



Valuing Life, Vitalizing Health

# Sensa



## Shilajit: Fountain of Youth



Loss of sex drive and impotency is often a sign of aging. Since antiquity, Shilajit, a gummy substance found in the rocks of certain mountainous regions of the world, is being used as a rejuvenating tonic. The efficacy of Shilajit is documented in Ayurvedic texts including Charaka Samhita and Sushruta Samhita.

### Benefits of Shilajit

- Boosts stamina
- Helps to increase sex drive
- Helps to improve fertility by increasing sperm count and motility
- Helps to reduce stress and anxiety
- Helps to reduce weakness

### Action of Shilajit -

- Shilajit helps accelerate processes of protein and nucleic acid metabolism and stimulates energy providing reactions.
- Shilajit helps to increase the core energy responsible for your sexual and spiritual power.
- Shilajit helps to counteract debility and general fatigue

In Sanskrit the literal meaning of Shilajit is Rock Like - the power to make our body like a rock enabling it to withstand the ravages of time. Shilajit has that unmatched powers of arresting and reversing the aging process.

### Helps to improve fertility in men

Intake of Shilajit helps to improve sperm count. Low sperm count or oligospermia is a common cause of infertility in men. In a clinical trial, researchers found that the total sperm count and sperm motility in men with total sperm count less than 20 million per milliliter might improve by taking 100mg of Shilajit after major meals, twice a day, for ninety days.

### Reduces stress

Stress is an important cause of poor sex drive. By elevating the levels of stress hormones, chronic stress enhances the scavenging activities of highly reactive oxidant species, thereby accelerating the aging process. Shilajit could provide relief from stress and anxiety.

Source: <http://www.ayurvedicure.com/shilajit.htm>

### Clinical evaluation of spermatogenic activity of processed Shilajit in oligospermia.

#### Abstract

The safety and spermatogenic activity of processed Shilajit (PS) were evaluated in oligospermic patients. Initially, 60 infertile male patients were assessed and those having total sperm counts below 20 million mL(-1) semen were considered oligospermic and enrolled in the study (n = 35). PS capsule (100 mg) was administered twice daily after major meals for 90 days. Total semenogram and serum testosterone, luteinising hormone and follicle-stimulating hormone were estimated before and at the end of the treatment. Malondialdehyde (MDA), a marker for oxidative stress, content of semen and biochemical parameters for safety were also evaluated. Twenty-eight patients who completed the treatment showed significant (P < 0.001) improvement in spermia (+37.6%), total sperm count (+61.4%), motility (12.4-17.4% after different time intervals), normal sperm count (+18.9%) with concomitant decrease in pus and epithelial

cell count compared with baseline value. Significant decrease of semen MDA content (-18.7%) was observed. Moreover, serum testosterone (+23.5%; P < 0.001) and FSH (+9.4%; P < 0.05) levels significantly increased. HPLC chromatogram revealed inclusion of PS constituents in semen. Unaltered hepatic and renal profiles of patients indicated that PS was safe at the given dose. The present findings provide further evidence of the spermatogenic nature of Shilajit, as attributed in Ayurvedic medicine, particularly when administered as PS.

Andrologia. 2010 Feb;42(1):48-56.

PS-Processed Shilajit MDA-Malondialdehyde

## Safed Musli (Chlorophytum Borivilianum)

It would not be an exaggeration to call Safed Musli a unique gift of nature to mankind since the time immemorial.

In the Ayurvedic literature, Safed Musli is celebrated as a Divya Aushad with unparalleled medicinal properties. It is a chief ingredient in the preparation of over a hundred Ayurvedic formulations. Safed Musli is also gaining increasing acceptance as a Vitalizer and health-giving tonic, a curative for pre-natal and post-natal problems, a restorative for immunity-improvement and as a remedy for diabetes and arthritis.

