INTRODUCTION
Procreation is essential to continue the species, and Ayurveda says for this require proper diet, proper rest, Brhambachary Palana, Sadvrutta Palana, Moksha, (codes and conduct mentioned in Ayurveda) etc are require for model progeny, and it is the aim of Ayurvedic science. Recreation is primary motto, Variety of sex techniques have been mentioned in the classics. If we see practically Kama, Asana, Vasikarna etc highest recreation is the goal of previous generation but now scenario has changed. Control of population, Small for better care, Premaritail, extramarital, legalized sex, Necessity of preventing procreation. In Ayurvedic literature many thousands decades back explains about Astanga Maithuna (Eight techniques of sexual intercourse) and which is also holds that good importance in this modern era also but expression and thinking is somewhat changed. Here try to correlate Astanng Mathuna in modern era as cyber Astanga Maithuna. Smarana (Fantasy) Kirtanam (music), Keli (amusement) Prekshanam (Browsing), Guhya Bhashana (Chatting) Sankalpo (Planning) Adhyavasya (Dating) Kriya Nirvatti (Sex).

Demand Still Existing for model progeny
Serious involvement in marriage still existing worldwide but there are various factors are involved not to get a model progeny. The man fails to impregnate his wife; wife fails to conceive, incessant decrease in fertility rate, Couple is anxious to have child and Medical consultation is the only option.

This is a twenty first century and the science is so much advanced and has a
various advanced tools and management protocol available. There are few treatment protocol has been mentioned here and they are beneficial for some extent. Conservative management, surgical intervention, Artificial (partner) insemination, In-vitro Fertilization, Gamete intra follicular tube transfer, Zygote interal follicular transfer, Intra cytoplasmic sperm insertion, Follicle aspiration, sperm injection, and assisted follicular rupture these are the few modern treatment for the infertility but this is not end for the crisis to not getting the offspring’s.

Now a day’s scenario is changing and people are much aware of the Ayurved world wide and they are seeking treatment, suggestion from great science. There is various treatment modalities has been mentioned in Ayurveda, The responsible factor for infertility in Ayurveda mentioned as male factor, female factor and combined factors. Always not necessary that if a person having good physic and strength not able to produce a good progeny simultaneously if a person is lean and thin he can able to give a good progeny, so here the body type, or physical strength is not important. Few of important treatment protocols mentioned here.

**Shodhana Procedure (Purification of the body)**

Vamana (Pathological factors expel through oral route), Virechana (purgative procedure), Basti (installation of medicine through rectal route as well as urethral route), Nasya (Instalation of Medicine through Nasal route), Rakta Mokshana (Bloodletting) are the cleansing method have prime importance in various kind of diseases, in infertility patients also, Shodhana Chikitsa is very much essential.

After good purification of the whole body of the male and female on can go for various medication according to strength of the patients and select the medicine which increases the Shukra (Quantity and quality of the Shukra (sperm), here some of the medicines like Ghrita, Kshira, Shrakara, and various types of Mamsa which mentioned in the classics. Here these oral medications like Herbal and herbo mineral all forms of Vati, Churna,Leha, Kashaya etc can be advised.

**Kapikachu (Mucuna Pruriens (linn) DC) -**

Kapikachu is one of the most excellent drug used in the cases related with infertility in different aspect and in different formulation. It corrects the erectile dysfunction and improves the quality of semen and it is clinically proved also.

**Parts used- Seeds**

**Dose-** Powder 3-5 g

**Pharmacognosy-** Chemical Constituent – L-Dopa, Alkaloids p-s & x, Mucunadine, Mucanine, Pruriendine, Pruriendine, sapone, Analgesic, Antipyretic, Antihelmen-thic, Antinflammatory.

**Preparation of Kapikachu-** Wheat is cooked with milk along with seeds of Kapikachu which is then mixed in ghee when cooked and consumed. This is later on follow by intake of milk it is good for aphrodisiac. One who takes powder of Kapikachu with Ikshurasa mixed with sugar along with warm milk does not suffer deficiency of semen.

**Clinical report-** Oral in males at 96 mg/day, improved fertility by increasing sperm count and motility. In 133 patients, extracts of plant given orally in condition of impro-
per erection, night emission, premature ejaculation, spermatorrhoea, functional impotence/oligospermia, showed improvement. Dried seeds extract improved irrection, coitus duration and post coital satisfaction in 56 patients treated for 4 weeks. Some clinical studies with formulation containing *M. Pruriens* have shown the efficacy in improving libido and performance in man.²

*Kapikacchu* finds honorable mention in the *Chiktsasthan* of *Sushrut* in the chapter on virility. Wheat and *Atmagupta* seeds (synonym of *Kapikacchu*) are to be boiled in milk into porridge and eaten with ghee, followed by warm milk. *Kapikacchu* is an excellent gluten free food. *Kapikacchu* seeds can be cooked with *Urad Dal* (Black Gram) to make a nourishing and *shukral* soup (semen enhancing Soup). *Kapikacchu* boiled in milk and taken with *Mishri* (Sugar) or rock candy can also be used as *Shukravardhana* yoga or healthy sperm-supporting formula. Or *Kapikacchu* and *Gokshura* (*Tribulus terrestris*) can be combined in a milk decoction. Alternatively, use *Kapikacchu* in a synergistic formula tailored to *Prakriti*, *Vikriti* and season.

