

## Bravissimo-F Tablet: A Scientifically Formulated Potent Female Aphrodisiac

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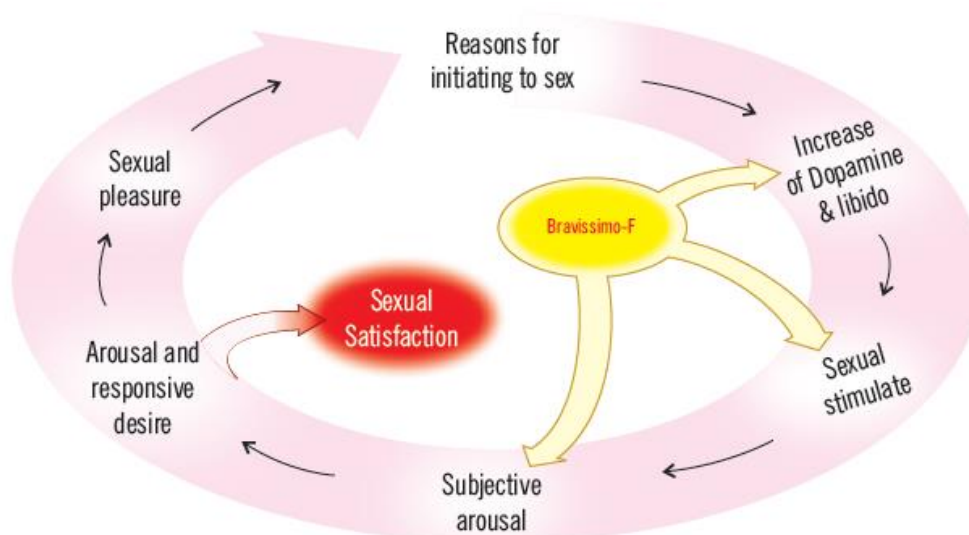
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### ABSTRACT

Decreased sexual desire afflicts one third of adult women worldwide. Difficulty in diagnosing this condition is compounded by the subjective nature of desire, and although many older women attribute their reduced libido to hormonal changes, Side effects of medications, psychological problems, history of substance abuse, or relationship difficulties can all lead to low libido. Low or absent sexual desire is the most common sexual dysfunction in women, and its prevalence peaks during midlife. Its etiology is complex and may include biologic, psychologic, and social elements. Major risk factors for its development include poor health status, depression, certain medications, dissatisfaction with partner relationship, and history of physical abuse, sexual abuse, or both. The present paper Reviews the Role of Bravissimo-F tablets, A scientifically Formulated female libido enhancer developed by R&D cell of Lactonova Nutripharm Pvt Ltd. Hyderabad that dramatically increases the women's sensuality for sex.

**Keywords:** Nutritional supplements, Female libido enhancer, Bravissimo-F tablet.

### INTRODUCTION



The term “desire” encompasses the feelings and sexual wishes surrounding sexual activity. Some have advocated that decrease in a woman’s libido is simply a normal change that often accompanies age or menopause. An estimated 1/3<sup>rd</sup> women’s around the globe are estimated to suffer from this so-called normal change. Hence, the most clinically appropriate definition of hypoactive sexual desire is a decreased level of sexual desire that causes distress to the patient. It is the absence of receptive or responsive desire that is so distressing to women. Absence of “spontaneous wanting” is both manageable and likely normal.

#### *Why women lose their sex drive?*

It is not surprising that women are overall less interested in having sex everyday compared to men. While sex is supposed to be pleasurable, some women are just not into it at some moments. However, not being in the mood for eternity is just not healthy. Hypoactive sexual disorder or HSDD, is a common sexual dysfunction found in women.

These women have just lost their interest in sex. Moreover, the problem is not only psychological but can also be seen in how their bodies react during sex.

*Some of the most common causes why a woman's sex drive are as follows:*

- **Stress:** A woman trying to balance a family and at the same time work is highly likely to suffer from stress. Juggling both of these inefficiently can increase anxiety thus affecting the mood for sex.
- **Lack of rest:** A lack of sleep can greatly affect sexual drive. When the body is not well rested, hormones can go haywire leaving women uneasy and irritable.
- **Birth control pills and other hormone-based contraceptives:** Contraceptives can also on have a negative effect on their sex drive. Estrogens and progesterone levels are controlled with the use of contraceptive pills. Levels of these sex hormones have a significant effect on a woman's sex drive. Injectable contraceptives are also more likely to drop libido.
- **Medications.** Drugs such as anti-depressants can have a devastating effect on a woman's sexual drive. Some of these medications include Valium, TCAs, or MAOIs. These drugs can affect the release of lubrication in vagina making sex less pleasurable.
- **Menopause.** This is simply something that cannot be avoided. Hormones which are mainly responsible for arousal are depleted. It can cause the vaginal wall to dry out making sex painful. It can make women feel irritable, old, and no longer sexy.

