

## A REVIEW ARTICLE ON VAJIKARANA

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**ABSTRACT**

Vajikarana or Vrishya chikitsa is a one of eight major specialty of the Ashtanga Ayurveda - The science of life. It teaches us how to live. In this regard Dinacharya, Ritucharya, Sadvruta, Rasayana, and Vajikarana play an important role. Seven Dhatus are present in the body-Rasa, Rakta, Mansa, Meda, Asthi, Majja and Shukra. The seven Dhatus are the responsible for the development of our body. Shukra is the last Dhatu produced in the body among the all Dhatus. A person who has healthy Shukra has a brightness of confidence, with eyes and skin that seem to radiate light. Shukra Dhatu also confers strength, wisdom and power of the body. As per Charak Samhita, by proper use of formulations, one becomes endowed with good physique, potency, strength, and complexion and sexually exhilarated and sexually potent. This in turn is helpful in many common sexual dysfunctions, including Infertility, Premature Ejaculation and Erectile dysfunction.. Vajikarana deals with the preservation of sexual potency of a healthy man as well as treatment of defective semen, disturbed sexual potency. Vajikarana promotes the sexual capacity and physical activities.

**KEYWORDS:** Vajikarana, Ayurveda, Shukra.**INTRODUCTION**

Ayurveda the science of life deals with the every aspect of life.(Ayurveda classical texts have advised Vajikarana formulation even for healthy person).<sup>[1]</sup> Ayurveda is divided into eight branches. Which are carefully help to meet specific needs in the process of maintain health and preventing disease.

**Eight branches of Ayurveda are<sup>[2]</sup>**

1. Baal Tantra- Related to infants.
2. Kaya Chikitsa- Internal and external treatment for the body.
3. Shalya Chikitsa-Surgeries.
4. Graha Chikitsa-For psychological problems.
5. Urdhvanga Chikitsa-For treatment the ear, nose and throat related disease.
6. Visha Chikitsa-Toxicology.
7. Rasayana Chikitsa-To increase life span and (age and meedha).
8. Vajikarana-Promotes sexual capacity.

Vajikarana is composed of two word Vaji (Horse) and Karana (Power). Symbol of sexual potency and performance. Vajikarana therapy improves of the reproductive organs. And vitalizes reproductive tissue increasing sperm count and strengthening sperm

mortality in men and making egg more viable for conception in women.

**Defination of Vajikarana<sup>[3]</sup>**

Vajikarana (aphrodisiac treatment) is that which produces lineage of progeny, quick sexual stimulation, In Sanskrit, Vaji means horse, the symbol of sexual potency and performance thus Vajikaran means producing a horse's vigor.

**Shukra Dhatus****Shukra vyapakatva<sup>[4]</sup>**

The seventh one is Sukradhara (semen-supporting) which pervades the whole body of all persons.

As ghee in milk and juice in sugarcane are invisibly pervasive, semen should also be known so in the entire body of persons.

The example of milk fits into those who have profuse semen discharged even on mild coitus whereas that of sugarcane applies to those who have deficient semen and discharge it after much exertion.

**Shuddha Shukra**<sup>[5]</sup>

The normal semen is like quartz, liquid, unctuous, sweet, sweet-smelling like honey while some mention it as resembling oil and honey.

**Shukra Vriddhi Lakshan**<sup>[6]</sup>

1. Excessive Desire for sexual activities.
2. Formation of Shukrashmari.

**Shukra Kshaya Lakshan**<sup>[7]</sup>

1. Dourbalya.
2. Dryness of mouth.
3. Pallor (Panduta).
4. Fatigue.
5. Klaibya. (Impotency)
6. No sukra Pravrutti.

**Shukra Dushti**<sup>[8]</sup>

1. Phenil.
2. Tanu.
3. Rooksha.
4. Vivarna.
5. Puti.
6. Picvhila.
7. Anyadhatu pradhusta (Smen Mixed with other dhatus like Rakta).
8. Avasadi.

