

UNVEILING THE PROMINENCE OF *VAJIKARANA DRAVYAS* IN THE *BRIHAT-TRAYEE*

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ABSTRACT

The *Brihatrayee*, an ancient trilogy of Ayurvedic texts, holds a wealth of knowledge regarding various aspects of traditional medicine, including the therapeutic branch of *Vajikarana*, aimed at enhancing reproductive health and vitality. This paper delves into the significance and prominence of *Vajikarana* substances within the *Brihatrayee*. These natural ingredients, revered for their aphrodisiac properties, play a crucial role in enhancing sexual health and promoting overall well-being. By analyzing the effects of *Vajikarana* substances on various aspects of reproductive health, including fertility, libido, and overall vitality, this research aims to bridge the gap between traditional wisdom and contemporary scientific understanding. The findings shed light on the potential benefits of incorporating *Vajikarana* therapies into modern healthcare practices for individuals seeking natural and holistic approaches to reproductive well-being. By unraveling the prominence of these substances, we gain a deeper understanding of the potential they hold for revitalizing and empowering our sexual lives. It contributes to the growing body of knowledge that promotes the integration of traditional Ayurvedic practices with evidence-based medicine, thereby fostering a more comprehensive and holistic approach to human health and well-being.

Keywords: Vajikaraka, Infertility, Shatavari, Ayurveda

INTRODUCTION

The International Committee for Monitoring Assisted Reproductive Technology (WHO) defines infertility as the failure of a sexually active, non-contraceptive couple to conceive within a year.¹ When having children is highly valued in our culture, infertility has negative psychological, monetary, and physical effects that are distressing and stressful.² Male infertility is brought on by low sperm production, poor sperm function, and sperm delivery blockages. Male infertility can also be caused by conditions, accidents, long-term health problems, lifestyle choices, and other factors. Hormonal imbalance or impediment to sperm motility can cause sperm deficiency.³ Infertility affects around 10–15% of people in the reproductive age group. Due to lifestyle changes, high levels of pollution, socioeconomic factors, exorbitant amounts of stress, and nutritional factors, the prevalence of infertility is gradually rising.⁴ *Rasayan* drugs acts inside the human body by modulating the neuro-endocrine-immune system. *Vajikaran rasayan* is a specific type of *rasayan* that boosts sexual function and the reproductive system. They affect the limbic and hypothalamic systems, which are higher brain centres. In addition, *Vajikaran* asserts to have anti-stress and adaptogenic properties that lessen anxiety related to sexual desire and performance. In a research, Chauhan et al. (2010) found that the *vajikaran rasayana*, namely the ethanolic extracts of *C. orchoides*, *A. longifolia* and *M. pruriens*, regulate the levels of the pituitary hormones FSH and LH. This helps to partially explain how the herbs improve sexual performance.⁵ The therapeutic aspects of Ayurveda are divided into eight main divisions. One of these eight limbs of Ayurveda is called *Vajikarana*. Though it is listed last, it is crucial to a man's virility. The whole branch, also known as *Vrishya chikitsa*, focuses on boosting sexual potency with pharmaceuticals, particularly aphrodisiac drugs that can increase the quality of sperm and the health of offspring. *Vajikarana* treatment has several advantages. The

common benefits of *Vajikarana* therapy include the treatment of common sexual illnesses and the enhancement of sexual wellness. In addition to the benefits listed above, it can help with illness prevention and health promotion in otherwise healthy people. The notion of *Vajikarana* practise for general well-being is not widely used, and it requires additional investigation and scientific explanation.⁶

