

A white horse is captured in a dynamic rearing posture, standing on its hind legs with its front legs tucked up. The horse is set against a background of rolling hills and a clear sky. The overall scene is bright and open.

CONCEPT OF VAJIKARANA

Dr. Santhosh B

A study in the British Medical Journal :

Grand father – “X” sperm



At same age

Grand son – “X/2” sperm

Conclusion

- 42% decrease in average sperm count
- 20% decrease in the average volume of semen

- *Carlson E, Giwercman A, Keiding N et al. Evidence for decreasing quality of semen during the past 50 years. BMJ 1992; 305: 609-13.*

The New England Journal of Medicine :

- The proportion of **motile** sperm **declined** at the rate of 0.6% per year
- The proportion of **normal shaped** sperm **declined** at the rate of 0.5% per year
- Both the **quantity and quality** of sperm are **declining**
- ❖ *Jacques A, et al. "Decline in Semen Quality Among Fertile Men in Paris During the Past 20 Years," New England Journal of Medicine, Vol 332, No. 5, February 2, 1995, pgs 281-285*

- 31% of men
 - 43% of women
- } 18 - 59 years
- Have significant *sexual concerns or problems*
 - Laumann EO, Paik A, Rosen RC. *Sexual dysfunction in the United States: prevalence and predictors. JAMA 1999;281:537-44.*
 - ED essentially matches the age at each decade
 - 40% among persons aged 40 years and 70% among those aged 70 years.
 - Feldman HA, Goldstein L, Hatzichristou DG. *Impotence and its medical and psychosocial correlates: results of the Massachusetts Male Aging Study. J Urol 1994;151:54-61.*

- Significant number of men with ED report mild-to-moderate symptoms of **depression**
- Depression scale remain elevated when ED is unresponsive to treatment
- *Seidman SN, Roose SP, Menza MA, Shabsigh R, Rosen RC. Treatment of erectile dysfunction in men with depressive symptoms: results of a placebo-controlled trial with sildenafil citrate. Am J Psychiatry 2001;158:1623–30.*

- The World Health Organization and *The Office of the Surgeon General of the United States* have declared that sex is a basic human right and an integral part of life.

- *World Health Organization draft working definition, October 2002. Available: www.who.int/reproductive-health/gender/glossary.html*



*Dharma Artha **Kāma** Mokshānām
Ārogyam Moolam uttamam...||*

Charaka

Vajikarana

येन नारीषु सामर्थ्यं वाजिवल्लभते नरः ।
व्रजेच्चाभ्यधिकं येन वाजीकरणमेव तत् ॥

Ch. Chi. 2/4/51



On average, a normal stallion
produces **35,000 spermatozoa**
per second

concept of vajikarana - Dr. Santhosh B

Charaka

अच्छायश्चैकशाखश्च निष्फलश्च यथा द्रुमः ।
अनिष्टगन्धश्चैकश्च **निरपत्य**स्तथा नरः ॥

चित्रदीपः

सरः शुष्क

तृणपूल पुरुषाकृति



Every person who opens this email and sends it to at least 3 people will give us 32 cents.

Please help us.

Sincerely

George Arlington



- Infertile man - Nindya
- Give birth, to a get rid of Pitruruna
- Attain Parlokeshta

