AYURVEDA AND ITS ROLE IN SEXUAL HEALTH
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ABSTRACT
Vajikarna is one among astangas. Sexuality is not just sexual activity. Vrishya chikitsa of Ayurveda addresses the reasons for sexual inefficiency and directs the use of sexual aphrodisiac herbs, minerals and treatments to enhance the vitality.

INTRODUCTION
The frame work of Ayurveda is wide enough to include all that is very essential to make the humans healthy and happy. It includes study of kaam or the desire which is very essential for producing the healthy progeny which in turn produce the healthy society. Further it deals with the philosophical aspect of life; the knowledge of which greatly contributes to the comfort and happiness of all humans.

Ayurveda which is not only a system of medicine but a way of life, advocating prevention of diseases as its primary aim and following holistic approach in dealing with different diseases.

Vajikarna is one among astangas which deals totally about sexual health. As said by Charaka the man without child is said to be the tree without any branches. The main aim of vajeekarana is to produce the quality progeny which in turn produces the healthy society.

Sexuality, what does it mean
It would not be wrong to state that the sustenance of the human race is based on its sexuality. Sexuality is not just sexual activity. But is rather the sum total mans existential presence in the world. Based on his sense of sexual identity with which he identifies his sex roles and modulates his interaction with the society around him. A person recognises his sex role through three means-his family ties, his social standing and codes of behaviour, his sexual values and priorities. it can be generally said that the climax aim of the bodily activity brought about by coordinated functioning of the autonomous nervous system, hormones and muscle groups is procreation.

Perspective of Vajeekarna
The wisdom of Ayurveda certainly was not delivered in a day. It is the sum total of the collective wisdom of sages gathered over period of time. The gray areas where light of knowledge merged indistinctly with darkness of ignorance had provided the most exciting scientific speculations to the ancient sages as they do for today’s students of Ayurveda. Sexual health in Ayurveda is indeed one such area, which has, by virtue of some recent advances in allopathic medicine, come centre stage and about which all Ayurvedic vaidyas would definitely like to know more, especially as to what their own science has to say about it.

There are many ways to approach a contemporary topic to give its Ayurvedic perspective. Any approach however would have to be aware of the pitfalls of unnecessary unjustified and erroneous correlation. It has also to provide a comprehensive view of the Ayurvedic outlook which can be only possible, if all references from possible sources are analysed critically.

Vrishya chikitsa of Ayurveda addresses the reasons for sexual inefficiency and directs the use of sexual aphrodisiac herbs, minerals and treatments to enhance the vitality.

Androsemenological perspective
The super speciality practice of Ayurveda which deals with diagnosis and management of defective spermatogenesis is accordance with vajeekarana. Alpa retas treated with sukra Apyayana chiktsa, dushta retas with shukra prasadana, ksheena retas with shukra upachaya and vishukra retas with shukra jarana vajeekarana chiktsa. This perspective of vajeekarana is missing in common notion and during the emperors. The vajeekarana was promoted as only sex medicine unfortunately.

Kama: The Instinct
In charaka samhitha it is stated that rishiputra is the product subha asubakarma impelled by moha ichha and dwesha. Pravrtti is possible only by moha, ichha and devesha. Kama is the product of the above three.

Sexological perspective - Sexual potentiation of the person practicing sex with his legal partner or the persons with sexual dysfunction at the same are treated with vajeekarana chiktsa. Enhancement of sexual vigour, desire, libido, penile erectile capacity, sexual substance power, modulation of ejaculation, repeated sexual performance etc are the benefits of vajeekarana therapy but to be prescribed for the needy.

Nutritional perspective
Vajeekarana phytopharamacopoeia, animal sources and minerallo metallaceutics have been found to possesses abundant energy and nutritional potent. To name a few milk products, ghee sugar etc.

Antistress, adaptogenic and immunological perspective
Classically vajeekarana yoga is said to be best on the recipients with tushti, pushji, jeevana Bruhamana, Balya
yasha and manocharsha properties. It is intended to note
the antistress, antiaging, adaptogenic, psychotropic, life
promoting, anabolic and immune enhancing effects which
can also be contextually prescribed in vatavyadi,
balakshya, jara and other clinical condition.
A person should always seek the intake of aphrodisiacs to
earn dharma, artha priti, and yasas through tjis therapy
alone. A person gets these benefits through his progeny
and the aphrodisiac therapy enables him to procreate
children. (Charaka)

As said in Ayurveda stree is the best aphrodisiac. Each
beautiful thing gives immense pleasure to an individual.
All objects of beauty are assembled in women in compact
form and nowhere else. All the objects of senses found in
the person of women evoke the maximum delight in a
man. Above things can be enjoyed only if the women
cooperate. The following conditions can make the women
unfit for sexual act or she refuses to cooperate.

Loss of libido

Loss of libido is common problem that women face from
time to time. Recent research shows that female sexual
dysfunction often is the result of low hormones in the
body. Hormones are directly responsible for female
sexual drive and libido. The women usually experience
deficit arousal and orgasm. Loss of libido leads to
difficulty in intimate relationship and contributes to
marital problems. This problem can be treated with some
medicated herbal oils like Dhanyaka, bala
ashwagandhadi etc (for ext application). Internally herbs
like sathavaree, punarnava, vidhri, ashtavargam drugs can
be administered.

