

# Therapeutic Insights into Padmakadi Gana: A Literary Review on Ayurvedic Perspective on Vrushya Dravyas for Male Infertility

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**Abstract:** Infertility, particularly male infertility, remains a significant clinical challenge globally, often associated with various forms of *Shukra Dushti* as described in Ayurvedic literature. *Padmakadi Gana*, a classical group of medicinal herbs, is renowned for its *Vrushya* (aphrodisiac) and *Rasayana* (rejuvenative) actions. This literary review explores the pharmacodynamic properties and therapeutic relevance of *Padmakadi Gana* in the management of *Shukra Kshaya* and *Purusha Vandhyatva*. Through critical analysis of classical Ayurvedic texts and commentaries, the study highlights the herbs' collective actions, including *Agnideepana*, *Srotoshodhana*, *Shukravardhana*, and *Tridosha Shamana*. These attributes enable effective correction of various types of *Shukra Dushti* as classified by Acharyas Charaka, Sushruta, and Vagbhata. The findings reaffirm the holistic approach of Ayurveda in reproductive health and support the continued therapeutic relevance of *Padmakadi Gana* in *Vajikarana Chikitsa*.

**Keywords:** Padmakadi Gana, Vrushya, Shukra Dushti, Vajikarana, Purusha Vandhyatva

