



NEW PERSPECTIVE OF AJA KSHEERA W.S.R TO VRUSHYA ACTIVITY - A REVIEW

[Manju Prasad M. K^{1*}](#), [Mamatha Sri. S²](#), [Nagendra Chary. M³](#)

*¹PG Scholar, ²Associate Professor, ³Ph. D Scholar,
Department of Dravyaguna, Government Ayurveda Medical College and Hospital, Bengaluru, Karnataka, India

Corresponding Author: manjuprasadm@gmail.com

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ABSTRACT

Shukra dhatu is meant for procreation, its Kshaya (diminution) causes Male Infertility. *Shukra dhatu* is formed by the transformation of *Aahara rasa* (food) with the help of *Agni* (digestive fire). *Aahara* is one of three important sub pillars which supports life. *Ksheera* is *Satmya* (wholesome), and it is *Dhatu Vardhaka* (nourishes the body tissues), *Rasayana* (rejuvenation), *Vajikarana / Vrushya* (aphrodisiac), generally indicated in *Shukra Doshas* (seminal disorders). *Aja Ksheera* (Goat milk) attributes *Laghu* (light), *Balya guna* (Strength promotor) along with *Deep-ana* (kindles the digestive fire), *Grahi Karma* (absorptive) praised for its *Sarva-Vyadi Hara* (cures all ailments) and *Shukrala karma* (spermatogenic measure). It is easily digestible when compared to *Goksheera* (cow milk) and it is a good source of essential fatty acids such as linoleic, vitamin A, and trace elements like Zinc, Mg which are essential factors for the production of sperm and male hormone. Formulations of *Aja Ksheera* namely *Chagaladya ghrutha*, *Tilagokshuradi yoga* possess *Vrushya* property and are indicated in *Nastashukra* (diminution of semen), *Shukra Nisarana*, *Shanda* (impotency) conditions. The *Guna Karma* of *Aja Ksheera* along with its rich nutritive value supports the spermatogenesis thus it can be considered in the treatment of *Shukrakshaya* as *Aahara* as well *Aushadha*.

Keywords: *Aja Ksheera*, Goat Milk, *Vrushya*, Spermatogenic, Aphrodisiac

INTRODUCTION

Food is one of the three sub pillars of life, other two being *Nidra* (Sleep) and *Abhramacharya* (Regulated sexual conduct)^[1] Alteration of food habits and change in lifestyle causes various sexual dysfunctions and impaired reproductive health status.^[2] Proper nutrition plays a very important role in the maintenance of Reproductive Health. To maintain the strength of *Shukra dhatu* there arises a need for usage of various food articles having *Vrushya* properties in regular diet. *Acharyas* of *Ayurveda* have explained a unique concept of food, its classification, usage and therapeutic indications. *Drava varga* (Liquid portion) & *Annapaanavarga* (Solid portion) are the important classification of foods. *Ksheera* (Milk) is one among *dravadravya* which is given utmost importance. Eight types of milk, their properties and therapeutic indications have been explained. *Acharya Susruta* opines that *Ksheera* is *Jaatisathmyatha* i.e compatible from birth. Generally, it is *Guru* (heavy for digestion), *Snigdha* (unctuous), *Madhura rasa* (sweet), *Sheeta veerya* (cold in potency), *Madhura vipaka*, *Rasayana* (rejuvenation), *Dhatu Vardhaka* (nourishes the body tissues), *Vrushya*, *Vajikarana* (aphrodisiac) and it is praised for its *Sadhya Shukrakara* (instantly increases shukra) properties commonly used in diet and for medicinal purpose.^[3-5]

Among eight types of *Ksheera*, *Aja ksheera* (goat milk) has similar properties to *Go-Ksheera* with special attributes with *Laghu*, *Snigdha*, *Sheetaguna*, *Shukrala karma* and also indicated in many *Vrushya yogas* namely *Chagaladhya Ghrita*, *Tilagoshuradi churna*, it is used as an ingredient, processing agent and vehicle (*Anupana*). It is easily digestible when

compared to *Goksheera* and it is the source of essential fatty acids such as linoleic, vitamin A, trace elements like zinc, Mg which are essential factors for the production of sperm and male hormones.^[6] Thus, an attempt is made to review *Ajaksheera* for its *Vrushya karma* which is an *Aaharadravya* and also loaded with *Aoushadha Guna*.

Objective

To establish the *Vrushya karma* of *Aja ksheera*.

Materials and Methods

Literary review of classical texts namely *Charaka Samitha*, *Sushruta Samitha*, *Astanga Hrudaya*, *Bhavaprakasha Nighantu*, *Kaiyadeva Nighantu* and Research update.

