



**ROLE OF VAJIKARANA CHIKITSA IN CURRENT HEALTH SCENARIO: AN
AYURVEDA REVIEW**

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ABSTRACT

Ayurveda the Indian science of life and spiritual principles suggest various concepts for restoring general health status, concepts of *Dinacharya*, *Sadvrta* and *Vajikarana* are some of them. The *Vajikarana* is one of the vital aspects of ayurveda which play important role in maintaining physical especially sexual health. The approaches of *Vajikarana* boost *Rakta*, *Meda*, *Asthi* and *Majja Dhatus* thus potentiate *Shukra*. The current scenario of stressful life style put health burden on society which ultimately leads diminished state of sexual and physical strength. The approaches of *Vajikarana* impart good health status of *Shukra*, confidence, internal strength, immunity and feeling of well being. Considering importance of *Vajikarana* in current scenario this article presented role of *Vajikarana* for maintaining normal health status.

KEYWORDS: *Ayurveda*, *Vajikarana*, *Shukra*, *Health*.

INTRODUCTION

Ayurveda the ancient approach of India prescribed approaches for balancing harmony of body, mind and spirit. Ayurveda suggested regimen for healthy & long living, it not only focuses on physical and mental health but also emphasizes moral conduct. Ayurveda specified different modalities for particular types of health ailments and *Vajikarana chikitsa* is one such approach

which helps in sexual abnormalities. *Vajikarana chikitsa* gives good physique, balance state of mind, strength and sexual potency. *Vajikarana* therapy prevents diseases, restores immunity, vitalizes functioning of sexual organs, boosts *Dhatus* and restores equilibrium of health. Ayurveda enhances libido, quality of semen, treat infertility and cure sexual problems. **Figure 1** depicted major components of *Vajeekarana Chikitsa*.

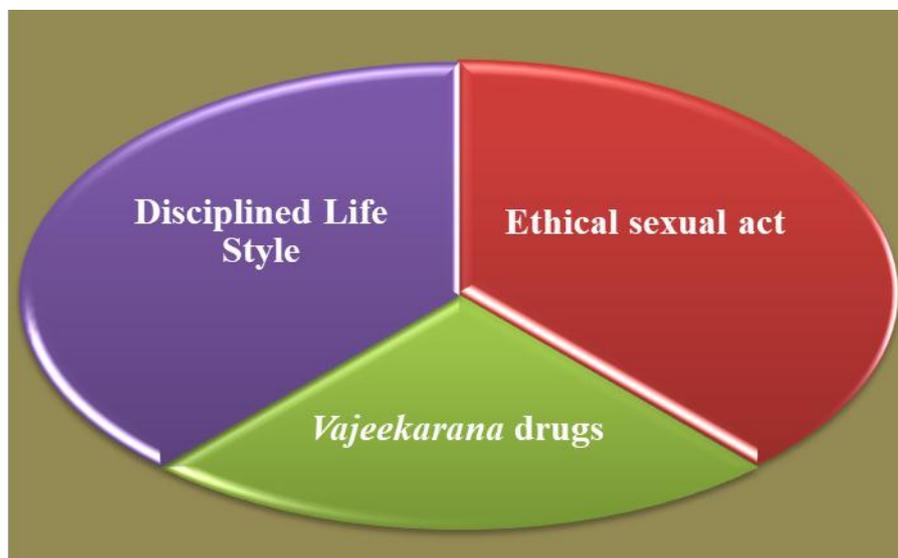


Figure 1: Major Components of Vajeekarana Chikitsa.

Ayurveda recommended many drugs for *Vajikarana* such as; *Musali*, *Shatavari*, *Gokshura* and *Yashtimadhu*, etc. *Brahmi*, *Guduchia* and *Bala*, etc. increases libido while *Akarakarabha* and clove used for premature ejaculation, similarly *Ashwagandha*, *Jatamansi* and *Kapikachchu* also recommended for various sexual abnormalities. The *Vajikarana* not only involve uses of drugs for improving strength but it also comprises following conducts:

- ❖ Disciplined life style
- ❖ Ethical sexual conduct
- ❖ Sexual intercourse after the agreement of both partners
- ❖ Consideration of privacy of sexual activities
- ❖ Control of excessive sexual desire
- ❖ Peaceful mind and away from devil thoughts

