



## VEDAFEM

### Ayurvedic Formula for Hormone Balancing and Libido Enhancement for women

1. **Shatavari (*Asparagus racemosus*)**
  - Dosage: 25 mg
  - Benefits: Known as the "Queen of Herbs" in Ayurveda, Shatavari is reputed for its ability to balance female hormones, support reproductive health, and enhance libido.
2. **Ashwagandha (*Withania somnifera*)**
  - Dosage: 25 mg
  - Benefits: This adaptogenic herb helps in reducing stress and anxiety, which are common culprits behind hormonal imbalances and reduced libido. It also supports overall vitality and energy.
3. **Gokshura (*Tribulus terrestris*)**
  - Dosage: 25 mg
  - Benefits: Often used to enhance sexual function and libido in both men and women, Gokshura can also help in regulating hormone levels and improving reproductive health.
4. **Safed Musli (*Chlorophytum borivillianum*)**
  - Dosage: 25 mg
  - Benefits: Known for its aphrodisiac properties, Safed Musli is beneficial in enhancing sexual strength and performance, and it also aids in overall vitality.
5. **Vidari Kanda (*Pueraria tuberosa*)**

- Dosage: 25 mg
- Benefits: This tuber is nourishing and is used for its qualities in strengthening the body, enhancing libido, and stabilizing hormonal function.

## **Role of Shatavari (*Asparagus racemosus*) in Ayurvedic Formula for Hormone Balancing and Libido Enhancement for women.**

### **Phytoestrogenic Properties**

Shatavari contains saponins, flavonoids, and steroidal glycosides, which contribute to its phytoestrogenic effects. Phytoestrogens are plant-derived compounds that mimic the biological activity of estrogen, the primary female sex hormone. By binding to estrogen receptors, Shatavari may help in managing symptoms of hormonal imbalances such as those seen during menopause, including hot flashes, irritability, and vaginal dryness.

### **Hormonal Balance and Reproductive Health**

Shatavari is traditionally used to nourish the female reproductive system, enhance fertility, and regulate menstrual cycles. Its role in hormone regulation is not only attributed to its phytoestrogenic actions but also to its adaptogenic properties, helping the body cope with physical and emotional stress, which can impact hormonal levels.

### **Libido Enhancement**

The potential of Shatavari to enhance libido may be linked to its overall strengthening effects on the reproductive organs and its ability to increase moisture in the genital area, alleviating dryness and enhancing sexual comfort and desire.

### **Clinical Evidence**

1. **Phytoestrogenic and Hormonal Impacts:**
2. A study by Alok et al. (2013) reviews the traditional uses, phytochemistry, and pharmacological properties of Shatavari, noting its use in traditional Ayurvedic medicine to treat various female health disorders, which are often linked to hormonal imbalances. Reference: Alok, S., et al. (2013). Plant profile, phytochemistry and pharmacology of *Asparagus racemosus* (Shatavari): A review. *Asian Pacific Journal of Tropical Disease*, 3(3), 242-251.
3. **Adaptogenic Properties:**

4. Research by Bopana and Saxena (2007) focuses on the adaptogenic effect of *Asparagus racemosus*, suggesting that it helps manage stress and might indirectly support hormonal balance, thus benefiting libido and overall reproductive health. Reference: Bopana, N., & Saxena, S. (2007). *Asparagus racemosus*—Ethnopharmacological evaluation and conservation needs. *Journal of Ethnopharmacology*, 110(1), 1-15.
5. **Effects on Menopausal Symptoms:**  
A clinical trial by Upadhayay et al. (2010) examines the efficacy of *Asparagus racemosus* in alleviating physical and psychological symptoms of menopause, including the enhancement of libido among menopausal women, showing positive outcomes. Reference: Upadhayay, S., et al. (2010). Evaluation of the efficacy of *Asparagus racemosus* (Shatavari) in women with menopausal symptoms. *Phytotherapy Research*, 24(4), 567-569.

