



TESTOCAP: A HERBAL SOLUTION FOR ERECTILE DYSFUNCTION AND PREMATURE EJACULATION

Satender Tanwar^{1*} and Shailaja SV²

Department of Post Graduate Studies, Shalya Tantra, Sri Kalabyraveshwaraswamy Ayurvedic Medical College Hospital and Research Center, Vijayanagar, Bangalore, Karnataka, India.

Received for publication: January 25, 2015; Revised: February 19, 2015; Accepted: February 28, 2015

Abstract: Sexual activity is a vital principle of human living that connects the desire, energy and pleasure of the body to a knowledge of human intimacy, for the sake of erotic love, intimate friendship, human mating and procreation. Sexuality is the capacity to have erotic experiences and responses. According to Masters and Johnson, the human sexual response cycle consists of four phases: excitement, plateau, orgasm, and resolution. The World Health Organization's International Classifications of Diseases defines sexual problems as "Various ways in which an individual is unable to participate in a sexual relationship as he or she would wish". There are four major categories of sexual problems: desire disorders, arousal disorders, orgasmic disorders, and sexual pain disorders. Sexual arousal disorder in men, erectile dysfunction. Erectile dysfunction (ED) or impotence is sexual dysfunction characterized by the inability to develop or maintain an erection of the penis during sexual activity. Orgasmic disorders In men, premature ejaculation Premature ejaculation (PE) occurs when a man experiences orgasm and expels semen soon after sexual activity and with minimal penile stimulation. Sexuality has been explained in the Ayurveda classics in detail along with the various disorders related to desire, arousal, orgasmic and sexual pain disorders. The various formulations have been explained in classics to relieve these disorders and help the man to enjoy their sexual life. Considering these issues the need of hour this conceptual study has been carried out to help, support and provide enhanced sexual life with readily available pure botanicals which are time tested evidenced based and 100% safe and effective.

Key Words: Ayurveda, Erectile dysfunction, Premature ejaculation, Sex, WHO.

INTRODUCTION

Human sexuality is the capacity to have erotic experiences and responses. A person's sexual orientation may influence their sexual interest and attraction for another person. Sexuality may be experienced and expressed in a variety of ways, including through thoughts, fantasies, desires, beliefs, attitudes, values, behaviors, practices, roles and relationships, which may manifest by way of biological, physical, emotional, or spiritual aspects. The biological and physical aspects of sexuality largely concern the reproductive functions of the sexes (including the human sexual response cycle), and the basic biological drive that exists in all species. Physical, as well as emotional, aspects of sexuality also include the bond that exists between individuals, and is expressed through profound feelings or physical manifestations of emotions of love, trust, and caring. Spiritual aspects of sexuality concern an individual's spiritual connection with others. Sexuality additionally impacts and is impacted by cultural, political, legal, and philosophical aspects of life. It can refer to issues of morality, ethics, religion and theology.

Sexual activity is a vital principle of human living that connects the desire, energy and pleasure of the body to a knowledge of human intimacy, for the sake of erotic love, intimate friendship, human mating and procreation. Interest in sexual activity typically increases when an individual reaches puberty.

SEXUAL DYSFUNCTION

Men and women have many sexual problems which frequently arise because of other problems within a relationship or simply because of individual differences. These differences consist of differences in expectations, assumptions, desire, preferred behaviors, and relationship conflicts. Although these differences create sexual problems in both men and women, problems among men and women are different. The World Health Organization's International Classifications of Diseases defines sexual problems as "the various ways in which an individual is unable to participate in a sexual relationship as he or she would wish". Sexual disorders, according to the DSM-IV-TR, are disturbances in sexual desire and psycho-physiological changes that characterize the sexual response cycle and cause marked distress, and interpersonal difficulty. There are four major categories of sexual problems: desire disorders, arousal disorders, orgasmic disorders, and sexual pain disorders.

The main classification of sexual disorders as per ICD as below.

