



Original Research

A Comparative Study on Efficacy of Chopachini (*Smilax glabra*) and Sariva (*Hemidesmus indicus*) on Erectile Dysfunction

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Abstract:

16 patients of Puyaretas (pyospermia) having the problem of erectile dysfunction were treated with Chopachini (*Smilax glabra*) and Sariva (*Hemidesmus indicus*) in two separate groups to evaluate their effects specifically on erectile dysfunction. Chopachini provided significant relief in performance anxiety by 30.67%, ejaculation by 20.67% and orgasm of partner by 12.89%. While Sariva provided significant relief only in one symptom viz. post act exhaustion by 44.25%. It is concluded that both of these drugs have not shown potentiality to use them as main drugs for erectile dysfunction.

Key words: Erectile dysfunction, Sariva, *Hemidesmus indicus*, Chopachni, *Smilax glabra*

INTRODUCTION:

Shenoy et al (2018) studied the efficacy of Chopachini (*Smilax glabra*) and Sariva (*Hemidesmus indicus*) on semen parameters separately and reported that comparatively effects of Chopachini were better in correcting the adverse effects of pyospermia in comparison to Sariva. As these patients were having some problems pertaining to their sexual life also, so the efficacy of these two drugs on the sexual parameters was also studied.

AIMS AND OBJECTS:

To evaluate the efficacy of Chopachini and Sariva on the sexual parameters

MATERIALS AND METHODS

16 patients of Puyaretas (pyospermia) having the problem of erectile dysfunction were treated in two groups, each comprising half of the patients.

First Koshtha Shuddhi (cleansing of bowel) was done by administration of 5 gm of powder of Eranda-Bhrista Haritaki (Haritaki fried in castor oil) at bed time with warm water for 3 days. Thereafter, drugs under trial were administered.

Sariva Group: Powder of Sariva was administered in a dose of 5 gm three times a day before food i.e. breakfast, lunch and dinner with warm milk to the patients of Sariva group for 45 days.

Chopachini Group: The patients of this group were administered Chopachini powder in the dose of three gm three times a day before breakfast, lunch and dinner for 45 days with warm milk.

Criteria of Assessment: After 45 days treatment the sexual health of the patients was assessed as per following scoring pattern.

Sexual Desire: No desire at all-0; lack of desire-1; desire but no activity-2; desire only on demand of partner-3; normal desire-4 and excess desire-5.

Erection: No erection by any method-0; Erection only after manipulation-1; erection but unable to penetrate-2; initially difficulty in erection but able to penetrate-3; erection with occasional failure-4 and erection whenever desired-5

Rigidity: Total loss of stiffness and unable to maintain erection and initiate the act-0; loss of stiffness, unable to maintain erection but, can initiate sexual act-1; some loss of stiffness, able to maintain erection but unable to continue sexual act till last-2; some loss of stiffness but, can maintain erection and continue sexual act till last-3 and proper stiffness to maintain erection and continue the act till last-4

Performance Anxiety: No anxiety at all-0; slight anxiety which doesn't hamper the sexual act-1; anxiety that hampers the sexual act in 25% occasions-2; anxiety that hampers the sexual act in 50% occasions-3; anxiety that hampers the sexual act in 75% occasions-4 and anxiety hampering the sexual act in all encounters-5.

Ejaculation: Ejaculation at mere thought/sight/touch of partner-0; ejaculation during foreplay-1; ejaculation just before penetration-2; ejaculation after penetration but early discharge-3; ejaculation with own satisfaction-4 and ejaculation with own and partner's satisfaction-5

Orgasm of Partner: No enjoyment at all-0; lack of enjoyment in most of the occasions-1; enjoyment in only 25% of sexual encounters-2; enjoyment in 50% of coital opportunities-3; enjoyment in 75% of sexual intimation-4 and enjoyment in every sexual act-5.

Post Act Exhaustion: No exhaustion at all-0; slight exhaustion occasionally-1; exhaustion in 25% occasions-2; exhaustion in 50% encounters-3; exhaustion in 75% occasions-4 and exhaustion after every sexual encounter-5.

RESULTS

Effect of Chopachini on the symptoms of the patients of erectile dysfunctions is presented in Table-1 and the Table-2 shows the effect of Sariva on the same parameters.

Table-1

Effect of Chopacini (Smilax glabra) on Sexual Parameters of 8 Patients of Puyaretas (Pyospermia)

Parameters	Mean Score		% of relief	SD (±)	SE (±)	t	P
	BT	AT					
Sexual desire	3.88	4.13	6.44	0.46	0.16	1.528	>0.05
Penile erection	4.38	4.75	8.45	0.52	0.18	2.049	>0.05
Penile rigidity	3.38	3.75	10.95	0.52	0.18	2.049	>0.05
Performance anxiety	1.63	1.13	30.67	0.74	0.26	2.376	<0.05
Ejaculation	3.63	4.38	20.67	0.46	0.16	4.583	<0.01
Orgasm	3.88	4.38	12.89	0.53	0.19	2.646	<0.05
Post act exhaustion	1.13	1.0	11.5	1.85	0.65	0.957	>0.05

Table-2

Effect of Sariva (Hemidesmus indicus) on Sexual Parameters of 8 Patients of Puyaretas (Pyospermia)

Parameters in grade	Mean Score		% of relief	SD (±)	SE (±)	t	P
	BT	AT					
Sexual desire	3.75	3.75	0.0	0.53	0.19	0.0	>0.05
Penile erection	4.38	4.50	2.74	0.46	0.16	1.53	>0.05
Penile rigidity	3.63	3.75	3.31	0.46	0.16	1.53	>0.05
Performance anxiety	1.63	1.13	30.67	0.46	0.16	1.53	> 0.05
Ejaculation	4.25	4.25	0.0	0.53	0.19	0.0	> 0.05
Orgasm	4.25	4.50	5.88	0.46	0.16	1.53	> 0.05
Post act exhaustion	1.13	0.63	44.25	0.53	0.19	2.65	< 0.05

DISCUSSION

Powder of Chopacini (Smilax glabra) and Sariva (Hemidesmus indicus) were administered orally to the patients of pyospermia having erectile dysfunction for 45 days in separate groups.

Chopacini provided significant relief in performance anxiety by 30.67%, ejaculation by 20.67% and orgasm of partner by 12.89% (Table-1).

On the other hand Sariva provided significant relief in only one symptom viz. post act exhaustion by 44.25%.

Sariva (Hemidesmus indicus) is Shukrala and useful in Daurbalya (weakness) and anemia, this may be the reason that it provided relief in post act exhaustion.

Chopchini is Vrishya and Shukra-Shodhaka, therefore it provided better relief in the symptoms of erectile dysfunction in comparison to Sariva. However, both of these drugs have not shown potentiality to use them as main drugs for erectile dysfunction.

CONCLUSION

Chopachini provided significant relief in performance anxiety, ejaculation and orgasm of the partner. Sariva provided significant relief in only one symptom viz. Post act exhaustion. Thus both of these drugs have not shown potentiality to use them as main drugs for erectile

dysfunction. However, comparatively the effect of Chopachini was better than Sariva.

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