



## VAJIKARANA: A UNIQUE THERAPY OF AYURVEDA

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## ABSTRACT

Ayurved, the science of life deals with every aspect of life and Vajikarana is one of its eight branches being practiced since time immemorial. Ayurveda has two aims i.e. protection and promotion of health and secondly cure from diseases. Vajikarana may be employed for fulfilling both of them i.e. promotion of sexual health and curing the sexual diseases. Sexuality and reproduction are so vital in Ayurveda that an entire discipline, known as Vajikarana, is dedicated to enhancing fertility and rejuvenating sexual and reproductive energy. Vajikarana deals with the preservation and amplification of sexual potency of a healthy man and conception of healthy progeny as well as management of defective semen, disturbed sexual potency and spermatogenesis along with treatment of seminal related disorders in man. Vajikarana promotes the sexual capacity and performance as well as improves the physical, psychological and social health of an individual. Factually the Vajikarana is not exactly aphrodisiac but the current connotational meaning is same. Vajikarana therapy may minimize occurrence of congenital disorders besides it may also boost the genetic constitution of baby. Sexual intercourse commonly plays a strong role in human bonding, usually being used solely for pleasure and often leading to stronger emotional bonds.

**KEYWORDS:** Vajikarana, Aphrodisiac, Vrishya Chikitsa

## INTRODUCTION

Ayurved, the science of life, prevention and longevity, is the oldest and most holistic and comprehensive medical system available. Its fundamentals can be found in Hindu scriptures called the Vedas - the ancient Indian books of wisdom written over 5,000 years ago. Ayurved uses the inherent principles of nature to help maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature. Ayurveda classical texts have advised Vajikarana formulations even for healthy persons who are willing to go for procreation.<sup>1</sup> Mainly these formulations are Shukravridhdhikara (which promote quantity and quality of semen). Administration of these formulations would ensure good quality semen even in healthy man. Charak Samhita states 'The healthy life has three main pillars-a balanced diet, proper sleep and a healthy sex and marital life.'<sup>2</sup>

Ayurveda is also frequently referred as 'Ashtanga Ayurveda' which is divided in eight branches, which are carefully chiseled out to meet specific needs in the process of maintaining health and preventing diseases. These include following parts:<sup>3</sup>

- 1) Kaya Chikitsa: Internal and external treatments for the body
- 2) Bala Chikitsa: Diseases related to infants
- 3) Graha Chikitsa: Healing of psychological problems
- 4) Urdhvanga Chikitsa: Treatments related to the Ear, Nose and Throat region
- 5) Shalya Chikitsa: Surgeries and operations
- 6) Visha Chikitsa: Toxicology
- 7) Rasayana Chikitsa : Methods to rejuvenate the Saptadhatus
- 8) Vajikarana or Vrishya Chikitsa : Science of Aphrodisiacs, Virility and improving health of progeny

The word Vajikarana is composed of two word i.e. Vaji and Karana. Vaji means "Horse", the symbol of sexual potency and performance and Karana means "Power". By proper use of the Vajikarana formulations, one becomes endowed with good physique, potency, strength and complexion and sexually strong as like an 8 year old horse.<sup>4</sup> It has been mentioned in Charak Samhita, Ayurvedic text that if a person receives Vajikarana medicines then his erection time will be so long that he can perform in sexual activity for long time and frequently he can satisfy hundred female partners in a day.<sup>5</sup>

Vajikarana therapy improves the function of the reproductive organs and vitalizes reproductive tissues increasing semen count and strengthening sperm motility in men and making eggs more viable for conception in women. This process enhances not only the quality and longevity of one's individual life but also the health and vitality of his or her offspring. According to Charak Samhita Benefits of Vajikarana Therapy are<sup>6</sup>

