



CHAKRAPANI AYURVEDA

ISO 9001 & ISO 22000

KAPIKACHCHU - *Mucuna pruriens* Bak by - Dr. Parvathy Rajeev Part-2

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L-Dopa

L-Dopa is an amino acid that converts into dopamine. Dopamine is an essential component of our body and it is required for proper functioning of the brain. Dopamine is known to be effective in treatment of Parkinson's disease. The body converts the amino acid tyrosine into L-dopa; L-dopa is then converted into dopamine. L-Dopa significantly affects dopamine metabolism in the striatonigral tract. The muscles become tense and tremble without the neurotransmitter dopamine to serve a damping effect on neural transmissions. However, dopamine cannot be administered directly as it cannot cross the blood barrier of the brain. L-dopa in *Mucuna pruriens* beans acts as natural dopamine and can access the brain where it gets converted into dopamine.

The long-term Allopathic L-dopa treatment of Parkinson's disease will produce dyskinesia, distortion of voluntary movement as in spasm. But the traditional treatments of Parkinsonism with *Mucuna Pruriens* will not produce dyskinesia.

Benefits of *Mucuna Pruriens* L-Dopa:

- Improved sleep (promotes deep sleep)
- Reduced body fat & decreased cellulite
- Decreased wrinkles
- Improved skin texture & appearance
- Increased bone density and reversal of osteoporosis
- Increased lean muscle mass
- Improved mood and sense of well-being
- Enhanced libido & sexual performance
- Increased energy levels
- Improved cholesterol profile & regeneration of organs (heart, kidney, liver, lungs)
- Dramatically strengthen immune system
- Reduction of cholesterol and blood sugar levels.

Reproductive system : The seeds are very useful in oligospermia and impotence. A pessary soaked in the root extract relieves vaginal laxity. The roots are also used to expedite labour. The oil from seeds is useful in leucorrhoea.

Prolactin is a hormone released by the pituitary gland which is considered to be the cause for erection failure in men. The beans of *Mucuna pruriens* are known to release L-dopa which combines with dopamine to restrict the release of prolactin hormone by the pituitary glands. Oral intake of *Mucuna pruriens* seeds help in promoting fertility and improve erection.

Mucuna Pruriens heightened arousal and increased sexual activity to a moderate extent but also sustains it for a

longer time as indicated by the increase in Ejaculation Latency and decrease in Post Ejaculatory Interval. Mucuna Prueins possess central depressant activity. The delay in ejaculation could be due to toning down of hypersensitivity of genitals and hyperexcitation of the regulatory centers.

The total alkaloids from Mucuna Pruriens comprise of five alkaloids including purienine and purienidine which are found to stimulate the secretion of testosterone. These leads to increase sperm count and increase testes size. Spermatogenesis is governed by testosterone. The alkaloids in Mucuna increase testosterone level in seminiferous tubules either by action on pituitary function or on leydig's cells that store testosterone.

Shukrawardhak : improves the quality of semen, Hence it is very useful in impotence and oligospermia. The seeds have a high nutritional property.

Digestive system : The trichomes on the legumes are anthelmintic for roundworm.

High levels of trace elements like manganese, zinc, and others were found in these seeds. Therefore, it is conceivable that Mucuna pruriens seeds contain hypoglycaemic principles, may be both organic and mineral, which seem to act indirectly by stimulating the release of insulin and by a direct insulin-like action there by reducing the glucose level and the body weight is diabetic person.

The alcohol extract of the seeds of M. pruriens has an anti-lipid peroxidation property, which is mediated through the removal of superoxides and hydroxyl radicals.

Urinary System : The root has diuretic property. It is used in oliguria and renal dysfunction.

Satmikaran : It promotes muscle mass and body-weight; L- Dopa contains natural secretagogues which may support the body's ability to stimulate the natural release of growth hormone. The blood carries the dopamine into the brain, where it naturally increases Human Growth Hormone production from the pituitary gland. The increased dopamine levels also optimize the production of other hormones, including testosterone, leading to increased sex drive and improved sexual performance for both men and women, beneficial in stimulating muscle growth, as well as burning fat from fat cells

Ayurveda References :

Kapikachchu is included with synonyms namely Rishabhi (Balya group) and Kachchura (Purisha-virajaniya group) by Charaka. He has included it in the formulations of Mahamayura ghrita and Amritaprasha ghrita. It is also included with a synonym Markati in Unmada chikitsa.

Sushruta advised to use it in Vajikarna chikisa and in the management of Atisara. Kapikachchu is also indicated in shwasa.