1. Hypoactive sexual desire
 1. Low sexual drive
 2. Occurs at the excitement phase
2. Sexual aversion
 1. Anticipation of any kind of sexual interactions causes great anxiety
3. Sexual arousal disorder
 1. In men, erectile dysfunction
 2. In women, the difficulty of becoming aroused
4. Orgasmic disorders

*Corresponding Author:

Dr. Satender Tanwar,

Junior Resident,

Department of Post Graduate Studies, Shalya Tantra,

Sri Kalabyraveshwaraswamy Ayurvedic Medical College Hospital and Research Center.

Vijayanagar, Bangalore, Karnataka, India.



1. In men and ejaculatory incompetence.
2. In women, the inability to have an orgasm
5. Hyper sexuality (sexual addiction)
6. Sexual pain disorders
 1. In men, four different disorders:
 1. Dyspareunia (pain during intercourse due to a physical problem)
 2. Post-ejaculatory syndrome (pain in the genitals during or after orgasm)
 3. Priapism (prolonged erection)
 4. Coital cephalalgia (migraine headaches during and after orgasm)
 2. In women, three different disorders:
 1. Dyspareunia (recurrent genital pain during intercourse)
 2. Vaginismus (vagina involuntarily closes)

Non coital sexual pain disorder (genital pain due to arousal)

TESTOCAP

Testocap a unique cap designed by using the herbal drugs which contains the drugs such as blue lotus, white lotus, honey and sugar. This unique TESTOCAP has the inert composition of all these contains and which when applied half an hour before sexual intercourse help to maintain the erection of penis and also prolongs the duration of the sexual intercourse also. As it is 100% herbal preparation free from side effects and safe and easy to use and skin friendly without causing any adverse reaction.

Ingredients

As per the reference of CHAKRADATTA the content of solution use to stiffen the penis is content following things

1. Blue lotus - *Nymphaea caerulea*
2. White lotus - *Nymphaea lotus*
3. Madhu – Honey.
4. Sugar- Sugar.

Paste is prepared from these botanicals and applied directly over the scrotum and can be modified in a patch or film form and wear over scrotum.



Figure 1: *Nymphaea caerulea*

Nymphaea caerulea, known primarily as blue lotus (or blue Egyptian lotus), but also blue water

lily (or blue Egyptian water lily), and sacred blue lily (or sacred narcotic lily of the Nile), is a water-lily in the genus *Nymphaea*.

Recent studies have shown *N. caerulea* to have mild psycho-active properties. It may have been used as a sacrament in ancient Egypt, Eating *N. caerulea* can act as a mild sedative. However, both *N. caerulea* and *N. nucifera* contain the alkaloids nuciferine and aporphine. Lotus has been used to produce perfumes since ancient times; it is also used in aromatherapy.



Figure 2: *Nymphaea lotus*, is a flowering plant of the family Nymphaeaceae.

Chemistry and Health effects

- Plant contains a quinolizidine alkaloid, nupharin, and related chemicals, either described according to sources as poisonous, intoxicating or without effects, it seems to be consumed since Antiquity. The effects of the alkaloids would be those of a psychedelic aphrodisiac, though these effects are more those encountered in *Nymphaea caerulea*, the blue Egyptian water lily.
- The chloroform, ethyl acetate and n-butanol extracts of the leaf shows the presence of phenolic compounds (flavonoids, coumarins and tannins), sterols and alkaloids. Other compounds include myricitrin, myricetin 3-(6''-p-coumaroyl)glucoside, myricetin-3'-O-(6''-p-coumaroyl) glucoside and two epimeric macrocyclic derivatives, nympholide A and B, myricetin-3-O-rhamnoside and penta-O-galloyl-beta-D-glucose.

