



## Review Article

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### A REVIEW ON VAJIKARANA: THE SPECIAL BRANCH IN AYURVEDA

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Received on: 15/05/17 Accepted on: 17/06/17

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DOI: 10.7897/2277-4343.083170

#### ABSTRACT

Ayurveda is a science of health & healthy living. It is more than 5000 years old science, but even then, it has separate specialized branches. Ayurveda has two main goals i.e. protection and promotion of health and cure from diseases. Vajikarana is one of the branch among the eight branches. Vajikarana may be employed for fulfilling promotion of sexual health and curing the sexual diseases. Sexuality and reproduction are so vital in Ayurveda that an entire discipline, known as Vajikarana, is dedicated to enhancing fertility and rejuvenating sexual and reproductive energy. Now a days explosion of human population is major issue. Hence countries like India & China has been promoting family planning. There are strict laws to overcome the population problem. Now it is need of time to produce mentally & physically healthy progeny. Ayurveda has always stressed on producing a healthy progeny. Hence to fulfil these criteria good qualities of sperms are to be produced which covers in Vajikarana. It also helps in resolving the sexual related problems like infertility, impotence, decreased sperm count etc.

**Keywords:** Ayurveda, Vajikarana, Aphrodisiac, Vrushya chikitsa.

#### INTRODUCTION

Charaka Samhita explains 'the healthy life has three main pillars; a balanced diet, proper sleep & a healthy sex and marital life'.<sup>1</sup> Ayurveda is divided in eight branches<sup>2</sup> - These includes,

1. Kaya chikitsa – Internal & external treatment for the body – (General medicine).
2. Balroga or Kaumar Bhurutya (paediatrics/science of diseases of children).
3. Grah or Bhoot Vidya (psychotherapy)
4. Shalakyatantra (eye, ear, nose & throat related science).
5. Shalyatantra (surgery-the Art of treating diseases with instruments).
6. Agadtantra (toxicology- the science of poisons).
7. Rasayana (science of rejuvenation make young again)
8. Vajikarana (science of aphrodisiac-sex stimulating & treating sexual diseases)

The word Vajikarana is composed of two words i.e.vaji & karana; vaji means horse, a symbol of sexual potency & performance and karana means therapeutic measures which enhance sexual power & physical strength of a man like a horse.

For this literature review, material referred from Ayurveda classics, books and published works from pubmed as well as nonpubmed indexed journals including google scholar database. The present review is mainly focussing on Brihattryee (Charaka Samhita, Sushruta Samhita and Ashtang) for detail understanding of the concept Vajikarana. The commentaries on brihattryee were also referred for the study.

#### Definition of Vajikarana

The factors which make a man capable of entering into sexual intercourse with woman with Stallion vigour & which makes him capable of performing excessive sexual intercourse are called Vajikarana.<sup>3</sup>

#### Need of Vajikarana Therapy <sup>4</sup>

- To reproduce healthy and quality wise progeny is the primary aim.
- To produce good quality semen.
- To empower the physical strength and better complexion.
- To increase sexual power for uninterrupted coitus and likeness by female.
- To improve nourishment, physical fitness & provide mental pleasure.

#### Vajikaran Therapy <sup>5</sup>

##### 1) Shukra Srutikar/ Shukra Pravartaka

The drugs which initiate the ejaculation of semen to the exterior of the body, are termed as Shukrapravartaka. Chakrapani includes such drugs under Shukrasrutikara. e.g. *Strychnos nuxvomica*, *Cannabis sativa*, *Myristica fragrans*, *Cassia occidentalis*, Musk and Self Control (Sankalpa-Psychological treatment)

##### 2) Shukra Vriddhikar/ Shukra Janaka

The drugs which facilitate and increase the production of Shukra Dhatu are termed as Shukra Vriddhikar. Chakrapani included these drugs under Shukra vriddhikara, while Sharangadhara mentioned them as Shukrala. Examples are *Withania somnifera*, *Asparagus aemosus*, *Vigna mungo*, Mamsa (meat), Ghrita (cow ghee) etc. Shukrala drugs can also be divided into two types i.e. Ushna Virya Shukrala and Shita Virya Shukrala.

##### 3) Shukra Sruti-Vriddhikar/ Shukra-Janaka-Pravartaka

The drugs having both Janaka and Pravartaka properties are known as Shukrajanaka-Pravartaka. Chakrapani has described it as Shukrasruti- Vriddhikara .E.g. Goghrita(cow ghee), Godhuma(wheat), *Vigna mungo*, *Microstylis wallichii*, *Roscoea procera*, *Mucuna pruriens* and *Asparagus racemosus*.

Shukra Stambhaka is another category explained by Sharangdhar (Sarangdhara Samhita Purvakhand 4/17) drugs which help in the capability of ejaculatory control during sexual act. e.g. *Terminalia chebula*, *Sida cordifolia*, *Asparagus racemosus*, *Cinnamomum tamala*, *Anacyclus pyrethrum*, *Mucuna pruriens*

### Benefits of Vajikarana Therapy<sup>6</sup>

According to Charaka Samhita-Vajikarana prevents premature ejaculation.

- It gives satisfaction to female partner in sex.
- It increases the time span of penile erection & helps in erectile dysfunction.
- It also stimulates male for sexual acts.
- Vajikarana facilitates in reproducing healthy offspring.
- It improves the sensorial well-being.
- It provides yasha (success), bala (strength), Pushti (nourishment), Shree (wealth), dharma (religion), artha (earning) to an individual through the progeny.
- It helps the man to go for uninterrupted coitus with female without getting tired like a steer horse.
- It also enhances their power, complexion, intellect and memory in addition to promoting a healthy body.
- It transforms lean, thin and impotent men into powerful & vigorous like horse.