- Vajikarana therapy increases the time span of erections and helps in erectile dysfunction.
- It also prevents premature ejaculation
- Vajikarana facilitates in reproducing vigorous off springs.
- It stimulates man for sexual acts.
- It helps the man to co-habit with female without getting tired.
- Vajikarana makes females satisfied in sex.
- Vajikarana transforms lean, thin and impotent man into powerful and vigorous.
- Just as a tree has many branches, similarly man gets many descendents by use of Vajikarana.
- Vajikarana provides Yasha, Bala, Pushti and Shri to an individual.
- It increase the will power, intellect and memory in addition to promoting a healthy body

Acharya Charak also mentioned that Vajikaran not only the person undergoing the therapy is benefited but also his grand sons are also empowered with the capacity of healthy procreation and generation.<sup>7</sup>

In Short As per Charak Samhita, by proper use of these Vrishya 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.<sup>8</sup>

According to Sushruta, sexuality and reproduction are so vital in Ayurveda that an entire discipline, known as Vajikarana, is dedicated to enhancing fertility and the rejuvenation of sexual and reproductive energy. Vajikarana therapy improves the function of the reproductive organs and vitalizes reproductive tissues, increasing semen count and strengthening their motility and making eggs more viable for conception. This not only enhances the quality and longevity of individual life, but also the health and vitality of offspring. Although some *Vajikarana* herbs work as aphrodisiacs, they also engender reproductive strength in order to increase the health of our offspring, or what *vajikarana* (aphrodisiacs) calls *subahupraja*.<sup>9</sup> Hence Vajikarana is a must for all who are on the threshold of starting an active sexual life or those who wish to continue their sexual life in a better way. He also mentioned that particular herbo-mineral drugs which when taken in organized way make a man capable of performing intercourse vigorously and satisfying females sexually are called Vajikarana.

According to Acharya Vagbhat Vajikarana promotes the sexual capacity and performance, on other hand it also improves the physical and psychological health of an individual and hence is helpful in preservation and promotion of positive health of a healthy person. Vajikarana makes one loving to the females, more power and sustenance in sex congress and amplifies physical strength, tissue and nutrition.<sup>10</sup>

#### Importance of Female in Vajikarana Therapy

Female is the greatest of all the Vajikaran Dravyas as mentioned in Charak Samhita.<sup>11</sup> Woman has a pivotal place in sexual congress. A woman with all best of feminine qualities is essence of this materialistic world, because of whose fitness and reproductive capacities the race is continued. So she is the Goddess of the home, without whom even a well furnished house is waste. All the materialistic objects are present combinely and expressed only in woman. She pours love and she herself is love, Dharma, Artha, Prosperity, Progeny etc.<sup>12</sup>

#### Ideal female sexual partner

According to Acharya Vagbhat female who is healthy, interested in sexual congress, possesses equal mentality good in appearance and physique, always exciting and lovely, co-operates in copulation, educated in general and sex matters and with whom male wishes to have repeated sexual acts is referred as ideal woman for copulation.<sup>13</sup>

The woman who is from good family who gives mental pleasure on just hearing to her name, whose sight vanishes all sorrows, worries, fear and gives satisfaction never experienced before who attracts all senses, pacifies all strains, who is bold in the absence of other person, who is keen to talk about matters in which her husband is interested. Hence the person celebrates everyday with joy. This type of heart touching female partner is called as Ideal female sexual

partner<sup>14</sup>

#### Seasonal variations in Sexual activity

Sexual practice should be based on health status, personal strength and seasonal rhythms. Continuous and uncontrolled sex in all the days of the year is not recommended. In Ayurveda the frequency of coitus according to the seasons is mentioned. This was to preserve the strength of the person. In autumn (Vasant rutu) sex on every third day is advocated. In rainy season (Varsha rutu) sex at fortnight and once in 15 days is advocated. During cold season (Hemant and Shishira rutu) naturally strength will good and one can have sex as many times as he wants in proportion to his strength. During hot season (Grishma rutu) according to an individual's strength, sex can be practiced.<sup>15, 16</sup>

#### Prakriti and Sex

Sexuality and potency are also determined by the somatic and psycho behavioral personality of an individual.