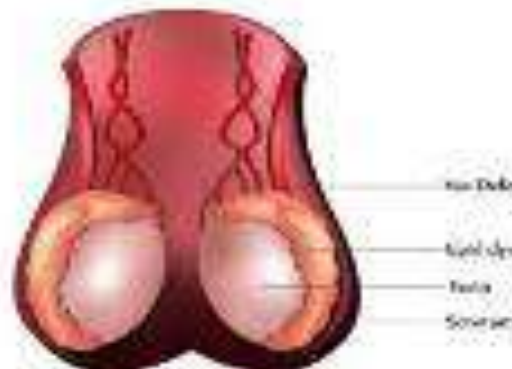


Figure 3: Scrotum



Figure 4: Testocap

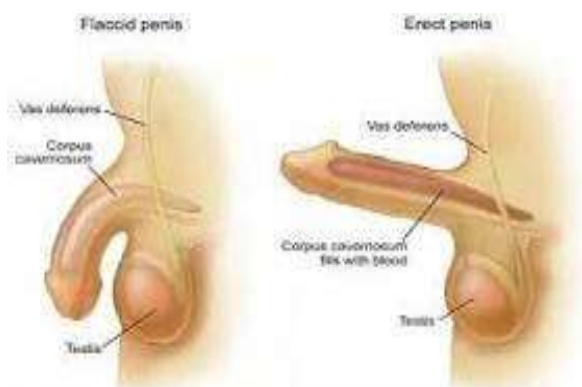


Figure 5: Erection after Application of Testocap.

HONEY

- Honey is a mixture of sugars and other compounds.
- With respect to carbohydrates, honey is mainly fructose (about 38.5%) and glucose (about 31.0%), making it similar to the synthetically produced inverted sugar syrup, which is approximately 48% fructose, 47% glucose, and 5% sucrose. Honey's remaining carbohydrates include maltose, sucrose, and other complex carbohydrates.
- As with all nutritive sweeteners, honey is mostly sugars and contains only trace amounts of vitamins or minerals.
- Honey also contains tiny amounts of several compounds thought to function as antioxidants, including chrysin, pinobanksin, vitamin C, catalase, and pinocembrin.
- The specific composition of any batch of honey depends on the flowers available to the bees that produced the honey.

Typical honey analysis:

- Fructose: 38.2%
- Glucose: 31.3%
- Maltose: 7.1%
- Sucrose: 1.3%
- Water: 17.2%
- Higher sugars: 1.5%
- Ash: 0.2%
- Other/undetermined: 3.2%

Its glycemic index ranges from 31 to 78, depending on the variety.

1. Honey has a density of about 1.36 kilograms per liter (36% denser than water)
2. Honey gets its sweetness from the mono saccharides fructose and glucose, and has about the as granulated sugar.
3. It has attractive chemical properties for baking and a distinctive flavor that leads some people to prefer it over sugar and other sweeteners.

It's been known that a simple food like honey has beneficial effects on sexual health. It promotes testosterone production in men and the mineral boron present in honey aids the use of estrogen in women. In addition, a scientific study found that a three-ounce dose of honey significantly increased the level of nitric oxide, the chemical released in the blood during arousal. These findings are not surprising as from time to time, Benefits of Honey would receive unsolicited mails that point us to honey as a potent home remedy and tonic for erectile dysfunction sufferers. Many of them attested to honey's effectiveness in improving overall energy level, blood circulation, and stamina.

The use of honey as an aphrodisiac today can be traced back to many cultures and traditions whereby the sweet sticky liquid is popularly shared between lovers as a sensual food. It is often associated with blissful times, romance, union in marriages, and honeymoon. In Indian weddings for instance, the bride offers honey to the groom as a symbol of sweetness in life. According to ancient Viking tradition, honey is a fertility booster. Daily, the newlyweds would drink a cup of honeyed wine, called mead in their first month of marriage. Particularly in Eastern European traditions, the making and gifting of honey cakes was associated with rituals of courtship and romance. In ancient Chinese wedding ceremonies, a goblet of honey and a goblet of wine are tied together with a red thread, and the bride and the groom would take sips and then exchanged the goblets in their bridal chamber to symbolize their union of love. Today, the practice of honey gifting permeates through many cultures and modern wedding celebrations - small jars of honey are given away as favors.