General Properties of Milk.

"*Ksheeram Jeevaniyanam*" milk is the best substance for promoting life.^[7] Milk is a nutrient-rich liquid food, and it is part and parcel of a regular diet. *Acharyas* elaborate that milk has *Madhura rasa* (sweet), *Snigdha guna* (unctuous), *Sheetaveerya* (cold in potency), *Stanya* (lactogenic), *Preenana* (refreshing), *Brimhana* (nourishing), *Vayastapana* (maintenance of youth), *Rasayana* (rejuvenation) *Vrushya* (libidinal stimulant-aphrodisiac), *Vajikarana* (aphrodisiac), *Sadya Shukrakara* (instantly nourishes *Shukra*) *Balya* (strength promotor), *Ojasya* (improves the vital dhatu *Ojas*), *Manaskaram* (useful for mental faculties), *Jatisatmyaiya*: it is wholesome for all living beings and *PathyaTama* (best among healthy food).^[8-11] Eight types of milk have been explained based on the source, they are milk of cow, buffalo, goat, sheep, camel, elephant, mare and woman (human breast milk).

Table 1: Guna Karma of AstaKsheera (Eight types of milk)^[12-15]

Sl no	Types Of Milk	Properties	Pharmacological Activities
1	Go-Ksheera (Cow's Milk)	Guru, Sheeta, Madhura	Jeevaniya, Rasayana, Balya
2	Mahisha Ksheera (Buffalo milk)	Snigdha, Madhura, Guru	Maha abhishyandi, Vanni Nashana, Nidrakara
3	Aja Ksheera (Goat milk)	Madhura, Laghu, Sheeta, Mrudu, Balya	Sarvavyadi Hara, Shukrala
4	Avi ksheera (Sheep milk)	Snigdha, Ushna, Madhura	Pathya, Ahrudya: Not Good for Heart

5	Oshtra Ksheera (Camel milk)	Rooksha, Laghu (Light), Slightly Salty	Deepana, Kaphavata hara, Visha hara
6	Hasti Ksheera (Elephant milk)	Guru, Snigdha	Balya (Strengthening), Stairy Karam (Stabilizing), Vrushya (Aphrodisiac), Chakshusya (Good for Eyes).
7	Eka Shapa Ksheera (Milk of one hoof animal)	Ushna, Amla-Lavana, Rooksha	Stairyakaram (stabilizing), Balya (strength promoting), Shakhavata hara (alleviates vatika diseases of extremities)
8	Stree Ksheera (Woman breast milk)	Kashaya Madhura Rasa	Jeevanam (Invigorating), Brimhana (Nourishing), Sathmya (Wholesome)

Aja Ksheera

Aja (Goat) drinks less water, usually feeds on plants' rich in *katu – tikta* rasa (pungent -bitter taste), does more activities and possess lean body. Goat milk is attributed with *Kashaya* (astringent) *Madhura* rasa (sweet), and *Sheetaveerya* (cold in potency), *Laghu guna* (light), *Mrudu guna*, *Deepana* (stimulates digestive fire), *Sangrahi* (absorptive), *Balya* (Strength pro-

motor) *Tridosha hara* (alleviates all three doshas), *Sarvavyadhi hara Karmas*. *Acharya Kaiyadeva* added *Shukrala karma* along with the above said *gunakarma*.^[15,16]

Acharya Sushruta states goat milk has similar properties as that of cow milk. It is indicated in various conditions like *Raktapitta* (Bleeding disorders), *Kshaya* (emaciation), *Shosha* (emaciation) and *Kshataksheena*.^[17]

Table 2: Guna Karma of Aja Ksheera According Different Acharyas^[15-18]

Sl.no	Charac-ters	Charaka	Sushrutha	Vagbhata	Kaiyadeva Nigantu	Bhavaprakasha Nigantu
1	Rasa	Kashaya (Astringent) Madhura (Sweet)	-	-	Madhura (sweet)	Kashaya (Astringent) Madhura (Sweet)
2	Guna	Laghu (Light)	Laghu (light)	Laghu (light)	Laghu, Snigda Mrudu	Laghu(light)
3	Veerya	Sheeta (Cold)	-	-	Sheetala (cold)	Sheeta (cold)
4	Karma	Grahi (absorptive)	-	-	Sangrahai, Deepana Balya, <i>Shukrala</i>	Grahi (absorptive)

