RESEARCH PAPER

Pharmacological and Therapeutic Aspect of Kamdev Churna: A classical Ayurveda Polyherbal Formulation for Male Reproductive Health

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Abstract

Male reproductive health disorders including *Klaibya/ Dhwajabhanga* (erectile dysfunction), reduced libido, poor semen quality, *Shukrakshaya/ Shukralpata* (Oligospermia) and male infertility have emerged as significant global health concern owing to sedentary life styles, psychological stress, metabolic disorders, endocrine dysfunction, chronic diseases, environmental pollutants, aging. These disorders adversely affect not only reproductive potential but also the physical, psychological, and social well-being of affected individuals. Conventional therapeutic options are effective for many patients but may not address underlying systemic imbalance or overall reproductive well-being. Consequently, there has been increasing interest in traditional system of medicine, particularly Ayurveda, which offers holistic therapeutic approaches for the promotion and restoration of male reproductive health. Ayueveda describes these disorders under the concept of *Klaibya*, *Shukra Kshaya*, and *Shukra Dushti* and recommends *Vajikarana Chikitsa* for improving reproductive capacity, enhancing vitality, and maintaining healthy *Shukra Dhatu*. *Kamdev Churna* is a classical Ayurvedic polyherbal formulation traditionally indicated for promoting sexual vigor, reproductive function, & overall vitality through its *Vajikarana* (Aphrodisiac), *Rasayana*, *Balya*, and *Shukrala* properties.

Keywords: - *Kamdev Churna*, Ayurveda, *Vajikarana*, Male Reproductive health, Erectile dysfunction, *Klaibya*, Polyherbal Formulation.

How to cite this article: Dr Ajay Kumar, Dr Pramod Kumar Baghel, Dr Nisha Paikra, Dr Vandana Sidar, Dr Shilpi Gangwani, Dr Diksha Dhiraj, Dr Pramod Ekka. Pharmacological and Therapeutic Aspect of Kamdev Churna: A classical Ayurveda Polyherbal Formulation for Male Reproductive Health. Int J Drug Deliv Technol. 2026;16(88s):695-700. DOI: 10.25258/ijddt.16.88s.71.

Introduction:

- Burden of male reproductive health disorders are increasing day by day due to various causes, male reproductive health constitutes an essential component of overall physical, psychological and social well-being. Disorders such as erectile dysfunction, diminished libido, oligospermia, impaired semen quality and infertility, significantly affect quality of life and interpersonal relationship. Current evidence indicates that the prevalence of this condition is globally due to changing lifestyle, chronic psychological stress, obesity, diabetes mellitus, cardiovascular diseases, smoking, alcohol consumption environmental toxin endocrine disturbance and advancing age. These all factors contribute in etiopathogenesis of male sexual health disordes.

Ayurvedic perspective: - Ayurveda recognizes male reproductive disorders under the concept of *Klaibya, Shukra Kshaya, Shukra Dushti* and disorders of *Shukravaha Shrotas.* Classical Ayurvedic literature, emphasizes that healthy Shukradhatu represent the culmination of proper tissue metabolism and is fundamental to fertility, vitality, strength and psychological satisfaction. According to Ayurvedic principles disturbance in *Vata Dosha*, depletion of body tissue impaired digestive and metabolic function (*Agnimandya*), Psychological stress (*Chinta, Bhaya, Shoka*) improper dietary habits, excessive sexual activity *(Atimaithun pravrutti),* chronic disease and aging may adversely influence reproductive function. Management focuses not only on symptom relief but also on restoring tissue nourishment, improving systemic balance, and enhancing vitality through

Vajikarana Chikitsa. Vajikarana Chikitsa is one of the eight specialized branches of Ayurveda. Its objectives extend beyond improving sexual performance to include enhancement of reproductive capacity, nourishment of *Shukra Dhatu* maintenance of physical strength, promotion of mental well-being and healthy progeny. Classical Vajikarana formulations often combine herbs possessing Rasayana, adaptogenic, antioxidant, and tissue- nourishing properties, & *Kamdev Churna* is one of the *Vajikara* polyherbal Formulation traditionally it is indicated for promoting reproductive health and supporting male sexual function. This *Churna* contains multiple herbs that shows aphrodisiac, spermatogenic, neuroprotective, anti-inflammatory properties.

