

THE SCOPE OF VAJEEKARANA CHIKITSA – A LITERARY REVIEW

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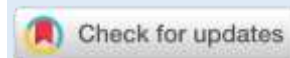
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ABSTRACT

Background: *Vajeekarana* is a branch of Ayurveda studies related to reproductive health. This branch of study is also intended to cure disease and maintain health. Infertility is presently a widely spreading significantly, and couples with nil progeny are increasing worldwide. A thought on this problem is discussed, and studies regarding the problem expect to give some solutions. **Aim and Objective:** To do a literary survey of *Vajeekarana* concerning a solution for infertility and health maintenance. **Materials and Methods:** Literary research is carried out on *Vajeekarana* therapy based on the literary sources available from the institutional library. **Discussion:** The scope of *Vajeekarana* therapy is vast, and the application of a so-called treatment modality based on Ayurveda is considered beneficial for nil-progeny couples to get a healthy child. The formulations explained in the science can be used fruitfully to achieve better progeny and general healthy conditions. The psychological involvement of the couples also has to be considered here. **Conclusion:** The word *Vajeekarana* implies enhancing good reproductive health by providing physical strength to the individuals involved. A better protocol for proposing a treatment plan, as well as its application and determination, will help in reaching the destination.

Key words: *Vajeekarana* therapy, reproductive health

INTRODUCTION

Vajeekarana Chikitsa, a branch of Ayurveda studies related to reproductive health. This branch is also intended to cure the disease and maintain health. Infertility is presently a grave problem spreading significantly, and the number of those with nil progeny is increasing day by day. A thought on this problem is discussed, and studies are expected to provide solutions. *Vajeekarana Chikitsa* includes various methods of *Snehana*, *Svedana*, *Shodhana* through *Vamana*, *Virechana*, etc.

AIM AND OBJECTIVE

To do a literary study on *Vajeekarana* concerning a solution for infertility and maintenance of health

MATERIALS AND METHODS

A literary study is carried out on *Vajeekarana* therapy based on the literary sources available from the institutional library.

REVIEW OF LITERATURE

Objectives of *Vajeekarana Chikitsa*¹

The therapy which promotes strength and immunity is categorised as *Vrushya* (aphrodisiac) and *Rasayana* (promotions)

Benefits of *Vajeekarana Chikitsa*²

Vajeekarana Chikitsa is that which produces a lineage of progeny, quick sexual stimulation, and enables one to perform sexual acts with the women uninterruptedly and vigorously like a horse.

*Vrushya*³

The term *Vrushya* has been used widely in Ayurveda to describe the potentiation of sexual vigour or improvement in seminal parameters. The word *Vrushya* means for the animal bull, which competes with his fellow bulls and cohabits with multiple partners on the same day. *Vrushya* ‘ indicates the substances under which a person is capacitated to act sexually like *Vrishya*.

*Vajeekarana*⁴

The terms *Vrushya* and *Vajeekarana* are sometimes used interchangeably. The method of therapy which improves the potential of a man for getting offspring for the continuity of his lineage, treats all types of

disorders of *Shukra* (semen), causes instantaneous sexual excitation, performance and nourishes the tissue elements, is called *Vajeekarana*. It is also described as ‘*Shukra pravartakam*’

*Shukra*⁵

The *Saptadhatu*s are produced in a progressive evolving metamorphosis, beginning with *Rasa-dhatu* and ending with the seventh *Shukra-dhatu*, also considered *Sara* of all other *Dhatu*s.

Shukra is the substance responsible for bodily activities, especially reproduction. Various synonyms have been used to denote *Shukra-dhatu* based on its appearance and functions in the body.

*Vajeekarana Chikitsa*⁶

As per *Charaka Samhita*, the therapy improves the potential of a human for getting offspring, treats all types of disorders of *Shukra*, causes instantaneous sexual excitation, performance and nourishes the tissue elements.

As per *Sushruta Samhita*, it is described as ‘*Shukra pravartakam*,’ which promotes the movement of *Shukra* out of the body.

As per *Ashtanga Hridayam*, the medicines or therapy by which the human becomes capable of sexual intercourse with greater strength and nourishes the body of the person. It is the best promoter of strength and vigour.

RESULTS⁷

Literary data analyses revealed that *Vrushya Dravyas* also act as *Vajeekara*, but not all *Vajeekara Dravyas* possess *Vrushya* property. This is due to the predominance of stimulant action on *Shukravaha Samsthana* in *Vajeekara dravyas*, while *Vrushya* has mainly quantitative and qualitative effects on *Shukra*. These drugs also act on higher centres of the brain, which helps to alleviate anxiety associated with sexual performance, as revealed by the published scientific data. Aphrodisiacs also modulate the level of the pituitary hormones FSH and LH.

DISCUSSION

The scope of *Vajeekarana* therapy is vast, and the application of a so-called treatment modality based on Ayurveda is considered beneficial for nil-progeny couples who want to have healthy children. The formulations explained in the science can be used fruitfully to reach the goal of better progeny and general healthy condition. The psychological involvement of the couples also has to be considered here.

CONCLUSION

Vajeekarana makes one charming for women, promotes corpulence and infallible and indestructible semen even in old persons, and renders one great having several offspring by gaining social respect and popularity. One attains eternity based on filial tradition, fame, fortune, strength and corpulence.

The word *Vajeekarana* implies enhancing good reproductive health by providing physical strength to the individuals involved. A better protocol for proposing a treatment plan, as well as its application and determination, will help in reaching the destination.

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To my spouse *Ramcin*, son *Laihan*, teachers, colleagues, students and friends

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