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Musali an aphrodisiac herb: A potential drug for nutraceuticals

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Musali is one of the commonly used herbs to enhance sexual health in male. It is considered to have rasayana, aphrodisiac, immune-stimulant, hepato-protective, anti-oxidant, anticancer and anti-diabetic activities. It is distributed from tropical to sub-tropical regions in India, Nepal, China, Malaysia and Japan. It is a perennial herb with tuberous root system stock up to 15cm long, tubers are stout, short or elongate with copious fleshy root, leaves sessile or petiolate, flowers are bright yellow or white in color. Musali contains saponins, glycosides, alkaloids, steroids, esters, mucilage and other chemical compounds. Among them different types of saponins like Curculigoside A and D, is considered to be responsible for aphrodisiac activity. Changing life style is taking a toll on the status of male sexual health in the global population. Stress, obesity, unhealthy food habit, night stay are leading causes for the increasing rate of infertility, erectile dysfunction, subnormal desire and performance in sexual intercourse. Previous experimental and clinical studies on Musali have shown significant improvement in male sexual health including erectile dysfunction and loss of libido. Conventional medicine has discovered few chemicals as aphrodisiac. But these agents are associated with many unwanted and serious adverse effects. Therefore, traditional medicines like Ayurveda and Chinese medicines can play a vital role in this with the development of nutraceutical product using the potent aphrodisiac herb like Musali.

Biography

Kopila Adhikari has completed her Bachelors in Ayurvedic Medicine and Surgery. Previously she has worked as Medical Officer in a Nepal-German Joint Venture private hospital in Nepal. She is also a Medical Officer under Ministry of Health and Population, Government of Nepal. Presently she is pursuing her Postgraduate study in Dravyaguna (MD - Ayurveda Pharmacology and Medicinal Plant). She has published one article in an international journal and had participated as well as presented her paper in 4 international and 3 national seminars.

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