

## Sex Problems Treated with Indigenous Drugs

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Sex is a dominating force in life. Various renowned workers in the field of human psychology have based their theories on sex data. It is a single motivating factor very useful in assessing human behaviour and reactions.

Knowledge of sex is not easily available. It finds almost no place in the teachings on health education and even in the well-planned curriculum of a modern medical student. When a patient consults a doctor for his real or imaginary sex complaints, the doctor finds himself ill-fitted to the task, his own background and knowledge being insufficient. It is painfully true that people have very poor sex knowledge. There is considerable disparity between the supposed normal and real normal standards.

Careful physical examination for and clinical assessment of any somatic or toxic causes of sexual deficiency, the need for restoring the patient's self-confidence, besides persuasion and dissuasion are very essential. Effective help must be given to these patients.

The main sex complaints are the supposed effects of masturbation, premature ejaculation, poor or defective erection or a variable degree of sex weakness. On examination of semen, oligozoospermia or azoospermia may be detected. Various degrees, grades and shades of impotence may be detected. There may be associated neurosis, anxiety complex, psychosis or physical disease. There may be psychic dislike, lack of erection, ejaculatio praecox, absence of ejaculation or lack of a feeling of pleasure in orgasm. There may be no interest in coitus, a limited interest, limited libido and a variable degree of lack of sex gratification. Sexual weakness in one of the commonest problems among young persons sometimes closely linked with emotional upsets and problems.

Sex being an important motivating force in life and a very useful one it was decided to study and observe the effect of certain known indigenous preparations — Speman (Speman contains *Orchis mascula*, *Lactuca scariola*, *Hygrophila spinosa*, *Mucuna pruriens*, extracts of *Parmelia perlata*, *Argyria speciosa*, *Tribulus terrestris* and *Leptadenia reticulata*, Suvarnavang.), Speman forte (Speman forte contains *Rauwolfia serpentina* in addition to Speman.), Tentex, Tentex forte (Tentex forte is a non-hormonal sex stimulant containing Musk, Saffron, Yohimbine hydrochloride, purified *Nux vomica*, *Makardhwaj*, *Shilajeet*, *Orchis mascula*, *Anacyclus pyrethrum*, *Withania somnifera*, *Sida cordifolia*, *Bombax malabaricum*, *Argyria speciosa*, *Mucuna pruriens* and *Swarnamakshik bhasma*.) and Himcolin (Himcolin is a cream for local use for men.) (Himalaya Drug Co.) — in the treatment of various sex disorders. Eighty patients of different age groups were studied for various complaints referable to sex.

Table I shows the age-wise distribution. Out of sixty patients 53 were between 20 and 40 years of age.

Age Group	Number of cases
1–20 years	5
21–30 years	35
31–40 years	18
41 – 50 years	2

51 and above	Nil
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Table II shows the distribution of patients according to various complaints.

Nocturnal emission	5
Premature ejaculation	30
Defective erection	21
Oligozoospermia	23
Azoospermia	1

#### *Nocturnal Emission*

There were 5 cases in this group. After thorough physical examination they were advised Speman forte tablets 2 t.d.s. for one month. All patients responded very favourably and there was no further complaint of nocturnal emissions.

#### *Premature Ejaculations*

There were 30 cases of premature ejaculations of varying degree. They showed no physical defects. Speman forte 2 tablets t.d.s. were given for one to three months. All responded very well to the treatment and their duration in time and performance improved remarkably.

#### *Impotence and Defective Erection*

There were 21 cases in this group. They were administered Speman 2 tablets t.d.s., Tentex forte 2 tablets b.d. for a period of three to six months. A satisfactory response was obtained in 16 patients. Himcolin Cream was used locally in the other five cases along with Speman tablets and Tentex forte tablets and all cases responded.

#### *Oligozoospermia*

There were 23 cases in this group. Physical examination revealed no abnormality. They were given Speman tablets 2 t.d.s. and Tentex 1 tablet b.d. for 3 months to 6 months. Fourteen patients showed improvement in count, motility and morphology of sperm.

#### *Azoospermia*

There was one case and he was administered Speman 2 tablets t.d.s. for 6 months and he showed no response.

No toxic side effects in any of the above cases treated with Speman, Speman forte, Tentex or Tentex forte tablets were observed.

## **RESULTS**

	No. of cases	Number improved	Percentage of improvement
Nocturnal emission	5	5	100%
Premature ejaculation	30	30	100%
Defective erection	21	16	80%
		21	100% when Himcolin added to therapy.
Oligozoospermia	23	14	60%
Azoospermia	1	Nil	0%

The above study clearly shows that the indigenous preparations Speman, Speman forte, Tentex, Tentex forte and Himcolin are very useful drugs in the therapy of varied sex complaints and their use brings about salutary response in a large number of cases.

## **ACKNOWLEDGEMENTS**

The author wishes to thank the Medical Superintendent, Safdarjang Hospital, New Delhi for permission to use material from the V.D. Training Centre, and to publish this paper; the staff Shri Sher Singh, Staff Nurses Mrs. James and Mrs. Levi, and Health Visitor Mr. Dey for their assistance. He is thankful to The Himalaya Drug Co., Bombay, for the generous supply of the medicines used for this trial.