

CONCEPTUAL STUDY ON AYURVEDIC ASPECTS OF VAAJIKARAN

Prof. Manohar Ram*

Professor and HOD, Department of Samhita Evum Siddhant, Government Ayurvedic College and Hospital
Chaukaghat, Varanasi.

*Corresponding Author: Prof. Manohar Ram

Professor and HOD, Department of Samhita Evum Siddhant, Government Ayurvedic College and Hospital Chaukaghat,
Varanasi. DOI: <https://doi.org/10.5281/zenodo.17222451>

Article Received on 24/07/2025

Article Revised on 13/08/2025

Article Accepted on 02/09/2025

ABSTRACT

The term 'Samhita' refers to complete compilation of specific beneficial knowledge necessary for the development of different aspects of life. Time oriented study methods were needed in every science in this universe. In this article it is shown that infertile couples experience remarkable anxiety and psychological pain. When a round of fertility treatments proves to be misfired, for instance, couples can experience intense feelings of sorrow and destruction. According to Ayurveda, the person who is infertile is said to be Nindaniya and the person without a child is compared to the tree without branches. A lot of research work is being done for the treatment of Oligospermia in both modern as well as Ayurvedic System of Medicines. In each system of medicines, a lot of researches have been performed for the management and success rate for decrease the cases of Oligospermia. But still, a relevant remedy for Oligospermia which can show a hopeful effect is not found yet. In modern medical science, management of infertility includes hormonal supplementation and assisted reproductive techniques but it has its own limitations and side effects too. Modern treatment used in regulation of oligospermia has many adverse effects and expensive so to control this pitfall Ayurveda study is essential in the management of oligospermia.

KEYWORDS: indaniya, Oligospermia, mandagni, Shukrakshaya, vaajikaran, dincharya, ritucharya.

INTRODUCTION

Shukra kshaya is one of the major causes in respect of failure to conceive. Many more individuals of reproductive age group are affected globally. Shukra kshaya can be caused by dushti in Shukra vaha srotas, improper dincharya, ritucharya, lack of proper diet, mandagni, absence of shadras yukta aahara. Shukra Kshaya Causes.

जस्य चिन्तया शुक्रं व्याधिभिः कर्मकर्षणात् क्षयं गच्छत्यनशनात्
रूपाणां चातिनिषेवणात्॥

(Cha.Chi.2-4/43)

Ativyavaya, atiruksha-laghu-ushna aaharas, chinta, shoka etc. are also considered as the nidanas and daurbalya, mukhashosha, pandutva, sadan shrama, klaibya etc are the lakshanas of shukra kshaya.

दौर्बल्यं मुखशोषश्च पाण्डुत्वं सदनं श्रमः। वलैव्यं शुक्राविसर्गश्च
क्षीणशुक्रस्य लक्षणम्॥

(ch. Sutra 17/69)

Vajikarana, is one of the part of Ashtang Ayurveda mainly deals with the drugs and therapeutics which are aphrodisiacs in nature. Vajikarana chikitsa provides progeny to infertile couple, potency to impotent, at the same time excellence of progeny with suitable therapeutic measures and also increases sexual capacity with treatment of common sexual disorder like infertility,

premature ejaculation and erectile dysfunction. Shukra kshaya is similar to Oligospermia and Oligozoospermia is defined as sub normal concentration of spermatozoa.

According to WHO guidelines on semen analysis, Oligospermia is the condition where the sperm concentration is less than 15 millions/milliliters. Oligospermia can be caused by endocrine dysfunction, anatomic abnormalities, medication or environmental exposures. Recently statistical data shows nearly one among the six couples in the world are suffering from infertility. Incidence of male infertility varies from 35-40%. Among these, nearly 30% male infertility is due to the factor like Oligospermia, azoospermia etc. Shukra is saumya in nature and have predominance of Jala mahabhoot. Acharya also says Shukra is Chatushpadyukta (Jala, Prithwi, Agni and Vayu) And Shadrasayukta. Every dravya in our universe have the panchabhautikatva nature. When the Shukra dhatu have imbalance in Saumya mahabhoot the quality of sperm affected. Shuddha Shukra Lakshana retas (normal semen).

स्निग्धं घनं पिच्छिलं च मधुरं चाविदाहि च ॥ रेतः शुद्धं
विजानीयाच्छवेतं स्फटिकसन्निभम्॥

(ch.chi 30/145-146)

Panchakarma branch of ayurveda which gives a sequence of therapeutic treatments that not only abolish the excessive mahabhootas through Vaman, Virechana, Niruha basti etc. but also freshen the Mahabhootas which are in scarcity by anuvasana basti, matra basti etc.

DESCRIPTION OF VAAJIKARAN IN AYURVEDIC SAMHITAS

CHARAK SAMHITA has mentioned Shukra Dhatu Kshaya Lakshana in Sutrasthana and its Chikitsa in Sharira Sthana. He has indicated Nidanās of Shukra Kshaya in Vajikarana Adhyaya.

SUSHRUTA SAMHITA While giving the definition of Vajikarana Tantra, Sushruta has used the word Ksheena Retas. He has considered Ksheena Shukra as one type of Shukra Dusti. Here he has explained Doshic involvement in Ksheena –Shukra. Upachaya is the main treatment for Ksheena Shukra. Shukra Dosha occurs due to Vyana and Apana Vaayu Prakopa.

ASHTAANGA SAMGRAHA –Ksheena Shukra Lakshanas and Chikitsa have been described in Sutra Sthana. He explained that the vitiated Vata and Pitta Doshas are responsible for Ksheena Shukra and mentioned its management.

ASHTAANGA HRIDAYA -Ksheena Shukra Lakshanas have been mentioned in Sutrasthana. Shukra Karikriyaas have been advised for Ksheena Shukra. Ksheena Retas occurs due to vitiation of Maruta and Pitta. Various Vajikarana Yogas have been mentioned in Uttara Sthana.

KAASHYAPA SAMHITA –He has indicated its management in Jatisutriya Sharira Adhyaya. Shukra Janana Karma of Lasuna has been mentioned in Lasuna Kalpa Adhyaya.

BHELA SAMHITA -Seven types of Shukra Dosha and One Anjali Pramana of Shukra has been explained in Bhela Samhita. Excessive indulgence in Maithuna leads to Ksheena Shukra.

HAARITA SAMHITA - In Harita Samhita specific Pathyapathya has been mentioned for Shukra Kshaya.

MAADHAV NIDAANA -In Parishishta Adhyaya, Madhavkara has described eight types of Shukra Doshas and Shuddha Shukra Lakshanas.

SHARANGADHARA SAMHITA -Ksheena Shukra occurs due to vitiated Vata Dosha. Sharangadhara has indicated the particular definition along with the appropriate examples of Vajikarana, Shukrala, Shukra – Utpadaka, Shukra – Pravartaka, Shukra Rechana, Shukra Stambhana and Shukra Shoshana drugs.

BHAAVAPRAKASHA –In Bhaavapraksaha, Shukra Kshaya Lakshanas has been explained along with proper examples of Vajikarana, Shukrala, Veerya Janaka –

Veerya Pravartaka has been mentioned. Vajikarana Adhyaya has been mentioned separately in Uttarakhanda.

YOGARATNAAKARA Importance of Shukra has been indicated in this book. Various Vajikarana Yogas and dietary articles have been described in the management of Ksheena Shukra.

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