

## ROLE OF VAJIKARANA CHIKITSA IN THE PREVENTION OF DISEASE AND MAINTENANCE OF HEALTH

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### ABSTRACT

*Ayurveda* is a comprehensive medical system of body, mind and spirit. It is a science and art of appropriate living, which helps to achieve better long life. *Ayurveda* is also frequently referred as '*Ashtanga Ayurveda*' and *Vajikarana chikitsa* is also a part of it (*Ashtanga Ayurveda*). As per *Charak Samhita*, with the help of *Vajikarana* formulations, we can get good physique, mentally and physically healthy body, strength, potency and sexually potent. *Ayurveda* is guided about the prevention of disease and maintenance of health. *Vajikarana* therapy are said to revitalize all the seven *Dhatus* (body elements), therefore, restores equilibrium and health.

**KEYWORDS:** *Vajikarana*, *Dhatus*, *Ashtanga Ayurveda*, health, disease.

### INTRODUCTION

*Ayurveda* is also frequently referred as '*Ashtanga Ayurveda*' as it has eight parts.<sup>[1]</sup> These are following; *Kaya chikitsa*: Related to whole body, *Bala chikitsa*: Related to infants, *Graha chikitsa*: Related to psychological problems, *Urdvanga chikitsa*: Related to the Ear, Nose and Throat region, *Salya chikitsa*: Related to Surgery, *Visha chikitsa*: Related to Toxicology, *Rasayana prakarana*: Methods to rejuvenate the *sapta dhatus*, *Vajikaran chikitsa*: Related to improving health of progeny. The *Rasayana* medicines are believed to have aphrodisiac qualities as well. In *Ayurveda* to increase libido, quality and quantity of semen, duration of erection and to treat infertility effectively is known as *Vajikarana*. As this therapy increases the strength of a man to perform sexual act, like a horse, it is called '*Vajikarana*'. ('*Vaji*'=Horse).<sup>[2]</sup> Literally the *Vajikaran* is not exactly aphrodisiac but the current connotational meaning is same. *Vajikaran* is one of the eight branches which deals with all types of physical, and psychological sexual problems like impotence, poor erection and early ejaculation in males and sterility, frigidity in females. *Ayurveda* strongly believed that a weak *shukra dhatu* was the culprit behind all male and female sexual problems. *Stree* (female) is the greatest of all the *vajikaran Dravya* as said by *Charaka*.<sup>[3]</sup> Before *Vajikaran*, *Panchakarma* therapy is advised. Often, the

sexual style of humans is compared to and is defined in terms of the animal sexual relationship style in the ancient Indian texts. The common examples used are:

- Chatak (Sparrow) - Multiple short span conjugations with production of small amount of semen.
- Gaja (Elephant) - Once in a while long time conjugation with abundant semen discharge.
- Vrusha (Bull) - Regular stable seasonal conjugation with more quantity Semen.
- Ashwa/ Vaaji (Horse) - Regular forceful dynamic conjugation with average quantitative semen.

**Vajikaran Formulations:** There are many of different formulations which are used for *vajikaran*. Some of the formulations are mentioned, which are used commonly: *Vrihani Gutika*,<sup>[4]</sup> *Vrishya Gutika*,<sup>[5]</sup> *Vajikaranam Ghritam*.<sup>[6]</sup>

**Useful Herbal Compounds:** "*Makardhwaja Gold*"- Aphrodisiac, Sex tonic, *Vrishyavati* is useful in male infertility, impotency, loss of libido and other reproductive disorders, help to improve sexual functions, improves quality and quantity of semen. *Shatavari Kalpa* - *Shatavari* is perhaps best known as a female rejuvenative. It is useful for infertility and decreased libido.