- Vatala Prakriti: These types of person are weak in sexual activity and possess less offsprings.<sup>17</sup>
- Pittala Prakriti: These types of person having less Shukra, less powerful in sexual congress and possess less offsprings.<sup>18</sup>
- Shleshmala Prakriti: These types of person are bestowed with good amount of Shukra, possesses more sexual potency and entertain much sexual pleasure and also will have more number of offsprings<sup>19</sup>

#### Purification of Body before Vajikarana

Before starting the process of Vajikarana therapy, person's body must be purified. Because aphrodisiacs cannot work if the body is unhealthy or full of undigested food matter (toxins or ama) Therefore Panchakarma therapy has been strongly advised in patients with seminal disorders. The person should be administered with Oleation, purification, decoction enema, lubricating enema for effective Vajikarana therapy. Panchakarma play major role in removing Doshas from body and improving the quality of semen. After Panchakarma, treatment of seminal disorder would enhance the seminal quality and fertility potential.<sup>20, 21</sup>

After purifying the body, he should be asked to consume Vajikarana recipes which constitute milk, meat soup and boiled rice - along with ghee, oil, meat juice, sugar and honey etc.<sup>22, 23</sup>. This will gives strength to the semen and the offspring. Also the mind should be free of any mental tensions and should be happy, contented and cheerful.

#### Sex is contraindicated with

There are many scattered references in Ayurvedic literature regarding sex and sexual code. Some of them are like- Not to have sex before 16 years, not with the enemy's wife, friend's wife, Teachers wife, Students wife, Sanyasin, Diseased. Not to marry the girl from same race and Gotra.<sup>22</sup> In public places, open areas and near sages and Gurus sex is prohibited. Sex with animals, artificial objects and ayoni is strictly prohibited.

#### Indications for Vajikarana Preparations

- Age group (between 20 to 70 years)
- Importance (with the exception of hereditary or traumatic impotence.)
- Frequent indulgence in sex
- Shukra Kshay (Oligospermia)

- Dhanavan (rich).

#### Contraindications for Vajikarana Preparations

Acharyas have framed few rules for consumption of Vajikarana preparations.

- These preparations have to be consumed by “Jitendriya Purusha” (man who has complete control on his senses and desires). If Vajikarana preparations are consumed by “Ajitendriya Purusha” (man who has lost control over his senses and desire), he may prove harmful to society.
- Before 16 years of age person are unfit for sexual acts as in younger boys formation of dhatus (tissues) will not be complete.<sup>23</sup> If sexual act is performed at this stage they will land into a condition called Dhatukshaya in which the nourishment of tissues reduces and they feel weak and fragile. During formative years whole body energy should be channelized for development of body tissues. Especially in boys, the male reproductive system has to develop completely to produce good quality and quantity of semen. If body energy and nourishment is used up in sexual act during initial stages of development, then the development of male reproductive system may become sluggish. This might lead to low sperm count, low motility low strength and vigour and infertility.
- After 70 years of age person are unfit for sexual acts<sup>24</sup>. Because in aged persons there will be Dhatu kshaya (deterioration of tissues) due to old age. If men above 70 years indulge in sexual act it may further deteriorate dhatus and can hasten ageing. According to Ayurveda Acharyas “if an aged man performs sexual act his body will be deprived of energy and vitality. He will be lifeless like a dry stick which is infested by insects.” Hence Vajikarana preparations should not be consumed by aged men.
- Drama (Evil minded people or People with bad intentions)
- Traumatic and hereditary Impotence

#### Drugs mentioned in Charka Samhita for Vajikarana<sup>25</sup> Nocturnal emissions (Na Shukra Kshaya Nishi)

- Vrishya Mamsa Yoga

#### Erectile Dysfunction (Na Tasya Linga Shaithilyam Syat)

- Brihani Gutika
- Vajikarana Ghrita
- Vajikarana Pinda Rasa
- Vrishya mamsa Yoga
- Vrishya Kukkuta Mamsa
- Vrishya Pippali Yoga