Vajikarana for current scenario

The current scenario of living style become very stressful and excessive physical as well as mental burden affects sexual strength of peoples up to great extent. Therefore it is required to adopt some medical approaches for restoring sexual strength. Irregular eating habits, diversified climatic conditions, excessive use of electronic gadgets and psychological disturbances causes

disturbances in sexual functioning thus *Vajikarana* can help to manage such problems related to the modern day life style. Moreover indulgence in sedentary life style, addiction to alcohol & smoking, awful sleeping habits, drug abuse and unethical sexual conduct resulting sexual problems. The sexual problems increases now a day's due to the aggravation of above mentioned factors therefore it is require exploring concept of *Vajikarana* for curing such issues. *Vajikarana* helps to preserve concept of *Purushartha Chatushtaya* and stabilises balances of *Dharma & Kama*. The good quality of *Shukra* can produce healthy society; can contribute towards *Tejaswi* and *Ojaswi* progeny. *Vajeekarana* helps to empower *Shukra* thus imparts all beneficial effect of healthy offspring. Ayurveda described category of *Vajeekarana* drugs for specific health benefits as mentioned in **Table 1**. *Dharma*, *Artha*, *Preeti* and *Yasha* are requires to be in balancing state for maintaining overall personality of a person and these all comes under the *Vajikarana*. *Vajikarana* give mental pleasure, satisfaction, help to achieve *Kama* and provides self control thus this therapy not only helps individual but also contributes towards the society. The *Vajikarana* provides physical and mental well being along with spiritual and moral values.

Table 1: Vajeekarana drugs used for specific health benefits.

S. No.	Vajeekarana Drug Category	Examples	Health benefits
1	<i>Sukrala</i>	<i>Aswagandha</i> , <i>Shatavari</i> and <i>Musali</i>	Increase semen production Improve spermatogenesis
2	<i>Sukra Janakam</i>	<i>Bhallataka</i>	Increase semen Promotes ejaculation
3	<i>Sukra Rechanam</i>	<i>Bruhathi</i>	Promote semen expulsion
4	<i>Sukra Sthambhakam</i>	<i>Jati Phala</i>	Prolong ejaculation time Treat premature ejaculation
5	<i>Sukra Soshakam</i>	<i>Hareetaki</i>	Helps to control excessive sexual desire

Ayurveda mentioned that food items such as; milk, *Ghee*, butter, castor oil, honey, ginger, meat and dry fruits can also offers *Vajeekarana* effects. *Panchakarma chikitsa* like medicated enemas; *Uttara vasthi*, *Musthadi Asthapa Vasthi* and *Rasadyo sukrakrit vasthi* offers benefits in sexual problems. *Dravyas* possesses *Kinchitmadhur*, *Snigdha*, *Brimhana* and *Guru* properties can be used as *Vajikarana Dravyas*. *Balavardhana* and *Harshana* actions of these compounds made them suitable for *Vrushya Dravyas* category.

The general health benefits of Vajikarana are as follows

- Increases sexual performance and fertility.
- Enhances spermatogenesis and quality of sperm and ovum.
- Improves physical appearance.
- Restore healthy progeny.
- *Vajikarana* provides moral/social attire; *Yash* and *Pushti*.
- It also increases psychological health and support ethical regimen of sexual conduct.

- Helps to increase family.
- Improve physical built up and complexion.
- Helps to treat sate of *Alpa*, *Dushta* and *Ksheena Shushka*.

Mechanism of Actions

Vajeekarana Chikitsa also considered diet, sleep and disciplinary conduct of sexual regimen as vital essentiality of healthy sexual life. *Vajeekarana chikitsa* mainly deals with improving quality of defective semen and curing sexual weaknesses. The *Vajikarana* modulates neuroendocrino system, improve reproductive functioning and enhances vitality of sexual organs function. These drugs affects hypothalamus and limbic system thus control stress, imparts adaptogenic actions and improves sexual performance. *Vajikarana* provide happiness, joy feeling and confidence which is require for sexual conduct.

Madhur Rasa, *Shita Veerya*, *Madhur Vipaka* and *Guru-Snigdha Guna* of *Vajikarana Dravyas* offers *Shukra Vardhaka* action. *Agneya Rasa*, *Ushna Veerya* and

Tikshna Guna of *Kamottejaka dravya* stimulate reproductive system through nervous control. *Tikta-Kashaya Rasa* of *Shukra stambhaka dravyas* facilitates *Stambhaka* action of *Shukra*.

Guideline/precautionary measures related to the *Vajeekarana*

- ✚ *Vajeekarana* drugs should be prescribed for healthy person under reproductive age limit.
- ✚ *Vajeekarana* drugs should not used for devil person.
- ✚ These therapy recommended only when required means after marriage, etc.
- ✚ The moral conduct also advised to the patients while giving *Vajeekarana* drugs.
- ✚ Elderly and children should keep away from this therapy.
- ✚ Expert physician should prescribed medication, self medication prohibited.

CONCLUSION

The sexual problems are increasing now a day's due to the stressful life style and current health scenario seeking natural way for boosting reproductive or sexual health. *Vajikarana* therapy is one such approach which helps greatly to restore sexual health. *Vajikarana* therapy improves reproductive organs, vitilizes reproductive system, increases sperm quality, increased sexual capacity, improves physical rigidity, boosts mental as well spiritual health; contribute healthy progeny, treats disorders like infertility and premature ejaculation.

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