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Safed Musli: Herbal Viagra for Male Impotence

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Safed musli is used for the production of hormone which is very imperative called testosterone it is also used for the effective execution of adrenal gland which is very important for sexual arousal. It also used to improve other functions like circulation of blood treating fatigue to enhance strength and energy. it is good for all round development of health safed musli is called as Divine Medicine for its medicinal qualities. Sexual weakness has come of age; many men undergoing this process now cannot tell much about themselves. The absence of confidence associated with low sexual performance is a quiet killer. Low sperm count, inability to fertilize a woman and shortcomings of erection imprints in a man a picture that speaks for itself. Safed musli contains carbohydrates, fiber, alkaloids, saponins and proteins which makes it a natural medicine for improving immune system, blood flow to all parts of the body, essential amino acid supplementation, curing fatigue stamina and vigor. The tuber roots of the plant of safed musli are used to make a tonic to treat all types of weakness and male impotency since ancient times.

Keyword: Safed Musli, Herbal Viagra, Erectile Dysfunction.

1. Introduction

Safed musli (*Chlorophytum*) is a very popular aphrodisiac agent, with no side effects. It is often prescribed for enhancing male potency and overcoming signs of fatigue. Safed musli is particularly used for individuals with low sperm count and low libido. The tuber roots of safed musli (*Chlorophytum*) have been used since ancient times, to prepare nutritive tonic for sexual weakness and is used in Ayurvedic medicines even today. Safed musli is a Hindi term for the botanical herb *Chlorophytum borivilianum*. It is a traditional medicinal plant and thick forests being its original and natural habitat. In Sanskrit it is known as shwet musli. Mainly its tuberous roots are utilized for ayurvedic medicines. Nutritive tonic made from these roots is used to improve general sexual

weakness. Safed musli has natural oil, which is excellent manure for good and robust health and ideal for mother hood. It is also used in production of Chawanprash. In the ayurvedic literature, safed musli is celebrated as a 'Divya Aushad' (Divine Medicine) with unparalleled medicinal properties. It is a chief ingredient in the preparation of over a hundred ayurvedic formulations. Besides its extensive use in ayurveda and other conventional medicinal systems in Asia, Safed musli is also gaining increasing acceptance as a vitalizer. It has also been widely accepted as a health-giving tonic, a curative for pre-natal and post-natal problems, a restorative for immunity-improvement and as a remedy for diabetes and arthritis as well.

1.1 Common Names

Hindi	:-	Safed Moosli, Dholi Musli, Khiruva
English	:-	Land-Calotrops
Latin	:-	Chlorophytum Borivilianum
Family Name	:-	Liliaceae
Sanskrit	:-	Swetha Musli
Tamil	:-	Taniravi Thang
Telgu	:-	Swetha Musli
Malayalam	:-	Shedheveli
Marathi	:-	Safed Musli
Guajarati	:-	Dholi Musli
Arabic	:-	Shaqaque

1.2 Types

Safed musli (*Chlorophytum borivilianum*) is a medicinal plant, with small, usually white flowers, produced on sparse panicles up to 120 cm long. It can grow up to a maximum height of 1.5 ft; Tubers can grow up to a depth of 10 inches.

Around sixteen different varieties have been identified to be found in the Indian Sub-Continent. Depending of the significant medicinal properties, *Chlorophytum borivilianum*, a particular variety of Safed Musli has got maximum demand and commercial value. The main 8 types of Safed Musli are

1. *Chlorophytum borivillianum*
 2. *Chlorophytum arundinaceum*
 3. *Chlorophytum tuberculatum*
 4. *Chlorophytum malabericum*
 5. *Chlorophytum attenuatum*
 6. *Chlorophytum breviscapum*
 7. *Asparagus filicinus*
 8. *A gonocladus*
- **Leaves:** Sessile or short petiolate, with sheathing bases, 15 to 45 cms. 1.5 to 2.5 cms. Linear or linear lanceolate, membranous, glabrous or sparsely softly hairy. The leaf tip in contact with soil produces adventitious roots.
 - **Flowers:** white
 - **Fruit:** The seeds are black in colour and with angular edges. Capsule, 4- seeded

with a slender beak and spongy septa, seeds oblong, black and shiny with crustacean's testa. Root stock stout, short or elongate, cylindrical, 4 to 15 cm. long, average being 7.4 cm. 0.5-1. cm wide

