

VAJIKARANA (APHRODISIAC) – A REVIEW

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ABSTRACT

Ayurveda is the *Shastra* (science) which places great emphasis on prevention and encourages the maintenance of health through close attention to balance one's life. *Dinacharya*, *Ritucharya*, *Sadvruta*, *Rasayana*, and *Vajikarana* play an important role to maintain the good health. There are Seven *Dhatus* present in the body such as *Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja* and *Shukra*. The seven *Dhatus* are responsible for the sustaining and development of human body. *Shukra* is the last *Dhatu* produced in the body among all the *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. Specific *Aahara* and *Vihara* has been described in text of *Ayurveda*. Among *Vajikarana* treatment many of the formulations are told in the form of medicines and in the form of food preparation which helps for 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: *Sapta Dhatu*, *Vajikarana*, *Ahara*, *Vihara*.

INTRODUCTION

Ayurveda is divided into eight branches which help to meet specific needs in the process of maintaining good health and preventing disease. The Eight branches of *Ayurveda* are 1. *Kaya Chikitsa*- Internal and external

treatment for the body. 2. *Baala 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*-Surgery. 6.

Visha Chikitsa-Toxicology. 7. *Rasayana Chikitsa*- rejuvenation. 8. *Vajikarana*-aphrodisiac. *Vajikarana* consists of two words *Vaji* (Horse) and *Karana* (Power) Symbol of sexual potency and performance. *Vajikarana* therapy helps to improve the strength of reproductive organs and vitalizes reproductive tissue increasing sperm count and strengthening sperm motility in men. Among all the *Vajikarana Dravyas*, *Stree* i.e. female is considered as *Shreshtha Vajikarana Dravya*. *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, 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.

Review on *Shukra Dhatu* –

Shukra Dhatu, Shukra Vyapakatva - The seventh *Dhatu* is *Shukradhatu*, which is present in the whole body of all persons. As ghee is present in milk and this type of person will have profused sperm discharge even on doing mild coitus, and as sugarcane juice is present in sugarcane are invisibly pervasive, in the same way the semen is present in the entire body of persons here discharge is seen after much exertion¹.

Panchabhautika constitution and properties- *Shukra* is constituted by four elements they are *Prtvi, Aap, Teja, Vayu* in equal proportion. It is originated from six basic tastes².

Shudha Shukra Laxanas –The pure virile semen *Shukra* is unctuous - *Snigdha*, viscous- *Ghana*, slimy- *Pichhila*, sweet-*Madhura*. It does not cause a burning sensation in genital tract i.e. *Avidahi*. It looks like white crystal quartz -*Shukla*³.

Dosha specific features-The *Shukra Dhatu* affected by *Dosha* and specific cause show respective characteristics as given below.

Cause/factor of vitiation	Characteristic features
<i>Vata dosha</i>	frothy, slender, dry, scanty, discomforting ejaculation, infertile
<i>Pittadosha</i>	bluish or yellow discoloration, putrid odor, ejaculation with burning sensation
<i>Kaphadosha</i>	extremely slimy and obstructs channel of semen (ejaculatory duct)
<i>Excessive coitus/ injury</i>	semen with blood
<i>Suppression of sexual urge</i>	ejaculate painfully with increased viscosity.

Quantity of *Shukra Dhatu* in body-The total quantity of *Shukra* is mentioned as half *Anjali*.⁴

Shukra Sara-The persons endowed with the essence of *Shukra Dhatu* are gentle-*Saumya*, having charming appearance-*Saumyaprekshina*, beautiful eyes as like milk- *Kshirapurnalochana* and immensely exhilarated -*Praharshabahula*. Their teeth are unctuous, rounded, firm, even and compact. They have prominent buttocks. They have pleasant, unctuous complexion and voice. They are brilliant. They are liked by women for enjoyment, are strong and endowed with happiness, leisure, health, wealth, honor, and progeny⁵.