**The recent discovery of Safed Musli as a natural and safe aphrodisiac agent has also opened up new channels of application and new demand for it. By virtue of being a herb, Safed Musli has been found to be an ideal aphrodisiac with no negative side-effects associated with chemical-based aphrodisiac.**

Source: [http://www.allayurveda.com/herb\\_month\\_july2011.asp](http://www.allayurveda.com/herb_month_july2011.asp) as available on 17-10-2012 at 6:14 p.m)

**The ONLY scientifically formulated preparation for successful SPERM journey and Impregnation**

## Sensa Q<sub>10</sub>

Softgel Capsule

Co-enzyme Q<sub>10</sub> 120 mg + Selenium (as selenomethionine) 70 mcg + Zinc (as bisglycinate) 15 mg + Folic acid 5 mg + Methylcobalamin 1.5 mg + DHA 200 mg + Lycopene 10 mg

**Therapeutic Fuel for Assured Sperm Motility**

- **Docosahexaenoic acid (DHA)**
  - Improves Sperm Cell count & concentration<sup>1</sup>
  - Improves Semen Quality through its antioxidant properties<sup>2</sup>
- **Co-enzyme-Q<sub>10</sub> helps energize Mitochondria in mid-piece of sperm - thus facilitates its motility<sup>3</sup>**
- **Folic Acid and Methylcobalamin helps improve sperm count.<sup>4,5</sup>**
- **Lycopene - A carotenoid, beneficial for improvement in sperm concentration and motility<sup>6</sup>**

**Best Bet for Idiopathic Oligo-Astheno-Teratospermia (OAT)**

Dose: 1-OD with or after food

1 Andrologia. 2011 Feb;43(1):38-47.  
2 Asian Journal of Andrology (2012) 14, 514-515;  
3 Mol Aspects Med. 1997;18 Suppl:S213-9.  
4 Hinyokika Kyo. 1984 Apr;30(4):581-6.  
5 Fertil Steril. 2002 Mar;77(3):491-8.  
6 Int Urol Nephrol. 2002;34(3):369-72.

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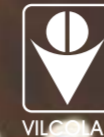
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# Sensa

NEWSLETTER  
Volume:2



This is compilation of selected articles and studies 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 (Part II) puts light on role of selected natural substances in treatment of above mentioned health conditions.

Our life expectancy and health depend on three pillars (**Vata, Pitta and Kapha**). Charaka Samhita, the ancient authoritative text of Ayurveda has given due importance to them. Proper care of these is essential to support life and health. Charaka has equated human body with a building. For making any building stable, role of pillars is undisputed. **These three pillars (Vata, Pitta and Kapha) and three supporting pillars (diet, sleep and regulated sex) are of great importance. These sub pillars - Ahara (diet), Nidra (Sleep) and Brahmacharya (regulated sex) are almost as important as**

**Vata, Pitta and Kapha.** When all of these three are taken care of properly, the person is well endowed with strength, complexion and development till the full life span.

Ayurveda consists of eight branches which deal with different perspectives of health. Vajikaran is one of the eight branches which deals with virility and progeny.

In other words it can be said that it focuses on two important aspects i.e. Rejuvenation and aphrodisiacs therapy. Rejuvenation is used to increase the longevity of the whole body and mind while Aphrodisiacs are given specifically to rejuvenate the sexual organs and to provide healthy children.

Sources - <http://ayuj.in/regulated%20sex.htm>, <http://ayurveda-foryou.com/treat/vajikaran.html> as accessed on 25-04-2013