1.3 Chemical Constituents

Safed Musli contains carbohydrates (35-45%), fiber (25-35%), alkaloids (15-25%), saponins (2-20%), and proteins (5-10%). It is a rich source of over 25 alkaloids, vitamins, proteins, carbohydrates, steroids, saponins, potassium, phenol, resins, mucilage, and polysaccharides and also contains high quantity of simple sugars, mainly sucrose, glucose, fructose, galactose, mannose and xylose.

1.4 Cultivation

- **Soil and Climate:** Safed Musli requires well drained loamy to sandy loam soils rich in organic matter. Warm and humid climatic condition with good amount of soil moisture during the growing season favour luxuriant vegetative growth and facilitate fleshy root development.
- **Planting:** Safed Musli could be propagated through seeds as well as by vegetative means (rootstock bearing buds or growing points). Planting by seeds take 12-16 days to sprout. The seeds should be sown in a very well prepared
- Seed bed which is heavily manure by using leaf litter in the first or second week of June and adequate moisture should be continuously maintained during absence of rain in early part of the season. The seedlings can be transplanted in the field during the next Kharif season only at 30x15 cm spacing because the development of plants as well as roots by means of seeds in the first year is not vigorous

enough as compared the vegetative propagated plants.

- **Vegetative propagation:** the initiation of sprouts of fleshy roots starts in mid May or in the last week of April. In the forest seedlings emerge out from the ground within 4-6 days after receipt of rains. Even a small, 1 cm long and slightly shrinking fleshy roots or roots stocks has capacity to reproduce into new plants. These fleshy roots sprout from second week of May to second week of June.
- **Irrigation:** Safed Musli crop may be sown after receipt or rains. If there is no rains after sowing of fleshy root propagates and its transplanting then on irrigation be provided immediately. Later irrigation may be done after 10 to 15 days interval.
- **Weeding:** One to two weeding-cum-hoeing are needed to keep the soil porous and free of weedy growth.
- **Harvesting:** The crop matures in about 90 days under cultivation. At maturity the leaves start yellowing and ultimately dry up from the collar part and fall down which occurs in the months of September/October. During digging of plants, fleshy root bunches should be lifted from the soil. The harvested fleshy roots are cleaned and skin is removed. The white musalitubers obtained are dried spread in the shade for about 4-7 days to dry-out its moisture.

1.5 Economics

The global markets of Safed Musli are U.S.A Britain, European countries, Australia, Japan and even China. Japan and China have the highest per capita consumption of botanical medicines in the world. Safed Musli have annual demand

around 35000 MT while only 15000 MT is produced Safed musli (*Chlorophytum borivillianum*) root powder is in great demand for power and sexual energy capsules. Safed musli increase energy, provide healthy hormone function, enhance muscle movement and widely used in Ayurvedic medicines.

The world is demand of Safed Musli is over 50,000 Tons. And is much higher than present production, which is less than 5,000 Tons in various farmlands in India. Best Nutrition Products U.S.A is seriously looking for farmers who would like to grow these medicinal plants especially in Orissa.

Nearly ten quintals of fleshy root (wet) per hectare collected is reduced to 200 kg (about 20% of wet root wt) after processing and drying. In the domestic market, the rates range between Rs. 800 to Rs 1800 per kg depending on the quality of the product.

The Medicinal Plants Board. Government of India has recognized Safed Musli as 6th important herb to be protected and promoted. The Board encourages mainstream cultivation of Safed Musli by farmers by extending a subsidy of 20% through National Horticultural Board on project cost.

1.6 Safed Musli Helpful in Treating Male Impotence and Erectile Dysfunction

Safed musli consists of carbohydrates, fiber, alkaloids, saponins and proteins which can make it a herbal medication for bettering immune entire body, blood movement to all areas of the physique, vital amino acid supplementation, curing tiredness, stamina and vigor, The tuber roots of the plant of safed musli are utilised to make a tonic to treat all kinds of weakness and male impotency given that historic instances. It functions as great electricity booster and performs well for improving sperm counts and lower libido, it is too quite beneficial in alleviation the indications of tiredness

because of to lack of stamina or asthmatic diseases.

