

## PHYTOTHERAPY OF SEXUAL DYSFUNCTION: A REVIEW

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**Abstract:** Sexual dysfunction is the powerlessness to accomplish typical sexual intercourse, which incorporates retrograded, hindered, or impeded discharge, untimely discharge, erectile dysfunction, urgent sexual conduct, decreased libido, the disappointment of detumescence and orgasmic problem in males, and sexual pain issue, excitement and desired issue in females. The objective of this paper is to record restorative plants utilized in the treatment of sexual dysfunction. The material for this audit has been taken generally from modern course books and electronic diaries of phytomedicine. To gather distribution PubMed and the Cochrane information base of deliberate audits was utilized. Some other significant references were gathered from the individual information base of papers on sexual dysfunction. Restorative plants having movement incorporate, for example, *Anacyclus pyrethrum*, *Asteracantha longifolia*, *Bombax ceiba*, *Camellia sinensis*, *Lepidium meyenii*, *Tribulus terrestris* etc. The utilization of therapeutic plants in treating sexual dysfunction is useful. Further examination ought to be completed to research the efficacy and security of restorative plants in sexual dysfunction.

**Key Words:** Sexual Abnormality, Efficacy, Literature Review, Therapeutic Plants

### INTRODUCTION

Therapeutic plants are being utilized to treat sexual dysfunction. The motivation behind the paper is to address explicit sexual dysfunction. Writing a survey is valuable as it gives the premise for additional examination and helps reasonable application. The body of the work is a rundown of applicable exploration to research the capability of plants as an option in contrast to customary medication. The significance of this paper is to the field of emotional wellness as this paper manages sexual dysfunction. This survey shows the plant's role and its relationship in the field of mental or sexual well-being. There is a relevant investigation of the audit which permits the doctor to take this survey and apply it or use it in any learned or useful manner. The exploration papers included

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are intriguing in their privilege and unite them in any capacity that is adequately important to energize further explicit scholarly examination. Herbal medication is an indispensable piece of advancement in modern civilization. In natural medication, simple and compound medications (plant-based definition) are recommended to treat sicknesses. It was accounted for the unwinding of disengaged bunny *Corpus cavernosum* by the natural medication catuama and its constituents (1). Burnett detailed nitric oxide's role in the physiology of erection (2). Islam and his partners expressed the viability of *Salvia haematodes* on the sexual conduct of male rodents (3). Cehn et al revealed the impact of the plant extract Osthole on the unwinding of hare corpus cavernosum tissue in vitro (4). Chiou et al announced the pharmacological profile

of evodiamine in confined corpus cavernosum (5). The result is a rundown of potential plants that have some demonstrated viability in the field of sexual well-being and exhibit scholarly meticulousness and examination.

#### TREATMENT OF ERECTILE DYSFUNCTION

**Sildenafil:** Sildenafil is endorsed for male erectile dysfunction. An examination was led to explore the adequacy of sildenafil in male erectile dysfunction. The number of male erectile dysfunction was 219. Patients were chosen between the age of 33 and 80 years. The mean period of patients was 62.5 years. A large portion of the patients was above the age of 60 years. Patients with natural reason were 54.34%. Patients with psychogenic causes were 38-81%. Patients with blended causes were 15%. Sexual improvement was seen in 200 patients. The study period was four months and improvement stayed during the entire examination time frame. Patients felt sexual fulfillment during the study period. Sildenafil with a portion of 50 mg was discovered powerful in 100 and 57 patients. Forty patients improved with 25 mg of sildenafil. Sildenafil at a portion of 100 mg was viable in three patients. There was no improvement in nineteen patients. Unfriendly impacts were seen in seven patients that were of a gentle sort. This examination demonstrated that sildenafil is potent in male erectile dysfunction in most cases (6).

#### MEDICINAL PLANTS HAVING POTENTIAL TO TREAT ERECTILE DYSFUNCTION

***Asteracantha longifolia*:** It has a place with the family Acanthaceae, Parts utilized are roots, leaves, and seeds. Substance constituents are potassium salt, phytosterol, adhesive, and fixed oil (7). It is utilized to control dysentery, diarrhea, flatulence, diabetes, cardiac disorders, gout, stomach ulcer, rheumatoid arthritis, eye infections,

osteoarthritis, anemia, and pelvic inflammatory diseases (8). It is pain relieving, diuretic, hematopoietic, antibacterial, antipyretic, cancer prevention agent, hypoglycemic, antiarthritic, antimicrobial, anti-inflammatory, aphrodisiac, anthelmintic, antioxidant, antitumor and hepatoprotective, tonic [9]. Chauhan et al revealed the impact of *Asteracantha longifolia* seeds on the sexual behavior of male rodents (10).

***Camellia sinensis*:** It has a place with the family Theaceae, Parts utilized are leaves. Substance constituents are flavonoids, polyphenols, amino acids, polysaccharides, vitamins, lipids, volatile oils, catechins, epicatechin, epigallocatechin, epigallocatechin gallate, epicatechin gallate, caffeine, theobromine, theophylline, manganese, fluorine, aluminum, epicatechin, catechin, and gallic acid (11). It is used in lung cancer, periodontal diseases, breast cancer, pancreatic cancer, esophageal cancer, and dental caries (12). It is also anti-aging, genoprotective, anti-inflammatory, antiallergic, antioxidant, anticancer, and antimicrobial (13). Ratnasooriya et al revealed the black tea brew of *Camellia sinensis* efficacy on the sexual aptitude of male rats. This study described its use in sexual dysfunction (14).