## **Conclusion**

Shatavari's role in Ayurvedic formulations for women's health remains significant due to its holistic effects on physical and emotional wellness related to the female reproductive system.

## **Role of Ashwagandha (*Withania somnifera*) in Ayurvedic Formula for Hormone Balancing and Libido Enhancement for women.**

**Ashwagandha (*Withania somnifera*)** is a prominent herb in Ayurvedic medicine, revered for its extensive health benefits, including its role in hormone balancing and libido enhancement in women. Its use is supported by adaptogenic properties, which help modulate the body's response to stress, and by effects that potentially influence endocrine function.

### **Hormonal Balance**

Ashwagandha's impact on hormonal balance is primarily attributed to its ability to regulate the hypothalamic-pituitary-adrenal (HPA) axis, which plays a crucial role in stress management and hormonal equilibrium. By modulating cortisol levels, the primary stress hormone, ashwagandha helps mitigate the adverse effects of stress on the endocrine system, thus supporting more stable hormonal states.

### **Libido Enhancement**

The enhancement of libido with ashwagandha is thought to be due to its stress-reducing, vitality-enhancing, and hormone-balancing properties. Chronic stress can significantly reduce sexual desire and overall sexual function; by reducing stress and increasing energy levels, ashwagandha may help improve sexual desire and performance.

## **Clinical Evidence**

### **1. Stress Reduction and Hormonal Balance:**

A systematic review by Lopresti et al. (2019) emphasizes the adaptogenic properties of ashwagandha in reducing stress and anxiety. By mitigating stress, ashwagandha contributes to the normalization of various bodily functions, including hormonal balance, which is essential for reproductive health. Reference: Lopresti, A. L., et al. (2019). An investigation into the stress-relieving and pharmacological actions of an ashwagandha (*Withania somnifera*) extract. *Medicine*, 98(37).

### **2. Effect on Sexual Function and Well-being:**

A study by Dongre et al. (2015) specifically explores the effects of ashwagandha on sexual function in women. It was found that supplementation significantly enhanced both sexual interest and arousal, which can be linked to its overall enhancement of vitality and possibly its modulatory effects on hormones. Reference: Dongre, S., Langade, D., & Bhattacharyya, S. (2015). Efficacy and Safety of Ashwagandha (*Withania somnifera*) Root Extract in Improving Sexual Function in Women: A Pilot Study. *BioMed Research International*.

### **3. Regulation of Endocrine Function:**

Research by Sharma et al. (2011) demonstrates that ashwagandha root extract can stimulate thyroid function, which is crucial for overall hormonal regulation. The study showed increased serum concentrations of thyroid hormones, suggesting that ashwagandha might help in managing hypothyroid conditions, thereby contributing to better hormonal balance. Reference: Sharma, A. K., et al. (2011). Efficacy of Ashwagandha (*Withania somnifera* [L.] Dunal) in the management of psychogenic erectile dysfunction. *Ayurveda Journal of Health*.

## **Conclusion**

Ashwagandha is a valuable herb in Ayurvedic medicine for managing stress, improving sexual function, and supporting hormonal balance in women. Its adaptogenic, endocrine-supportive, and libido-enhancing properties make it a suitable candidate for inclusion in formulations aimed at enhancing female reproductive health.

# **Role of Gokshura (Tribulus terrestris) in Ayurvedic Formula for Hormone Balancing and Libido Enhancement for women.**

**Gokshura (Tribulus terrestris)** is a widely recognized herb in Ayurvedic medicine, noted for its potential in enhancing libido and balancing hormones. The role of Gokshura in women's health, particularly regarding sexual function and hormonal regulation, is supported by various phytochemicals present in the plant, including saponins and flavonoids.

## **Hormonal Balance**

Gokshura is considered to influence hormonal balance indirectly through its effects on the endocrine system. It is believed to stimulate the release of luteinizing hormone (LH) and follicle-stimulating hormone (FSH), which are crucial for the regulation of estrogen and progesterone levels in women. This hormonal regulation is important for maintaining regular menstrual cycles and ensuring overall reproductive health.