### Best Vajikarana

According to Charaka Samhita, female is best Vajikarana<sup>7</sup>.

A beautiful young woman with all feminine characters & who is expert in artistic and aesthetic sense; is essence of this materialistic world. She is the Goddess of home without whom even a well-furnished house is waste. She pours love & she is loved for dharma(religion), artha(earn), prosperity, progeny etc. Hence, a woman who is excellent in terms of age, voice, beauty & amorous movement is the perfect one as aphrodisiac.

The ideal female who produce healthy progeny have following features<sup>8</sup>.

- Not to marry the girl from same race (gotra)-Atulyagotra.
- Having excellent aphrodisiac features.
- Have mental pleasure & physical fitness.
- Free from physical & mental ailments.
- Have proper bath after menstrual periods.

### Ideal procedure of Vajikarana Chikitsa

Shodhanachikitsa-, Purification of body is necessary before starting Vajikarana chikitsa to get maximum benefits. After Shodhana chikitsa Samsarjana krama (post-procedure of shodhan) is necessary

Then administer vajikarana drugs.

After that, proper diet should be followed.

### Pathya during Vajikarana

Ahara(Diet)- Wheat, Basmati rice, Jawar, Milk, Milk products, Sweets, Fruits, dry fruits, Mutton soups, etc

Vihara(other activities)- Pleasant company of women, Music, beautiful environment, garlands, Jewellery etc.

### Apathya during Vajikarana

Ahara(Diet)-Capsicum, Jaggery, Sour food, Fasting.

Vihara (other activities)-Excess indulgence in sex, worry, fear etc.

### Properties of Vrushya (aphrodisiac) drugs

Drugs which are sweet, oily providing longevity, induce nourishing quality, gurupaki (heavy to digest) & which makes one happy after consumption are called as vrushya i.e. aphrodisiac.

### Indication for Vajikarana preparation

- Age group between 20 to 70 years.
- Frequent indulgence in sex.
- Shukrakshay (Oligospermia).
- Impotence.
- Desire of progeny.
- Prior to sexual act.

### Vajikaran Upakrama's are as follows<sup>9</sup>

- Apyayan Nimitta Upakramas are used in Alpa Retas (less quantity of semen)
- Prasad Nimitta Upakramas are used in Dushta Retas (vitiated semen)
- Upachaya Nimitta Upakramas are used in Kshin Retas (weak semen)
- Janan Nimitta Upakramas are used in Vishushka Retas (dry semen)

### Contraindications for Vajikarana Preparations<sup>10</sup>

Sexual act should not be done before 16 years of age because Dhatu's (seven elements of body) are not formed completely & nourishment of tissues are not done properly. If sexual act is done by this age there is low sperm count, low fertility, low strength, vigour and vitality.

After 70 years, age related dhatukshaya occur so that person is unfit for sexual act. If sexual act performed at this age his body will be deprived of energy & vitality. He will be lifeless like a dry stick which is infested by insects. So, old age people should consume Vajikarana drugs.

### Different drugs according to diseases<sup>11</sup>

Premature ejaculation-Vrishya pippali yoga.  
Oligospermia/Azoospermia.-Vajikarana Ghrita. Shashtikadi Gutika., Paneeya Vrishya Ksheera., Vrishya Mamsa Gutika., Vrishya Mahish Rasa., Vrishya Ghrita Bhrushta., Vrishya Pupulika Yoga.

Nocturnal Emissions-Vrishya Mamsa Yoga.  
Apatyajanana (Semen abnormalities)- Shashtikadi Gutika, Apatyakara Swarasa, Apatyakara Ksheera., Apatyajanaka Ksheera. Garbhadhanakara Yoga, Vrishya Pupulika Yoga., Apatyakara Ghrita.

### DISCUSSTION

Vajikarana is a unique treatment modality of Ayurveda and having multifold benefits like increased sexual capacity, improving health of future progeny as well as in treatment of many common sexual disorders like infertility, erectile dysfunction and premature ejaculation. Vajikarana is much times misinterpreted as Sexology. It is intended to facilitate potent offspring, to improve qualities of a race by control of inherited characteristics. Vajikarana drugs also act as Rasayan

and have the capability to revitalize all Dhatu's and restores equilibrium and health. It is a special branch of Ayurveda, which improves the reproductive system and enhance sexual function. The ancient Acharya's had classified the drugs on the basis of their actions observed in the human body for many years and given appropriate correlation in view of their action on reproductive system. Shukrajanaka drugs may initiate or enhance either spermatogenesis or androgen synthesis or both; whereas Shukrapravartaka drugs either improve ejaculation or improve the action of androgens; Shukrajanaka Pravartaka drugs may perform all the above said functions.

## CONCLUSION

Vajikaran is an important branch of Ayurveda. There are many myths and misunderstandings regarding this branch. Through this article we come to know the use of Vajikaran chikitsa in proper manner. Vajikaran therapy has multirole benefits including increased sexual capacity, improving physical & mental health of future progeny, as well as in treatment of many common sexual disorders like infertility, erectile dysfunction and premature ejaculation. To prove the efficacy of Vajikaran drugs, we need further research & clinical trials using modern parameters.

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## Cite this article as:

Kashid Archana and Satpute Kalpana. A review on Vajikarana: The special branch in Ayurveda. Int. J. Res. Ayurveda Pharm. 2017; 8(Suppl 3): 60-62 <http://dx.doi.org/10.7897/2277-4343.083170>

Source of support: Nil, Conflict of interest: None Declared

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