



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A REVIEW ARTICLE ON VAJIKARANA

Prof. Dr. Sachinkumar Sahebrao Patil^{1*}

Ph.D. (Kayachikitsa), M. D. (Kayachikitsa), M.B.A.(H.R.)

M.A. (Sanskrit), P.G.D.E.M.S., D.Y.A., Professor & Head of Department (H.O.D.), Ph.D. Guide,
Department of Kayachikitsa, M.A.M.'s Sumatibhai Shah Ayurved Mahavidyalaya, Malwadi, Hadapsar,
Pune, India.

Abstract: Ayurveda is the science of life. It teaches us how to live. In this regard *Dinacharya*, *Ritucharya*, *Sadvrta*, *Rasayana*, and *Vajikarana* play an important role. Seven Dhatus are present in the body-*Rasa*, *Rakta*, *Mansa*, *Meda*, *Asthi*, *Majja* and *Shukra*. The seven Dhatus are the responsible for the development of our body. Shukra is the last Dhatus produced in the body among the all Dhatus. A person who has healthy Shukra has a brightness of confidence, with eyes and skin that seen to radiate light Shukra Dhatus also confirms strength wisdom and power of the body. To maintain the total health of a individual specific *Aahar vihar* and *Vajikarana Chikitsa* has been described in text of Ayurveda. *Vajikarana* deals with the preservation of sexual potency of a healthy man as well as treatment of defective semen, disturbed sexual potency. *Vajikarana* promotes the sexual capacity and physical activities.

KEYWORDS: *Vajikarana*, *Ayurveda*, *Shukra*.

Introduction Ayurveda the science of life deals with the every aspect of life. (*Ayurveda* classical texts have advised *Vajikarana* formulation even for healthy person). *Ayurveda* is divided into eight branches which are carefully help to meet specific needs in the process of maintain health and preventing disease. Eight branches of Ayurveda are

1. *Kaya Chikitsa*- Internal and external treatment for the body.
2. *Baal Tantra*- Related to infants.
3. *Graha Chikitsa*-For psychological problems.
4. *Urdhvanga Chikitsa*-For treatment the ear, nose and throat related disease.
5. *Shalya Chikitsa*-Surgeries.
6. *Visha Chikitsa*-Toxicology.
7. *Rasayana Chikitsa*-To increase life span and (age and meedha).
8. *Vajikarana*-Promotes sexual capacity.

Vajikarana is composed of two word *Vaji* (Horse) and *Karana* (Power) Symbol of sexual potency and performance. *Vajikarana* therapy improves of the reproductive organs and vitalizes reproductive tissue increasing sperm count and strengthening sperm motility in men and making egg more viable for conception in women.

Definition of *Vajikarana*

Vajikarana (aphrodisiac treatment) is that which produces lineage of progeny, quick sexual stimulation, enables one to perform sexual act with the women

uninterruptedly and vigorously like a horse, makes one charming for the women, promotes corpulence, and infallible and indestructible semen even in the old person, renders one great having a number of off-springs like a sacred tree branched profusely and commanding respect and popularity in the society. By this one attains eternity based on filial tradition here and hereafter along with fame, fortune, strength and corpulence. *Shukra Dhatus Shukra vyapakatva*. The seventh one is *Sukradhara* (semen-supporting) which pervades the whole body of all persons. As ghee in milk and juice in sugarcane are invisibly pervasive, semen should also be known so in the entire body of persons. The example of milk fits into those who have profuse semen discharged even on mild coitus whereas that of sugarcane applies to those who have deficient semen and discharge it after much exertion. *Shuddha Shukra* The normal semen is like quartz, liquid, unctuous, sweet, sweet-smelling like honey while some mention it as resembling oil and honey.

Shukra Vriddhi Lakshan: -

1. Desire for sexual activities.
2. *Shukrashmari*. *Shukra*

Kshaya Lakshan

1. *Dourbalya*.
2. Dryness of mouth.
3. Pallor (Panduta).
4. Fatigue.

5. *Klaibya. (Impotency)*

6. *No hukra Pravrutti*

Shukra Dushti

1. *Phenil.*

2. *Tanu.*

3. *Rooksha.*

4. *Vivarna.*

5. *Puti.*

6. *Picvhila.*

7. *Anyadhatu pradhusta (Smen Mixed with other dhatus like blood).*

8. *Avasadi.*

Shukra Dhosa

Men with semen being vitiated by vata, pitta and kapha, having cadaveric smell, knotty, like putrid pus, deficient and faeces are not capable of reproduction.

Shukravaha Srotas

Shukravaha Srotas are those channel that carries *shukra* dhatu all over the body.

Shukravaha Srotas Dushti Hetu

1. Akala yonigaman.

2. Suppression of shukravega.

3. Excessive sexual activities (indulgence).

4. Injury due to Shastra, Kshara, Agni.

Shukravaha Srotas Dushti Lakshan

1. *Klaibya.*

2. Loss of libido.

3. Child born as diseased, Napunsaka, Kuroopa and Alpayu.

4. Infertility.

5. Abortion on miscarriages.

Importance of female in Vajikarana Therapy

According to Charak Samhita female is the greatest of all the Vajikarana DravyasPrakruti and Sex

Vataja Prakruti

The person having predominance of vata have mostly low degree of strength, life span, progeny, means and wealth.