Given that historical occasions, folks have been making use of safed musli for healing male impotence and other sexual weakness like lower libido, reduced sperm count in males, it is a medicinal plant primarily located in north and western areas of India. Safed musli not like other medication offered in the industry is an ayurvedic natural treatment with no acknowledge facet result and can be taken without prescription. This herb is made up of 25 diverse varieties of alkaloids, nutritional vitamins and minerals which can increase sex drive, endurance, stamina and psychological clarity for greater sensual relationships and above all wellbeing.

Sexual weakness or male impotency is not just the difficulty of sexual components not performing appropriately, in simple fact it could be linked to a lot of other troubles and ailment in the system. Conditions like diabetes, cardio-vascular illnesses, weight problems and lack of stamina might too market sexual dysfunctions. If functions well for all spherical well being and even assists in curing and managing diabetes and asthma, it too enhances immunity body immensely for overall sound wellbeing which as a result treats sexual weaknesses as well.

Safed musli treats issue of male impotence as it is an ayurvedic aphrodisiac. It operates in the direction of hormonal stability by enhancing working of adrenal gland and advertising manufacturing of testosterone, an important hormone to enhance blood movement to genitals which ultimately brings tougher. More powerful and lengthier erections. In ayurveda, it has been referred as 'Divya Aushadh' which indicates divine medication for its curative properties not only for male impotence but enhancement in general wellness for curing other sexual weakness in males.

Apart from healing male impotency safed musli as well treats other male troubles like premature ejaculation. It enhances endurance for much better and lengthier lovemaking overall performance and too lowers the recovery time soon after an orgasm which enhances frequency of erections for a lot more enjoyable sex. It too enhances intensity of orgasm and functions well for rejuvenating reproductive physique; Safed musli cures male weakness like very low libido. It operates well for psychological wellbeing and condition to battle back again tension and depression by enhancing ranges of testosterone in the system to maintain the mindset upbeat.

Erectile dysfunction is a male condition in which a man is unable to achieve or maintain a strong erection. Depending on the underlying cause, this problem can be either temporary or chronic. It is a fact that there are an increasing number of men who suffer from the inability to obtain or sustain an erection. Most men experience erectile dysfunction every now and then, but if you frequently have this problem, it is advisable to seek proper treatment as soon as possible. Remember that sexual dissatisfaction is one of the main reasons that can cause cracks in a marriage or relationship. Moreover, this condition can make it harder for you to father a child.

Erectile dysfunction may also affect your self confidence and esteem and can lead to emotional problems like stress, anxiety and depression. Various factors can contribute to the development of this condition. In many cases, erectile dysfunction occurs as a result of an underlying medical condition, such as obesity, high blood pressure, heart problems, diabetes, multiple sclerosis, enlarged prostate, Parkinson's disease, trauma to the pelvis or spinal cord, pelvic or spinal cord surgery, low testosterone levels, and prostate cancer treatment. It has

been noted that unhealthy habits like smoking, substance abuse, and alcohol intake, use of some types of medications, bicycling for a long period of time can affect the ability of man to attain and maintain an erection. Psychological conditions, such as anxiety, stress, and depression, may also cause lack of sexual desire and erectile dysfunction. Fortunately, several types of medications are now available to treat this sexual problem. Other treatment options for erectile dysfunction include penile implants, penile pumps, and alprostadil suppository and alprostadil self-injection. Lifestyle modifications like quitting smoking, avoiding excessive alcohol consumption, exercising regularly, and reducing weight can be helpful in dealing with erectile dysfunction. There are also certain very effective ayurvedic herbs that have the aptitude to successfully treat this condition and improve your reproductive health.