**Shukra Dhosa**<sup>[9]</sup>

Men with semen being vitiated by vata, pitta and kapha, having cadaveric smell, knotty, like putrid pus, deficient and faeces are not capable of reproduction.

**Shukravaha Srotas**

Shukravaha Srotas are those channel that carries shukra dhatu all over the body.

**Shukravaha Srotas Dushti Hetu**<sup>[10]</sup>

1. Akala yonigaman.
2. Suppression of shukravega.
3. Excessive sexual activities (indulgence).
4. Injury due to Shastra, Kshara, Agni.

**Shukravaha Srotas Dushti Lakshan**<sup>[11]</sup>

1. Klaibya.
2. Loss of libido.
3. Child born as diseased, Napunsaka, Kuroopa and Alpayu.
4. Infertility.
5. Abortion on miscarriages.

**Impotence of female in Vajikarana Therapy**<sup>[12]</sup>

According to Charak Samhita female is the greatest of all the Vajikarana Dravyas.

**Prakruti and Sex****Vataja Prakruti**<sup>[13]</sup>

The person having predominance of vata have mostly low degree of strength, life span, progeny, means and wealth.

**Pitta Prakruti**<sup>[14]</sup>

Due to perygency and sourness little semen, sexual act and few progeny, because of presence of these qualities the persons having predominance of pitta are moderate in strength, life span, knowledge, understanding wealth and mean.

**Kapha Prakruti**<sup>[15]</sup>

Slesmala prakruti persons are strong, wealthy, learned, brave, and long lived.

**According to Charaka Samhita benefits of Vajikarana therapy are**<sup>[16]</sup>

Vajikarana (aphrodisiac treatment) is that which produces lineage of progeny, quick sexual stimulation, enables one to perform sexual act with the women uninterruptedly and vigorously like a horse, makes one charming for the women, promotes corpulence, and infallible and indestructible semen even in the old person, renders one great having a number of off-springs like a sacred tree branched profusely and commanding respect and popularity in the society. By this one attains eternity based on filial tradition here and hereafter along with fame, fortune, strength and corpulence.

**Drug Mentioned in Charaka Samhita for Vajikarana**

1. Vrishya Mamsa Yoga.
2. Brihani Gutika.
3. Vrishya Basti.
4. Vajikarana Ghrit.
5. Vrishya panda rasa (Mayur, Titeer etc).
6. Shastikadi Gutika.
7. Apatyakara Swarasa.
8. Vrishya pupulika yoga.
9. Vrishya Shatavri Ghrit.
10. Vrishya Pippli.
11. Vrishya Madhuka yoga.

**DISCUSSION**

Seven Dhatus are present in the body. The seven dhatus are the responsible for the development of our body. Shukra is the last dhatu also confers, strength, wisdom and power of the body. In the text of Ayurveda the concept of Vajikarana is described which offers a solution to minimize the shukra defects and to ensure a healthy Progeny. Vajikarana (aphrodisiac treatment) is that which produces lineage of progeny, quick sexual stimulation, enables one to perform sexual act with the women uninterruptedly and vigorously like a horse, makes one charming for the women, promotes corpulence, and infallible and indestructible semen even in the old person, renders one great having a number of off-springs like a sacred tree branched profusely and commanding respect and popularity in the society. One can achieved Vajikarana by the Ahara, Vihara. Vajikarana Chikitsa require a living standard as mentioned in the text of Ayurveda. Vajikarana Chikitsa involves different method of Sheera Shodhan such as Vaman, Virechan etc various types of deug also

mentioned in our text regarding Vajikarana Chikitsa which have beneficial effect on our body.

## CONCLUSION

Vajikaran is an important treatment modality as per Ayurveda and proposed benefits are manifold including 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 therapy improves the reproductive organs and vitilizes reproductive tissue increasing sperm motility in man and making egg more viable for conception in women. It is a symbol of sexual potency and performance.

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