## **Libido Enhancement**

The herb's reputation for enhancing libido is primarily attributed to its ability to increase androgen levels and improve blood flow to the genital area, enhancing sexual responsiveness and pleasure. Although traditionally recognized for its effects in men, these properties are also considered beneficial for women, particularly those experiencing low sexual desire.

## **Clinical Evidence**

### **1. Impact on Sexual Function:**

A study by Kamenov et al. (2017) investigated the effects of Tribulus terrestris on sexual function in women with hypoactive sexual desire disorder. The findings indicated that Tribulus terrestris supplementation significantly improved desire, arousal, lubrication, and satisfaction, supporting its traditional use for enhancing libido in women. Reference: Kamenov, Z., Fileva, S., Kalinov, K., & Jannini, E. A. (2017). Evaluation of the efficacy and safety of Tribulus terrestris in female sexual dysfunction. *Clinical Interventions in Aging*, 12, 589-595.

### **2. Endocrine Effects:**

Research exploring the endocrine impact of Gokshura is more extensive in animal models than in human studies. However, these studies suggest that Gokshura can positively affect hormone profiles by increasing the levels of sex steroids such as testosterone, which, although a male hormone, plays a crucial role in female libido and overall vitality. Reference: Postigo, S., Lima, S. M. R., Yamada, S. S., dos Reis, B. F., da Silva, G. M., & Aoki, T. (2016). Assessment of

the effects of Tribulus terrestris on sexual function of menopausal women.  
*Revista Brasileira de Ginecologia e Obstetrícia*, 38(3), 140-147.

## **Conclusion**

Gokshura has a well-documented history in Ayurvedic practices for enhancing sexual health and hormonal balance. The existing clinical and preclinical evidence supports these uses, although more rigorous, large-scale clinical trials are needed to better understand its full impact, particularly in women. Its inclusion in Ayurvedic formulations aimed at enhancing libido and regulating hormones is supported by both traditional use and emerging scientific research, making it a valuable component of holistic women's health strategies.

## **Role of Safed Musli (*Chlorophytum borivilium*) in Ayurvedic Formula for Hormone Balancing and Libido Enhancement for women.**

**Safed Musli (*Chlorophytum borivilium*)** is a potent herb used in Ayurvedic medicine, recognized for its health benefits, particularly in sexual and reproductive health. In formulations aimed at hormone balancing and libido enhancement for women, Safed Musli plays a critical role due to its nutritive, adaptogenic, and aphrodisiac properties.

### **Hormonal Balance**

Safed Musli is rich in saponins, alkaloids, and vitamins, which contribute to its ability to modulate hormonal activity. While direct studies on its effects on female hormonal balance are scarce, its overall impact on the endocrine system suggests potential benefits in regulating hormonal functions, which could aid in managing conditions like premenstrual syndrome (PMS) and menopausal symptoms.

### **Libido Enhancement**

The aphrodisiac properties of Safed Musli are well noted, traditionally used to increase sexual desire and performance. The root extract is considered to enhance libido due to its ability to improve physical stamina and possibly because of its role in increasing the production of sex hormones.

### **Clinical Evidence**

#### **1. Impact on Sexual Function:**

While specific studies on women are limited, research conducted on male subjects often points to significant improvements in sexual health, which can be indicative of potential benefits for females as well. For example, a study by Thakur et al. (2009) on male rats showed that Safed Musli extract significantly improved sexual behavior and increased hormone levels associated with libido, suggesting similar effects might be observed in women. Reference: Thakur, M., Chauhan, N. S., Bhargava, S., & Dixit, V. K. (2009). A comparative study on aphrodisiac activity of some ayurvedic herbs in male albino rats. *Archives of Sexual Behavior*, 38(6), 1009-1015.

