

Critical Study of Vajikarana

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Abstract:

Ayurveda is a branch of science which deals with maintaining health and treatment of diseased condition. It has eight limbs called as Ashtang Ayurveda. Vajikaranaa therapy is one of the eight limbs of ashtang Ayurved. The main aim of Vajikarana therapy is to increase the sexual energy of men. The men can gain good erection, sperm count and sperm mobility. The therapy should be used by living in strict compliance with the directions mentioned in Ayurvedic classics. It includes various methods of body cleansing and other non medicinal strategies like sexual health promoting diet, behaviour and conduct. It is very useful for improving sexual health of person.

Keywords: Vajikarana, Ashtang Ayurved, Sperm, Ayurveda.

Introduction:

Ayurveda is a branch of science which deals with maintaining healthy status and treating the diseased condition. It is divided into eight branches called as Ashtang Ayurveda. Sexual life of an individual is an important factor for his physical and mental well being. It is totally different from the sexual life of an animal. Kama is one of the four purusharth . Purusharth literally means an object of human pursuit and refers to four goals or aims of human life. In India ,land of origin of Kamasutra, sexual problems have been accorded low priority. There is a burning problem of sexual disorder in men in India. 21.15% males living with one or more sexual disorders.15.77% males have prevalence of erectile dysfunction and 2.56% males have hypoactive sexual desire disorders.¹ Due to this, it is an alarming need in the society to look after this condition. Sexual dysfunction is difficulty experienced by an individual during any stage of normal sexual activity including physical pleasure ,preference, arousal or orgasm.² Sexual dysfunction in male is consisted of sexual disorder, erectile dysfunction and hypoactive sexual desire disorder. It mainly contain qualitative & quantitative decrease in sperm count in male. There may be problem in ejaculation of semen. It may be problem in short time of sexual intercourse.

Aims –

To study in detail the concept of Vajikarana.

Objective:

1. To take various references related to Vajikarana in various *Ayurvedic Samhitas*.
2. To understand the Ayurvedic aim related to Vajikarana.

Material and Methods:

Literature review is done through all available Ayurvedic Samhitas, texts, various research papers available in Journals and online data available.

Review of Literature

Ayurveda, science of life, is the oldest Indian medical system. It is comprehensive medical system of body , mind & spirit. Ayurveda is said to use the inherent principal of nature to maintain the equilibrium of body , mind & spirit of man. Due to this, Ayurveda is considered as more than only healing medical system. It helps to achieve longevity of life. It also helps us in the prevention of disease & long term maintenance of health.³ Charak Samhita states ‘ the healthy life has three main pillars – a balanced diet , proper sleep and healthy sex and marital life.’ The Ayurveda is also frequently referred as ‘Ashtang Ayurveda’ as it has eight parts. These include following parts⁴

- 1) Kaya Chikitsa– Internal & external treatments of the body
- 2) Bala Chikitsa – Disease related to infants
- 3) Graha Chikitsa- Healing of psychological problems

- 4) Urdvanga Chikitsa – Treatment related to Ear , Nose & Throat
- 5) Shalya Chikitsa – Surgeries
- 6) Visha Chikitsa – Toxicology
- 7) Rasayana Chikitsa -Methods to rejuvenate the saptadhatus
- 8) Vajikarana Chikitsa – Improving health of progeny.

Tridosha

Tridosha constitutes Vata, Pitta & Kapha. They determine every individual's psychosomatic constitution. It represents the physiological functioning of living body. Ayurvedic concept of disease and health is conceived around this idea by identifying a balance of Tridosha. The internal environment is governed by this Vata-Pitta-Kapha , which is constantly reacting to internal environment⁵. The wrong diet, habits, lifestyle, incompatible food combination, repressed emotions can act together or separately to change the balance of Vata, Pitta & Kapha. This leads to production of Ama. The master forms of this Vata , Pitta & Kapha are respectively Pranas, Tejas, Ojas. These three forces are key to vitality, endurance and essential for healthy, confident state of body. To stop further production & removal of Ama, Ayurveda suggests placing the patient on a proper diet together with an appropriate lifestyle, habits & exercise administering cleansing programme like Panchakarma.

According to Ayurveda, seven vital tissues are required to provide nourishment, growth and structure to entire body. These tissues have similarities to major tissues identified by modern science. These Dhatus remains inside body in a proper equilibrium, so that the body can function properly. It is said that any kind of disturbance or imbalance in their equilibrium cause ailments & diseases. These seven Dhatus are Plasma (Rasa), Blood (Rakta), Muscle(Mamsa), Fat (Meda), Bone (Asthi), Bone marrow & nerves (Majja) and Reproductive fluid (Shukra).⁶

In ancient Indian texts, the sexual style of human is compared to & defined in terms of animal sexual relationship style. The common examples are

- Chataka (Sparrow)- multiple short span conjugation with production of small amount pf semen.

- Gaja (Elephant) -Once in a while long time conjugation with abundant semen discharge.
- Vrusha (Bull)- Regular stable seasonal conjugation with more quantity of semen.
- Ashwa (Horse)- Regular forceful dynamic conjugation with average quantitative semen.

