



Valuing Life, Vitalizing Health

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Narinam Arasaudnyata – Having intercourse with undesirable partner.

The other essential causes are fear, stress, sorrow, tight clothing, working in hot environment for long duration. Smoking and alcohol consumption significantly affect virility in males.

Trauma to the genital organs, generalised debility, muscle weakness and stress can result in erectile dysfunction.

Treating Male Infertility Ayurvedic perspective:

Overcoming male infertility requires some basic modulation in lifestyle and food habits.

The treatment includes **Shodhan chikitsa** i.e. cleansing therapy depending upon dominance of deranged doshas. Vaman in Kapha dushti, Virechan in Pitta dushti and Basti in case of Vata dushti.

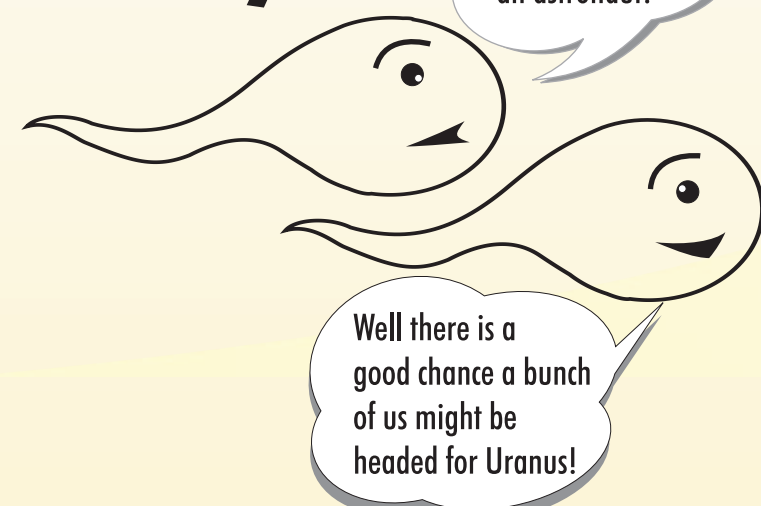
Panchakarma therapies like Abhyanga (whole body massage), Shirodhara, Nasya endows great deal of physical and mental relaxation.

Regular exercise and yoga promotes added assistance. One should practice pelvic floor exercises, padmasan, mool bandha to strengthen and optimize the functionality of the desired organs.

Treating obstructions or infections if any, with medicines like Gokshur, Guduchi, Triphala, etc. Also Uttar Basti treatment serves beneficial in cases of obstructive pathologies, it as well strengthens the muscles of urinary tract and reproductive system.

Rejuvenation and Aphrodisiac treatment plays an important role; Rejuvenation therapy revitalizes the body and reinforces it internally and externally thus enhances body endurance and also assists in creating healthier sperms. A combination of milk + ghee + honey + cold water in specific proportion depending upon one's body constitution along with other medicines like yastimadhu, shatavari, amla, etc. serves as a good rasayan.

Its not Funny



Actively motile sperms swim like tadpoles in the fluid medium at the rate of 1.5 - 3mm per minute to reach the site.

Source: <http://www.tutorvista.com/content/biology/biology-iv/reproduction-in-animals/fertilisation.php>

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Aphrodisiac Therapies are of 3 types:

1. **Sperm generating or enhancing sperm count.**
2. **Those which helps in ejaculation of seminal fluid.**
3. **Medicines which serve both the above purpose.**

Medicines like Shatavari, Nagbala, Bala, Musali, Ashwagandha, Milk, Ghee, Haritaki, Amla, Yastimadhu, Pippali, Shatavari kalpa play an essential role in improving count of efficient sperms.

Kapikacchu, Vidari, Gokshur, Shatavari, Ashwagandha, Bruhati phala, medicinal preparations like Shilajatu cure problems related to Semen ejaculation.

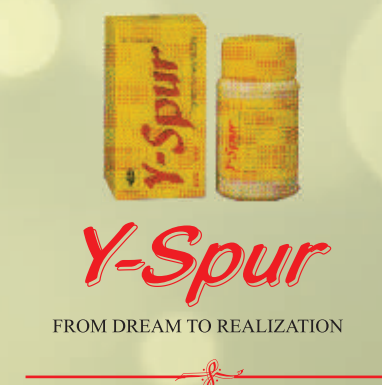
Gokshur, Ashwagandha, Musali, Kapikacchu, Pippali, Milk, Ghee, Fruits and fruit juices; and the most important aspect – pleasant relaxed state of mind is the key ingredient to treat infertility.