Sushruta

आप्यायन निमित्त – अल्प रेतस

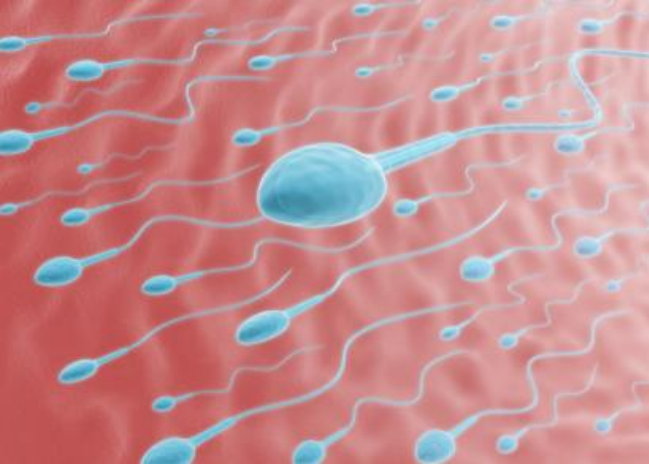
प्रसाद निमित्त – दुष्ट रेतस

उपचय निमित्त – क्षीण रेतस

जनन निमित्त – विशुष्क रेतस

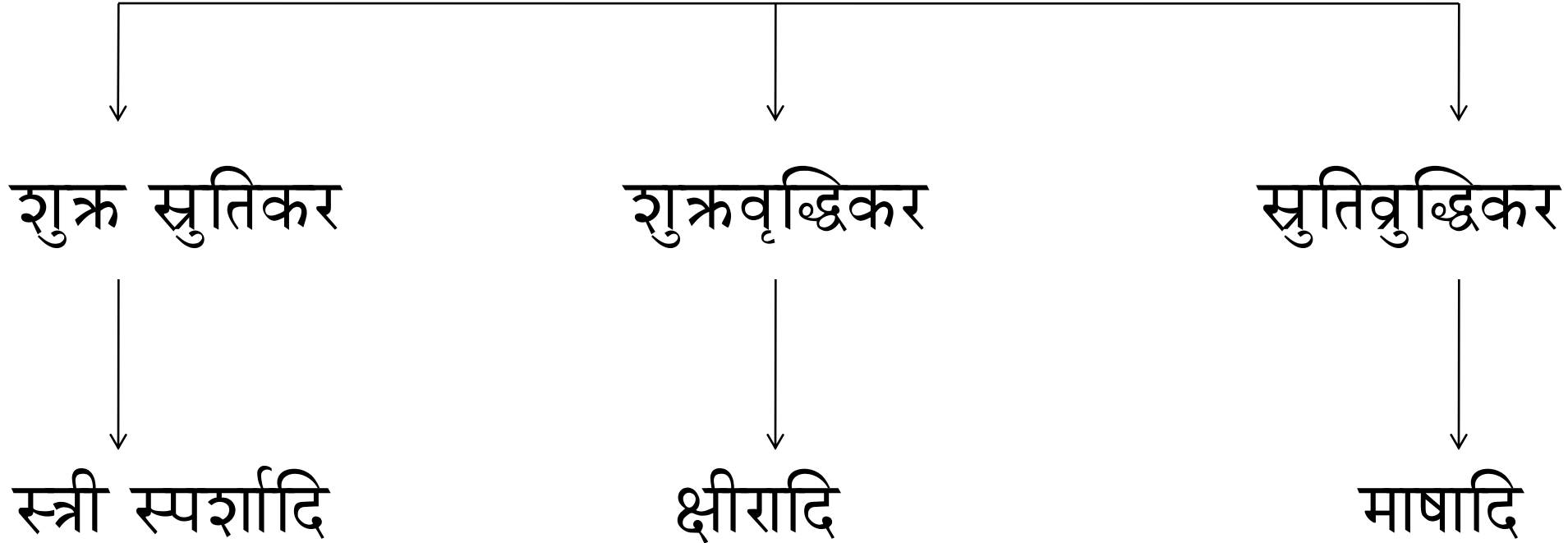
Su. Su. 1/ 16





Dalhana

वाजीकरणभेदास्त्रयं



Sexual characterization

- Bruhat shareera bhalina - narisu durbala
- Alpashaya - streesu balavanto
- Prakrutya abala
- Amaya durbala
- Chatakavat vrajanthi bahushaha streeyam
- Gajavat cha prasinchanti na bahu gaminaha
- Kala yoga bala
- Abhyasana druva
- Prayatnaihi vrusha
- Swabhavataha vrusha

(Ch. Chi. 2/4/4-7)

Clinical characterization

- Early approach : Failure of normal coitus
- Late approach : **In spite** of normal coitus no conception

Under 35 yr - No conception after one year of unprotected intercourse

Over 35 yr - No conception after 6 months of unprotected intercourse

Grouping of etiological characterization(*Sushruta*)

Su. Chi. 26

- मानसिक
 - शुक्रक्षय
 - अति मैथुन
 - मेढ्र रोग / मर्म छेदन
 - सहज
 - वेगवरोध
- } असाध्य