Causes range from medication side effects to depression to the most common cause—relationship problems (Table 1).

<b>TABLE 1 Decreased libido: etiological clues gleaned from the history</b>	
<b>Historical clue</b>	<b>Might suggest</b>
Anger or unresolved conflict	Relationship discord
Gradual onset	Relationship discord
CAGE questions (see box)	Alcoholism
Depression screening	Depression
Medication and substance abuse	(See Table 2)
Pain with intercourse	Endometriosis, vaginismus, other pelvic disorder
Difficulty achieving orgasm	Orgasmic disorder
Difficulty with lubrication	Atrophic vaginitis
History of childhood or adult sexual trauma or abuse	Posttraumatic stress disorder
Weight loss	Depression, cancer

Many medications can interfere with sexual function, some causing decrease in sexual desire (Table 2).

**TABLE 2** Medications that may cause decreased sexual desire

Drug type	Class/Drug
Antidepressants and mood stabilizers	Selective serotonin reuptake inhibitors (SSRIs)
	Tricyclic antidepressants
Cerebral depressants and tranquilizers	Antipsychotics
	Benzodiazepines
Cardiovascular agents	Antilipids
	Beta-blockers
	Clonidine HCl (Catapres®)
	Digoxin (Lanoxin®) Spironolactone (Aldactone®)
Hormones	Danazol (Danocrine®)
	GnRH agonists
	Oral contraceptives
Others	H <sub>2</sub> -receptor blockers

Table 3 lists other possible conditions that may lead to decreased sexual desire.

*Medications associated with low sexual desire includes-*

### **Anticonvulsants**

- Carbamazepine
- Phenytoin
- Primidone

### **Cardiovascular and antihypertensive agents**

- Angiotensin-converting enzyme inhibitors
- Amiodarone
- Beta-blockers (atenolol, metoprolol, propranolol)
- Calcium channel blockers
- Clonidine
- Digoxin
- Diuretics (hydrochlorothiazide)
- Lipid-lowering agents

### **Hormonal medications**

- Antiandrogens (flutamide, spironolactone)
- Gonadotropin-releasing hormone agonists
- Oral contraceptive pills

### **Other**

- Histamine receptor blockers

### **Pain relievers**

- Nonsteroidal antiinflammatory drugs
- Opiates

### **Psychotropic medications**

- Antipsychotics
- Anxiolytics (alprazolam, diazepam)
- Serotonin norepinephrine reuptake inhibitors
- Serotonin selective receptor inhibitors

### **Drugs of abuse**

- Alcohol
- Amphetamines
- Cocaine
- Heroin
- Marijuana

**TABLE 3** Gynecologic causes of decreased libido secondary to dyspareunia

Causes	Gynecologic sign
Vaginismus	Increased muscle tone, tense levator ani
Atrophy	Decreased skin turgor, thin vaginal mucosa
Infection	Cervical motion tenderness, vaginal discharge, ulcers (herpes simplex)
Endometriosis	Tender adnexa, pain during rectovaginal exam
Cystocele, rectocele, uterine prolapse	Degree of prolapse
Vestibulodynia (vulvar vestibulitis)	Pain elicited by touching the vaginal vestibule with a cotton tip applicator

### *Pathophysiology of low sexual desire*

The pathophysiology of low sexual desire is complex and should be considered in the context of the bio psychosocial approach. The bio psychosocial approach emphasizes the importance of understanding human health and illness in their fullest contexts by systematically considering biological, psychological, and social factors and their complex interactions on health and illness.[1]

Biological factors may contribute to decreased desire by direct or indirect mechanisms. Common medical conditions (such as hypertension and diabetes mellitus)[2] and their treatment (including antihypertensive such as calcium channel blockers and angiotensin converting enzyme inhibitors)[3] have been associated with decreased sexual desire. Frequently, sexual problems overlap such as the presence of dyspareunia being an underlying cause of low desire.