A big "NO" to Smoking and Alcohol consumption is must.

There are still many medicines depending upon an individual body constitution, all the above recommended medicines should be taken under consultation of expert physician.

Source: <http://www.ayurvedalife.in/male-infertility>

Gifts from Nature to get Gift of God



For the use only of a Registered Medical Practitioner or a Hospital or a Laboratory



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NEWSLETTER
Volume:1

This is a compilation of selected articles, studies and research done in India and across the world on subjects like infertility, low libido, erectile dysfunction from perspective of modern and ayurvedic medical science. This newsletter (Volume I) also puts light on ayurvedic ideology in treatment of above mentioned health conditions.



Nowadays issues like Infertility, Sexual dysfunction are affecting large number of people due to varied reasons like low libido, stress, hormonal changes, hectic life style, tension, fatigue and many more. But, may be due to our social build up, still most of people who are affected by one or many above mentioned problems hesitate to discuss these problems freely even with doctor. Therefore, sexual activity may be restricted only for procreation rather than recreation. Because of this, sexual problems can arise.

Sex, according to Ayurveda, is as essential as food and sleep for human life. It is the urge for the most needed biological drive. Ayurveda strongly says that human sex is not merely a physical mating but is the union of two bodies, minds and souls. This sexual relationship is a sensitive phenomenon of life which can easily be disrupted by the psychological and physiological factors

source: <http://healthmad.com/alternative/ten-sex-tips-of-ayurveda/>



What is sexual dysfunction?

Generally normal sexual function is divided into 3 phases: desire (one wants to have sex), arousal (our body undergoes the physical changes that allow us to have sex), and orgasm. Sexual dysfunction occurs when our health, our relationship, or our ideas about sex cause problems in any of these phases. This is true for men and women. Pain during sex can also cause sexual dysfunction, especially for women.

General steps in diagnosing and treating sexual dysfunction:

Asking the patient, questions about his/her medical and sexual history.

A physical examination of patient by Doctor

Measure patient's hormone levels (to make sure that they are not too high or too low)

Asking patient what medications he/she is taking (because some medications may interfere in sexual activity)

Once doctor knows what is causing sexual dysfunction, he/she suggests medications or surgery to treat sexual dysfunction caused due to physical or psychological problems.

Source: http://www.asrm.org/Sexual_Dysfunction_and_Infertility/

Infertility

Infertility refers to an inability to conceive after having regular unprotected sex. Infertility can also refer to the biological inability of an individual to contribute to conception, or to a female who cannot carry a pregnancy to full term. In many countries infertility refers to a couple that has failed to conceive after 12 months of regular sexual intercourse without the use of contraception.

Source: <http://www.medicalnewstoday.com/articles/165748.php>
as available on 17-10-2012 at 6.30 p.m.

Causes of Male infertility:

More than 90% of male infertility cases are due to low sperm counts, poor sperm quality, or both. The remaining cases of male infertility can be caused by a number of factors including anatomical problems, hormonal imbalances, and genetic defects.

Sperm Abnormalities

Sperm abnormalities can be caused by a range of factors, including congenital birth defects, disease, chemical exposure, and lifestyle habits. In many cases, the causes of sperm abnormalities are unknown.

Sperm abnormalities are categorized by whether they affect sperm count, sperm movement, or sperm shape. They include:

● **Low Sperm Count (Oligospermia).** A sperm count of less than 20 million/mL is considered low sperm. Azoospermia refers to the complete absence of sperm cells in the ejaculate, and accounts for 10 - 15% of cases of male infertility. Partial obstruction anywhere in the long passages through which sperm pass can reduce sperm counts. Sperm count varies widely over time, and temporary low counts are common. Therefore, a single test that reports a low count may not be a representative result.

P.T.O.

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Poor Sperm Motility (Asthenospermia). Sperm motility is the sperm's ability to move. If movement is slow, not in a straight line, or both, the sperm have difficulty invading the cervical mucous or penetrating the hard outer shell of the egg. If 60% or more of sperm have normal motility, the sperm is at least average in quality. If less than 40% of sperm are able to move in a straight line, the condition is considered abnormal. Sperm that move sluggishly may have genetic or other defects that render them incapable of fertilizing the egg. Poor sperm motility may be associated with DNA fragmentation and may increase the risk for passing on genetic diseases.