Classical Aspect of Vajikarana

The term '*Vaaj*' refers to *veerya* (semen); '*Vaaji*' refers to a person who has enough *veerya*; and '*Avaaji*' refers to a person who has less or no *veerya*. Thus, that drug or method that converts '*avaaji*' into '*vaaji*' is called *Vajikarana*⁷. *Vajikarana dravya* is also known as *Vrishya dravya*. The term '*Vrishana*' is derived from the root '*vrishtianena*' meaning showering. It is named as such due to the showering of *shukra* (sperm) by *Vrishana* (the testes). They are two in number and originated from the *prashad* of *Mamsa*, *Rakta*, *Kapha* and *Meda*⁸. *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*⁹. 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*.¹⁰ Literally, *Vajikaran* is not an aphrodisiac, but the present connotational sense is the same.¹¹ By using these compositions correctly, one can develop a good body, potency, strength, complexion, and be sexually thrilled and potent as an 8-year-old horse.¹² "A man seeking pleasure should regularly engage in *Vajikaran*, or vilification therapy." The *Vajikaran* bestows satisfaction, sustenance, progeny continuity, and profound bliss. *Vajikarana* is any means (dravya, deed, or instrument) employed by a man in a systematic manner to deliver full pleasure to a lady at the pace of a horse. It is the most effective stimulator of strength and vigour."¹³ However, *Vajikaran*'s primary purpose is always successful copulation for healthy reproduction, with sexual pleasure as a bonus; hence, it is seen as a component of 'eugeney.' However, this therapy is also

mentioned in the context of other sexual and reproductive diseases, such as *Klaibya* or erectile dysfunction, *Bandhyatva* or infertility, *Shukraghata Vata* or azoospermia, and premature ejaculation.¹⁴

The *Vajikaran* therapy is meant to invigorate the seven *dhatu*s (body components), restoring balance and health. *Vaajikaran rasayan* is a type of *rasayan* that improves the reproductive system and sexual function. They have an effect on the higher centres of the brain, specifically the hypothalamus and limbic system. *Vajikaran* also claims to have anti-stress and adaptogenic properties, which aid in the reduction of anxiety connected with sexual desire and performance.¹⁵ As stated by Acharya Charaka, *dharma* (religion), *artha* (money), *Preeti* (love), and *yasha* (fame) are the assets that fall under the *Vajikarana*, and all of them are dependent on offspring (*sutashraya*). On the other side, Acharya Sushruta equates the *Vajikarana* preparations to give a person mental joy, progeny, and power.¹⁶ According to Acharya Vagabhatta, the consequence of *Vajikarana* is satisfaction, health, potent children, continuing dynasty, and immediate sexual desire.¹⁷

Vajikaraka dravya

The drugs used for *Vajikarana* possess the attributes of *Madhura* (sweet), *Snigdha* (unctuous), *Jeevaniya* (invigorating), *Brimhana* (bulk forming), *Guru* (heavy to digest) and one which causes *Harsha*

(excitement).¹⁸ Individuals below or beyond the age limit, Person who lack control over their sense organs, and those who have impotency of hereditary or traumatic origin are forbidden in undergoing these procedures.¹⁹ Before the administration of *Vajikarana*, the individual should undergo certain preoperative procedures such as *Shodhana* (purification) to attain maximum benefits from the therapy. As a result, anyone contemplating *Vajikarana Chikitsa* should practise *Sneha*, *Sweda*, *Asthapana*, and *Anuvasana basti*. After purifying the body, *Vajikarana* recipes are enriched with milk, meat soup, boiled rice along with ghee, sugar and honey.²⁰ This will improve the overall health and quality of *Shukra dhatu*. It is the seventh *Dhatu* in the hierarchy of the *Sapta Dhatus* that comprise the human body, according to Ayurvedic literature²¹. *Shukra Dhatu* is regarded as the Saar of all other *Dhatu*s among *Sapta Dhatus*. The characteristics of *Shuddha Shukra* were described by several Acharyas, and *Shukra Dushti*, the pathological manifestations of *Shukra Dhatu*, was developed. According to the acharyas, *Shukra* has the following attributes: *Spatika Bha Madhu Gandhi*, *Drava*, *Picchila*, *Avisra*, *Madhura* and *Snigdha*. There are eight main kinds of seminal diseases referred to as *Shukra Dushti* in the classics.⁴

Material & Methods:

Table 1: Description of Vajikarak Yoga in Charak samhita

<i>Vrihani Gutika</i> ²²	Mool of Sara and Ikyu, Kapdekyu, Ikquvalika, Katavari, Payasya, Jivanti, Jivaka, Meda, Vira, Rsabhaka, Bala, Riddhi, Gokshura, Rama, Kapikacchi, Punaranava, Madhuka, Draksa Phalgu, Pippali, Kapikachu, Madhuka, Vidari, Amalaka, Ksheer, Ghrita, Sita, Vanshlochana, Pippali, Maricha, Powder of Tvak, Ela, nagakesara
<i>Vajikaranam Ghritam</i> ²²	Masha, Seeds of Kapikacchu, Jivaka, Rishabhak, Vira, Meda, Riddhi, Shatavari, Madhuka and Ashwagandha, Go-Ksheervidari, Ikshu, Ghrita, Sita, Vanshlochana, Madhu, Pippali
<i>Vajikaranam Pindarasa</i> ²³	Sita, Masha, Vanshlochana, Ksheer, Ghrita, Godhuma, Utakarika (Halwa), Pindarasa May Be Prepared from Peacock, Partridge and Swan.
<i>Vrishya Mahish Rasa</i> ²³	Ghrita, Masha, Goat's Testicles Should Be Cooked in Buffalo's Meat-Soup, Lavana, Dhanyak, Jeeraka, Shunthi
<i>Char Vrishya Rasa</i> ²³	1. Chatak Maans 2. Tittir Maans 3. Kukkut Maans 4. Mayur Maans

<i>Vrishya Andrasa</i> ²⁴	1. FishEgg 2. Swan Egg 3. Peacock Egg 4. Cock Egg 5. Ghrita
<i>Apathyakari Shashtika Gutika</i> ²⁵	Shashtika Dhanya, Shaali Dhanya, Ksheer, Kapikachu Beej, Masha, Mudgaparni, Mashaparni, Jivanti, Jivaka, Riddhi, Rishabhaka, Kakoli, Gokshur, Madhuka, Shatavari, Vidari, Draksha, Kharjura, Vanshlochana, Godhuma
<i>Pupalikadi Yog</i> ²⁶	Semen of Sparrow, Swan, Cock, Peacock, Tortoise and Crocodile, Kulinga (A Type of Sparrow), Go-ghrita, Churna of Shashtika Dhanya and Godhuma, Pupalika, Shaskuli, Pupa
<i>Apatyakar Swaras</i> ²⁶	Kapikacchu, Masha, Ksheer, Jala, Vanshlochana, Ghrita, Shashtika Dhanya, Sita, Irngajaka
<i>Vrishya Ksheer</i> ²⁷	Kharjura, Masha, Payasya, Shatavari, Kharjura, Madhuka Pushp, Phala, Kapikacchu Beeja, Shashtik Dhanya, Ghrita, Ksheer, Sita
<i>Vrishya Pippalyadi Yog</i> ²⁸	Pippali, Tila Oil, Ghee, Sita and Madhu, Shastika Rice along with Ghee Extracted from Ksheer.
<i>Vrishya Shatavari Ghrita</i> ²⁹	Ghee, Shatavari, Sita, Pippali, Madhu.
<i>Vrishya Maans Gutika</i> ³⁰	Varaha Maans, Kukkut Maans, Maricha, Sauvarchala Lavana, Kola, Ghrita, Dadhi, Daadim.
<i>Itya Patyakar Ghritam</i> ³¹	Shatavari, Vidari, Masha, Kapikacchu, Gokshura, Ghrita, Ksheer, Sita and Madhu
<i>Vrishya Gutika</i> ³¹	Ghrita, Vidari Swarasa, Goghrita, Sita, Vanshlochana, Madhu, Ikshurasa, Pippali, Kapikacchu, Udumbara
<i>Vrishya Utkaarika</i> ³¹	Sita, Ghrita, Madhu, Godhuma

