IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 6, June 2025
Impact Factor: 7.67

# Therapeutic Insights into Padmakadi Gana: A Literary Review on Ayurvedic Perspective on Vrushya Dravyas for Male Infertility

**Dr. Akshit Tyagi**
Medical Practitioner, Mrityunjay Ayurved Clinic, Modinagar, Uttar Pradesh, India

**Abstract:** Infertility, particularly male infertility, remains a significant clinical challenge globally, often associated with various forms of *Shukra Dushti* as described in Ayurvedic literature. *Padmakadi Gana*, a classical group of medicinal herbs, is renowned for its *Vrushya* (aphrodisiac) and *Rasayana* (rejuvenative) actions. This literary review explores the pharmacodynamic properties and therapeutic relevance of *Padmakadi Gana* in the management of *Shukra Kshaya* and *Purusha Vandhyatva*. Through critical analysis of classical Ayurvedic texts and commentaries, the study highlights the herbs' collective actions, including *Agnideepana*, *Srotoshodhana*, *Shukravardhana*, and *Tridosha Shamana*. These attributes enable effective correction of various types of *Shukra Dushti* as classified by Acharyas Charaka, Sushruta, and Vagbhata. The findings reaffirm the holistic approach of Ayurveda in reproductive health and support the continued therapeutic relevance of *Padmakadi Gana* in *Vajikarana Chikitsa.*

**Keywords:** Padmakadi Gana, Vrushya, Shukra Dushti, Vajikarana, Purusha Vandhyatva

## I. INTRODUCTION

Infertility, defined as the failure to achieve pregnancy after 12 months of regular unprotected intercourse, remains a growing global concern despite the expanding world population.[1] Epidemiological data indicate that infertility affects approximately 20–30% of the global population, with male factors solely responsible in 30–40% of cases.[2] Common etiological contributors include impaired sperm production and function, disruptions in sperm delivery mechanisms, lifestyle irregularities, and increasing environmental toxicities.[3]

In Ayurvedic science, such conditions are often diagnosed as manifestations of *Shukra Kshaya*, characterised by the quantitative or qualitative deficiency of semen.[4] Classical Ayurvedic texts enumerate eight distinct pathological conditions that affect *Shukra Dhatu* (reproductive tissue), ultimately leading to infertility. Addressing this, *Vajikarana*, a specialised branch within *Ashtanga Ayurveda*, deals comprehensively with male sexual disorders, including *Shukra Dushti* and *Klaibya* (sexual dysfunction), offering therapeutic frameworks to manage *Shukra Dosha* and *Vandyatva* (infertility).

Among various therapeutic approaches, *Vrushya* (aphrodisiac) dravyas occupy a vital role in enhancing reproductive potential. These agents are classified based on their *Rasa* (taste), *Guna* (qualities), *Virya* (potency), *Vipaka* (post-digestive effect), and *Karma* (action). Typical *Vrushya* properties include *Madhura Rasa* (sweet taste), *Snigdha Guna* (unctuousness), *Brimhana* (bulk-promoting), *Jivana* (life-enhancing), and *Guru* (heaviness), collectively aiming to nourish and revitalise *Shukra Dhatu*.[5]

The *Padmakadi Gana*, a classical group of medicinal herbs referenced in Ashang Hridaya, includes botanicals such as *Padmaka* (Prunus cerasoides), *Pundra* (Nymphaea lotus), *Vriddhi* (Habenaria intermedia), *Tuga* (Bambusa arundinacea), *Shringi* (Pistacia integerrima), and *Amruta* (Tinospora cordifolia), along with the ten herbs of the *Jeevaniya* category like *Jivanti*, *Kakoli*, *Meda*, *Rishabhaka*, and *Madhuka*. These herbs exhibit multifaceted pharmacological actions including *Stanyakaraka* (lactation-promoting), *Vata-Pittahara* (dosha pacifying), *Brimhana* (nourishing), and *Vrushya* (aphrodisiac effects).[6]


DOI: 10.48175/IJARSCT-27907

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429 Volume 5, Issue 6, June 2025 Impact Factor: 7.67

Phytochemical investigations reveal that many of these herbs possess potent antioxidant, immunomodulatory, adaptogenic, and rejuvenative properties. These actions are particularly beneficial in mitigating oxidative stress, a significant contributor to male infertility due to the detrimental effects of reactive oxygen species (ROS) on sperm morphology, motility, and function. For instance, *Tinospora cordifolia* is known for its anti-inflammatory, anti-stress, and anti-toxic attributes [7] while *Pistacia integerrima* balances *Vata* and *Kapha* doshas and aids in treating respiratory and digestive disorders, indirectly supporting reproductive health.[8]

This review explores the classical and contemporary understanding of the *Padmakadi Gana* as *Vrushya Dravyas*, elaborating their Ayurvedic pharmacodynamics and correlating them with modern biomedical insights. The discussion bridges the Ayurvedic concept of *Shukra Dushti* with modern semen parameters, thereby illuminating the therapeutic rationale and mode of action of these botanicals in the context of male infertility.