Abnormal Sperm Morphology (Teratospermia). Morphology refers to shape and structure. Abnormally shaped sperm cannot fertilize an egg. About 60% of the sperm should be normal in size and shape for adequate fertility. The perfect sperm structure is an oval head and long tail.

Source: http://www.umm.edu/patiented/articles/how_does_male_reproductive_system_work_000067_2.htm as available on 20-10-2012 at 5:37 p.m.

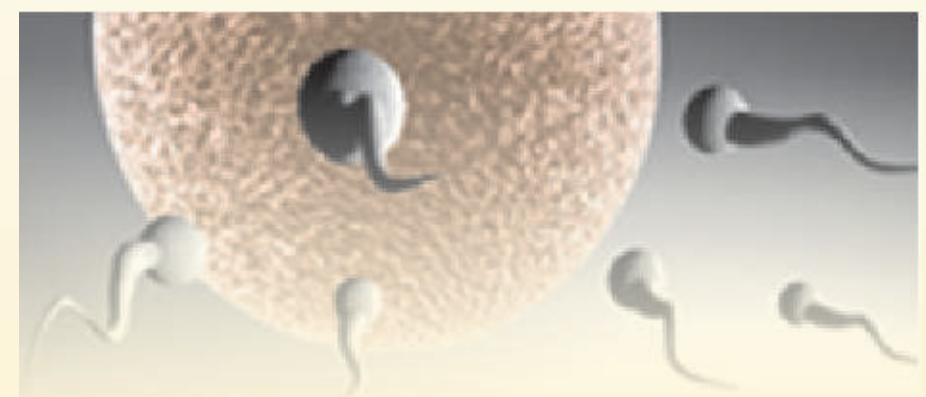
INFERTILITY vs. IMPOTENCE

It is important to note that infertility and impotence are quite different entities. Failure to discern the difference between the two is a needless cause of embarrassment to most men who stay away from andrology clinics because of the stigma that goes with the latter term.

Impotence means an inability to attain or sustain erections for satisfactory sexual intercourse.

It is thus possible for a totally impotent man to be potentially fertile and it will be possible to produce a pregnancy in the wife of such a man by insemination of the husband's semen. Infertility, on the other hand, means an inability to produce children. This usually results from the husband's semen being infertile or sub-fertile. Most infertile men are perfectly normal in terms of potency and have very satisfactory sexual relations with their partners.

Source: <http://www.indiamaleinfertility.com/>



Male Infertility increases in India

Research reveals that young urban men in India, aged between 18 and 25, are highly disposed to infertility and nearly one in every five males produce abnormally low amounts of sperm. "The sperm count of a normal adult male in India has plunged to around 20 million per ml, one-third of what it was three decades ago. Currently, infertility is affecting 20 per cent of couples attempting to have a baby. Over 60 per cent of the cases are due to low sperm count in men."

source: <http://topnews.co.uk/216060-male-infertility-increases-india>



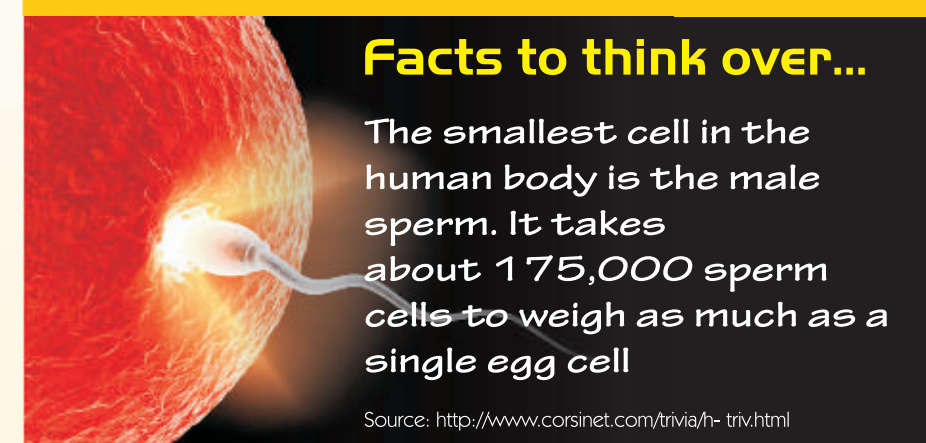
12 Common Causes of Low Libido

From a lack of sleep to having too much to drink, low libido is caused by a number of physiological, emotional, and lifestyle factors.