Functions of *Shukra Dhatu*-*Shukra* bestows courage, ejaculation, lust, strength of the body, pleasure, love, and affection. The main function of *Shukra* is reproduction and embryogenesis⁶.

Signs of decrease of *Shukra Dhatu*

- Debility
- Dryness of mouth
- Pallor
- Asthenia
- Fatigue/giddiness
- Impotency
- Pain in penis and testes
- Delayed ejaculation, absence of ejaculation
- Scanty semen, Semen mixed with blood
- Burning sensation in penis

Signs of increase of *Shukra Dhatu*

- Seminal calculi
- Excessive production of semen or hyperspermia
- Excessive libido⁸

Characteristics of vitiated semen i.e. *Shukradushti*-The vitiated semen is frothy-*Phenilam*, less viscous-*Tanu*, dry with less fluid -*Ruksha*, discoloured-*Vivarnam*, putrid-*Puti*, slimy -*Pichhilam*, afflicted with other *Dhatu*s and precipitant⁹.

Acharya Sushruta and Acharya Vagbhata described eight types of vitiated *Shukra* –*Vataja*, *Pittaja*, *Kaphaja*, that having cadaveric smell-*Kunapagandhi*, having clots/coagulated mass-*Granthi*, foul smelling, pus like-*Puti-Puya*), decreased quantity-*Kshina*, mixed with urine-*Mutraretas* and feces -*Purisha*.

Shukravaha Srotas Dushti Hetu- 1. *Akala yonigaman*. 2. Suppression of *Shukravega*. 3. Excessive sexual activities (indulgence). 4. Injury due to *Shastra*-sharp weapons, *Kshara*-alkali, *Agni*-fire.

Shukravaha Srotas Dushti Lakshan- 1. *Klaibya*. 2. Loss of libido. 3. Child born as diseased, *Napunsaka*, *Kuroopa* and short life span - *Alpayu*. 4. Infertility. 5. Abortion or miscarriage.

Formulations for Vajikarana in the form of Ahara ¹⁰

1. *Vajikarana Pindarasa* in the form of *Utkarika* i.e. halwa.
2. *Vrishya Pupalikadi* yoga. includes the preparations in the form of *Utkarika*, *Pupa*, *Apupa* i.e. pancakes, *Shaskuli* means fried condiments.
3. *Vrishya Shastika Odana*.
4. *Vrshya Mamsa Rasa* i.e. meat soup

DISCUSSION

Seven *Dhatus* are present in the body. The seven *Dhatus* are responsible for development and sustaining of the body. *Shukra Dhatu* is responsible for 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. if one is not having the progeny is disrespected, even though the person is having the money, education etc. the person who is not having the capability to produce progeny is like dry pond without water, even though the

Panchakarma treatments are mentioned but One can get the benefits of *Vajikarana* by the *Ahara*, *Vihara*. Some of the formulations are told in *Charaka Samhita Vajikarana Adhyaya* which can be easily prepared and given to the patient in different forms of edible form such as *Utkarika*, *Apupa*, *Pupa*, *Varatika*, *Shaskuli*. These are the unique preparations told by *Acharya Charaka* to get the benefits of the *Vajikarana Dravyas* the reason is many of the males are not free to accept that they have the problems related to the sperm or genital organ and many of them are not ready to take the treatment. So, in this condition wife or the Doctor who is treating them can prepare the formulations which contains the *Oushadhi Dravyas* which acts on *Shukra dhatu* in the edible form and can treat the problems related to *Shukravaha Srotus* i.e. in the form of *Jigupsa Chikitsa*. *Vihara* such as going to hill stations, greenery places, underground rooms, wearing garlands, aromatic perfumes etc are favourable.

CONCLUSION

Among all the *Vajikarana Dravyas Stri* is considered as *Shrestha*. *Oushadhi Dravyas Ahara* and *Vihara* also plays a very important role in treating the patients. *Vajikarana* therapy improves the reproductive organs and vitalizes 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.

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