

# REVIEW OF VAJIKARANA: A SEXUAL REJUVENATION METHOD IN INDIAN MEDICINE

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## ABSTRACT

*Vajikarana is an important branch of eight fold of Ayurveda which is exclusively dedicated towards induction of youthful longevity, among individuals. Nowadays explosion of the human population is a major issue. Hence countries like India & China has been promoting family planning. 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 on producing a progeny having complete physical, mental and spiritual health. Hence to fulfil these criteria, good qualities of sperms are to be produced and maintained which gets covered under Vajikarana head of Ayurveda. A sexual life may also be considered as a part of parameter for being healthy. It also helps in resolving the sexual problems like infertility, premature ejaculation, erectile dysfunction, lack of libido, nocturnal seminal emission etc. If Not properly treated serious health hazards may develop.*

**Keywords:** *Vajikarana, ayurveda, Population, infertility, premature ejaculation etc.*

## Introduction

Ayurveda is divided in eight branches<sup>1</sup> - These includes,

1. Kaya chikitsa – Internal & external treatment for the body -General medicine.
2. Shalakyatantra (eye, ear, nose & throat related diseases and treatment).
3. Shalyapahartaka (Shalyatantra) - surgery-the Art of treating diseases with instruments.
4. Vishagaravairodhika Prashamana (Agadtantra) - toxicology- the science of poisons.
5. Bhoot Vidya – psychotherapy.
6. Kaumarbhrutya (Balroga) - paediatrics/science of diseases of children and mother.
7. Rasayana - science of rejuvenation make young again.
8. Vajikarana -science of aphrodisiac-dealing with sexual diseases as well as sex stimulating means.

Vajikarana is an important branch of eight fold of Ayurveda. Now a day's explosion of human population is major issue. Hence countries like India & China has been promoting family planning. 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 on producing a healthy progeny. Hence to fulfil these criteria good qualities of sperms are to be produced which covers in Vajikarana<sup>2</sup>. Charaka Samhita has explained 'the healthy life has three main Upstambha (pillars) i.e. Aahar (a balanced diet), Svapna (proper sleep) & Brahmcharya (Celibacy / marital celibacy)<sup>3</sup>. Here the Brahmacharya denotes the purity of sexual life and quality in the sexual act also.

## Etymology of Vajikarana :

Aahar (diet), Aushadhi (drug) or Vihar (physical activities & exercises) by which a man becomes capable for sex like a horse and also do sex many times are known as Vajikarana<sup>4</sup>.

Any means (dravya, act or tool) which is used by a man in a systemic manner a gives full pleasure to a woman with the speed like a horse is known as Vajikarana<sup>5</sup>.

he term 'Vaaj' means veerya (semen), 'Vaaji' stands for that person who is complete with veerya and 'Avaaji' for a person having either less or absence of veerya. Thus that drug or methods which converts 'avaaji' into 'vaaji' is called Vajikarana<sup>6</sup>.

Vajikarana dravya is also described as Vrishya dravya. The term 'Vrishana' is derived from the root '*vrishiti anena*' meaning showering. The *vrishanau* (the testes) shower *shukra* (sperm) and hence the name acquainted. They are two in number and are originated from the *prashad of Mamsa, Rakta, Kapha and Meda*<sup>7</sup>. *Sharangdhara* states that *Vrishana* are the base of *Viryavahi sira* and the seat of *paurushya (vigour)*. Injury to *Vrishana* can lead to death, impotence and infertility<sup>8</sup>. Hence the drug or the act which promotes the functions of *Vrishana*, specially in the terms of *sinchan* i.e. showering *shukra* is termed as Vrishya dravya. It causes large amount of *shukra shrava* (semen ejaculation), like a vrish (bull) does.

**Definition of Vajikarana:**

According to Acharya Charaka Vajikarana is that<sup>9</sup>-

- 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<sup>10</sup>.