Nutritional value of Goat milk

According to the Journal of American Medicine, "Goat milk is the most complete food known." It contains vitamins, minerals, electrolytes, trace elements, enzymes, protein, and fatty acids that are utilized by the human body with ease. Our body can digest goat milk in just 20 minutes while it takes 2-3 hours to digest cow milk.^[19] Biochemically goat milk has greater concentrations of essential fatty acids such as linoleic and arachidonic acid, Vitamin B3, B6, Vitamin A, and Potassium (K) than cow milk. One cup of goat milk

supplies 35% of our daily need of calcium, 20% of daily need of B2. A high level of potassium causes goat milk to react in an alkaline way within the body whereas cow milk reacts in an acidic way due to less amount of potassium.^[19] The Importance of goat milk is that the oligosaccharide profile of goat milk is most similar to that of human milk and the goat milk oligosaccharides could be included in infant formulas to improve the nutrition of infants.^[20] Goat milk has better digestibility and absorption. Goat milk is much higher in short-chain fatty acids and medium-chain fatty acids

and these short-chain fatty acids and medium-chain fatty acids have a larger surface-to-volume ratio and are better digested and absorbed than the long-chain fatty acids prevalent in cow milk.^[21]

Mineral salt: The milk contains major and traces minerals including Ca, Na, Mg, P, K and Zn, Mn, Se, Co,

Cu, Fe. For instance, milk is a good source of calcium, containing approximately 13% more calcium per serving than cow's milk, and making it one of the predominant natural minerals in milk and containing about 134% more potassium element.^[22]

Table 3: Basic Nutrients, Minerals & Vitamins Concentrations (per 100g) for cow and goat milk ^[23,24]

Constituents	Cow milk	Goat milk
Protein (g)	3.3	3.5
Fat (g)	3.6	3.8
Lactose (g)	4.6	4.1
Calories (cal)	69	70
Total solids	12.3	12.2
Ash (g)	0.7	0.8
Zinc "Zn" (mg)	0.53	0.56
Magnesium "Mg" (mg)	119	141
Selenium "Se" (mg)	0.96	1.33
Potassium "K" (mg)	152	181
Vitamin A(I.U.)	126	185
Vitamin C (mg)	0.94	1.29

Vrushya Karma

The term *Vrushya* indicates the substances by use of which a person becomes capable to act sexually like a bull. *Acharya Charaka* states *Vrushya* as one of the synonyms for *Vajikarana*.^[25] *Vrushya* and *Vajikarana* terms are both used for *Shukrala karma*.^[26-28] *Vrushya* has been described as '*Shukra Janakam*' and *Sukrav-riddhikara*^[29] means which increases the quantity and quality of *Shukra* in the human body thus improving

seminal parameters. *Chakrapani* described the term *Vrushya* as the substances which either increase the production of *Shukra* or facilitate ejaculation of semen to the exterior of the body.^[30] The *dravyas* are *Madhura* (sweet), *Snigdha* (unctuous), *Jeevaneeya* (promoter of life), *Brihmana* (nourishing), *Guru* (heavy to digest), which can cause *Harsha* (excitement) can be called *Vrushya*.^[31]

Table 4: Yogas indicated for *Vrushya* that consist of goat milk as one of the ingredients.

Si. no	Formulations	Reference	Indication/ Karma
1	Vrushyatama Uttara basti	Cha Sam Siddisthana 12/16	Vrushya, Bala, Varna janana
2	Tilagoskharachoorana	Bhai ratnavali 75/11	Shanda (Impotency)
3	Chagaladhyagritha	Bhai ratnavali 15/188-194	Dvajabhanga (erectile dysfunction)
4	Chagaladhighrita	Bhai ratnavali 74/298-321	<i>Nasta Shukra</i> (diminution of semen) <i>Shukranisarana, Ratishaktivardaka</i> (increases libido)
5	Drakshadhi Kashaya	Sahasrayoga	Rajayakshma

Nutrition and reproductive health

During the initiation of spermatogenesis, folate and Vit B12 are especially critical due to their significant role in RNA and DNA synthesis. Selenium and zinc

are important co-factors that incorporate enzymes in the process of polymerization and transcription. GPx4 is an essential element that works with selenium to protect vulnerable germ cells from oxidative stress.