## II. MATERIAL AND METHODS

This study is a conceptual literary review aimed at evaluating the *Vrushya Karma* of *Padmakadi Gana* in relation to *Shukra Dushti* and *Purusha Vandhyatva*. Data was collected from Classical Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and *Nighantus* for *Dravyaguna* details and modern sources: Ayurvedic journals and pharmaco-botanical studies for current relevance.

The herbs were analysed based on their *Rasa, Guna, Virya, Vipaka,* and *Prabhava*, along with their relevance in correcting *Shukra Dushti* through *Agnideepana, Srotoshodhana, Vrushya* and *Rasayana* actions.

## III. RESULT AND DISCUSSION

In the realm of *Vajikarana Tantra*, *Shukra Dhatu* is regarded as the *uttama dhatu*, the final and most refined essence of the *sapta dhatus*. It is this *Shukra* which serves as the *Beeja* for *Garbhotpatti* and is the very substratum of *Ojas*, which governs *Ayus*, *Bala*, *Medha*, and *Vyadhikshamatva*. Thus, any vitiation (*Dushti*) or depletion (*Kshaya*) of *Shukra Dhatu* has profound implications not only on reproductive function but also on the overall vitality and longevity of the individual.

### Types of Shukra Dushti as per Brihatrayee

The classical *Acharyas* have enumerated various types of *Shukra Dushti* based on their *Dosha Prakopa*, *Rasa-Guna Vikriti*, and *Mala Samsrusta Avastha*.[4] These vitiated forms of semen, as described in the texts, are not merely physiological aberrations but reflections of deeper systemic imbalance.

Acharya Charaka describes *Phenila* (frothy), *Tanu* (thin), *Ruksha* (dry), *Vivarna* (discolored), *Pooti* (foul-smelling), *Picchila* (slimy), *Anyadhatu Samsrusta* (mixed with other tissues), and *Avasadi* (settled or precipitated).

Acharya Sushruta classifies the dushti as *Vataja*, *Pittaja*, *Sleshmaja*, *Kunapa* (putrid), *Granthi* (nodular), *Pootipuya* (purulent), *Ksheena* (deficient), and *Mutrapurisha-retasah* (mixed with urine and feces).

Vruddha and Laghu Vagbhatta echo these variations and add nuances such as *Gandhi Kunapa* (malodorous), *Abeeja* (lacking fertilizing potency), and *Malahvaya cha Dvidha* (mixed with waste products in two forms).

These variations in *Shukra Dushti* are reflective of *Tridoshic vitiation* and their involvement in the degeneration of *Shukra Dhatu*, indicating the need for *Tridosha Shamana*, *Dhatu Poshana*, and *Rasayana* interventions.

### Padmakadi Gana

In this context, *Padmakadi Gana* assumes great therapeutic importance. The verse —

*"पद्मकपुण्ड्रौ वृद्धितुगर्ध्यः शृङ्ग्यमृता दश जीवनसंज्ञाः... वृष्याः"*

— explicitly states this group's Vrushya, Brimhana, Jivana, and Stanyakara attributes.

Padmaka (Prunus cerasoides)

Padmaka, being *Kapha-Pitta Shamana*, cools down the aggravated *Pitta*, which is often responsible for *Tanutva*, *Vivarna*, and *Pooti Shukra Dushti*. Its *Snigdha Guna* supports *Shukra Pushti* and helps combat *Vataja Rukshata*.[9]

Pundra (Nymphaea lotus)

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429 Volume 5, Issue 6, June 2025 Impact Factor: 7.67

*Madhura-Tikta Rasa*, *Snigdha Guna*, *Sheeta Virya*, *Madhura Vipaka*—these attributes render it effective in *Pittaja Shukra Dushti* and *Ksheena Shukra*.[10]

Vriddhi (Habenaria intermedia)