***Lepidium meyenii*:** It has a place with the family Brassicaceae, roots are used for medicinal purposes. Chemical constituents are carbohydrates, protein, lipids, amino acids, fatty acids, fiber, minerals, alkaloids, and sterol fractions (15). It is used in benign sexual dysfunctions, prostatic hyperplasia, and osteoporosis, (16). It is an antidepressant, anti-anxiety, neuroprotective, neuroprotective, anti-oxidant, spermatogenic, memory enhancer, anti-osteoporosis, and anti-tumor (17). It is endorsed to treat specific serotonin reuptake inhibitors actuated sexual dysfunction. Cicero et al detailed that *Lepidium meyenii*

improves sexual behavior in male rodents. This examination legitimizes its utilization as sexual activity enhancer (18).

**Anacyclus pyrethrum:** It has a place with the family Compositae, roots are used for medicinal purposes. Chemical constituents are pyrethrin pellitorine, chrysanthemin, and essential oil (19). It is utilized in spermatorrhea, infertility, premature ejaculation impotence, and liver disorders (20). It is an anti-depressant, anxiolytic, anti-convulsant, acetylcholinesterase inhibitor, anti-oxidant, aphrodisiac, hypoglycemic, anti-bacterial, anti-fungal, reproductive, anabolic, and memory enhancer. Sharma et al reported spermatogenic and androgenic activity of alkylamide-rich ethanol solution extract of *Anacyclus pyrethrum* (21).

**Tribulus terrestris:** It has a place with the family Zygophyllaceae, roots, and fruits are used for medicinal purposes.. Chemical constituents are quercetin, protodioscin, terrestrosins A-E, Figitonin, desgalactotigonin, gitonin, desglucolanatigonin, tigogenin, furostanol glycosides,  $\beta$ -sitosterol, diosgenin, spirosta-3,5-diene, hecogenin, stigmasterol, ruscogenin, gracillin, tribulusamides A and B, dioscin, nitrate, terrestrosides F (22), harmine, harman, terrestroside F, nitrates, gracillin, dioscin, resin, tannins, diosgenin, chlorogenin and kaempferol (23). It is utilized in sexual debility, kidney stones, oligospermia, and hyperglycemia (24). It is lactagogue, diuretic, lithotriptic, tonic, and hypoglycemic (25). Gauthaman et al described its efficacy in male erectile dysfunction management (26).

**Bombax ceiba L:** It has a place with the family Bombacaceae, roots are used for medicinal purposes. Chemical constituents are glycosides, tannins, lupeol, alkaloids, semogossypol, and beta sitosterol (27). It is used in pyrexia, diarrhea, leucorrhea, skin trouble, menorrhagia, rheumatism, chicken pox, and syphilis (28). It is also used as

tonic stimulant, and aphrodisiac for overcoming sexual impotency, astringent, barks emetic, antioxidant, and demulcent (29). Bhargava et al described the *Bombax ceiba* L. efficacy on erectile function, sexual behavior, and spermatogenesis in male rats (30).

**Nepeta cataria:** It has a place with the family Labiatae, leaves and flowers are used for medicinal purposes. Chemical constituents are 2-methylpiperidinyl-3-cyclohexen-1-carboxamide, isolongifolenone, nepetalactones, (1S,2'S)-2-methylpiperidinyl-3-cyclohexen-1-carboxamide, sesquiterpene and amyris (31). Catnip has magnificent effectiveness in infants and children when stomach cramps, spasms, gas, and nervousness are there. It is also used for fever, intestinal worms, digestive disturbances, hysteria, nervousness, diarrhea, and bronchitis. Bernardi et al described that penile erection in rats increases by *Nepeta cataria* (32).

**Zingiber officinale:** It has a place with the family Zingiberaceae, rhizomes are used for medicinal purposes. Chemical constituents are beta-carotene, capsaicin, beta-sitosterol, ascorbic acid, curcumin, caffeic acid, gingerol, lecithin, limonene, selenium, paradol, shogaols, sesquiterpene, hydrocarbons, tryptophan, zingerone and zingiberene [33]. It is utilized in diabetes, fever, cold, cough, gout, indigestion, and rheumatism (34). It has antiarthritic, antigout, anti-inflammatory, analgesic, gastroprotective, antipyretic, digestive tonic, gastric motility enhancer, and anti-hyperglycemic properties (35). The androgenic property of *Zingiber officinale* has been reported in male rats (36).

**Basella alba Linn:** It has a place with the family Basellaceae, Chemical constituents are minerals, polyphenols, basellasaponins, fats and oils, saponins, tannins, vitamins, simple phenolic glycosides, alkaloids, betalin, quinones, sugars, nitrogenous

compounds, kaempferol, enzymes, flavonoids, terpenoids, sterols and carotenoids (37). It is also used in eczema, respiratory problems, pyrexia, asthma, inflammation, and psoriasis. It has antiemetic, antioxidant, antiulcer, diuretic, antirheumatic, antileprotic, anti-HMG Co-A reductase, analgesic and anti-inflammatory

properties (38). This plant is also used to augment testosterone levels (39,40).

**CONCLUSION:** This review shows that therapeutic plants can treat erectile dysfunction. Each restorative plant utilized in sexual dysfunction ought to be additionally examined to locate the dynamic constituents liable for their efficacy.

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