Table 2: Description of Vajikarak Yoga in Sushrut Samhita

<i>VajikaranUtkaarika</i> ³²	Tila, Vidarikanda, Masha, Shaali Dhanya, Ikshu Rasa, Saindhav Lavana, Varaha Meda
<i>VajikaranShashkuli</i> ³²	Vastand, Ksheer, Tila, Shishumar Vasa
<i>VajikaranVastand</i> ³²	Pippali, Saindhav Lavana, Vastand, Ksheer Sarpi
<i>Vajikaran Puplica</i> ³²	Pippali, Masha, Shaali Dhanya, Yava, Godhuma,
<i>Vajikaran Bidarikand Yog</i> ³²	Vidarikand Churna, Vidarikand Swaras, Ghrita
<i>Vajikaran Amalak Yog</i> ³³	Aamlak Churna, Sharkara, Madhu, Sarpi
<i>Other Yog of Vajikaran</i> ³³	Pippali, Saindhav Lavana, Ghrita, Vastandor Egg of Shishumar/ Egg of Kulir (Crab), Kurma (Tortoise), Nakra (Crocodile)
<i>Vajikaran Mahishadi Shukra</i> ³³	Maahish (Buffalo) Shukra, Rishabha (Ox), Bast (Goat)
<i>Vajikaran Ashwath Yog</i> ³³	Phala, Mool, Twaka, Patra of Peepal
<i>Vajikaran Vidarimula Yog</i> ³³	Vidarikand, Gular
<i>Vajikaran Masha Yog</i> ³³	Madhu, Ghrita, Masha
<i>Vajikaran Godhumadi Yoga</i> ³³	Godhuma, Kaunch Seeds, Ksheer, Ghrita
<i>Vajikaran Padabhyanga Yoga</i> ³³	Ghrita, Egg of Nakra (Crocodile), Mushika (Mouse), Manduka (Frog), Chatak
<i>Vajikaran Swayamguptadi Yoga</i> ³³	Seeds of Kaunch, Churna of Talamkhana, Sita
<i>VajikaranKa Tipaya Yoga</i> ³³	1-Powder of Uchchata, Hot Ksheer, 2-Root of Shatavar, Root of Uchta 3- Fruit of Kaunch, Masha Yush 4-Seeds of Kaunch, Gokhru, And Uchta, Ksheer, Sita

5-Masha, Vidarikand, Uchchatabij, Cow Ksheer, Madhu, Ghrit, Sita

Table 3: Description of Vajikarak Yoga in Ashtanga Hridya

<i>Nana Vrishya Yoga</i> ³⁴	Roots of Sarkanda, Ikshu, Kush, Kaash, Vidari, Usheerand Kateri, Jeevak, Rishabhak, Bala, Meda, Mahameda, Kakoli, Kshirkakoli, Shalparni, Prushniparni Shatavari, Ashwagandha, Atibala, Kaunch, Punarnava, Ksheeridari, Vidaari, Jeevanti, Raasna, Gokshur, Mulethi, Shalparni are crushed, and a decoction is made. When it remains to 1/4 th pary, filter It and add one aadhakeach of twak, Vidari, Amla and Sita swarasawith 4 drops of Ksheer. Add Kalk of Shatavari, Kauch, Kakoli, Kshirkakoli, Mulhathi, Kathyular, Pippali, Draksha, Vidari, Kharjur, Mulethi, Shatavari in it. When cooked, then after filtering it, add One Prastha of sita, Vanshlochan, Pippali, One Kudavmarich, Cinnamon, Cardamom, Nagkesar. It is taken with Madhu.
<i>Bidariyadi Avaleha</i> ³⁵	Avaleha prepared with Vidari, Pippali, Shaali, Chiraunji, Talamkhana, KaunchaMool, Sita, Ghrita
<i>Vajikaran Anya Yog</i> ³⁵	Godhuma Cooked in Ksheer with Kaunch Fruits / Masha in Ksheer with Ghrita & Madhu 2- Vastand, Ksheer, Sita 3- Vidarichurna with Madhu, Ghrita, Vidaari Swaras 4- Pippali Churna, Amalak Churna, Amalak Swaras, Sita, Madhu and Ghrita, Ksheer
<i>Kamvardhak Goksh Mashai Churna</i> ³⁶	Gokshur, Tamalkhana, Kaunch, Masha, Shatavari, Go-dugdha
<i>Vajikarak Yoga</i> ³⁶	1-Mulethi Churna, Ghrita, Madhu, 2-Karkatshirangi, Ksheer, Sita, Ghrita 3- Ksheer, Ksheeridari, Madhu, Ghrita 4-Seeds of Kaunch, Tamalkana, Ksheer, Sita 5-Ucchta Churna, Shatavari Churna, Ksheer, Sita 6-Dadhisaar ,Sita, Shaati Dhanya

