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Conceptual study on *Vajikaran* in Ayurveda

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ABSTRACT

The need for sexual activity is as purposive as eating and drinking. Individual enjoying regular sex life remains young and enjoys a long life. It increases muscular strength, stability and give lustre to the skin. According to Ayurveda health is achieved by the use of two types of medicines i.e., *Swasthasya Urjaskar* (preventive medicines) and *Artasya Roganut* (curative medicine). *Swasthasya Urjaskar* is again of two types i.e., *Rasayana* (Rejuvenation therapy) and *Vajikarana* (aphrodisiac treatment). *Vajikaran* includes use of medicines causing virility as well as diet. *Vajikaran* medicines directly exert the effect on *Shukra Dhatu* and causes increase in quantity of semen or ejaculation or both.

Key words: Ayurveda, *Shukra Dhatu*, *Vajikarana*, sexual power

INTRODUCTION

Ayurveda has eight branch called as *Ashtang Ayurved*. *Vajikarana* is one of them. *Vaji* means horse and *Karan* means power that means the drug which on consumption gives power of sex and work like horse. In this modern era apart from medicine and Yoga, *Rasayana* and *Vajikarana* is also equally important. *Vajikaran* is that which produces quick sexual stimulation, enables one to perform sexual act with women.^[1] The foremost aim of *Vajikarana* therapy is to produce good progeny. Whatever is sweet, bulk-promoting, heavy, exhilarating is known as *Vrishya*.^[2] *Vajikaran Dravya* exerts effect on *Shukra Dhatu* and increases the quantity of semen which produces good

progeny.

MATERIALS AND METHODS

Vajikarana definition

The term *Vajikarana* is the composition of two words *Vaji* and *Karna*. *Vaja* means *Shukra* and *Vaji* means the person having sufficient quantity and quality of *Shukra*. Another meaning of the word *Vaji* is horse and the word *Karana* means to make potent. Because of this therapy, person becomes capable to perform sexual intercourse

As per Acharya Sushruta, *Vajikarana-Tantra* is the branch which deals with *Alpa- Shukra* (oligospermia), *Prasadana* of *Dushta- Shukra*, increase of *Kshina-Shukra* and *Janana* of *Vishushka- Shukra*.^[3]

Effect of *Vajikarana*

- It increases spermatogenesis and improve the quality of sperm and ovum.
- It increases sex desire, performance and fertility.
- Improving the quality of sperms and ova
- Improves the appearance of person so that he or she becomes more attractive to the person of opposite sex.

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- It is important to help sterile person who have a desire for sex and getting children.^[4]
- Provides *Yash, Bala, Pushti, Stri* to individual.
- It should be taken in between 16 to 70 years of age. Not advisable after 70 years.
- Boost the sexual capacity and performance, It also increases physical and psychological health of persons.^[5]

Relation between Intercourse and season

In Ayurved, it is described that according to season intercourse should be performed.

- In *Varsha Rutu* intercourse can be performed on every 15th day.
- In *Vasant Rutu* intercourse can be performed on every 3rd day.
- In *Hemant* and *Shishir Rutu* one can enjoy sex to one's satisfaction.^[6]

Before Intercourse

- Before intercourse female partner should take adequate amount of udad, til and rice.^[7]
- Male partner should have diet rich in milk, ghee, rice and sweet items.^[8]
- Avoid salt and *Kshara*.

At time of intercourse

- At the time of intercourse both partners should be sexually attracted towards each other
- Should be clean and in happy state of mind.
- Should not be hungry and thirsty
- Should chew *Tambula* or cardamom.
- During intercourse the male should lie over female who should be lying on bed in supine position

After intercourse

- After intercourse both the partners should clean the genital organs and take bath.
- Should apply paste of sandalwood, *Kesar*

- After intercourse milk, sugar, fruits, water should be taken.
- Should enjoy moonlight in the terrace.^[9]