**Useful Herbs for Vajikarana:** Aphrodisiac for men according to the texts have been divided into following categories- Promoting production of semen: Milk.<sup>[7]</sup> Ghee, *Musali*, *Yashtimadhu*, *Shatavari*, *Gokshura*. Purifying action on semen: Sugar cane, *Kushtha*. Promoting fertilization capacity in semen: *Brahmi*, *Amalaki*, *Shatavari*, *Guduchi*, *Bala*. Herbs that increase libido: Saffron, *Akarakarabha*, Clove, Garlic, *Pippali*. Tonics to combat premature ejaculation: *Chandhan*, *Ashwagandha*, *Jatamansi*, Nutmeg, *Kapikachchu*. The dose is individualized and mainly depends on the digestive capacity of the individual. The texts have warned that it is important that a person not only pays attention to these herbs but also to the principles of virilization such as detoxification before the consumption of drugs as well as to gain control over one's senses.

**Ayogya for Vajikarana preparations:** As per *Ayurveda*, it is recommended that the person below 16 and more than 70 (years of age) and "Ajitendriya Purusha" 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*" he may prove harmful to society.<sup>[8]</sup>

**Who should avoid Vajikarana?:** Before 16 years and after 70 years of age, Duratma (evil minded people), Traumatic and hereditary impotence.

**Who should have Vajikarana?:** Age group (between 16 to 70 years), Importance (with the exception of hereditary or traumatic impotence.), *Shukra Kshay* (oligo spermia), Frequent indulgence in sex.

**Vajikaran basically comprises of these components:** a disciplined life style, conditional sexual act basing itself upon the assumption that sex is for better reproduction and not only for pleasure and use of *Vajikaran* drugs (aphrodisiac medicinal formulations) to achieve these sexual goals. *Vajikaran* doesn't contradict the abstaining from sex i.e. the *brahmacharya* but believes that sex is a means to procreation thus *Vajikaran* serves the purpose of '*Purushartha Chatushtaya*' (*Dharma*, *Artha*, *Kama* and *Moksha*) by helping to procreate sustainable species.

**Proposed Mechanism of Actions:** *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. *Vajikaran* also claims to have anti-stress, adaptogenic actions, which helps to alleviate anxiety associated with sexual desire and performance, which is ultimately essential for satisfying and productive sex.

**Vajikarana therapy leads to:** Happiness, Good strength, Potency to produce offspring, increased span of erection. This means "The person who takes virility therapy after rejuvenation therapy gets offspring. Through these offspring he gains the happiness. *Vajikaran* is good for health and influence mental health also and psyche (mind) is considered as the origin of momentum for sexual desire. *Vajikaran* thus deals not only with modes of increasing sexual vigor but also psychosomatic disorders.

**Need for Rejuvenation:** Our life style has become very hectic. This is due to over physical as well as mental exertion and irregular eating time, it increases stress. Due to availability of various gadgets in the kitchen, use of television, mobile phones and computers has resulted in lack of proper exercise. Many people are becoming addicted to Alcohol, smoking, excessive sex, too much sleep and drugs, using stale foods with preservatives. This all leads to vitiation of all doshas; it results- all sexual problems also.<sup>[9]</sup>

## DISCUSSION

*Ayurveda* has laid much importance on a male's potency. *Vajikaran* therapy is said to revitalize all the seven *dhatu*s (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.

## CONCLUSION

*Vajikaran* is an important treatment modality as per *Ayurveda* and proposed benefits are manifold including increased sexual capacity like increase libido, duration of hard erection, sperm count and sperm motility, improving health of future progeny as well as in treatment of many common sexual disorders like infertility, erectile dysfunction and premature ejaculation.

## Limitation & suggestion for future work

1. Lack of research as per current scientific standards is the main criticism of vajikaran.
2. The philosophical base of the modern medicine and Ayurvedic medicine is entirely different therefore many times it may be difficult to explain the theory in understandable terms for each other.
3. Medications have not been standard.
4. Many of the mentioned herbs are difficult to obtain hence it seem difficult to prepare these formulation as per recommendations of the standard texts of *Ayurveda* etc.
5. Lack of communication, increases the gap in collaboration of research or practice.

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