DISCUSSION

Vajikaran is an ancient branch of Ayurveda that deals with the science of aphrodisiacs and sexual health. It focuses on enhancing sexual potency, promoting fertility, and improving overall sexual well-being. *Vajikaran* has been practiced for thousands of years in India and is considered an important aspect of holistic health. *Vajikaran* treatments focus on rejuvenating and strengthening the reproductive system by balancing the doshas (vital energies) in the body. In Ayurvedic philosophy, *Vajikaran* is based on the understanding that sexual health is influenced by physical, mental, and spiritual factors. It emphasizes the importance of a balanced lifestyle, proper nutrition, regular exercise, stress management, and emotional well-

being in maintaining healthy sexual functioning. *Vajikaran* therapies may include herbal preparations, dietary recommendations, lifestyle modifications, specific exercises, meditation, and psychological counseling. Various herbs and natural substances are used in *Vajikaran* preparations, such as ashwagandha, *Shilajit*, *safedmusli*, *gokshura*, and *vidāri*. These herbs are believed to have aphrodisiac properties and are used to nourish and strengthen the reproductive system. It is important to note that *Vajikaran* should be practiced under the guidance of a qualified Ayurvedic practitioner or healthcare professional. They will assess an individual's specific needs, constitution, and any underlying health conditions before recommending suitable therapies. *Vajikaran* treatments may not be suitable for everyone, and individual results can vary.

While *Vajikaran* is deeply rooted in Ayurvedic principles and has been practiced for centuries, it's essential to approach it with an open mind and consider it as a complementary approach to sexual health. It's always advisable to consult with a healthcare professional or Ayurvedic expert for personalized advice and guidance tailored to your specific needs. In Ayurveda, *Vajikarana dravyas* or *Vajikarana* substances refer to specific herbs, minerals, and natural ingredients that are used in *Vajikarana* therapies to enhance sexual potency, improve fertility, and promote overall sexual health. These substances are believed to have aphrodisiac properties and are used to rejuvenate and strengthen the reproductive system. Some commonly used *Vajikarana dravyas* in majority of the formulations are *Ashwagandha*, *Shilajit*, *Gokshura*, *Kapikacchu* etc. *Ashwagandha* is an adaptogenic herb that is highly regarded in Ayurveda for its rejuvenating and aphrodisiac properties. It is known to improve sexual vigor, enhance sperm quality, and boost libido. *Shilajit* is a mineral-rich compound produced by the breakdown of plant material which is known for its revitalizing and aphrodisiac properties. *Shilajit* is believed to enhance sexual performance, improve fertility, and increase stamina. *Safed Musli* is a medicinal plant that is widely used in Ayurvedic preparations for its aphrodisiac and fertility-enhancing properties. It is believed to increase sperm count, improve sperm motility, and boost sexual stamina. *Gokshura* is an herb commonly used in *Vajikarana* therapies to improve sexual function and treat erectile dysfunction. It is known to increase testosterone levels, enhance libido, and improve sperm quality. *Vidari* is an herb that is considered a potent aphrodisiac in Ayurveda. It is used to improve sexual function, increase fertility, and promote overall vitality. *Kaunch Beej*, also known as velvet bean, is a legume that is used in *Vajikarana* preparations for its aphrodisiac and fertility-enhancing properties. It is believed to increase sperm count, improve sperm quality, and enhance sexual desire. *Kapikacchu* is another name for *Kaunch Beej*. It is rich in L-dopa, a precursor to dopamine, which plays a role in sexual function and pleasure.

CONCLUSION

The significance of *Vajikarana* substances in relation to the *Brihatrayee* (the three main Ayurvedic texts) lies in their role in enhancing sexual vitality and promoting overall sexual well-being. *Vajikarana dravyas*, which include herbs, minerals, and natural ingredients with aphrodisiac properties, are extensively discussed and valued in Ayurveda. According to the *Brihatrayee*—composed of *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*—the practice of *Vajikarana* is considered essential for maintaining a healthy reproductive system. These ancient texts emphasize the importance of sexual health as a vital aspect of overall well-being and the pursuit of a fulfilling life. In summary, the *Brihatrayee* highlight the importance of *Vajikarana dravyas* in Ayurveda for their significant role in enhancing sexual vitality and promoting overall sexual well-being. By incorporating these substances into holistic healthcare practices, individuals can strive for a harmonious and satisfying sexual life, thereby contributing to their overall health and happiness.

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