Factors

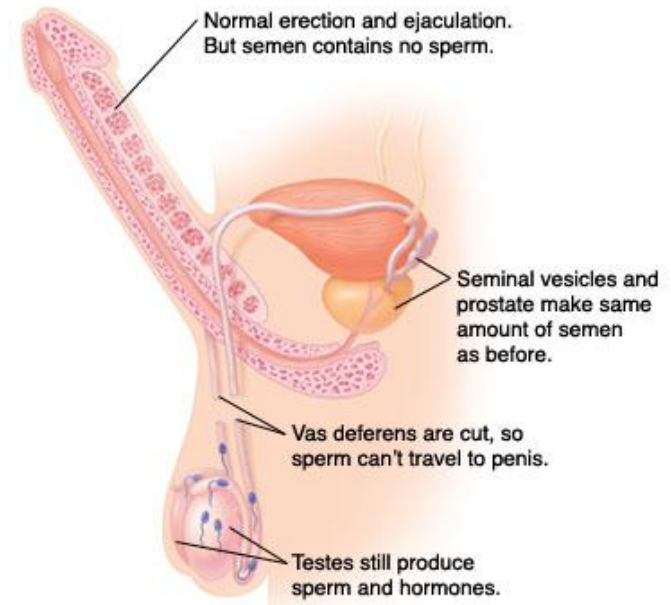
- Dhwajadhrithi
- Shukra guna
- Shukrasruthi

- *Dhwajadhrithi* :

Adequate erection and its retention

responsible for facilitating the deposition of semen

high up in the vagina



Shukra guna

- Bahalam
- Madhuram
- Snigdham
- Avisram
- Guru
- Picchilam
- Shuklam
- Bahu

Shukra dosa

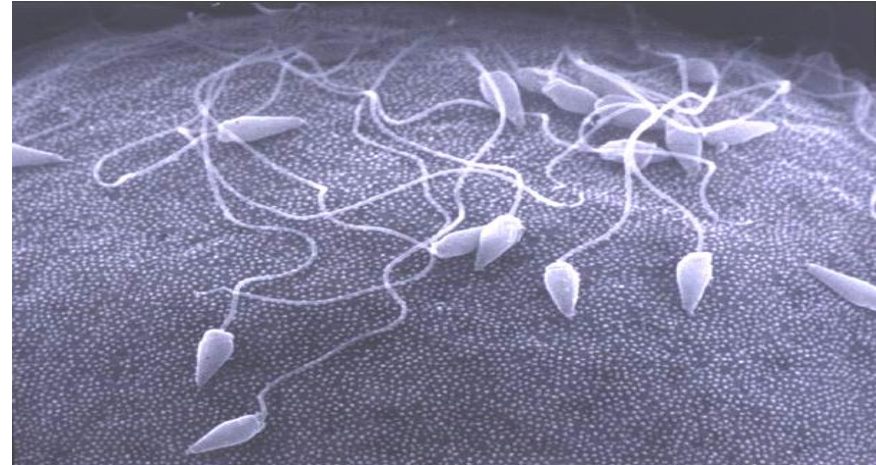
- Phenilam
- Tanu
- Ruksham
- Vivarnam
- Pooti
- Picchilam
- Anya dhatoopasamsrishta
- Avasadi
- Ksheena

Shukra sruthikara bhavas

- ✓ Harsha
- ✓ Tarsha
- ✓ Sara
- ✓ Paicchilya
- ✓ Gaurava
- ✓ Anu pravana bhava
- ✓ Maruta drutatwa

Shukra sruthi dosa

- ✓ Avega
- ✓ Aivega
- ✓ Sheeghra Vimunchana
- ✓ Vibandha
- ✓ Vyana & Apana Dusti



Treatment Principles

- Swasthey vajikarana
- Shukra dosha hara
- Shukra sruthi dosha hara
- Klaibya hara
- Miscellaneous - Chikitsa as said in the Roga Adhikara

Swasthey vajikarana

एते वाजीकरा योगाः प्रीत्यपत्यबलप्रदाः

सेव्या विशुद्धोपचितदेहैः कालाद्यपेक्षया

Su. Chi. 26/39

Shukra dosahara

yatha dosha sneha swedadi kriya

+

Uttara basti

- Vata – Niruha, Anuvasana
- Pitta – Abhayamalaki rasayana
- Kapha – Magadhi, amalaki, loha, triphala,
bhallataka rasayana

