

Vajikarana (Aphrodisiac): Misconception among Masses

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ABSTRACT

Ayurveda is divided into eight branches, each chiseled carefully to meet out the specific needs in the process of maintenance of health and prevention of diseases. Vajikarana is one of them, designed specifically for dealing with all types of physical and psychological sexual problems - e.g., impotency, libido, poor erection and early ejaculation in males; sterility and frigidity in females. The purpose of vajikarana is to resolve the sexual activity related problems in men and women and of course infertility. Unfortunately this way of treatment was put to misuse by the kings and emperors during Mogul period, who used it only to infuse sexual power. That trend has continued in the present times also and as such vajikarana is looked upon in the same way by the general population. A large number of the adolescents and adults use vajikarana medicines only under the influence of the advertisements and peer groups, without a proper knowledge of their correct usage. The rise of incidences as infertility (50 per cent in India since 1981) and erectile dysfunction, coupled with a poor check on sale of ayurvedic medicines, has also contributed to the over- indulgence and blind usage of this class of ayurvedic drugs. This paper serves to eradicate the misconception of vajikarana as well as focussing on the utility of the same.

Key Words: Aphrodisiac, Vajikarana, Infertility etc

INTRODUCTION

The sound life has three principle pillars a fair eating routine, appropriate sleep and a healthy sex and conjugal life. [1] The significance and pertinence of the third pillar lies in the way that a whole order has been referenced among the eight particular parts of Ayurveda known as Vajikarana Tantra. Ayurveda unequivocally accepted that a feeble Shukra Dhatu was the guilty party behind all Male and Female Sexual Problems. Vajikarana Tantra asserts that it has tips for a Normal, Healthy and Mature Shukra Dhatu, which is at last fundamental for fulfilling and beneficial Sex. Vajikarana essentially contains three parts-A

Disciplined Life Style, Conditional Sexual Act putting together itself with respect to the supposition that Sex is for better generation and not just for Pleasure, and ultimately, The utilization of Vajikarana Drugs (Aphrodisiac Medicinal Formulations) to accomplish these Sexual Goals. This specific part of Ayurveda has worried on expanding Will Power and on holding the Shukra Dhatu for example Semen for a more drawn out time. Shukra Dhatu is straightforwardly connected with good Health and Celibacy is likened with high Morality.

The word VAJA denotes speed and SHUKRA denotes last dhatu that is

responsible for reproduction. So, the factors which make a man capable of entering into sexual intercourse with woman with stallion vigour and which makes him capable of performing excessive sexual intercourse are called VAJIKARAN.

Vajikaran is the treatment which enhances quantity as well as quality of semen in

person suffering or, who have deficiency of semen. The two therapies mentioned in Ayurveda, Rejuvenation and Vajikaran or Aphrodisiac, both are useful for maintenance of the positive health and prevention of disease.

As per classical text following categories of Aphrodisiacs have been defined- [2,3]

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| <ul style="list-style-type: none">• SHUKRA VRIDDHIKAR• SHUKRA SHRUTIKAR• SHUKRA SRUTI VRIDDHIKAR | <ul style="list-style-type: none">• JANAKAM/DEHABALAKAR• PRAVARTAKAM/MANOBALAKAR• JANAKA-PRAVARTAKA/DEHAMANOBALKAR |
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MATERIALS AND METHODS

The classical ayurveda treatises Charaka Samhita, Sushruta Samhita and Ashtanga Samgraha, different articles related with topic, internet, news papers etc have been explored regarding the concept and the misconception as well mis- use of aphrodisiacs, findings organised systematically and critically analysed for a rational outcome.

WHY ONE SHOULD HAVE TO TAKE APHRODISIACS THERAPY

Men over 20 years old and underneath 70 years need to expend Vajikarana arrangements. Their intensions ought to be great and their point must be to create sound posterity. This treatment is helpful for the individuals who are old, prurient, covetous of lady's affection, squandered by extravagance in lady, feeble, inadequate in semen, rich, erotic, blessed with enchanting look and energy and need to manage numerous ladies. As by this treatment he can procure dharma(Righteousness), artha (riches), priti (love) and yasa (acclaim) through this treatment alone. It likewise offer ascent to male posterity which is the resort of these characteristics.