Aims and Objective: - The present review aims to critically examine the classical Ayurvedic background of *Kamdev Churna*, summarize its phytochemical and pharmacological profile discuss the scientific evidence related to male reproductive health, evaluate its potential mechanism of action and suggest future direction for clinical and translational research.

Material and methods: - The present study is literature-based review conducted to evaluate the pharmacological and therapeutic aspect of *Kamdev Churna*, a classical Ayurvedic polyherbal formulation indicated for male reproductive health. The review integrates classical Ayurvedic concept with contemporary scientific evidence related to the individual ingredients and the formulation as whole. Data for the review were collected from both classical Ayurvedic literature such as different Nighantus, Samhitas and modern scientific publication based on pharmacological action.

Ingredients of Kamdev Churna-

Table 1.1

S. No.	Herb	Botanical name	Part used
1	*Gokshura*	*Tribulus terrestris Linn*	Seed
2	*Kapikachhu*	*Mucuna pruriens (L.) DC.*	Seed
3	*Nagbala*	*Grewia hirsuta Vahl.*	Seed
4	*Shatavari*	*Asparagus racemosus Willd.*	Root
5	*Vidarikand*	*Pueraria tuberosa DC*	Rhizome
6	*Trapusha*	*Cucumis sativus Linn.*	Seed
7	*Ashwagandha*	*Withania somnifera Dunal*	Root
8	*Vasa*	*Adhatoda vasica Nees*	Root
9	*Talmuli*	*Curculigo orchioides* Gaetrn	Root
1	*Giloy*	*Tinospora cordifolia Willd.*	Stem
1	*Rakta chandana*	*Pterocarpus santalinus Linn.*	Heart wood
1	*Tvak*	*Cinnamomum zeylanicum Blume.*	Bark
1	*Ela*	*Elettaria cardamomum Maton.*	Seed
1	*Tejapatra*	*Cinnamomum tamala Nees*	Leaf
1	*Pippali*	*Piper longum Linn.*	Fruit
1	*Amalaki*	*Emblica officinalis Gaetrn.*	Fruit
1	*Lavang*	*Syzygium aromaticum Linn.*	Cloves
1	*Nagkeshar*	*Mesua ferrea Linn.*	Stamens
1	*Bala*	*Sida cordifolia Linn.*	Root
2	*Shalmali*	*Salmalia malabarica*	Root
2	*Kusha*	*Desmostachya bipinnata (L.) Stapf*	Root
2	*Kasa*	*Saccharum spontaneum Linn.*	Root

Preparation of Kamdev Churna- *Kamdev Churna* is a classical ayurvedic polyherbal formulation prepared according to the principles of *Churna Kalpna* described in Ayurvedic pharmaceutics. The herbal ingredients are cleaned to remove impurities, shade dried when required, and pulverized separately into fine powders. Each powder is sieved through an

appropriate mesh to ensure uniform particle size and then mixed in the prescribed classical proportions to obtain accurate powder. The preparation of *Kamdev Churna* emphasizes the use of authentic raw materials, standardized processing method and hygienic manufacturing practice to maintain the quality, safety and consistency of formulation. Proper preparation and storage help preserve the phytochemical constituents and therapeutic properties of the ingredients, thereby supporting its traditional use in promoting male reproductive health and overall reproductive well-being

Dose and its Anupan- In *Bharat Bhaishajya Ratnakara* there is no fix dose and *Anupan* of this formulation so we consider it 5gm bd with lukewarm water empty stomach because in AFI, most of the Churna(powders) dose are given 3-6 gm with lukewarm water.

