-tumarhindi, Jawarishtamarhindi.
Side effects: fruit pulp bad for throats and seeds cause constipation.
Solution of side effects: Constipation: Use with Taranjabeen (*Fraxinusornus*)

7) Botanical name: *Orchismasculata*
Unani name / Local name: SalabMisri
English name: Salep
Common name: Salam
Family: Orchidaceae
Medicinal part of the plant: Root is used.

Form of medicine: Powder of root use with milk.

Temperament: Hot and wet 2°

Uses: Sexual disorders, increase viscosity of semen, increase production of sperms, neurotonic, nutritive.

Compound form: Sufuf-e-salab, MajunSalab, LabubKabeer

Side effects: Bad for hot temperament

Solution of side effects: Use with Kasni (*Cichoriumintybus*)

8) Botanical name: *Smilax china*

Smilax glabra

Unani name / Local name: ChobChini

English name: China root

Common name: Bari-chobchini

Family: Smilacaceae(Liliaceae)

Medicinal part of the plant: Root.

Temperament: Hot and dry 2°

Uses: Improve functions of vital organs, Anti-inflammatory, thrombolytic, Blood purifier, Analgesic, Diuretic, fresh root use as sedative, Migraine (half head ache), paralysis, piles, joint pain, Sexual diseases, urine incontinence.

Dose: 5 to 2 gm.

Compound form: Sharbat-e-Murakkab, MajoonChobChini.

Side effects: Bad for hot temperament

Solution of side effects: use with Rumman (*Punicagranatum*)

9) Botanical name: *Laurusnobilis*

Unani name / Local name: Hab-ul-Gar

English name: Sweet bay Laurels

Family: Lauraceae

Medicinal part of the plant: Fruit is used.

Temperament: Hot and dry 2°

Uses: Sexual disorders, Analgesic, Anti-inflammatory, anti-toxin, used in kidney stone, Nerve stimulant, phlegmatic diseases.

Dose: 3 to 5 gm.

Compound form: TaryaqFarooque, TaryaqArba-a.

Side effects: vomiting

Solution of side effects: mixed with Zarshak

10) Botanical name: *Carthamustinctorius*

Unani name / Local name: Hab-ul-Qurtum

English name: Safflower

Common name: Kusum

Family: Asteraceae(Compositae)

Medicinal Part of the Plant: Seeds.

Temperament: Hot and dry 2°

Uses: Diuretic, used in sexual disorders (Amenorrhea), Improve function of liver and stomach, anti-inflammatory, expectorant, cough bronchitis, ascites, leprosy, skin diseases.

Dose: 2 to 5 gm.

Compound form: JwarishQurtum, Majoonmusafa.

Side effects: bad for stomach

Solution of side effects: Use with ZirahSufeed and Anisoon (*Pimpinellaanisum*)

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11) Botanical name: *Trigonella foenum-graecum*

Unani name / Local name: Hulba

English name: Fenugreek

Common name: Methi

Family: Fabaceae (Leguminosae)

Medicinal part of the plant: Seeds and leaf

Temperament: Hot and dry 2°

Uses: Used in sexual disorders (Amenorrhea), cold diseases, Anti-inflammatory, cosmetics, improve digestion, laxative.

Dose: 3 to 5 gm.

Compound form: Raogan Shifa, Dawa-al-mask, Marhamdakhilun.

Side effects: Bad for hot temperament

Solution of side effects: used with spinach.

12) Botanical name: *Tribulus terrestris*

Unani name / Local name: kharkhashak

English name: Caltrops

Common name: Gokhru

Family: Zygophyllaceae

Medicinal part of the plant: Fruit and leaf.

Form of medicine: Fruit and leaf extract.

Temperament: Hot and dry 1°

Uses: It increases viscosity of semen, diuretic, Kidney stone, bladder stone.

Dose: 5 to 7 gm.

Compound form: Sharbat-e-nadwi, sufuf Gond Katirewala.

Side effects: Head ache

Solution of side effects: mixed with Raogan Badam (*Prunus amygdalus*)

13) Botanical name: *Piper longum*

Unani name / Local name: Darfilfil / Filfildaraz

English name: Long Pepper

Common name: Pipli

Family: Piperaceae

Medicinal part of the plant: Root and fruit.