This treatment ought to be offered uniquely to those individual who is self controlled. Generally if an individual of obscene habits is given to this treatment, he, with extra probability increased through this treatment will demonstrate to be annoyance to the general public through his ill-conceived sexual act.

WHO SHOULD NOT CONSUME VAJIKARANA PREPARATIONS?

Ayurveda acharyas have confined couple of standards for utilization of Vajikarana arrangements. These arrangements must be devoured by "jitendriya purusha" or man who has full oversight on his faculties and wants. In the event that Vajikarana arrangements are devoured by "ajitendriya purusha" or man who has lost power over his faculties and want, he may demonstrate destructive to society.

Sexual acts ought not be performed by younger boys (underneath 16 years) or matured men (over 70 years), [4,5] In more youthful young men development of dhatus (tissues) won't be finished. On the off chance that sexual demonstration is performed at this stage they will arrive into a condition called dhatukshaya in which the sustenance of tissues decreases and they feel feeble and delicate. During developmental years entire body vitality ought to be channelized for advancement of body tissues. Particularly in young men, the male conceptive framework needs to grow totally to create great quality and amount of semen. In the event that body vitality and sustenance is spent in sexual act during introductory phases of improvement, at that point the advancement of male regenerative framework may end up slow. This may prompt low sperm check, low motility and fruitlessness (the powerlessness to create posterity).

In matured people there will be *dahtu kshaya* (decay of tissues) because of old age. On the off chance that men over 70 years enjoy sexual act it might further crumble *dhatu*s and can hurry maturing. As indicated by *ayurveda* acharyas "if a matured man performs sexual act his body will be denied of vitality and essentialness. He will be dead similar to a dry stick which is plagued by creepy crawlies." Hence *Vaajikaran* arrangements ought not be devoured by matured men as these arrangements may ignite their sexual want or drive.

QUALITIES OF APHRODISIACS AND BEST APHRODISIAC

The articles or the substances which are sweet, unctuous, promoters of life, nourishing and heavy and which causes excitement of the mind, all these are aphrodisiac. A woman is considered to be the Aphrodisiac Par excellence, as she represents beauty, fertility, motherhood and practical worldly wisdom. [6] According to Acharya Vagbhat female who is healthy, interested in sexual congress, possesses equal mentality good in appearance and physique, always exciting and lovely, cooperates in copulation, educated in general and sex matters and with whom male wishes to have repeated sexual acts is referred as ideal woman for copulation. [7]

DETERMINANTS OF SEXUAL ACTIVITY [8-12]

a. SEASONAL VARIATIONS – The frequency of sexual activity (*Coitus*) in different seasons is clearly described in *Ayurveda*.

- In Autumn (*Vasant rutu*) sex on every third day is advocated.
- In Rainy season (*Varsha rutu*) sex at fortnight and once in 15 days is advocated.
- In Cold season (*Hemant and Shishira rutu*) one can have sex as many times as he
- wants in proportion to his strength.
- In Hot season (*Grishma rutu*) according to an individual's strength, sex can
- be practiced.

b. PRAKRITI – The sexual activity and potency can also be determined by person's Prakriti as described in *Ayurveda*.

- *Vataj Prakruti*: Weak in sexual activity and possess less offsprings.
- *Pittaj Prakruti*: Less *Shukra*, less powerful in sexual congress and possess less offsprings.
- *Shleshmaj Prakruti*: Good amount of *Shukra*, possesses more sexual potency and also will have more number of offspring

WHY THERE IS NEED OF VAJIKARAN THERAPY?

According to *Ayurveda* if any person is having sexual relationships then they should take aphrodisiacs. The reason behind this statement has to do with their understanding of human anatomy and the eventual effect of food on the body. Sustenance itself is viewed as a sexual enhancer in *Ayurveda* on the grounds that subsequent to sustaining various tissues of the body -, for example, muscle, fat and nerves - it feeds the conceptive liquids or *Shukra*. *Shukra* is the sperm of the man and the ovum of the lady or their capability to make life. The more advantageous these substances are the more beneficial a youngster will be on origination.