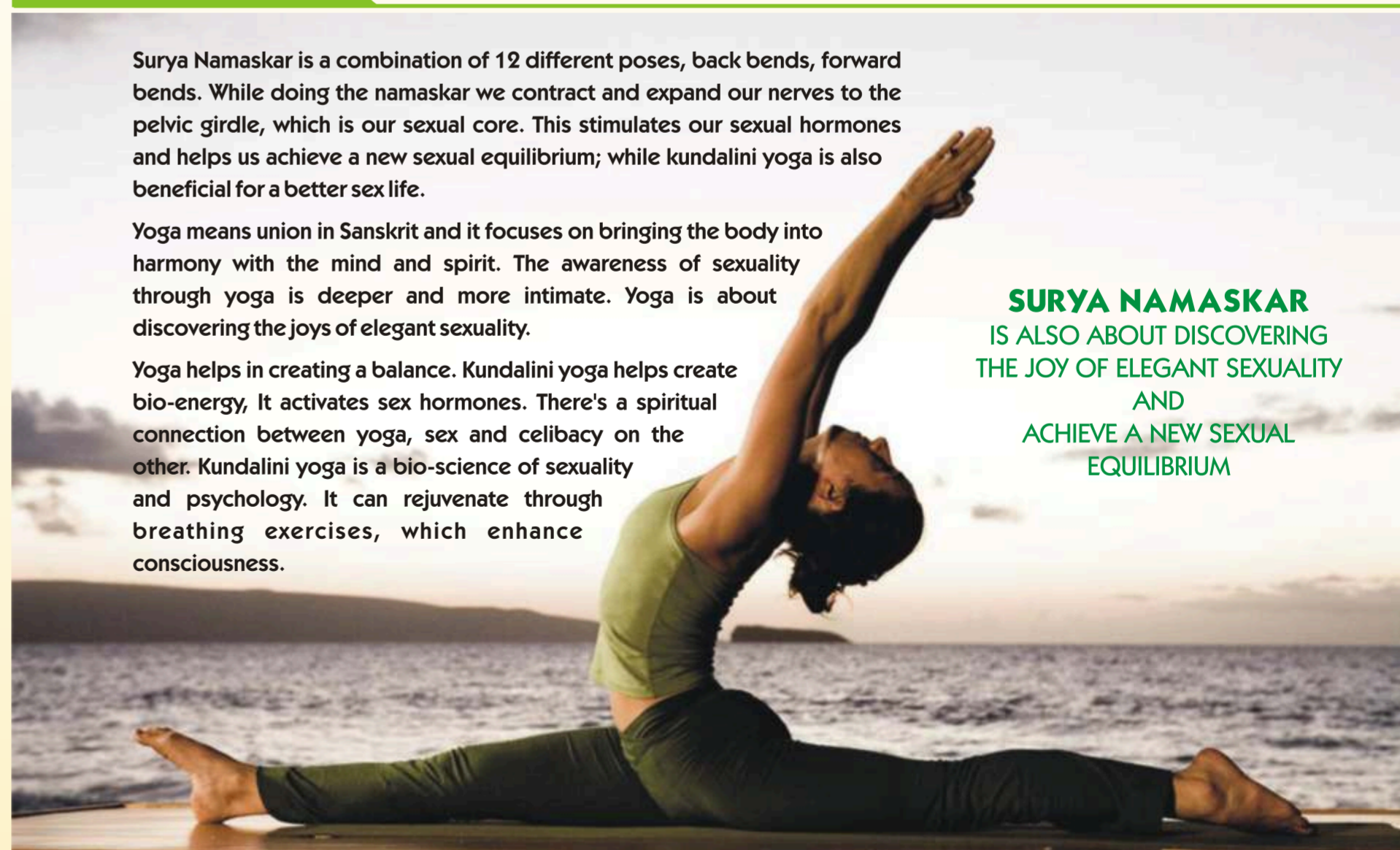
## The Yoga Way

Surya Namaskar is a combination of 12 different poses, back bends, forward bends. While doing the namaskar we contract and expand our nerves to the pelvic girdle, which is our sexual core. This stimulates our sexual hormones and helps us achieve a new sexual equilibrium; while kundalini yoga is also beneficial for a better sex life.

Yoga means union in Sanskrit and it focuses on bringing the body into harmony with the mind and spirit. The awareness of sexuality through yoga is deeper and more intimate. Yoga is about discovering the joys of elegant sexuality.