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 Vaajikrana<sup>11</sup>.

**Properties of Vajikarana Dravyas:**

According to Acharya Charaka all those dravyas (things) which are kinchitmadhur (slightly sweet), snigdha (unctuous), jivana (restoratives), brimhana (which promotes anabolism), guru (heavy), harshana, (which cause joy), comes under the category of vajikarana dravyas<sup>12</sup>.

According to Acharya Vagabhatta all those dravyas (things) which are kinchitmadhur (slightly sweet), snigdha (unctuous), brimhana (which promotes anabolism), balavardhana (strength promoting), harshana, (which cause joy), comes under the category of Vrushya dravyas<sup>13</sup>

Whereas Acharya Sharangdhara summarizes this criteria to the drugs which gives pleasurable power to man for sex with females are called vajikarana<sup>14</sup>.

**Need of Vajikarana Therapy**

Acharya Charaka says that dharma (religion), artha (money), preeti (love) and yasha (fame) are the properties which comes under the Vajikarana and all these are depends on offspring (sutashraya)<sup>15</sup>. On the other hand Acharya Sushruta attributes the Vajikarana preparations to give mental pleasure, offspring and power to a person<sup>16</sup>. Acharya Vagabhatta quotes that satisfaction, health, potent offspring, continuous dynasty and instantaneous sexual desire are the result of Vajikarana<sup>17</sup>.

It plays an important role to achieve the 'Kama' which is one, among four goals of life, which can be achieved by good health collectively termed as 'purushartha chatusthaya'. In Upanishada, there are three pursuits of life i.e.

1. Vittaishna – Efforts to protect himself.
2. Putraishana – Extend his progeny.
3. Lokaishna – Got moksha after death.

Hence in order to get the aforesaid benefits under the heading of 'kama', 'Putraishana' and 'vishvaroopam', everyone should to go through the way of vajikarana therapy.

**Types of Vajikarana Dravyas –**

According to the function, acharya Charaka classified Vajikarana dravya in 4 paad<sup>18</sup> i.e.

1. Pushtibala prada – They gives health and power to the body.e.g. Bruhaniya gutika, Bajikana ghrut etc.
2. Paurusharthibhi – They increases masculine power of man.e.g. Vrushya ksheer, Vrushya ghruta etc.
3. Shukra-bala prada – They increase shukra and bala (power) in the body and increases sexual desire. e.g. Vrushya pippali, Shatavari ghrut etc.
4. Apatyavan sadya – They provides healthy offspring instantaneously.

Vajikarana Dravyas are also differentiated into following types<sup>19,20</sup> –

1. Shukral / Shukrajanaka / Shura Vriddhikara – The drugs which facilitate and increase the production of Shukra Dhatu are termed as Shukra Vriddhikar. These drugs has been included under name of Shukra vriddhikara by Chakrapani, while it is mentioned as Shukrala by Sharangadhara. Examples given as *Ashwagandha*, *Mushali*, *Sugar and Shatavari etc.*  
On the basis of veerya Shukrala drugs can also be divided into two types i.e. Ushna Virya Shukrala and Shita Virya Shukrala.
2. Shukra Shrutikara / Shukra Pravartaka – The drugs which initiate the ejaculation of semen to the exterior of the body, are termed as Shukrapravartaka. Chakrapani includes such drugs under

Shukrasrutikara. e.g. *Strychnos nux-vomica*, *Cannabis sativa*, *Myristica fragrans*, *Cassia occidentalis*, Musk and Self desire (Sankalpa-Psychological treatment)

3. Shukra Shruti-vriddhikara / Shukra-Janaka-Pravartaka – The drugs having both producing (Janaka) and ejaculating (Pravartaka) properties are known as Shukrajanaka-Pravartaka. It has been described as Shukrasruti- Vriddhikara by Chakrapani . Examples are Amla (*Emblia officinalis*), Godugdha (cow milk) and Bhallatak phala majja (Seed endosperm).