Aging can also affect sexual desire. Previous studies have shown that middle-aged women have the highest prevalence of decreased desire with distress.[4] The intensity of sexual desire a woman experiences may decline as a result of neuroendocrine changes (declining testosterone, changes in neurochemistry, and indirect changes from loss of estrogen). Genital sensation may change, requiring stronger and longer stimulation to achieve arousal. Low estrogen levels may cause vulvovaginal atrophy and dyspareunia, which is associated with decreased desire.[5] These factors, along with unique psychosocial factors that present during this life phase, influence sexual function during the menopausal transition.[6] Psychological factors play a significant role in sexual desire and may even sometimes override biologic factors. Psychiatric conditions (such as depression and anxiety) and their treatment (medications including selective serotonin reuptake inhibitors and anxiolytics) are associated with decreased sexual

desire. Sexual abuse and trauma in childhood and puberty, perceived stress, distraction, self-focused attention or anxiety, personality disorders, and body image or self-consciousness have all been shown to negatively affect desire [7]. The effect of social factors on sexual desire should also be considered. Cultural, social, and religious values and mores can negatively influence women's sexual desire, especially in women raised in highly restrictive cultures or religions. Relationship factors such as conflict or a partner's sexual dysfunction (e.g., erectile dysfunction and premature ejaculation in a male partner), [8] stressors such as financial hardship, career-related pressures, and familial obligations can also contribute to decreased sexual desire. To gain a better understanding of the etiology of hypoactive sexual desire disorder, the HSDD Registry for Women was designed to characterize a large (1,500 women) cross-section of women with hypoactive sexual desire disorder and to prospectively investigate several bio psychosocial factors associated with the disorder. Initial findings from the registry confirm the multifactorial nature of hypoactive sexual desire disorder with the majority of premenopausal women identifying multiple factors (such as stress or fatigue, dissatisfaction with physical appearance and other sexual difficulties) that contribute to their decreased desire.

# **BRAVISSIMO-F**

for WOMEN  
Tablets

**Scientifically formulated female libido enhancer**

Bravissimo is a natural, innocuous supplement which is specially designed to dramatically increase the women's sensuality for sex.

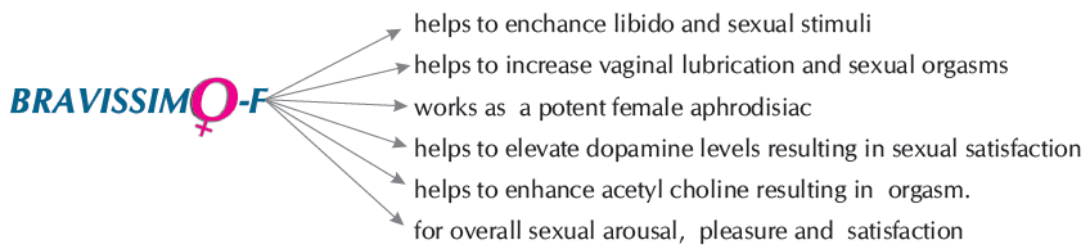
## **COMPOSITION OF BRAVISSIMO-F TABLETS**

# **BRAVISSIMO-F**

for WOMEN  
Tablets

<b>Supplement Facts</b>		
Serving size : 1 Tablet      Servings per container : 15		
Each film coated tablet contains		% RDA*
Hop's extract (Humulus lupulus) PE 10:1	200mg	**
Trubulus terrestris extract (Saponins 40%)	165mg	**
Mucuna puriens extract (Levodopa 10%)	125mg	**
Ginkgo Biloba extract	100mg	**
Standardized extract containing min.24% Ginkgo flavonoglycosides and 6% Terpene Lactones		
Epimedium sagittatum leaf extract PE 10:1	100mg	**
Gamma Amino Butyric Acid (GABA)	100mg	**
L-Arginine	100mg	**
Cayenne extract (Saicinoids 5%)	50mg	**
Yohimbine bark extract (Yohimbine 10%)	10mg	**
Niacinamide (Nicotinic Acid)	16mg	10
* RDA (Recommended Dietary Allowance) ** Not established. PE - Plant extract Contains prolonged release complex of : Gamma Amino Butyric Acid, L-Arginine.		





### *Pharmacology of Bravissimo-F Tablets*

**PHARMACOLOGY:**

Bravissimo-F decrease vaginal dryness and increase natural lubrication, increase blood flow to the genital areas, inhibits excitatory neurotransmitters that cause anxiety which decrease sexual desire, enhances libido and sexual vitality, increase acetylcholine resulting in urethral and vaginal contractions that gives better orgasm.

**INDICATIONS:**

Bravissimo-F helps in treating low sexual desire, low libido, and orgasm dysfunction.

**SAFETY:**

Bravissimo-F is completely safe, over dose may cause gastrointestinal disturbance

**CONTRA INDICATIONS:**

The product is contraindicated in patients with a history of hypersensitivity with any of its ingredients.