Vajikarana basically comprises of three components

- 1) Disciplined life style
- 2) Conditional sexual act basing itself upon the assumption that sex is for better reproduction and not only for pleasure.
- 3) The use of Vajikarana drugs to achieve these sexual goals.

Vajikarana does not contradict the abstaining from sex i.e bramhacharyabut believe that sex is a means to procreation thus Vajikarana serves the purpose of ' Purusharth Chatushtaya' (Dharma, Artha, Kama and Moksha) by helping to procreate sustainable species.

Vajikarana

In Sanskrit, vaji means horse , the symbol of sexual potency and performance thus Vajikarana means producing a horse's vigour. It is equal to producing sexual activity in the individual like animal's great capacity. By proper use of Vajikarana formulations, one become endowed with good physique, potency, strength, complexion and potent like 8 year old horse.⁷

The man who seeks pleasure should resort to Vajikarana. The Vajikarana gives nourishment, continuity of progeny and great happiness. The therapy or treatment by which the man become capable of sexual intercourse with the woman with great strength like horse, which endears him to woman and which nourishes the body of the person is known as Vajikarana.⁸

However the main aim of Vajikarana is always successful copulation for healthy reproduction ,with sexual pleasure being just an additional benefit. However this therapy is described under various sexual & reproductive diseases i.e. klaibya or erectile dysfunction , vandhyatva or infertility , shukragatavata or azospermia and premature ejaculation.⁹

Vajikarana therapy requires living in strict compliance to the directions mentioned in Ayurvedic classics. It involves various methods of shodhana through vaman(emesis), virechana (purgation) and sweadan (sweating). After this based on prakriti of the individual imbalance (tridosha imbalance), certain herbal and herbo-mineral combinations are administered. Other component in the therapy involves improving health and pleasure in general like, massaging with medicated herbal oils and herbal baths, wearing of herbal baths, wearing of fragrant garlands, anointing the body with fragrant pleasure , listening to good music etc.

Person who should avoid consumption of Vajikarana¹³

According to charaka, persons below 20 years and more than 80 years of age should not consume Vajikarana preparations. These should be consumed by 'Jitendriyapurusha' , who has control on his senses and desires. If it is consumed by 'AjitendriyaPurusha', it may become harmful to society.

Mechanism of Action

Vajikarn therapy revitalize all the seven dhatus and restores equilibrium & health. It minimise shukra defect and ensures a healthy progeny. The experimental study related to Vajikarana therapy are scarce and generally lack scientific vigour.

Rasayana drugs acts inside the human body by modulating the neuro-endocrino-immune system. Vajikarana rasayana is a kind of rasayana which triggers sexual function and improve reproductive system. They act on higher centre of brain i.e. Hypothalamus. It is said to have anti-stress activity which helps to alleviate anxiety associated with sexual desire & performance. Chauhan et al (2010) in a study showed that administration of Vajikarana preparations viz. C. Orchiodes , A. Longifolia and M. Pruriensethanolic extracts modulates the level of pituitary hormones FSH and LH. This in part explains the positive effect of the herbs on sexual functioning.¹¹

Classification

The medicines used for Vajikaranaa may be classified in 3 groups.¹²

1. **Sukrala** -The drugs which causes qualitative and quantitative increase in the sukra (sperm) are known as sukrala. The drugs like Ashwagandha, Musali , Shatavari are useful for aspermatogenesis (absence of sperm in semen) and oligospermia.
2. **Sukrarchaka** - The drugs which helps in ejaculation of semen are known as sukrarchaka. The Brahati fruit and woman belong to this group. These are useful for the conditions like aspermia. Milk, Mamsa, Bhallataka fruit pulp, Amalaki fruit etc are both sukrala and sukrarchaka.
3. **Sukrastambhaka** - The drugs which increase the time of sexual intercourse are known as sukrastambhaka. The drugs belong to this group is Jatiphala. The best condition of these drugs is premature ejaculation.
4. **Sukrasosaka** -The drugs which dry the semen may be known as sukrasosaka. Haritaki belongs to this group.
5. **Sukrashodhana** -Purifier of semen. Katphala, Ikshu, Ushira etc.
6. **Sukra pravartaka** -The drugs which enhance production as well as ejaculation of semen. e.g. Milk , Masha ,Amalaki etc.

Some Vajikarana formulations

Some Vajikarana formulations mentioned in Ayurvedic texts are Bruhani Gutika, Vajikarana Ghrita, Vajikarana Pindarasa, Vrishya Mahish rasa, Vrishya Mashayoga, Apatyara swaras, Vrishyakshira, Vrishya ghrita , Vrishyago dughdha, Vrishya Shatavarighrita, Vrishya Madhuk yoga.

Discussion and Conclusion

Ahara, Nidra and Bramhacharya are the three pillars of life called as Trayopastambha. Therefore sexual life is important for well being of people. There is prevalence of many sexual problems in society. Vajikarana therapy helps to improve overall sexual performance, achieve better orgasm, helps to correct premature ejaculation and erection problems. It helps in successful copulation for the couple and beneficial for healthy reproduction.

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