Yoga helps in creating a balance. Kundalini yoga helps create bio-energy, It activates sex hormones. There's a spiritual connection between yoga, sex and celibacy on the other. Kundalini yoga is a bio-science of sexuality and psychology. It can rejuvenate through breathing exercises, which enhance consciousness.

**SURYA NAMASKAR**  
IS ALSO ABOUT DISCOVERING  
THE JOY OF ELEGANT SEXUALITY  
AND  
ACHIEVE A NEW SEXUAL  
EQUILIBRIUM



Source - [http://articles.timesofindia.indiatimes.com/2011-09-27/fitness/29784147\\_1\\_yoga-session-yoga-teacher-ashtanga](http://articles.timesofindia.indiatimes.com/2011-09-27/fitness/29784147_1_yoga-session-yoga-teacher-ashtanga) as accessed on 08-04-2013

P.T.O.

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Valuing Life, Vitalizing Health



## Role of some selected naturally found substances in treatment of conditions related with sexual health.

### Kavach Beej and Erection



Kavach Beej is one of the most famous herbs for helping men get harder erections and is seen as an essential herb for penis health.

Kavach Beej is also known by the names velvet bean or cowitch and is found in tropical regions and is common throughout Africa, the Indian sub continent and the Caribbean.

The plant has a wide range of agricultural and horticultural uses and is often used as animal feed. This is due to its high protein content and in terms of humans, it's seen as having a range of medicinal uses which can improve overall health in both men and women. **In terms of male sexual health, it is seen as a testosterone booster and also, helps to prevent erection failure.**

#### A Great Source of Dopamine

The herb has been used for thousands of years in traditional Ayurvedic Indian medicine and this is because it is a great natural source of Levodopa. Dopamine is an essential nutrient and required for proper functioning of the brain. The human body also converts the amino acid tyrosine into Levodopa; Levodopa is then converted into dopamine. Without the neurotransmitter muscles can become tense soar and even tremble.

#### A Testosterone Booster

The high levels of Levodopa in the Kavach Beej are converted to dopamine as we have just seen which stimulates the release of testosterone by the pituitary gland and testosterone of course is the major male sex hormone and when testosterone levels are high, men are in better health, have more energy, libido and also improve their levels of sexual stamina

#### Final Words

Kavach Beej has been used for thousands of years to treat both male and female sexual problems and while it is still popular in India, today, it has become popular worldwide and is seen as one of the best erection enhancers men can take and in addition, it boosts overall wellness at the same time.

Kavach Beej - Mucuna Pruriens

(Source - <http://healthypenis.rockharderectionnaturally.com/male-enhancers-/mucuna-pruriens-erection.html> )

## Effect of Stress on Sperm count and role of Kavach Beej in improvement of sperm count & overall semen quality

### Kavach Beej Reduces Stress and Improves the Quality of Semen in Infertile Men

#### Abstract

The present investigation was undertaken to assess the role of Kavach Beej in infertile men who were under psychological stress. Study included 60 subjects who were undergoing infertility screening and were found to be suffering from psychological stress, assessed on the basis of a questionnaire and elevated serum cortisol levels. Age-matched 60 healthy men having normal semen parameters and who had previously initiated at least one pregnancy were included as controls.

Infertile subjects were administered with Kavach Beej seed powder (5g day<sup>-1</sup>) orally. For carrying out morphological and biochemical analysis, semen samples were collected twice, first before starting treatment and second after 3 months of treatment.

**The results demonstrated decreased sperm count and motility in subjects who were under psychological stress.** Moreover, serum cortisol and seminal plasma lipid peroxide levels were also found elevated along with decreased seminal plasma glutathione (GSH) and ascorbic acid contents and reduced superoxide dismutase (SOD) and catalase activity.

Treatment with Kavach Beej significantly ameliorated psychological stress and seminal plasma lipid peroxide levels along with improved sperm count and motility. Treatment also restored the levels of SOD, catalase, GSH and ascorbic acid in seminal plasma of infertile men.