**WARNING:**

Pregnant women or nursing or expecting mothers avoid taking Bravissimo-F

**MODE OF ADMINISTRATION:**

Take one tablet 1-2 times daily or as recommended by the healthcare practitioner.

**INTERACTIONS:**

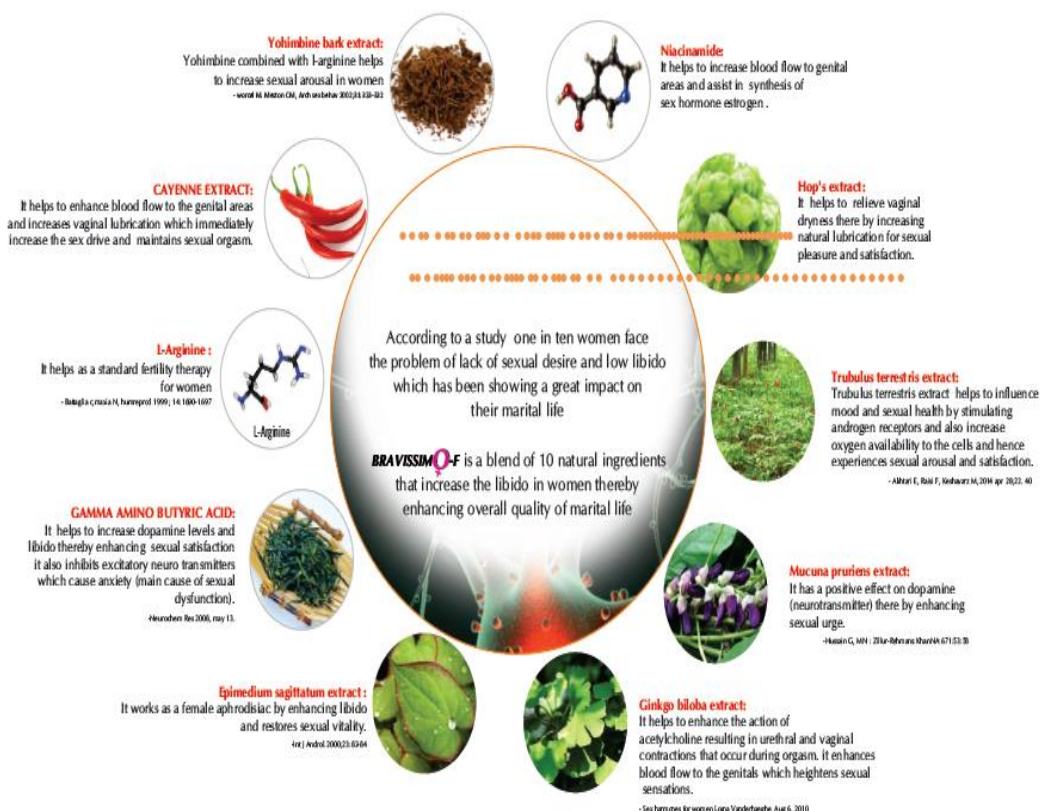
Bravissimo-F interacts with anti-coagulant drugs like warfarin and decreases their effects.

**STORAGE:**

Store in a cool, dry and dark place.

**PACKING:** 1X15 Tablets

### *Mechanism of Action of each ingredient in bravissimo-F*



### *Side effects*

Some individuals have undesirable effects, especially for individuals with blood circulation disorders and those taking anticoagulants such as Aspirin or Warfarin people who are taking certain types of antidepressants (such as monoamine oxidase inhibitors and selective serotonin reuptake inhibitors),

#### *A. Allergic precautions and contraindications to use*

People taking pharmaceutical blood thinners such as warfarin or coumadin should consult with their doctor before taking this medication as it acts as an anti-coagulant.

#### *B. Indication*

Depressed Libido

Decreased sexual Desire

Post menopause conditions

Dosage; 1-2 tablet with milk or water or As directed by Health care practitioner .

### **SUMMARY & CONCLUSION**

Decreased sexual desire is common among women of all ages and can have negative effects on overall wellbeing and its prevalence peaks during midlife. Its etiology is complex and may include biologic, psychologic, and social elements. Major risk factors for its development include poor health status, depression, certain medications, dissatisfaction with partner relationship, and history of physical abuse, sexual abuse, or both. Bravissimo-F tablet, A scientifically Formulated female libido enhancer has shown dramatically increases the women's sensuality for sex in several clinical research studies.

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