Here are 12 common issues that can ruin the mood.

1. Stress.
2. Depression.
3. Low Self-Esteem.
4. Alcohol or Drug Use.
5. Lack of Sleep.
6. Medication.
7. Erectile Dysfunction.
8. Hormone Imbalance.
9. Menopause.
10. Health Conditions.
11. Relationship Trouble.
12. Lack of Time.

Source: <http://www.everydayhealth.com/erectile-dysfunction/causes-of-low-libido.aspx>



Facts to think over...

The smallest cell in the human body is the male sperm. It takes about 175,000 sperm cells to weigh as much as a single egg cell

Source: <http://www.corsinet.com/trivia/trivia.html>

Funny Moment

The REAL reason for Infertility



...SperMEN...you'll be lost without it...

Source: <http://conqueringourinfertility.blogspot.in/2011/12/some-infertility-humor.html> as accessed on 02-02-2013



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Infertility (Vandhyatva) and Ayurveda



Ayurveda uses a theory of the five great elements; ether, air, fire, water and earth, to describe principles of how nature functions and therefore to understand our own true nature. The active sense of our body associated with one of these five elements (water) is procreation.

Ayurveda sees male and female fertility as the ultimate act of creation and as the most powerful driving force of human destiny.

Essential Factors for conception – Ayurvedic perspective:

For conception of a healthy foetus, Ayurveda explains four necessary elements:

Rutu (Appropriate period for conception) – Here period indicates two things a) Age of both male and female partners, b) Days eligible for conception depending upon ovulation.

Kshetra (Seat for conception) – The word Kshetra refers to the Uterus, Uterus should be in healthy state so that it can hold the foetus for upcoming 9 months and provide nourishment and safety.

Ambu (Nourishment for conceived foetus) – Ambu means water, here it specifies nourishment to the foetus growing in the womb, this depends upon the generalised nutrition of the mother.

Beej – Beej explains the need of competent male sperm and equally healthy female ovum. Both the sperm and ovum is termed as Shukra Dhatu in Ayurveda, meaning the reproductive tissue.

Ayurveda explains body is composed of **seven Dhatus**, of which Shukra dhatu or reproductive tissue is the seventh or last dhatu, hence it has the presence of fractions of all the previous dhatus, and so it has the capability of generating a new tissue (foetus). Healthy Shukra dhatu shows presence of beauty, bravery and valor in an individual. Conception of healthy child depends completely on the health of parental Shukra dhatu, so it must be taken care of.

Source: <http://www.ayurvedalife.in/infertility-vandhyatva-and-ayurveda>

Causes of Male Infertility – Ayurvedic perspective:

Ayurveda explains following causes for male infertility:

Ativyavayata – Over indulgence in sexual activity.

Vyayamat – Over exertion, it may include any kind of physical exertion or strenuous mental efforts.

Avyayamat – Over relaxation, laziness or spending very leisure life.

Asatmyanam cha sevanat – Eating over spicy, salted, sour, frozen foods, foods with low nutrition and lack of hygiene; also behavioural habits like sleeping very late at night, hectic lifestyle leads to disparity of Rakta and Pitta Dosha, ultimately causing Shukra kshaya i.e. deficit in Shukra Dhatu qualitatively and quantitatively.

Akale – It means at inappropriate time; i.e. before desirable age specifically before age of 16 in females and 18 in that of males, or beyond the age of 65-70 where the body faces generalised debility. Another aspect explains having intercourse very frequently and many times (5-6 times) in a day also leads to debility of Shukra dhatu.

Maithunam Na Cha Gachataha – Suppression of sexual urge.

Sensa forte capsules

Takes the pleasure to the next level...

- Stimulates sexual performance
- Maximizes sexual pleasure

In Males

- Loss of Libido
- Slow arousal
- Premature ejaculation

In Females

- Loss of Libido
- Dyspareunia
- Frigidity
- Apathy

Dose:
Mild to Moderate cases:
1 capsule of Sensa forte bid for 15-30 days.

Severe cases:
1 capsule of Sensa forte tid for 30 days



Fill in the blanks (Get the clues for answers in this Newsletter)

- 1) Az__spermia
- 2) Oli__spermia
- 3) YS__r
- 4) SensaH__b
- 5) SensaSp__