Vitamin A plays a role in regulating spermatogenesis, particularly during the starting phase. Both vitamin B9 and vitamin E deficiency negatively impact sperm production. Vitamin C and Vitamin E both protect sperm

from oxidative stress. These nutritional elements also play crucial roles in promoting sperm motility, semen quality and Sertoli cell, Leydig cell development. [32]

Table 5: Nutrients and their action on sexual health.[33]

SLNO	NUTRIENT	ACTION ON SEXUAL HEALTH
MACRONUTRIENTS		
1.	Carbohydrate	Increases libido, fructose increases sperm mobility.
2.	Protein	Amino acids can regulate sex hormone levels.
3.	Fat	Fatty acids such as omega- 3 help us keep calm and promote a healthy mood.
VITAMINS		
4.	A	Essential for the production of male and female sex hormones, for the normal reproductive cycle in a woman.
5.	C	Synthesis of hormones like androgen, estrogen, progesterone, strengthen the immune system, protect against day-to-day stress.
6.	D	Erection of penis, Maintain orgasm and libido.
7.	E	Known as a sex vitamin, it enhances sexual arousal and behaviour, is a powerful antioxidant and anti-ageing.
8.	B1	Maintain energy and sexual drive.
9.	B3	Enhances sexual flush increases blood flow to genitals and intensify orgasm.
10.	B6	Libido enhancer controls elevated prolactin. It also aids estrogen, progesterone function, production of red blood cells, serotonin, dopamine and is good for increasing sperm count.
11.	B9	It can increase sperm count.
12.	B12	Heighten sex drive, enhance penile erection, stimulate secretion of histamine needed for orgasm.
MINERALS		
13.	Mg	Improve libido and sexual performance also increase sexual drive.
14.	Selenium	Increase sperm production.
15.	Zinc	Production of testosterone & sperm, prostate health, regulate the production of semen.
16.	Iron	Iron is needed to get oxygen to your cells if low iron in the body will show the symptom of low sexual drive.
17.	Calcium	It is an essential nutrient that establishes the link between hormonal glands and the brain. Deficiency results in low sexual drive.
18.	Manganese	Need for build up a healthy reproductive system.

DISCUSSION

Acharya Charaka quoted Aja ksheera in the context of Agra Prakarana stating it as the best drug for its Sathmya, Sangrahika Guna indicating in Shosha and Raktapitta [34]. According to modern science, malnutrition causes Hypogonadism and decreased function of Leydig cells due to reduced response of the male accessory organs to testosterone stimulation. Vit-A deficiency causes testicular atrophy and reduced sperm count. [35] Foods that are rich in vitamin A, C, B3, B6,

B12, B9, E and minerals like Mg, Se, Zn have significant action on various stages of sexual activity. [36] Use of Vajikaranayogas, Raktapitta Hara Yogas (formulations for the bleeding disorder), Yonivyapadchikista (treatment used in gynecological disorders) are the line of management of Shukra doshas and acharya Charaka suggest the use of ghee, milk, shaali etc. as diet. [37]

Ksheera generally possesses Vrushya properties. Aja Ksheera is best Rakta Pitta Prashamaka consist similar properties of cow milk with potential guna, karma

as explained in table 1, table 2 attributed with *Shukrala karma* and *Sarva Vyadhi hara karma*. The *Laghu Guna* of *Aja ksheera* helps for its easy digestion, *Shukra* is formed by *Aahara rasa* with the help of the proper function of *Dhatvagni*. *Deepana*, *Grahi guna* of *Ajaksheera* stimulates the digestive fire which helps in treating the patient of *Shukra dosha* with *Mandagni* correcting the imbalance of *Dhathvagni* thereby enhancing the production of *Sthanika* and *Sarvadahika Shukra*. Premature ejaculation is one of the seminal disorders, where *Shukra Stambana karma* is needed. The *Kashaya rasa* and *Sheeta Veerya* qualities of *Aja ksheera* helps to decrease the *Chalaguna*, thus it can be considered for *Shukra Stambana* activity. *Acharya Kaiyadeva* mentioned *Aja ksheera* as *Shukrala*. *Aja ksheera* as an ingredient and as a processing agent mentioned in various *Vrushya yogas* and are indicated in *Shanda* (Impotent). Formulation of *Ajaksheera* (Table 4) namely *Chagaladyaghritha*, *Tilagokshuradi yoga* possesses the *Vrushya* properties and is commonly indicated in *Nasta Shukra*, *Shukra Nisaarana*, *Dwajabanga* (erectile dysfunction) etc. *Aja Ksheera* is attributed with essential nutrients and pharmacological activities required for *Vrushya* activity.

CONCLUSION

- *Ajaksheera* possesses *Vrushya* activity, does both spermatogenesis and improves sexual health.
- It can be used as an ingredient and processing agent in the preparation of *Vrushya* formulations.
- It can be used as a Vehicle (*Anupana*) in the administration of *Vrushya yogas* and as a Diet in *Shukradosha*.

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