*Vriddhi* strengthens the reproductive tissues, especially in *Ksheena*, *Phenila*, and *Vivarna Shukra Dushti*. It also functions as a *Rasayana*, supporting systemic *Balya* and *Rasadi Dhatu Pushti*.[11]

Tuga (Bambusa arundinacea)

*Tuga* is useful in clearing *Kapha* and *Pitta dushti*, offering relief in *Picchila* and *Sleshmaja Shukra Dushti* while promoting *Dhatu Agni Deepana*.[12]

Shringi (Pistacia integerrima)

With its *Katu-Tikta Rasa*, *Ruksha Guna*, and *Ushna Virya*, *Shringi* is especially effective in *Kapha-Vataja Dushti* such as *Granthi*, *Pootipuya*, and *Mutrapurisha-retasah*.[8]

Amruta (Tinospora cordifolia)

The great *Rasayana*, *Amruta*, with *Tikta-Kashaya Rasa*, *Laghu-Guru-Snigdha Guna*, *Ushna Virya*, and *Madhura Vipaka*, is a *Tridoshaghna*, *Vishaghna*, and supports *Agnideepana* and *Srotoshodhana*. It is particularly beneficial in *Kunapa*, *Abeeja*, and *Malahvaya* types of *Dushti*.[13]

**Role of Jeevaniya Gana (Part of Padmakadi Gana) in Shukra Poshana**

The *Jeevaniya Gana* herbs—*Jivaka*, *Rishabhaka*, *Meda*, *Mashaparni*, *Mudgaparni*, *Kakoli*, *Kshirakakoli*, and *Madhuka*—are endowed with *Madhura Rasa*, *Guru-Snigdha Guna*, and *Sheeta Virya*. These qualities nourish all *Dhatus*, especially *Rasa* and *Shukra*, and improve *Ojas*, which is the *essence* of *Shukra Dhatu*.[14]

Their *Balya*, *Brimhana*, and *Rasayana* properties aid in reversing *Ksheena Shukra* and enhancing *Beeja Shakti*.

**Therapeutic Conclusion**

On close examination of the *Padmakadi Gana*, it becomes evident that this group of *Aushadhi Dravyas* stands as a comprehensive therapeutic arsenal in addressing *Shukra Dushti* of varied origins—whether it be *Vataja*, *Pittaja*, *Sleshmaja*, or *Samsrishta* in nature. The efficacy of these herbs lies not in isolated action but in their harmonious blend of *Rasa* (taste), *Guna* (qualities), *Virya* (potency), and *Vipaka* (post-digestive effect), which together manifest a multidimensional *Karma* on the *Sharira* and *Shukra Vaha Srotas*.

These *Dravyas* function at various levels of *Samprapti Vighatana* (pathological interruption) as follows:

Agnideepana: By stimulating the *Jatharagni* and *Dhatvagni*, they rekindle the digestive and metabolic fire, thus ensuring proper transformation and nourishment of *Rasa Dhatu* into *Shukra Dhatu*.

Srotoshodhana: They facilitate unobstructed flow in the *Shukravaha Srotas*, removing *Avarana* (blockages), thus enabling proper distribution and excretion of *Shukra*.

Shukra Vardhana: These herbs directly enhance both the *quality* and *quantity* of *Shukra Dhatu*, enriching its *Sara*, increasing *Beeja Shakti*, and enabling successful *Garbhotpatti*.

Rasayana: Acting as rejuvenatives, they arrest *Dhatu Kshaya*, replenish *Ojas*, and promote *Dehabala*, *Medha*, and *Ayus*, thus fortifying the reproductive and systemic reserves.

Vrushya Karma: Through their *Madhura Rasa*, *Snigdha Guna*, and *Sheeta Virya*, they arouse *Kama*, strengthen *Vajikarana Bala*, and correct *Klaibya* and *Vyapad*.

Balya Karma: The *Guru-Snigdha* attributes contribute to muscular and systemic strength, which is foundational in restoring *Shukra Dhatu* and combating *Ksheenata* and *Alpatva*.

Tridoshaghna: Being *Tridosha Shamakas*, they bring equilibrium to *Vata*, *Pitta*, and *Kapha*, which is essential in correcting *Dushti Prakara* as described by *Acharyas*.