Pitta Prakruti

Due to pergency and sourness little semen, sexual act and few progeny, because of presence of these qualities the persons having predominance of pitta are moderate in strength, life span, knowledge, understanding wealth and mean.

Kapha Prakruti

Slesmala prakruti persons are strong, wealthy, learned, brave, and long lived.

According to Charaka Samhita benefits of Vajikarana therapy are Vajikarana (aphrodisiac treatment) is that which produces lineage of progeny, quick sexual stimulation, enables one to perform sexual act with the women uninterruptedly and vigorously like a horse, makes one charming for the women, promotes corpulence, and infallible and indestructible semen even in the old person, renders one great having a number of off-springs like a sacred tree branched profusely and commanding respect and popularity in the society. By this one attains eternity based on filial tradition here and hereafter along with fame, fortune, strength and corpulence.

Drug Mentioned in Charaka Samhita for Vajikarana

1. *Vrishya Mamsa Yoga.*

2. *Brihani Gutika.*

3. *Vrishya Basti.*

4. *Vajikarana Ghrit.*

5. *Vrishya panda rasa (Mayur, Titeer etc).*

6. *Shastikadi Gutika.*

7. *Apatyakara Swarasa.*

8. *Vrishya pupulika yoga.*

9. *Vrishya Shatavri Ghrit.*

10. *Vrishya Pippli.*

11. *Vrishya Madhuka yoga.*

DISCUSSION

Seven Dhatus are present in the body. The seven dhatus are the responsible for the development of our body. Shukra is the last dhatu also confers strength, wisdom and power of the body. In the text of *Ayurveda* the concept of *Vajikarana* is described which offers a solution to minimize the shukra defects and to ensure a healthy Progeny. *Vajikarana* (aphrodisiac treatment) is that which produces lineage of progeny, quick sexual stimulation, enables one to perform sexual act with the women uninterruptedly and vigorously like a horse, makes one charming for the women, promotes corpulence, and infallible and indestructible semen even

in the old person, renders one great having a number of off-springs like a sacred tree branched profusely and commanding respect and popularity in the society. One can achieve *Vajikarana* by the *Ahara, Vihara. Vajikarana Chikitsa* require a living standard as mentioned in the text of *Ayurveda. Vajikarana Chikitsa* involves different method of *Sheera Shodhan* such as *Vaman, Virechan* etc various types of drug also mentioned in our text regarding *Vajikarana Chikitsa* which have beneficial effect on our body.

CONCLUSION

Vajikarana therapy improves the reproductive organs and vitilizes reproductive tissue increasing sperm motility in man and making egg more viable for conception in women. It is a symbol of sexual potency and performance.

Compliance with ethical standards

Acknowledgments

I express gratitude to the Department of Kayachikitsa and Hospital Authority for giving me this opportunity to study this particular research Above topic. Special thanks to Secretary of Maharashtra Arogya Mandal's Secretary, Hon'ble Mr. Anil Gujar, Hon'ble Principal Dr. Pranita Joshi and Faculty members Dr. Yogesh Kotangle, Dr. Vijayalaxmi Patil, Dr. Ritesh Damle, Dr. Kiran Ubhe for co-operating throughout the research study. Many thanks to my colleagues, as we got to learn many new things while reviewing the research articles and our knowledge regarding the subject has been increased.

Disclosure of conflict of interest

The authors declare that there was no conflict of interest regarding the publication of manuscript

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Author's short biography:



Dr Sachinkumar Sahebrao Patil M.D. (Kayachikitsa) Medicine, Ph.D. (Kayachikitsa) Medicine, M.B.A. (H.R.), M.A. (Sanskrit), P.G.D.E.M.S., D.Y.A. Professor and H.O.D., Ph.D. Guide, M.D. Guide, Department of Kayachikitsa, M.A.M.'s Sumatibhai Shah Ayurved Mahavidyalaya, Malwadi, Hadapsar, Pune – 411028, Maharashtra State, India. He is working as an Ayurved Physician and Panchakarma Specialist since last 18 Years. He is a BOARD OF STUDIES MEMBER for Paraclinical Ayurved Board of Maharashtra University of Health Sciences (M.U.H.S.), Nashik. He is a FACULTY MEMBER for Post Graduate Paraclinical Ayurved Board of M.U.H.S., Nashik. He is working as a Research Faculty for Research Methodology and Medical Statistics for M.U.H.S., Nashik. He is a Ph.D. GUIDE for 08 Ph.D. Kayachikitsa (Medicine) students and M.D. GUIDE for 28 M.D. Kayachikitsa (Medicine) students out of which 21 M.D. Kayachikitsa (Medicine) students have been already passed out. His research experience is 15 Years. His research interests in Anxiety disorder, Diabetes Mellitus, Obesity, Hyperacidity, Diarrhoea, Anaemia, Infertility etc.