Indications of Vajikaran

- Indicated in healthy person to increase semen and body strength.
- It should be advised to *Jitendriya Purusha* (Those who have good control over the senses).
- Person suffering from debility of semen and weakness.^[10]
- *Vishayi Purush* (person indulging in sensory pleasure) should use *Vajikaran* daily.^[11]
- Old persons who are desirous of copulation, impotent, debilitated due to excessive sexual intercourse, those having less of semen and to those who have many wives.^[12]

Contraindications of Vajikarana

- Children below 16 years of age
- Old above 70 years of age
- Women
- Contraindicated in *Ajitendriya Purusha* (Who do not have control over senses) as he may cause disturbance or harm in social peace.
- Person suffering from *Sahaj-Klaibya* (congenital impotence)
- *Klaibya* due to *Marma-Chhedana* (impotence due to injury to the genital organs such as penis, testes etc.)

Vajikarana medicines

In *Samhita Granthas* number of medicines are described for *Vajikaran* therapy. Acharya *Charaka* described number of *Vajikaran* formulation such as *Vajikarana Ghrita, Vajikarana Pindarasa, Brimhani Gutika, Vrishya Mansa, Vrishya Mahisharasa, Vrishya Kukkuta-Mansa, Vrishya Masha Yoga, Apatyakari-Shashtikadi-Gutika, Vrishya Kshira, Vrishya Shashikodana, Vrishya Shatavari Ghrita, Vrishya*

Payasa, Vrishya Mashadi Pupalika, Vrishya Madhuk yoga, Vrishya Mansa Gulika, Apatyakar-Ghrita.^[13]

In *Sushruta Samhita* Acharya Sushruta has mentioned different formulations for *Vajikarana* such as *Vajikarana Shashkuli, Vajikarana Utkarika, Vajikarana Vidarikanda Yoga, Vajikarana Bastanda Yoga, Vajikarna Ashvattha Yoga, Vajikarana Amalaka Yoga, Vajikarna Godhumadi Yoga, Vajikarana Svayamguptadi Yoga.*^[14]

In *Ashtanga Hridaya* Acharya Vagbhat described formulation for *Vajikarana* such as *Atamguptadi Yoga, Vidaryadi Avaleha, Mulethi Churna, Mashadi Yoga, Uchchatadi Churna, Kauchadi Churna, Kamvardhak Gokshuradi Churna.*

Vajikarana Ahar

In Ayurveda Acharyas advise milk, ghee, *Khira* (sweet pudding), *Sathi* variety of rice, Black gram, meat, meat juice etc. All these diet increases *Vajikarana* effect.

Vajikarana Vihar

The environment or the act that makes one happy in mind exerts *Vajikarana* effect such as hilly area, pleasant gardens, gentle body massage, bath, women having all the requisite qualities, fragrant like scent, ornaments, wearing of garlands, comfortable house, bed and seating place, sweet voice of birds, new and clean clothes, water reservoir having blossom of lotus and bumble bee, rivers with full of water, gentle cool breeze, pleasant moonlight night, winter season, melodious songs and musical instruments, anointment with saffron and *Aguru*, young age and suitable time.^[15]

DISCUSSION

Like food sex is also important need for every individual. It is supposed that *Vajikarana* medicines directly act on higher center of brain i.e., hypothalamus and limbic system. The things that we consume are digested and then *Rasa, Rakta, Mamsa, Meda, Asthi, Majja* and *Shukra Dhatu* are nourished in order. Woman having all the requisite quantities is considered at the first place among *Vajikarana* and considered first among *Vajikarana Vihara*. Happiness of mind and

healthy diet play crucial role in the success of the therapy.

CONCLUSION

As per *Ayurveda Vajikarana* is an important therapy. It increases the sexual capacity, improving health of future progeny. Useful in the treatment of many common sexual disorders like infertility, premature ejaculation, erectile dysfunction. For better results, it is necessary to perform *Shodhana* procedure before administration of *Vajikaran* drugs. If the body is ridden with *Ama*, the aphrodisiacs and *Dravyas* will not work as intended. *Vajikarana Chikitsa* includes administration of *Vrishya* formulation (herbo or herbo-mineral preparations of aphrodisiac effect) and exclusive therapies such as *Uttar Basti, Vajikarana Basti* etc.

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