Rasa Panchaka* and Chemical constituents of *Kamdev Churna

Table1.2

S. no.	**Drug**	***Rasa***	**Guna**	**Virya**	**Vipaka**	**Karma**	**Chemical composition**
	Gokshura	*Madhura*	*Guru Snigdha*	*Shita*	*Madhura*	*Vrushya, Tridoshashamaka*	Chlorogenin, diosgenin, gitogenin
	Kapikachhu	*Madhura Tikta*	*Guru Snigdha*	*Ushna*	*Madhura*	*Vrushya, Vatahara Balya*	3,4-dihydroxy-phenylalanine
	Nagbala	*Madhura kashaya*	*Guru Snigdha*	*Shita*	*Madhura*	*Vrushya, Rasayana*	Cylindrin, Arundroin and feniole, β-Eudesmol
			Picchil				
	Shatavari	*Madhura Tikta*	*Guru Snigdha*	*Shita*	*Madhura*	*Shukrala, Balya*	Sarsapogenin,saponins A4-A7, sitosterol
	Vidarikand	*Madhura*	*Guru Snigdha*	*Shita*	*Madhura*	*Vrushya*	B-sitosterol, stegmasterol
	Trapusha	*Madhura*	*Laghu Ruksha*	*Shita*	*Madhura*	*Pittashamak balya*	Fatty acid and protiens, stigmasterol
	Ashwagandha	*Madhura Tikta Katu*	*Laghu Snigdha*	*Ushna*	*Madhura*	*Vajikara Rasayana Balya*	Withanolide, withaferin A, somniferine
	Vasa	*Tikta Kashay*	*Ruksha Laghu*	*Shita*	*Katu*	*Kapha & Pittashamak*	Vasicine, adhatodin, vasicinone

	Talmuli	*Madhura Tikta*	*Guru Snigdha picchil*	*Ushna*	*Madhura*	*Vrushya Balya Vata, Pitta shamaka*	Flavon, glycoside-5, curculigo saponin
	Giloy	*Tikta Kashaya*	*Guru Snigdha*	*Ushna*	*Madhura*	*Tridosha shamaka Vrushya Rasayana*	Tinosporine, tinosporon, tinosporic acid
	Raktachandana	*Tikta Madhura*	*Guru Ruksha*	*Shita*	*Katu*	*Dahashamak Chhardinigrahan*	Santalin A, B Isopterocarpone, pterocorpol
	Tvak	*Katu Tikta Madhura*	*Laghu Ruksha Tikshna*	*Ushan*	*Katu*	*Vajikara Deepan pachan*	Linalool, benzyle acetate, cinnamic aldehyde
	Ela	*Katu Madhura*	*Laghu*	*Shita*	*Madhura*	*Tridosha*	A-pinene, sabinene,
		hura	*Ruksha*			*Shamaka Deepan pachan*	myrcene, cineol
	Tejapatra	*Katu Tikta Madhura*	*Laghu Ruksha Tikshna*	*Ushan*	*Katu*	*Kapha vata shamak*	Cinnamaldehyde,eugenol, cinnazeylanol
	Pippali	*Katu*	*Laghu Snigdha Tikshna*	*Anushnashita*	*Madhura*	*Vrushya Medhya Rasayana Deepana*	n-hexadecane, n-heptadacane,n-nonadecane
	Amalaki	*Amla pradhana, Panchharasa (except*	*Guru Ruksha Shita*	*shita*	*Madhura*	*Tridosahara, Vayahsthapana, Rasayana*	Vit-c, carotine, Nicotinic acid, Riboflavin

		Lavana)					
	Lavang	*Tikta Katu*	*Laghu Snigdha*	*Shita*	*Katu*	*Vajikara Deepan Pachan Aampachak*	Polyoxygenated chromon, C-glucoside,isobiflorin
	Nagkeshar	*Kashaya Tikta*	*Laghu ruksha*	*Ushna*	*Katu*	*Vajikara Grahi Deepan Pachana*	Xanthones, mesuaxanthones,A and B
	Bala	*Madhura*	*Laghu Snigdha Picchil*	*Shita*	*Madhura*	*Shukral Vata Pitta Shamaka*	Sidasterone A, sidasterone B, carboxylated tryptamines
	Shalmali	*Madhura*	*Laghu Snigdha Picc*	*Shita*	*Madhura*	*Vrushya Vata Pitta Shamaka*	Sitosterol, β-D-glucoside, β-sitosterol
	Kusha	*Madhura Kashaya*	*Laghu Snigdha*	*Shita*	*Madhura*	*Tridoshaghna, Trushnanigrahana*	Cylindrin, arundroin,and feniole, isoarboricole
	Kasa	*Madhura Kashaya*	*Laghu Snigdha*	*Shita*	*Madhura*	*Vata, Pitta shamaka Mutravirechaniya*	Glucose, xylose, galactose

Probable mechanism of action of Kamdev Churna

1) Antioxidant action: *Amalaki, Guduchi, Ashwagandha, Gokshura* and *Shatavari* may reduce oxidative stress and protect sperm and reproductive tissue.