**Jatiphala**- (Myristica Malbarica lam, *Myristica fragrance houtt*)

**Karma**- *Uttejanam*, *agnidam*, *samanam* and *Balyam*

**Clinical report**- Extract - Aphrodisiac effect in male improved erection prolonged duration of coitus in 56 cases for 4 weeks. Better the functioning of the scrotum, Delays ejaculation. Promoting proper placement of semen in proper place

**Ashwagandha** (*Withania somnifera*)- “Ashwagandha acts as a tonic and tissue vitalizer, bitter and astringent in taste, hot in potency and increases the quantity and quality of semen.” *Ashwagandha* is paramount among *shukral* herbs. There is a great deal of misinterpretation about *Ashwagandha* as some believe that it should not be used in *Ama* conditions, believing it will increase *ama*. However, the *gunas* of *ashwagandha* are *laghu* (light) and *snigdha* (oily) and its *karmas* include *dipan*, *pachan* and *kru-mighna* (anti-parasitical). Hence *ashwagandha* can be used in situations where lightening therapies are required as well as in rasayana formulas, depending upon the herbs selected to accompany it. Due to *ushna virya* (hot energy) *ashwagandha* should be used cautiously in pitta men. By creating a balanced yoga or formula, it may be possible to include *ashwagandha*, but during hot weather the heating quality of *ashwagandha* may be inappropriate for *pitras* under any circumstance. For *shukral* purposes, ghee is an ideal *anupan* for *ashwagandha*. As a *shukral*, *Ashwagandha* may be used in a formula, in medicated milk taken at bedtime, or as a medicated ghee.

**Shatavari**- (*Asparagus racemosus* wild, *Asparagus officinalis linn*)-Mahashatavari is medhya, *hrdyta*, *vrsya*, *rasayana*, it is sita and it used in *Arsha*, *grahani*, *Netraroga*. Improves sperm count and increases ejaculation.

**Formulations**- Ghee cooked with the paste with decoction of *Shatavari* added with sugar it is used as rejuvenative³. *Shatavari* pounded and taken with the milk in dose of 10-20 gm increase the flow of breast milk.

**Pippali** (*Piper longum*)- “Pippali is appetizer, aphrodisiac, sweet after digestion and a vitalizer.” *Pippali* has the unique character of *anushnasita virya*, neither hot nor cold,
and is adaptable for use by all prakriti types. Combined in a shukral formula, it can assume the role of agni dipan ama pachan, ensuring better digestion, absorption and assimilation of the other herbs. Sushrut suggests that for shukravardhana pippali be combined with urad flour, rice flour, wheat flour and barley flour to make cakes fried in ghee. urad dal, wheat and rice are all shukral. These cakes or pupalika are eaten with milk sweetened with mishri. More easily, pippali can be consumed as a milk decoction.

**Shilajit (Black Asphaltum)-** Shilajit is a wide-ranging rejuvenative and aphrodisiac which also supports a healthy sperm count and should be added to the daily regimen for men seeking to improve fertility. Shilajit has ushna virya and should be used with caution in pitta prakriti and vikriti.

**Gokshura (Tribulus terrestris)**-“Gokshura is sweet in taste, cold in potency, strength giving and removes bladder turbidity. It is appetizer, aphrodisiac, tonic and lithotropic” Gokshura has pride of place as an aphrodisiac in Ananga Ranga Sutra, a mediaeval sex manual. We now know that this is due to the steroidal saponins it contains. Due to its shita virya (cold energy), gokshura is suitable for pittas while also being an excellent herb for all vata imbalances. It is the only component of dashamula to have shita virya. As an aphrodisiac and shukral it can be used in a formula or as a decoction with honey. Gokshura is especially useful when there is a combination of low sperm count and STI (sexually transmitted infection) since it is a good herb for supporting a healthy reproductive system. Similarly, it is particularly helpful when there is both low sperm count and any urinary disorder, due to its effective support of the urinary system. 4

**Topical stimulant-** Topical stimulants has given much importance in various sexual related disorders as in modern medical science also various pharmaceutical companies introduced local applications like gels, ointment, spry, lubricants etc. for male and female too. In Ayurveda it is mentioned long back like, Kustadi lepa, Varaha Vasa lepa etc. One of the popular examples in Ayurveda for local application is Shri Gopal Taila which showed very good result in conditions like premature ejaculation, unsatisfactory erection or sexual deficiency, Lack of libido, Sexual weakness in elderly.

**Eat-** Meat soup, Flesh with fats, Hing, Spices, Boneless fish boiled to make stuffing with spices. Seasoned meat, minced, roasted fried meat; meat cooked with fruits, vegetables, rice, flour, Ghee is good for who want to indulge repeatedly for sexual intercourse. Sweet preparation with wheat flour, milk, ghee, guda or honey or sugar or with cardamom, pepper, ginger is useful preparations.

There is uncountable medication and procedures mentioned Ayurveda for infertility one has to explore it and acquire suitable medication and procedure in day today practice. In this article most of the preparation is for male related problems. Planning to explore some important internal administrative procedure like urethral administration of Khisirabala taila, Yapana Basti, Treated with pichu of phala ghrita, Nasal administration and useful preparation for female infertility in upcoming articles.
CONCLUSION
Infertility in male and female is a burning issue in this era, estimated that 60-80 million population suffering with infertility and it is also estimated that it increases up to 8-12% worldwide. Here little effort has been made in this article is to give some of important concepts regarding infertility and medication. Drugs like Kapikachu, Ashvagandha, Pippali etc. As we know all there is pleural etiology of the disease, Plethora of pathology, plenty of drugs but lot of confusion so this is difficult to treat competently.

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