Menopause

Menopause is perhaps the greatest physical change a
women faces in the old age. Many women experience a
change in their sexual functions immediately before and
after menopause this is due to decrease in oestrogen and
testosterone levels. There will be decreased blood flow in
the genitals. Common complaints like loss of desire, low
sexual arousal, thinning and drying of the vagina leads to
difficulty in penile penetration. In this case herbs which
improves the blood circulation, balance the hormones and
increase he desire can be administered.

To increase the beauty of the patient which is the prime
important in attracting the man, some beauty treatments
with various drugs and panchakarma treatment can be
advocated.

Female infertility

There are lots of condition leads to female infertility main
one is PCOD. Usually this condition is treated with
contraceptive pills, metformin and with ovulation
inducers. In Ayurveda this condition is easily treated with
kashayams like punarnavadi, varanadhadi etc. Tablets like
kanchanara gugglu, chandraprabhavati etc can be used.

Sexual dysfunction in man

Premature ejaculation

Premature ejaculation is the term used when the ejaculates
the semen just before the coitus or quick leakage of semen
with in short time before orgasm or in other words
ejaculation occurs before the persons desire. It may occur
before or after foreplay. Many times this leads to anxiety
depression, tension and personal distress. In contemporary
medicine both the partners are educated especially the
wife and treatments like stop and start technique by wife,
pelvic floor exercise, local anaesthetics and some anti-
psychotic drugs are used in Ayurveda it can be treated in
vataja shukra dhushti lines, panchakarmas like uttravastri,
matravasti and mrudu virchana can be advocated,
preparations like aakarakara bhathi vati,
madhakameshwari lehyam2 kamini vidranava ras, etc
can be used and some market preparations are also available.

Delayed ejaculation

It is uncommon form of sexual dysfunction which can
affect some man. Shukra pravritikara drugs can be very
useful in this condition.

Erectile dysfunction

We can say erectile dysfunction is the problem in which
the penis does not become firm enough to enter the vagina
or failure of ejaculation or maintaining erection till the
end of the sexual act. It may be due to some physical
disease such as Diabetes, psychological or emotional
problems. Also diseases like Prostate cancer,
atherosclerosis, urological condition, hepatic failure etc.
Even some medications, alcohol, smoking aging and
trauma can cause this problem. It can be diagnosed by
Physical examination, Pudendal angiography,
cavernosonography. In contemporary science it is
managed with professional counselling, hormonal
treatments and oral medication such as Yohimbine,
Trazadone, Methylated testosterone sildinafill citrate6 etc.
It is also treated with Penial implants, injectables. It can
be said in ayurveda as klaibya all the Acharyas have
elaborately explained about klaibya extensively. Nidanas
like Shukraoporodha, Jarasamibha, K shaya,
Bjopaghatsambhava, Marmachedha etc. Main symptom
mentioned is Divijapatatyadhonrnam5.

This condition can be treated with;

Pathya: Ahara plays very important role in klaibya.
Lavana and kshaara should be avoided. All ground cereals
except yava and godhuma. Use of shali, meat of varthaka,
chataka, kukuta, tittri, harinat, fruits like draksha karjoora,
amra, jambu, dadima etc are mentioned.5

Treatment: Panchakarma treatments like virsha yapana
vasti, matravasti, snehapana, mild virechana can be
advocated. Herbs like ashwagandana, bala, kapikachoo,
masha, shashitika, satthavaree, madhuka. Vegetables like
dhanyaka, aardhraka, jivaka, sarshapa, ajamodha, mulaka,
alabu, soorana, agnimantra, lasuna, varthaka dhadima etc
can be advocated. Also ksheera, dadhi, girutha ikshu,
taka etc can also be used. Bhasmas like swarnavanga,
rasa sindoora, abra, kapikachoo, masha, shashitika, satthavaree,
madhuka. Vegetables like dhanyaka, aardhraka, jivaka, sarshapa, ajamodha, mulaka,
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Male Infertility

Approximately 15% of couples attempting their first
pregnancy meet with failure. These patients are primarily
infertile if they have been unable to achieve a pregnancy
wit in a year of unprotected intercourse. Conception
normally achieved with in twelve months in couples who
use no contraceptive measures and persons presenting after this time to recognise as possible infertile and should be evaluated. 30% pathology found in male partner in infertile couple. Usually oligospermia, azoospermia, sluggish motility, non motility of sperms, damaged sperms are the main cause. This should be carefully diagnosed with physical examination, Doppler- to rule out vericoceel, pelvic scan to rule out any anatomical pathology. History must be carefully taken both present and past to rule out dreadful diseases of the past and recent time which can give some clue if the patient had any disease which would affect the spermetogenesis or sperm. The treatment normally includes clomiphene citrate, Tamoxifen, FSH and LH injections, injections etc. And surgery for varecoceel, intra utrine insemination and IVF. In Ayurveda it can be categorized under klaibya and the treatment can be followed after proper evaluation of dosha dooshyas.

**DISCUSSION**

Upasta, the male organ, it has two function they are pleasure and excretion. Klaibya affects physical and mental wellbeing of a man. Klaibya is not only an erectile dysfunction it covers the entire sexual dysfunction. Rasayana and vajeekarana oushadies plays very important role in treating klaibya.

**CONCLUSION**

Both male and female sexual dysfunctions under various headings are commonly present in the society, urging the victims to approach to the Ayurvedic physicians believing that Ayurveda has the answer for it. As an Ayurvedic physician we should say our strength and limitation to them and professional counselling with proper investigation and proper treatment will definitely give the good result.

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