Bhavamishra attributed Vatasamshamanna and Vrishya (aphrodisiac) properties to the seed of kapikachchu.

Properties :

Guna : guru, snigdha; Rasa : madhaur, tikta; Vipak : madhur; Veerya : ushna.

Karma : Tridosha shamak- useful in diseases caused by tridosha.

Parts used : Seed, root and trichomes.

Dosage : The seed powder 3 to 6 gms; root extract 50 to 100 ml; trichomes 0.25- 0.5 gm.

Properties – Rasa – Tikta, Guna – Guru, Virya - Ushna, Vipaka – Madhura

Dhatu : Shukra (aphrodisiac), mamsa- meda (brimhana), rakta vardhaka.

Mala : Purisha (sara)

Dosha : Vatashaman.

Dhatu : Shukra (an aphrodisiac, promoting ejaculation).

Pharmacological actions – Vatahara , Vrishya, Brimhani, Balya, Kapha-Pitta-Rakta-hara.

Indications – Vata-vyadhi, Atisara, Yoniroga, Klaibya.

Therapeutic uses –

Vata vyadhi (Neurological disorder) – Intake of juice of Atmagupta for a period of one month relieves Apabahuka

Vata-vyadhi. (Chakradutta)

Vajikarna (Aphrodisiac) – The seeds along with Godhuma boiled in milk and mixed with ghee should be taken followed by hot milk. (Sushruta)

Shwasa (Dyspnoea) – Intake of powder of Markati beeja mixed with honey and ghee early in the morning relieves shwasa. (Yogaratanakara)

Parts used – Seed, root, hairs

Formulations available – Herb Powder, Capsules, Organic Powder, Organic Capsules, Kaunch Ghrit.

Precautions - Mucuna pruriens beans should not be taken by pregnant women as it causes a rise in body temperature which could cause harm to both the baby and the mother.

Research -

- 1) The powdered seed extract showed hypotensive activity .
- 2) M. pruriens seed diet produced hypoglycaemic effect .
- 3) Seed diet showed hypocholesterolemic effect .
- 4) Mucuna pruriens improves male fertility by its action on the hypothalamus-pituitary-gonadal axis.
- 5) Mucuna pruriens Reduces Stress and Improves the Quality of Semen in Infertile Men.
- 6) Proteomic analysis of the pathophysiological process involved in the antsnake venom effect of Mucuna pruriens extract.
- 7) Estimation of L-dopa from Mucuna pruriens
- 8) Anti-Parkinson botanical Mucuna pruriens prevents levodopa induced plasmid and genomic DNA damage.

Testimonials

Dear Dr. Kotecha,

This is a week than I came back to France and I want to say thank you : You have made me another one!
First, let me tell you how much this month of Pancha Karma was great!

I can not find the words to express my gratitude.

You have always been there, available each day to listen to us, reassure us and help us, showing great humanity in relation to each of us.

And then this extraordinary result on my health ...

You gave me what I came for and I wish I could tell all the people who have Parkinson's disease to come to you.

My whole family thanks you and my two girls in particular who have seen a new mom back!

I would also say thank you to all your wonderful team that has always shown great patience as well as your wife.

And I even learned to make chapatis!

I remember all my life with happiness this month spent in Jaipur ...

And. I'll be back next year!

very Sincerely

Sylvana

PS : See you in February in Paris !!

(Thanks Sylvana for your beautiful words)

Product of the Month - Chintahar (Stress alleviation) herbal tea

Try these few tips for depression :

- The diet must be light and easy to digest.
- Avoid Hot, oily , spicy food and pulses like Bengal gram.
- Avoid meats and milk products during bouts of depression.
- It is better to have a fruit diet.
- Include lots of vitamin C in your diet. Vitamin C releases stress-relieving hormones. Amla (Indian gooseberry), lemons, oranges, etc. are foods that have large amount of vitamin C.
- Daily head massage with oil, and spending time with children and keeping oneself busy, going for long walks in fresh air are also helpful.



For more on this [click here](#)

World Ayurveda Congress 2012

The fifth edition of the World Ayurveda Congress (WAC) is scheduled to be held at Lal Parade Ground Bhopal from 27th to 30th December 2012. It is expected to consolidate the momentum created by th

successive editions of the Congress and enhance the popularity of Ayurveda across the globe. This world summit jointly organized by Vijnana Bharati and Govt. of Madhya Pradesh, being true to its past records would bring diverse stakeholders of Ayurveda on a common, meaningful and popular platform.

<http://www.ayurworld.org>

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