For youngsters who are not prepared to have kids aphrodisiacs are significant for a few reasons –

- Use of sexual enhancer treatment keeps up the general soundness of the body and forestalls general medical issues. This is on the grounds that the invulnerability of the body is straightforwardly connected to the wellbeing of *Shukra*.
- The psyche can end up aggravated or exorbitantly apprehensive if *Shukra* is low. By utilizing aphrodisiacs the psyche is better ready to keep up a balance and to concentrate on mental work.

•According to Ayurveda - a solid Shukra will shield both genders from infections of the regenerative organs

HOW TO START VAJIKARAN THERAPY- IDEAL PROCEDURE

Purification (Detoxification) of body is necessary before starting Vajikaran Chikitsa to get maximum benefits. Because this therapy cannot work properly if the body is unhealthy or full of undigested food matter (toxins or ama). The person should be administered with Oleation, purification, decoction enema, lubricating enema for effective Vajikaran therapy. Panchakarma play major role in removing Doshas from body and improving the quality of semen. After detoxification, persons should be asked to consume Vajikaran recipes which constitute milk, meat soup and boiled rice - along with ghee, oil, meat juice, sugar and honey etc. This will gives strength to the semen and the offspring. Also the mind should be free of any mental tensions and should be happy, contented and cheerful.

Purification (Detoxification) of body is essential before beginning Vajikaran chikitsa to get most extreme advantages. Since this treatment can't work legitimately if the body is unfortunate or brimming with undigested sustenance matter (poisons or ama). The individual ought to be controlled with Oleation, sanitization, decoction bowel purge, greasing up douche for powerful Vajikaran treatment. Panchakarma assume significant job in expelling Doshas from body and enhancing the nature of semen. After detoxification, individual ought to be approached to devour Vajikaran formulas which constitutes milk, meat soup and bubbled rice - alongside ghee, oil, meat squeeze, sugar and nectar and so forth .This will offers solidarity to the semen and the posterity. Likewise the psyche ought to be free of any psychological strains and ought to be upbeat, mollified and chipper.

DISCUSSION & CONCLUSION

The greater part of the general population take treatment from untrained

individuals who on the name of common herbs and drugs to cure the ailment of patients take the confidence of them and after that give the wrong treatment. Basically in India people hide from medical practitioners' their sexual disease as it will reflect their sexual incapability in front of public and especially their relatives and family members which may result in broken relationship. In order to prevent this they rely on their peer groups, quackers, fake advertisements etc. And it emerges in to a big problem. Cheap advertisers deceive the people on the name of ayurveda. They create myth among the masses that their treatment is fair as well as desirable.

Ayurveda promotes a defined set up for curing of these sexual diseases along with other diseases as well. Ayurveda clearly defines the methodology, purification of body before the intake of medicines and then requisite medicines is given to the patients on the basis of patients' prakriti, age, gender, time etc. The general public must have trust in this ancient discipline of knowledge (Ayurveda) and adopt it sincerely for productive results. Ayurveda strictly warns the people not to come under the influence of quackers. It ensures reliability and assures good health.

A large portion of the populaces trusts that the home grown medications can be utilized unreservedly with no exhort or solutions and they don't have any reactions, even the portion and recurrence to take the prescription or medication additionally doesn't make a difference, however it isn't correct, everything is having its very own symptoms on the off chance that we are not utilizing legitimately or understanding with its appropriate portion and recurrence for example on the off chance that we devour overabundance of sustenance , that can likewise cause some awful impact as there might be totality of mid-region or stomach agony or retching and so on the equivalent is valid for the utilization of medications moreover. So to maintain a strategic distance from all these symptoms and to get most extreme advantage it is prudent to take

the natural drugs from an ayurvedic master/specialist and repel yourself from shabby commercial and quackers. The legislature ought to likewise make some important move to avoid such deceptive promotion and quackers who are making the fantasy among the majority and ruining the nobility of Ayurveda the old and the most prevalent control of medication.

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How to cite this article: Pandey N, Tripathi A, Tripathi S. Vajikarana (aphrodisiac): misconception among masses. Int J Health Sci Res. 2019; 9(11):57-61.