Temperament: Hot and dry 2°

Uses: Expectorant, used in sexual disorders, helpful in digestion, anti-inflammatory, and also use in cosmetics.

Dose: 1 to 3 gm.

Compound form: Jawarish Bisbasa.

Side effects: It cause Head ache.

Solution of side effects: Samagh-e-Arabi (*Acacia arabica*)

14) Botanical name: *Zingiber officinale*

Unani name / Local name: Zanjabeel

English name: Ginger

Common name: Adrak

Family: Zingiberaceae

Medicinal part of the plant: Rhizome (underground stem) is used.

Form of medicine: Powder, Decoction, dry stem.

Temperament: Fresh condition; hot 3° and dry 2° and Dry form; hot and dry 2°

Uses: Digestive, memory booster, sexual disorders, leucorrhea, expectorant, appetizer, Anti helminthic (kills worms)

Compound form: ajoonZanjaneel, JawarishZanjabeel.

Side effects: Bad for hot temperament

Solution of side effects: mixed with RaoganBadam (*Prunusamygdalus*)

15) Botanical name: *Cyperusrotundus*

Unani name / Local name: Saadkofi

English name: Nutgrass

Common name: Nagarmotha

Family: Cyperaceae

Medicinal part of the plant: Root is used.

Temperament: Hot and dry 2°

Uses: Used in sexual disorders (Amenorrhea), kidney and bladder stone, cardio protective, brain tonic, nerve stimulant, diuretic, digestive, anti-inflammatory, moth freshener.

Dose: 3 to 5 gm.

Compound form: JawarishJalinoos, Anwar Shadarad.

Side effects: Bad for throats and lungs.

Solution of side effects: Used with honey and sugar.

16) Botanical name: *Peganumharmala*

Unani name: Aspand / Ispand

English name: Syrian rue

Common name: Aspand / Harmal

Family: Nitrariaceae (Rutaceae)

Part of plant: Seeds

Form of medicine: powder form

Temperament: Hot and dry 2°

Uses: Sexual disorders, Dysmenorrhea, Amenorrhea, premature ejaculation, Spermatorrhea, facial paralysis, improve nervous activity, diuretic, anti-inflammatory, production of milk, deafness.

Dose: 3-5 gm.

Compound form: hub-e-aspand, majun-e-aspand, hub-e-jiryan

Side effects: Head ache

Solution: Used with citrus fruits.

IV. RESULT AND DISCUSSION

The total 18 studied plants used for sexual dysfunction in humans are belongs to 15 families from these families Fabaceae (Leguminosae), Malvaceae, Smilacaceae (Liliaceae) repeated twice and other 12 family's shows no repetition shown below in figure 1.1. From these plants the medicinal parts of the plant is most commonly used is roots, seeds and fruits, 8, 7 and 5 times repetition (Fig. 2.2) indicates that most commonly root, seed and fruit parts of a plants have a medicinal properties to cure such kind sexual disorders.

Fig: 1.1 Frequency of families of plants

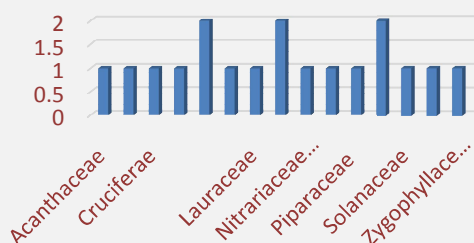
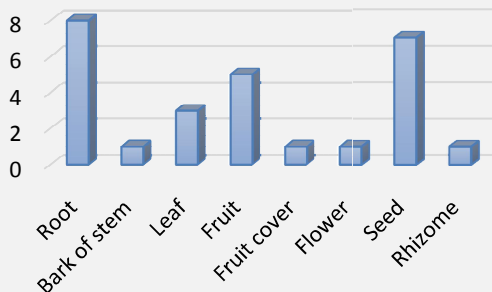


Fig:2.2 Medicinal Parts of plants



V. CONCLUSION

Unanitibb and Hakeemi medicines are have a great scope in drug development, if we collect such kind of traditional data then we can develop better cost effective drugs for everyone and for every community peoples. Because of Unani or Hakeemi medicines are effective available in very low price that's why everyone got the benefits from these medicine.

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