## IV. CONCLUSION

This review underscores the classical relevance and therapeutic efficacy of Padmakadi Gana in the management of male infertility arising from various types of Shukra Dushti. The formulation's key actions—Vrushya, Rasayana,

IJARSCT
International Journal of Advanced Research in Science, Communication and Technology
International Open-Access, Double-Blind, Peer-Reviewed, Refereed, Multidisciplinary Online Journal
ISSN: 2581-9429
Volume 5, Issue 6, June 2025
Impact Factor: 7.67

Agnideepana, Srotoshodhana, and Shukravardhana—address both the root causes and clinical features of Shukra Vikriti.

## V. REFERENCES

**[1].** Vander Borght M, Wyns C. Fertility and infertility: Definition and epidemiology. Clin Biochem. 2018 Dec;62:2-10. doi: 10.1016/j.clinbiochem.2018.03.012. Epub 2018 Mar 16. PMID: 29555319.

**[2].** Leslie SW, Soon-Sutton TL, Khan MAB. Male Infertility. [Updated 2024 Feb 25]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: https://www.ncbi.nlm.nih.gov/books/NBK562258/

**[3].** Schlegel PN, Sigman M, Collura B, De Jonge CJ, Eisenberg ML, Lamb DJ, Mulhall JP, Niederberger C, Sandlow JI, Sokol RZ, Spandorfer SD, Tanrikut C, Treadwell JR, Oristaglio JT, Zini A. Diagnosis and Treatment of Infertility in Men: AUA/ASRM Guideline Part I. J Urol. 2021 Jan;205(1):36-43.

**[4].** Shilpa Shree C. Review on Role of Shukra Dushti (Vitiation of Semen) in Male Infertility and its Management International Journal of Ayurveda and Pharma Research. 2022;10(Suppl 2):93-104. https://doi.org/10.47070/ijapr.v10iSuppl2.2527

**[5].** Vidyashree K, Karthikeya Prasad*, Shilpa A. ROLE OF VRUSHYA DRAVYAS IN MALE INFERTILITY W.S.R. TO SHUKRADOSHA. Ayushdhara [Internet]. 2019Jun.21 [cited 2025Jun.11];6(2):2143-6. Available from: https://ayushdhara.in/index.php/ayushdhara/article/view/453

**[6].** Vagbhata, Astangahrdaya with commentary of Arunadatta, Hemadri Krit, edited by Hari Sadasiva Sastri Paradakara, Shareera Sthana, Ch. 15. Varanasi: Chaukamba Sanskrit Sansthan; 2015.

**[7].** Gupta A, Gupta P, Bajpai G. *Tinospora cordifolia (Giloy)*: An insight on the multifarious pharmacological paradigms of a most promising medicinal ayurvedic herb. *Heliyon*. 2024;10(4):e26125. Published 2024 Feb 15. doi:10.1016/j.heliyon.2024.e26125

**[8].** Manish Grover. Pistacia integerrima (Shringi)- A Plant with Significant Pharmacological Activities. J Phytopharmacol 2021; 10(5):323-330. doi:10.31254/phyto.2021.10508

**[9].** Tiwari *Chityanand, Chubey S, Kurele R, Nautiyal R. A REVIEW ON PADMAKA (PRUNUS CERASOIDES D. DON): DIFFERENT SPECIES AND THEIR MEDICINAL USES. Ayushdhara [Internet]. 2017Aug.10 [cited 2025Jun.11];4(1). Available from: https://ayushdhara.in/index.php/ayushdhara/article/view/248

**[10].** Kameni PM, Dzeufiet DPD, Bilanda DC, et al. *Nymphaea lotus* Linn. (Nymphaeaceae) Alleviates Sexual Disability in L-NAME Hypertensive Male Rats. *Evid Based Complement Alternat Med*. 2019;2019:8619283. Published 2019 Jul 29. doi:10.1155/2019/8619283

**[11].** Virk, Jaswinder. (2019). Vriddhi (Habenaria intermedia): A Comprehensive Monograph.

**[12].** Talekar SG, Uppalwar S, Sen AK, Khan ZM. A review on herbal plant: *Bambusa arundinacea*. Int J Res Publ Rev. 2024 Dec;5(12):1772-6.

**[13].** Upadhyay AK, Kumar K, Kumar A, Mishra HS. Tinospora cordifolia (Willd.) Hook. f. and Thoms. (Guduchi) - validation of the Ayurvedic pharmacology through experimental and clinical studies. Int J Ayurveda Res. 2010;1(2):112-121. doi:10.4103/0974-7788.64405

**[14].** Manhas, Ekta & Singh, Anil Kumar. (2022). A REVIEW ON THE JEEVANIYA GANA FROM THE AYURVEDIC CLASSICS. 10.20959/wjpps20229-23190.