**On the basis of results of the present study, it may be concluded that Kavach Beej not only reactivates the anti-oxidant defense system of infertile men but it also helps in the management of stress and improves semen quality.**

Evid Based Complement Alternat Med. 2010 March; 7(1): 137-144. Published online 2007 December 18. doi: 10.1093/ecam/nem171

### A proton Nuclear Magnetic Resonance (NMR) study of the effect of Kavach Beej on seminal plasma metabolites of infertile males.

#### Facts from this Study:

**On the basis of these observations, it may be proposed that Kavach Beej seed powder not only reactivates the enzymatic activity of metabolic pathways and energy metabolism but also rejuvenates the harmonic balance of male reproductive hormones in infertile men. These findings open more opportunities for infertility treatment and management by improving semen quality.**

J Pharm Biomed Anal. 2011 Jul 15;55(5):1060-6. Epub 2011 Mar 11.



## Ashwagandha - A Wonder Herb

**Ashwagandha** in Sanskrit means "smelling like a horse ", probably originating from the odor of its fresh root which resembles that of a sweaty horse. Ashwagandha is a well-known antistress herb. The species' name 'Somnifera' means 'sleep-bearing' in Latin, indicating that Ashwagandha was considered a sedative. However, it has also been used for sexual vitality and as an adaptogen. **Ashwagandha is popularly known as Indian Ginseng.**

**Action:** Ashwagandha is an unique herb with antistress, adaptogenic action that leads to better physical fitness and helps with stress management. It increases physiological endurance and protects against the effects of stress.

**Indications:** General debility. As a daily health supplement to manage stress. As an aphrodisiac.

Source: <http://store.himalayahealthcare.com/healthcare/ashwagandha.htm>



### Facts to think over...

The largest cell in the human body is the female ovum, or egg cell. It is about 1/180 inch in diameter.

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

## DISCOVER

s	a	s	s	y	s	p	u	r	a
s	e	a	x	g	e	t	u	o	b
e	e	n	l	c	k	p	u	l	d
n	n	k	s	v	s	u	n	n	c
s	e	n	s	a	f	o	r	t	e
e	r	e	s	l	q	a	a	a	f
e	t	n	f	e	g	l	o	o	j
b	e	f	h	a	b	b	o	j	e
s	s	e	n	s	a	f	x	m	b
s	e	n	s	a	r	o	y	a	l

**Discover Sensa Brands:** Sensa Q 10, Sensa Forte, Sensa Royal, Sensa Spur, Y-Spur, Sensa FX



## Gifts from Nature to get Gift of God



**Sensa forte**  
Takes the *pleasure* to the next level



**Sensa Royal**  
Prolong your Joy with Imperial toughness



**Sensa Spur**  
Spurs the Sperms



**Sensa-Herb**  
Reduces Stress, Propels Drive



**Sensa-FX**  
The Novel Approach for Cherished Female Fertility



**Y-Spur**  
FROM DREAM TO REALIZATION

## Aging and Sexual Dysfunction



Causes of sexual problems are many and varied. Nonetheless, aging is usually highlighted as an important cause of diminished sex drive and impotency. Although hormonal changes are largely blamed for sexual dysfunction, the mounting physical and emotional stresses further complicate sexual problems in varying degree as we age. As a

result, a middle-aged man might miss the spontaneity and stamina that one experiences in the youth.

Dip in testosterone secretion might reduce your sex drive with age. The male hormone testosterone surges in early youth. It starts declining with age. It is estimated that testosterone production declines by one percent every year, after the age of 30. If the testosterone level falls significantly below the normal range, sexual desire might drop.

Besides testosterone deficiency, erectile dysfunction is a common cause of sexual dysfunction in men. Erection failure is more common in older men. In a small number of cases, low testosterone level could inhibit erection. However, in most cases erectile dysfunction occurs owing to emotional factors or an underlying health disorder. Aging also reduces the quality and quantity of the sperm.

Source: <http://www.ayurvedicure.com/shilajit.htm>