Acharya Sharangadhara also says that a female is shukra pravartini, Bruhati (Kantakari) phala is shukra rechaka, Jatiphala (Jayphala) is shukra stambhaka and Haritaki is shukra shoshaka<sup>20</sup>.

### Best Vajikarana

According to Charaka Samhita, female is best Vajikarana. A beautiful young woman with all feminine characters & who is expert in artistic and aesthetic sense; is essence of this materialistic world. She is the Goddess of home without whom even a well-furnished house is waste. She pours love & she is loved for dharma (religion), artha (earn), prosperity, progeny etc. Hence, a woman who is excellent in terms of age, voice, beauty & amorous movement is the perfect one as aphrodisiac<sup>21</sup>.

The ideal female who produce healthy progeny have following features<sup>22</sup>.

- Not to marry the girl from same race (gotra)-Atulyagotra.
- Having excellent aphrodisiac features.
- Have mental pleasure & physical fitness.
- Free from physical & mental ailments.
- Have proper bath after menstrual periods.

Acharya Charaka also says that in Vrusya dravya Nakra-retas (semen of crocodile) is Agraya (superior most)<sup>23</sup>.

### Ideal procedure for use Vajikarana drugs

Shodhanachikitsa- Purification of body is necessary before starting Vajikarana chikitsa to get maximum benefits. After Shodhana chikitsa Samsarjana krama (post-procedure of shodhan) is necessary, followed by anuvasan and niruha basti (enema) should be given in a proper sequence. Only after that Vajikarana drugs should be administered<sup>24</sup>.

### Ideal age for to do sex

Ideal age for to do sexual act is in between 16 years to 70 years, because sexual act should not be done before 16 years of age because all seven Dhatu (seven elements of body) are not formed completely & body tissues are not properly nourished. If sexual act is done by this age there is low sperm count, low fertility, low strength, vigour and vitality. And after 70 years, age related dhatukshaya occur so that person is unfit for sexual act. If sexual act performed at this age his body will be deprived of energy & vitality. He will be lifeless like a dry stick which is infested by insects. So, old age people should consume Vajikarana drugs<sup>25</sup>.

### Proposed mechanism of actions

Vajikarana dravyas are works by the effect of Prabhava (indefinable power), the mode of action of Vajikarana dravyas are as following-

Shukral dravyas are generally madhur in rasa, madhur in vipaka, shita in veerya, and guru-snigdha-pichchhila in guna, they acts as shukra vardhaka due to similar properties with shukra.

Kamottejaka dravya are agneya in rasa, ushna in veerya and tikshna in guna and they acts by stimulating nervous system of reproductive system and this action is by the effect of prabhava.

Shukra stambhaka dravyas are tikta-kashaya in rasa and acts as shukra stambhaka due to its tikta-kashaya rasa<sup>26</sup>.

According to Chopara et al rasayan drugs acts inside the human body by modulating the neuro-endocrino-immune system. Vajikaran rasayan 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. Vajikarana also claims to have anti-stress, adaptogenic actions, which helps to alleviate anxiety associated with sexual desire and performance<sup>27</sup>.

### Discussion

Vajikarana is a unique treatment mode of Ayurveda system and having multifold benefits like 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 is many times misinterpreted as Sexology. It is intended to facilitate potent offspring, to improve qualities of a race by

control of inherited characteristics. Vajikarana drugs also act as Rasayan and have the capability to revitalize all Dhatu and restores equilibrium and health.

### Conclusion

vajikarana is an important branch of Ashtanga Ayurveda, Vajikarana therapy has multirole benefits including increased sexual capacity, improving physical, mental and spiritual health of future progeny, as well as in treatment of many common sexual disorders like infertility, erectile dysfunction and premature ejaculation. To prove the efficacy of Vajikarana drugs, we need further research & clinical trials using modern parameters in order to validate and document the ancient views in new scientific context.

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