

AN APPRAISAL ON AYURVEDA TREATMENT MODALITY OF
SEXUAL DYSFUNCTION – VAJIKARANA

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ABSTRACT

Vajikarana in one of the eight main branches of Ayurveda designed to promote aphrodisiac power, virility as well as a healthy progeny. Even in remote past, one can find the instinctive desire to extend clan or race. *Putraishana* (desire of progeny) is one of the primary desires of mankind mentioned in the *Upanishads*. In ancient days, it was a routine procedure to take some aphrodisiac before undertaking sexual intercourse. The idea was to promote, in this way, the quantity and quality of semen along with the sexual enjoyment. As per Charaka Samhita, by proper use of these *Vajikarana* formulations, one can be crowned with good physique, potency, strength, good complexion, and sexually potent. This treatment modality is very helpful in many common sexual dysfunctions including premature ejaculation, erectile dysfunction, infertility etc. This article is aimed to throw a light on concept of *Vajikarana* explained in various Ayurveda texts on conceptual background.

Key words: Ayurveda, Aphrodisiac, sexual dysfunction, *Vajikarana*.

INTRODUCTION: *Vajikarana* had been given separate place in *Ashtanga Ayurveda* by almost all Acharyas. This shows that, infertility as well as problems related to reproductive system was given key importance in ancient period as well. The name 'Vaja' meaning both speed and semen.

Ancient background: *Veda* has enlightened various aspects of human life, various references are widely found in accessory literature of *Veda*. The word 'Retas' has been widely used in *Vedic Samhita* in relation to reproduction.^{1,2,3} The word 'Veerya' is

used as a synonym for *Retas*.^{4,5} *Retas* has been described as flowing substance, which has stream or current (similar to water).⁶ The word *Shukra* is used to indicate male factor in progeny.⁷ Three types of *Veerya* has been mentioned in *Atharvaveda*⁸, In *Atharvaveda*, the description about *Guhya Shukra* and *Sthula Shukra*⁹, as well as description about *Vajeekarana*¹⁰, *Vrishya*¹¹, and *Vajee*¹² have been found. The drugs which are useful in the treatment of impotency and sterility¹³ etc. have been mentioned. The process of *Garbha Nirmana* and

quality of *Shukra* has been mentioned in *Taittiriya Aranyaka*¹⁴.

Vajikarana Chikitsa Principles:

Vajikarana is a complete package of *Panchakarma* procedures, internal medications, counseling and some external applications on body. For all the abnormalities / aberration of semen, the medicinal herbs or herbomineral preparations having activities like *Shodhana* (helpful in retrieval of normal constitution), *Santarpana* (replenishment) and *Rasayana* (modulating immunity and checking the auto – immune processes) are helpful.¹⁵ These all are those recipes which are mentioned under the title of '*Vajikarana Chikitsa*'. Also medicines used for some gynecological diseases (*Yoni Rogas*) can be employed for seminal abnormalities.¹⁶

Herb-Mineral Preparations: In these classical combinations, herbal ingredients or their juices carrying spermatogenic, hormone activating and neurotransmitter regulating activities are processed with detoxicated minerals or their calyxes either by grinding them together or subjecting them to sublimation or similar alchemic processes. Such processes leading to strong bio-chemical reaction render their finished products capable of acting fast on body – system due to their *Sukshmatwa* (microparticulation ensuring maximum bioavailability), *Vyavayi* (fast assimilation), and *Vikasi* (tendency to reach till site of action by way of capacity to pass through capillary permeation). As compared to the powders / decoctions of medicinal herbs, these formulations are

fast and specific in actions, hence preferred.

Vajikarana therapy in Doshika imbalance:

- For the seminal abnormalities caused by vitiated *Vata Dosha*, treatment with enemata of medicated oils and decoctions should be given.¹⁷
- When 'Shukra' is affected by vitiated *Pitta Dosha Abhayamalaki Rasayana* should be given.¹⁸
- When abnormalities is caused by *Kapha Dosha*, preparations like *Pippali Rasayana*, *Amalaki Rasayana*, *Loha Rasayana*, *Triphala Rasayana*, *Bhallatak Rasayana* etc. should be employed.¹⁹

Classification of Vajikarana ²⁰

The *Vajikarana dravyas* are divided into the following three groups.

1. *Dehabalakara* (or *Janaka*) -Promoting physical strength including semen.
 2. *Manobalakara* (or *Pravartaka*) - Enhancing mental power (sexual potency)
 3. *Deha – manobalakara* (or *Janaka – Pravartaka*) - Acting in both ways.
- The *Vajikarana* drugs are further classified into following²¹:
1. *Shukraviddhikara*: increasing semen.
 2. *Shukrasrutikara*: prompting discharge of semen.
 3. *Shukrasuti – Vriddhikara*: covering both the above aspects.

Sexopharmacology: Various single drugs and compound preparations have been advocated in all classical triplets and almost all literatures of Ayurveda described in Table no.1.²²

Table no.1- Drugs, dietary materials and Psychological factors in Vajikarana therapy.

Single drugs	Compound formulations	Dietary material	Psycho sexopharmacology
<i>Atmagupta, Shatavari, Ashvagandha, Masha, Yashtimadhu, Ikshuaraka, Vidari, Bala, Ashtavarga, Shunthi, Gokshura, Bhallatak, Mushali, Jatiphala.</i>	<i>Vrishya gutika, Vrisyha ghruta, Vajikarna Ghrutam Vrishya mamsa rasas, Apatyakara ghruta, Vanari gutika, Amruta Bhallatak leha, Kameshvaramodaka, Pugapaka Kaminividravana rasa, Makardhvaja vati, Makaramushtiyoga etc</i>	<i>Masha Godhuma, Ghrita, Kshira, Madhu, Sharkara, Shali, Ikshu, Guda, Mamsa rasa, Bastanda, Chataka mamsa, Mahisharasa.</i>	<i>Priti Bala Sthairyta Akrodha Harsha Samkalpa</i>

Herbal Formulations²³

Formulations that could be used as regular nutritional supplement in case of debilitated individuals suffering from *Shukradoshas* or *Klaibya* are -

- *Madanananda Modaka*
- *Vanari Gutika*
- *Narasimbh Churna*
- *Rativallabha pooga paka*
- *Shatavari Ghrita*
- *Mushali paka*

DISCUSSION: The substances which help in enhancing the sexual activity are called as *Vajikarana dravyas*. *Panchakarma* procedures in *Vajikarana* therapy detoxify the body, normalize dosha and nourish body as well as reproductive system. These processes help to increase sperm count and motility. *Vajikarana* drugs also help to prevent premature ejaculation and erectile dysfunction. These drugs indirectly nurture all the *Sapta dhatus* and *Mana*. That's why mental causes of sexual dysfunction are also treated by *Vajikarana* therapy.

CONCLUSION: *Vajikarana* therapy increases sexual energy and gives strength

like a horse. After *Vajikarana* therapy person becomes able to produce healthy sperms which will help in procreation of healthy offspring. *Vajikarana* therapy also boosts general health and strength. So, this treatment modality of Ayurveda should be promoted on all grounds to prevent and cure reproductive system illnesses.

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Source of support: Nil

Conflict of interest: None

Declared

Cite this Article as : Kanzode Sonam P et al : An Appraisal on Ayurveda Treatment Modality of Sexual Dysfunction – Vajikaranak: Page No: IJAAR VOLUME III ISSUE III JUL-AUG 2017: 651-655