

A REVIEW OF VAJIKARAN DRUGS AND ITS EFFECT ON MIND

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ABSTRACT

In today's ever changing world and post pandemic scenario, there has been drastic increase in internet trafficking. There is a shift in definitions of lifestyle modification or sedentary lifestyle. This also have impact on one's mental health. Among eight divisions of Ayurveda, *Vajikaran* is one such important division which deals with procreation and pleasure aspect. There are many drugs mentioned in Ayurveda classics which act on fertility and sexuality aspect. Mental health also plays an important role in fulfilling this aspects. Here an attempt is made to review such drugs and their effects.

KEYWORDS: *Vajikaran*, fertility, sexuality, Ayurveda.**INTRODUCTION**

Ayurveda as a holistic life science has covered all aspects of life in eight divisions; *Kaya, Bala, Graha, Shalya, Shalakyas, Dramstha, Jara* and *Vrushan*. Each of this factors have specific role in maintaining health and curing the diseases. Unexpected impact of pandemic had led to drastic change in physical as well as mental health of peoples. Other factors such as metabolic syndrome, diabetes, hypertension, psychosomatic disorders had a deterrent effect on human sexuality. Ayurveda classics addresses this section in an elaborative fashion. In *Ashtang* Ayurveda, *Vajikaran* is placed lastly in the series. Early parts have its own importance in human life but *Vajikaran* deals with the science of procreation. It helps to understand the factors affecting fertility and ways to enhance it.

Concept of Vajikaran

Rasayana and *Vajikaran* are been described as *Swasthya urjaskar Chikitsa* – health promoting therapies. These both therapies are used to promote physical as well as mental health. *Vajikaran* specifically focuses on promoting sexual health of the person. The word 'Vaaja' is derived from root 'Vaaj' which means semen including sperm. In Ayurveda *Shukra dhatu* can be considered for the same. "Vaji – Karana" here *karana* means to infuse or imbibe with or to excel in quality of *Shukra dhatu*. Other meaning of 'Vaji' is horse, or one who can copulate as like horse. According to Ayurveda this therapy is indicated in *Yuva avastha* and is not advisable in childhood or elderly peoples. Also this therapies; *Rasayana* and *Vajikaran* are advisable to *Shodhit* and *Nirogi* person.

Definition

It is a therapy which enables a person to perform a sexual act with stallion vigor.

Objectives

To produce a healthy offspring.

To treat sexual disorders.

Provide instantaneous sexual arousal so that one can perform uninterrupted sexual act.

Desire to have sexual act is not diminished and can perform sexual act daily or as he wills.

Strengthens all *Dhatu*, maintains healthy state of body and mind.

Vajikaran dravya

Women has been described as one of the prime *Vajikar Dravya*. Detail description of beautiful women is briefed in Ayurveda classics which is said to be main arousing factor for sexual act. Considering today's scenario, this part is totally subjective. Overuse of provocative social media is responsible to alter the subjective attractiveness towards females. Subjective likes and arousal points had also been change over the due course of time. Natural instinct of sex have been hijacked by over intelligence or emotional quotient. Following *Achar Rasyana* here becomes of utmost importance to inculcate this natural instinct.

These *Dravya* can be classified into

1. Fertility aspect – mainly focuses on physical aspect. Production of optimum quality *Shukra* is intended in it. Sperm count with sperm motility can be considered in this aspect. This *Dravya* tends to

improve the overall morphology of sperm or we can say *Shukra dhatu*.

2. Sexuality aspect – it focuses on mind related aspect. Pleasure, satisfaction, sense of vigor and sense of completeness are the factors taken into consideration. These factors have effect on physical performance during sexual act and also lack of physical capability has effect on these mental aspects.
Drugs used according to following categories
1. *Vajikar* – can be called as aphrodisiacs. These drugs are responsible to increase sexual desire, attraction, pleasure or sexual behavior. There are many drugs mentioned under this section. Some of them are as follows, *Shilajit, Shatavari, Ashwagandha, Kapikachu, Nagbala, Gokshura*, these are the examples which are in vogue. Various medicated preparation, both classical as well as proprietary drugs are available and can be used to gain the desired effect.
2. *Shukrajanan* – these drugs mainly acts on *Shukra dhatu*. These drugs increases spermatogenesis and are responsible to produce healthy sperms. *Ashwagandha, Shatavari, Musli, Seeta, Dugdha* are some of the examples which are used presently for this purpose.
3. *Sukra pravartak* – the drugs which enhances the production as well as ejaculation of sperm are termed under this type. *Dugdha, Masha, Amalki, Bhalataka* are some examples used today.
4. *Shukra recahna* – these drugs cause evacuation of semen. This may refer to collection of *Sarvadehik Shukra* to be evacuated for completion of sexual act. *Bruhati, Kanatakari* fruits are examples of this drugs.
5. *Shukra stambhak* – drugs used for increasing retention power of *Shukra* are categorized under this type. Presently this type of drugs are of high demand and have ample subjects affected by early ejaculatory disorder. Many herbo mineral preparations are used for this purpose. *Makardhwaj, Vanga bhasma, Jatiphala, Ahiphena, Lauha bhasma, Chandana, Talimkhana* are some of the important drugs used.
6. *Shukra shoshak* – drugs which dry up the semen are termed as *Shukra Shoshak*. These are used to control the quantity of *Shukra* and to maintain optimum production in body. *Haritaki, Kaling* are examples of this drugs.
7. *Shukra Shodhan* – drugs which purifies the *Shukra dhatu* are called *Shukra Shodhan* drugs. *Ushira, Talamkhana, Ikshu* are the examples of this drugs.

Apart from above mentioned drugs, there are many other drugs which are mentioned in Ayurveda texts which have *Vrushya* properties. *Lashuna, Pippali, Sunthi, Yashimadhu, Vidari, Kuchala, Akarkara, Abhrak bhasma, Rasasindoor* etc. these are been used as a single drug or in other medicine preparations. By thorough examination of *Prakruti, Desha, Kala* and other factors,

the type of disorder to be treated, the arrangement of above mentioned drugs is made accordingly.

Ahara and *Vihara* also have an important role in promoting *Vrushya* properties. This factor mainly works on psychosomatic aspect to improve the sexual urge and performance during the act. These factors are soothing for mind and creates subjective provocative ambiance for enhancing sexual performance. Ayurveda describes various such factors such as; *Snana, Utsadan, Samvahana*, comfortable soothing home and bed, pleasing sounds, liking smells of flowers and garlands, ornamental sounds of females, gentle massage, use of scents, nourishing and *Satmya Ahar* including juices etc.

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