Safed musli, a very potent ayurvedic aphrodisiac herb, has been proven to be extremely beneficial in treating low libido and erectile dysfunction. Safed musli is also an excellent remedy for several other male conditions, including infertility, oligospermia or low sperm count, premature ejaculation, and physical weakness. It has the ability to increase your sperm count and semen motility, and thereby improves your fertility. Safed musli capsules are helpful in curing erectile dysfunction, male impotence and infertility. One of the best ways to cure erectile dysfunction and to increase the desire for sex or libido is to take one or two safed musli capsules twice daily with water or milk. Safed musli capsule is an ayurvedic herbal supplement that contains other aphrodisiac herbs in addition to safed musli. Taking these capsules seems to be effective to raise energy levels, boost physical power, improve stamina, relieve fatigue, and enhance immunity system. They help

rejuvenate your body and health, build muscle mass, and improve blood circulation. Safed musli basically works by unleashing a man's testosterone, which is the key player in achieving a good erection. Testosterone release can increase a person's sex drive and endurance in bed. This herbal Viagra is also known to be adaptogen a component that can effectively regulate one's level of enzymes and hormones making the male genitalia to function properly. This medicine can also alleviate depression and tiredness. If you feel as though you will give anything try to improve your sex life, then this could help. The powdered root of safed musli is taken in a number of ways on the subcontinent and in India it one of the ingredients available for pan. It is also often fried in ghee (clarified butter) and one wed to relieve sore throats and mouth ulcers primarily, but of course is ingested and so helps with sexual vigor

1.7 Applications for Male

1. Controls erectile dysfunction due to any reason whether psychological reasons or health problems.
2. Stops and cures premature ejaculation.
3. Increases sexual desire and overcome frustration and embarrassment over a sexual dysfunction, especially erectile problems.
4. Improves energy.
5. Provides ability to maintain the erection throughout the sexual act.
6. Improves physical power and stamina.
7. Improves the semen quality.
8. Increases sperm count substantially (Plays a vital role in Fertility).
9. Increases frequency of orgasm.
10. Solves erectile problems.
11. Increases the volume of ejaculation.
12. Used for faster recovery for second orgasm.
13. Provides extra time, extra pleasure, and extra satisfaction in sexual act.

14. Controls premature ejaculation.
15. Improves and promotes general well being and vitality.
16. Helpful in prolong performance.
17. Increases libido.
18. Equally good for male and female.
19. Increases sexual confidence.
20. Yearlong action with the same intensity.

1.8 Applications for Female

1. Controls Erectile dysfunction due to any reason whether psychological reasons or health problems.
2. Increases sexual desire and overcome frustration and embarrassment over a sexual dysfunction.
3. Improves energy.
4. Checks veganism's (tightness of Vagina).
5. Checks for vaginal dryness.
6. Improves physical power and stamina.
7. Improves the vaginal lubrication.
8. Increases frequency of desire.
9. Checks the menopause.
10. Maintains youthfulness.
11. Checks urinary tract infections.
12. Checks excessive menstrual bleeding.
13. Checks hormonal shifts and imbalances.
14. Provides full sexual satisfaction throughout the sexual act.
15. Checks lack of willingness.
16. Able to respond to natural sexual urges which is a leading cause of
17. Nervous disorders in women.
18. Improves and promotes general well being and vitality.
19. Develops curiosity towards the sexual act.
20. Increases libido.
21. Checks the loss of sensation in sexual organs.



Fig1: Plant of Safed Musli



Fig 1: Flowers of Safed Musli



Fig1: Roots of Safed Musli

2. Conclusion

Safed musli or chlorophytum is as medicinal plant, with small, usually white flowers, produced on sparse panicles up to 120 cm long. Safed Musli or chlorophytum's use as an effective aphrodisiac agent has opened up channels for its commercial cultivation in a number of regions around the world. Safed musli (chlorophytum) has unparalleled therapeutic and medicinal properties which have made safed musli a key ingredient in the preparation of a number of ayurvedic

formulations. Safed musli is also gaining increased importance as a health- tonic, which boosts the general immune system of the body. Safed musli (chlorophytum) grows naturally in the central zones of India. Safed musli are helpful in curing male impotence and erectile dysfunction and infertility. Due to its diverse medicinal benefits, safed musli (chlorophytum) has been recognized as the sixth most important herbs by Medicinal Plants Board.

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