Actually, as far back as 500BC, honey has already been known as an aphrodisiac food. It was said that Greek physician Hippocrates, one of the most outstanding figures in the history of medicine, prescribed honey for sexual vigor and advocated the taking of milk and honey to induce love and ecstasy. And finally, it's also worth noting that Avicenna, another great ancient healer and philosopher who is known as the Father of Modern Medicine, apparently recognized the superb value of honey to the human body as he described the golden liquid as "the food of foods, the drink of drinks and the drug of drugs", and

specifically advised that honey could be mixed with ginger and pepper and consumed as a sexual stimulant. So if you are looking for an agent to awaken the senses and a libido-arousing element for sexual intimacy, there is little reason not to give honey a try.



Figure 6: Honey-Sweet Romance

- The nectar of Aphrodite, honey is one of the most seductive foods in the world. Sticky, viscous, deliciously sweet, honey is as much a sensual experience as it is a delicious indulgence.
- What most honey lovers don't realize is that this liquid gold's finest property is in its variety. There are styles of honey to suit every mood. Experts say that there are as many variations of honey as there are cuvees of wine. Styles run from bold and thick as molasses to soft and creamy as butter.
- Honey provides a quick shot of natural sugar. But beyond its ability to provide a quick shot of energy, honey contains about 2% vitamins and minerals essential to obtaining and maintaining sexual health.
- Even in its manufacturing, honey's lore is that of pure romance. Culled by honeybees, it is created from the nectar of flowers, the ultimate emblem of sexual ripeness.
- Considered "the nectar of Aphrodite" (the namesake of aphrodisiacs), honey contains boron, which has a libido-enhancing effect, says Dr. Rosofsky. One study showed boron kicked women's sex drive into overdrive and upped men's testosterone levels. Guess the goddess of love was onto something! Combine equal parts honey, mustard and mayo for an easy honey-mustard dip, or drizzle honey right over chicken fingers.
- It's not hard to understand why honey has been considered an aphrodisiac for centuries. The very word "honeymoon" stems from the hope for a sweet marriage. Some say honey's romantic reputation comes from an ancient custom in which newly married couples drank mead, a fermented beverage made with honey, until the first moon of their new union. Hippocrates prescribed honey for sexual vigor. According to an old French wives' tale, a bee sting was supposedly like being

given a shot of pure aphrodisiac. Honey contains boron, which may regulate hormone levels, and nitric oxide, which is released in the blood during arousal. It's also a symbol of fertility and procreation in some cultures.

- Honey is made through pollination and is a symbol of procreation. Birds and bees ring a bell? In fact, the word 'honeymoon' got its name from mead, an alcoholic beverage made from honey given to the happy new bride and groom. It also contains boron, which helps regulate estrogen and testosterone levels and provides a natural energy boost.

CONCLUSION

Sex is the human need and pleasure gift to humanity. But this gift is not enjoyed by all human being who presents with various psycho-sexual disorders such as erectile dysfunction and premature ejaculation. Kama i.e., Sexual desire explained as one among the four pursuits of life viz., Dharma, Artha, Kama and Moksha. Making use of above botanicals and modified into a patch form and applied over the scrotal skin where the absorption of drugs is maximum. The formula is skin friendly safe, Non-irritant and effective in cases of erectile dysfunction and premature ejaculation.

REFERENCES

1. Carlson Neil R and C Donald Heth. Psychology: the Science of Behavior. 4th Edition. Toronto: Pearson Canada Inc., 2007. 684.
2. Sexual orientation, homosexuality and bisexuality. American Psychological Association. Archived from the original on August 8, 2013. Retrieved August 10, 2013.
3. Human Sexuality Today by Bruce M. King. 2013; ISBN 978-0-13-604245-7.
4. Erectile dysfunction glossary - MUSC Health. <http://muschealth.staywellsolutionsonline.com/>

Cite this article as:

Satender Tanwar and Shailaja SV. Testocap: A Herbal Solution For Erectile Dysfunction and Premature Ejaculation, International Journal of Bioassays, 2015, 4 (04), 3788-3791.

Source of support: Nil

Conflict of interest: None Declared