2) Neuroendocrine support: *Kapikacchu*-derived L-DOPA may influence dopaminergic pathways, while *Ashwagandha* and *Guduchi* may support stress and neuroendocrine balance.

3) Hormonal and spermatogenic support: *Ashwagandha, Shatavari, Gokshura, Kapikacchu, Talmuli* may support androgenic function and spermatogenesis.

4) Anti-inflammatory and vascular effects: *Guduchi*, *Bala*, *Tvak* and *Lavanga* may help reduce inflammation and support vascular function relevant to erectile dysfunction.

5) Rasayana and adaptogenic action: *Ashwagandha, Guduchi, Amalaki, Nagbala* and *Bala* may promote tissue nourishment, cellular protection, stress resistance and general vitality, indirectly supporting reproductive health.

6) Improvement of digestion and bioavailability: *Deepana-Pachana* herbs such as *Piippali, Tvak, Ela, Tejapatra,* and *Nagakeshara* support digestion and metabolism and also inhance bioavailability.

7) Ayurvedic Pharmacodynamics basis: The predominance of *Madhura Rasa, Guru-Snigdha Guna, Sheeta Virya*, and *Madhura Vipaka* supports *Shukra Dhatu* nourishment, *Bala, Ojas*, while the combination of *Rasayana, Balya*, *Vrishya* and *Shukrala* drugs supports the principles of *Vajikarana Chikitsa.*

8) Vata Shamana and support erectile function: As per Ayurvedic understanding Klaibya is multifactorial condition but *Vata Dosha* plays an important role specially *Vyan Vata* in *Shukravaha Srotas* and *Shukra Rechana.* In this formulation (eg. *Kapikachhu, Vidarikand, Gokshura, Shatavari, Nagabala, Bala, Nagkeshara, Kusha, Kasha, Shalmali)* most of the drugs are *Vata Shamaka, Shukrala, Vajikara, Balya*, this all indivisual herbs will help and support reproductive function and improve libido and stamina

Results: The present review demonstrates that *Kamdev Churna* is a classical Ayurvedic polyherbal formulation consisting of twenty-two medicinal plants with complementary pharmacological properties that collectively support male reproductive health. Most of the ingredients belong to the categories of *Vrushya, Vajikara, Rasayana, Balaya, Shukrala*, indicating that the formulation is primarily designed to nourish *Shukra Dhatu*, improve vitality and promote reproductive health. Analysis of the Ayurvedic attributes revealed that Madhura Rasa is Predominant Followed by *Tikta* Rasa, while *Madhura Vipaka* is present nearby three-fourth of the ingredients. Similarly, Sheeta *Virya* predominated over *Ushna Virya*. Most herb possessed *Guru-Snigdha* properties which are traditionally associated with nourishment, tissue replenishment and stabilization of *Vata.* Evaluation of the phytochemical profile demonstrated the presence of diverse bioactive constituents including withanolids, L-DOPA, protodioscin- like steroidal saponins, flavonoids, alkaloids, eugenol, cinnamaldehyde, piperine, β-sitosterol indicating that the formulation possesses a broad spectrum of biologically active molecules.

Conclusion: *Kamdev Churna* represents a scientifically plausible classical Ayurvedic polyherbal formulation composed of twenty-two medicinal plants possessing complementary pharmacological activities relevant to male reproductive health. The predominance of *Madhura Rasa*, *Madhura Vipaka* and *Sheeta Virya* supports its traditional role in nourishing *Shukra Dhatu* and promoting *Vajikarana* effects, while its rich phytochemical composition- including withanolids, L-DOPA, flavonoid's, alkaloids, saponins, piperine, eugenol, cinnamaldehyde which exhibit and piperine provide a modern pharmacological basis for its biological activity. The reviewed evidence indicates that the constituent herbs collectively exhibit antioxidant, anti-inflammatory, adaptogenic, immunomodulatory, neuroprotective, aphrodisiac, spermatogenic, hepatoprotective and metabolic regulatory properties. These complementary actions may address several pathophysiological mechanisms associated with male reproductive disorders, including oxidative stress, inflammation, hormonal imbalance. However, the majority of available evidence is based on pharmacological studies of indivisual ingredients, while clinical studies evaluating the complete *Kamdev Churna* formulation remain limited. Therefore, further standardized phytochemical investigation are well-designed randomized clinical trial are needed to establish its efficacy, safety, and mechanisms of action in male reproductive health

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