

UTILITY OF VAJIKARANA DRAVYA IN AYURVEDA

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ABSTRACT

Vajikarana or Vrishya Chikitsa is the branch of Ayurveda dealing with reproductive health and virility. This subject is concerned with aphrodisiacs, virility and improving health of progeny. The properties of disease prevention and restoration of health might be attribute benefited in sexual health too. As per Charak Samhita by proper use of these formulations, one become endorsed with good physique, potency, strength and complexion and sexually exhilarated and sexually potent. This paper intends to explore the general health benefits of Vajikarana drugs. 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 Aturasya 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. Vajikarana is a branch of Ayurveda which is intended to increase virility, improve quality of germinal cells as well treatment of various sexual dysfunctions. In this chapter code of conduct related to sex, dietary regime, qualities of normal sperm, factors affecting virility, qualities of sexual partner, role of mind in infertility, aphrodisiac and therapeutic formulations etc. are described. Simple and easy to prepare formulations are described in the chapter. Though these are described for males but we can apply same principles and formulations to female also for more preponderant effect.

INTRODUCTION

Vajikarana is an important branch of eight fold of Ayurveda. Now a day's explosion of human population is major issue. 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 in producing a healthy progeny. Hence to fulfil these criteria, good qualities of sperms are to be produced which covers in Vajikarana Charaka Samhita. It has explained that the healthy life has three main Upstambha (pillars) i.e. Aahar (a balanced diet), Svapna (proper sleep) & Brahmcharya.

Vajikarana is divided in four sections - Samyoga Sharamooliya, Asikti Kshirika, Mashaparnabhritiya and Pumana Jata Baladika. If we analyze the name of these subsections we will find that out of four, name of three sections (Samyoga Sharamooliya, Asikti Kshirika, Mashaparnabhritiya) are based on the first formulation described. Last section is named to give emphasis on their effect. The name of four sub-sections or pada, itself accentuation is given more to formulations. On analyzing these formulations one interesting fact which comes out

is that out of 50 formulations mentioned very few can be considered as therapeutic preparations. Only four gutika or vati (tablets) are mentioned whereas seven mamsarasa (meat soup), ten types of milk preparations, four types of eggs, six types of pupalika, audana, payasa, rasala (different rice and milk preparations), etc. are given. Most of them are common dietary preparations included in normal diet and can be easily prepared.

Who should not consume Vajikarana preparations?

As per Ayurveda, it is recommended that the person below 17 years of age and more than 70 years of age should not consume Vajikarana preparations. These preparations have to be consumed by "jitendriya purusha" or man who has control on his senses and desires. If Vajikarana preparations are consumed by "ajitendriya purusha" or man who has lost control over his senses and desire, he may prove harmful to society.

DEFINITION OF VAJIKARANA - According to Acharya Charaka Vajikarana is that Which helps to increase family (helps in reproducing healthy offspring)

Which helps in exciting the male for sexual acts.

Which helps the man to cohabit with female without getting tired.

Which makes females happy in sex. Which empower the physical strength and better complexion.

According to Acharya Sushruta Vajikarana Tantra is that fold of Ayurveda in which there is description of treatment of alpa (less), dushta (diseased), ksheena (less potent) and shushka (dry) veerya (semen) and also increase pleasure during sex.

According to Vagbhatta the means which helps in exciting the male for sexual acts, get sex with female without getting tired, makes male lovable by females and also empower the physical strength and better complexion is called vajikarana.

METHODOLOGY

Classical textbook of Ayurveda such as Ashtanga Hridaya, Charak Samhita, Sushruta Samhita, Ashtanga Sangraha, Kashyapa Samhita and Bhavprakash was reviewed to analyze the concept of Vajikarana Databases such as Pubmed, Google Scholar, Science direct etc.

RESULTS

The drugs like Ashwgandha, Shatavari, Atmagupta, Sweta musali and Masha proved to have a neuro-endocrinological effects, psycho- neuro-immunological effects, antiinflammatory and anti-oxidant properties apart from aphrodisiac effects. It stabilizes Tridosha, Saptadathu and eventually Ojas, and calms mental faculties.

DISCUSSION

According to Ayurveda, seven Dhatus are found in the body which are very necessary for the development of the body. Among them Shukra is last dhatu which provides intelligence, strength of the body, power and knowledge. Vajikarana dravya are described here for the health of healthy person, for the prevention of various diseases, for the reduce the shukra dhamu dosh and healthy progeny generation. Ayurveda described various Vajikarana drugs such as; Shweta Musali, Ashwagandha, Kapikacchu, Shatavari, Masha and Nagbala etc. The various components found in vajikarana dravya such as; saponins, withaferin-A, withanone, L-dopa, asparagamine, mucilage, vit. -A, E, folic acid, calcium, potassium, terpenes etc., due to which it maintains health and prevents various disease.

CONCLUSION

The proper use of the Vajikarana formulations imparts qualities like good physique, potency, strength, and complexion. This benefits of Vajikarana can be incorporated into other health conditions also. The practice of Vajikarana corrects the deformities of reproductive systems and in turn balances other body

functions. Advanced research on the health benefits and enhancing sexual potency of women should be carried out on Vajikarana therapy. This will aid prevention of diseases which is a major health standpoint in the current day scenario. It can be stated that Vajikarana is the special branch of Ayurveda which improves the reproductive system and enhances sexual function. It deals with aphrodisiacs, virility and improving health of progeny. The principles described can provide solution to increasing sexual dysfunctions and declining fecundity. Scientific research is needed in the field of Vajikarana therapies.

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