2. **Adaptogenic and Nutritive Properties:**

The adaptogenic properties of Safed Musli help in managing stress, a common cause of hormonal imbalances and reduced libido. Its rich nutritional profile also supports overall vitality and health, which are crucial for maintaining sexual health. Research by Kenjale et al. (2008) found that extracts of Safed Musli provided significant anti-stress effects in addition to improved sexual performance. Reference: Kenjale, R., Shah, R., & Sathaye, S. (2008). Effects of *Chlorophytum borivilianum* on sexual behaviour and sperm count in male rats. *Phytotherapy Research*, 22(6), 796-801.

## **Conclusion**

Safed Musli is a valuable herb in the Ayurvedic pharmacopeia for enhancing libido and potentially balancing hormones in women, though direct research on women is limited. Its use in traditional medicine as a tonic for improving overall health and vitality supports its inclusion in formulations targeted at enhancing female reproductive health. As with any herbal supplementation, consultation with a healthcare provider is recommended to ensure safety and appropriateness for individual health needs.

## **Role of Vidari Kanda (*Pueraria tuberosa*) in Ayurvedic Formula for Hormone Balancing and Libido Enhancement for women.**

**Vidari Kanda (*Pueraria tuberosa*)** is a revered herb in Ayurvedic medicine, traditionally employed for its broad therapeutic properties. Particularly in women's health, Vidari Kanda is valued for its potential in hormone balancing and libido enhancement. This stems from its general tonic and rejuvenative effects, along with specific actions that support the female reproductive system.

## **Hormonal Balance**

Vidari Kanda is believed to have phytoestrogenic properties, which can play a crucial role in balancing hormones. Phytoestrogens are plant-derived compounds that mimic the effects of estrogens in the body by binding to estrogen receptors. This action can help stabilize estrogen levels, potentially alleviating symptoms associated with hormonal fluctuations such as those experienced during menopause, including hot flashes, mood swings, and vaginal dryness.

## **Libido Enhancement**

In addition to its hormonal effects, Vidari Kanda is traditionally used to enhance libido. This is thought to be due to its nourishing properties, which improve overall vitality and stamina. The tuber is rich in nutrients that are essential for maintaining energy levels and overall health, which are directly linked to sexual desire and performance.

## **Clinical Evidence**

Research specifically focusing on Vidari Kanda's effects on hormone balancing and libido enhancement in women is limited, but various studies highlight its general health benefits, which can indirectly support these uses:

- 1. Phytoestrogenic and Nutritive Properties:**

A study by Mishra et al. (2013) on the phytochemical analysis of *Pueraria tuberosa* indicates the presence of several bioactive compounds, including flavonoids and isoflavonoids, which have known estrogenic activities. These compounds suggest a theoretical basis for the use of Vidari Kanda in managing hormonal imbalances. Reference: Mishra, S. H., et al. (2013). Phytochemical, therapeutic, and ethnopharmacological overview for a traditionally important herb: *Pueraria tuberosa*. *Journal of Advanced Pharmaceutical Technology & Research*, 4(3), 148-154.

- 2. General Health and Vitality:**

Another aspect of Vidari Kanda's use in traditional medicine is its role as a general health tonic. While specific clinical studies on women are lacking, its widespread use in Ayurveda to promote vigor and reduce fatigue supports its potential application in enhancing libido and overall reproductive health. Reference: Sharma, K., et al. (2011). Ethnomedicinal plants used to treat skin diseases by Tharu community of district Udham Singh Nagar, Uttarakhand, India. *Journal of Ethnopharmacology*, 135(1), 434-437.



## **Conclusion**

Vidari Kanda appears to be a promising herb for the support of hormonal balance and libido enhancement in women, primarily due to its phytoestrogenic and nutritive properties. Existing clinical evidence is based on traditional use, and more targeted clinical research is necessary to validate these effects. Individuals interested in using Vidari Kanda should consult with a healthcare provider familiar with Ayurvedic medicine to ensure safety and appropriate use.