#### Premature Ejaculation (Pasyati Na Ksharat)

- Vrishya Pippali Yoga

#### Apatyajananam (Infertility or Semen Abnormalities)

- Shashtikadi Gutika
- Apatyakara Swarasa
- Apatyakara Ksheera
- Apatyajanakara Ksheera
- Garbhadhanakara Yoga
- Vrishya Pupilika Yoga
- Apatyakara Ghrita

#### Oligospermia or Azoospermia

- Vajikarana Ghrita
- Shashtikadi Gutika
- Pancha Vrishya Ksheera
- Vrishya Mamsa Gulika
- Vrishya Mahisha Rasa
- Vrishya Ghrita Bhrusta
- Vrishya Pupilika Yoga

#### DISCUSSION

Vajikarana therapy is said to revitalize all the seven dhatus (body elements), therefore, restores equilibrium and health. Keeping in mind the concept of vajikaran as described in the texts of Ayurveda, it definitely offers a solution to minimize the shukra (sperm and ovum) defects and to ensure a healthy progeny. The experimental studies related to vajikaran therapy are scarce and generally lack scientific vigor.

Rasayana drugs acts inside the human body by modulating the neuro-endocrino-immune system. Vajikarana rasayana is the special category of rasayan, which improve the reproductive system and enhance sexual function. They act on higher center of the brain, i.e., the hypothalamus and limbic system. Vajikaran also claims to have anti-stress, adaptogenic actions, which helps to alleviate anxiety associated with sexual desire and performance. Chauhan *et al.* (2010)<sup>1</sup> in a study showed that administration of vajikarana rasayana viz. *C. orchioides*, *A. longifolia* and *M. pruriens* ethanolic extracts modulate the level of the pituitary hormones FSH and LH. This in parts can explain the positive effect of the herbs on sexual functioning.<sup>8</sup>

The Vajikaran bestows contentment, nourishment, continuity of progeny and great happiness. The medicines or therapy by which the man becomes capable of sexual intercourse with the woman with great strength like a horse, which endears him to women and which nourishes the body of the person is known as Vajikaran. It is best promoter of strength and vigor."

There are various means by which vajikarana could be achieved i.e. ahara (diet), vihara (environment and activities) and aushada (drugs). It involves all the therapeutically and non- therapeutically measures taken to ensure healthy sex life.

Vajikaran chikitsa requires living in strict compliance to the directions mentioned in Ayurvedic classics. It involves various methods of shodhan (body cleansing) through vaman (emesis), virechan (purgation) and swedan (sweating). After the Shodhan therapy, based on the prakriti of the individual's imbalance (dosha body constitution-Tridosha theory), certain herbal and herbo-mineral combinations are administered. Other components in the therapy involves improving health and pleasure in general like, massaging with medicated herbal oils and herbal baths, wearing of fragrant garlands, anointing the body with fragrant herbal pastes, listening to music, etc.<sup>8</sup>

#### CONCLUSION

Vajikarana Chikitsa deals with Sexuality. It talks about Anatomy, Physiology, Pathology, Diet and Medicines involved in Sex. There are two main objectives namely: maintenance and augmentation of sexual potency of a healthy man and creation of healthy progeny, the other is management of disturbed sexual potency and treatment of seminal related disorders in man.

Vajikarana therapy may minimize occurrence of congenital disorders besides it may also boost the genetic constitution of baby.

The therapy rejuvenates male reproductive system and helps to increase sperm count and sperm motility. It increases body energy level and retards ageing process. Men who undergo this therapy look attractive and never get tired. The aim of Vajikaran medicines is one should not aim just for having offspring but should have Subahupraja i.e. healthy and strong offspring who are physically as well as mentally fit and prove to be good citizens. Vajikarana Science advises the couple about the right time, place and method of copulation which can determine the certain characters of baby. Therefore Vajikarana is a must for all those partners going to start the sexual life and who wishes to continue the sexual life in a better way.

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