Shukra sruthi dosha hara

- *Shukra gata vata*

- ❖ Vatahara & Vajeekarana

- *Shukravruta vata*

- ❖ Shukra vega nirodha chikitsa

Klaibyahara

- Samanya chikitsa

- Snehana, swedana, sneha virechana
- Asthapana, anuvasana

- Vishesha chikitsa

- Beejopaghataja
 - Jara sambhava
 - Kshayaja
- } Vajikarana

- Dwajopaghataja – pradeha, parisheka, raktha mokshana
etc vrana vat kriya

Factors infulencing vajeekarana

- Purusha bhava
- Stree bhava
- Kriya bhava
- Rutu bala bhava
- Mano bhava

Purusha bhava

- Nirvyadhi
- Nityaga
- Yuva
- Samkalpa

Stree bhava

- vajeekaranam agryam cha ksetram stree
- Stree ashrayo heendriyartho yah sa preetijanano adhikam
- Suroopa, youvanastha, kalasu kushala, vashya, sheela-shoucha samanvita....

Kriya bhava

- *Ahara*

Grita kshreeashana

Vajeekarana yogas

- *Achara*

Abhyanga

Utsadana

Snana

Gandha malya vibhushana

Gruha shayyasana sukhah

Rutubala bhava

- Greeshma – once in 15 days
- Vasantha, sharath – once in 3 days
- Pravrit – on sunny day
- Shishira, hemantha- as per wish

Mano bhava

यत् किञ्चिन्मधुरं स्निग्धं जीवनं गुरु
हर्षणं मनसश्चैव सर्वं तद् वृष्यमुच्यते

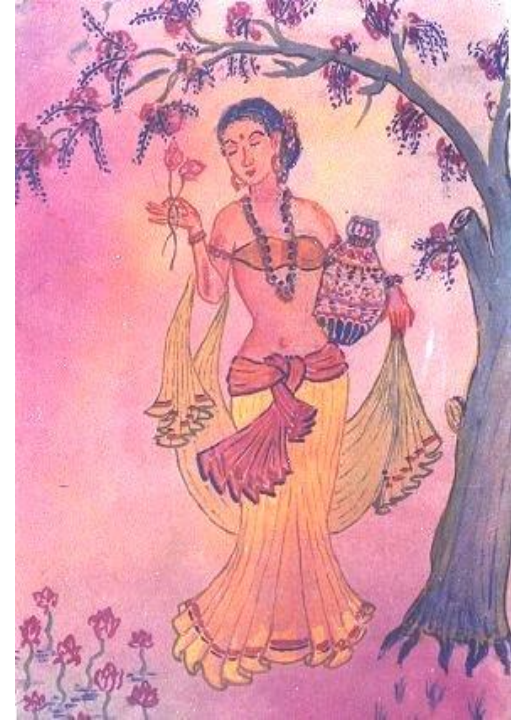
Ch. Chi. 2/4/36

Discussion

- *Sex education :*

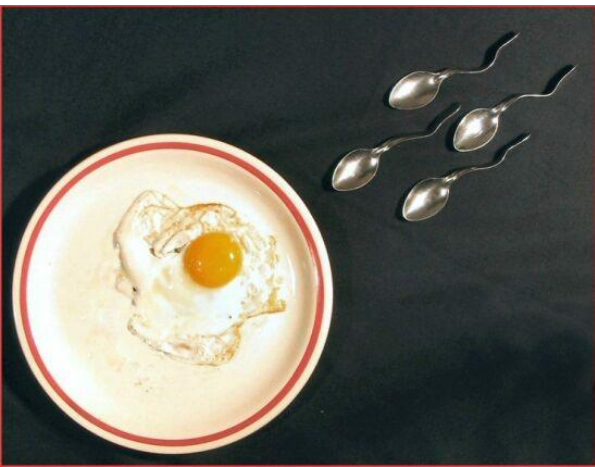
सुरूपा यौवनस्थ.....

.....शिक्षिता य च सा स्त्री वृष्यतमा मता





Nidana parivarjana



Conclusion

- *Educating the mass is needed*
- *Proper understanding of different factors related to vajikarana is required*





Thank you...

