

UNDERSTANDING VAJIKARANA CHIKITSA IN AYURVEDA: A CONCEPTUAL APPROACH

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ABSTRACT

Vajikarana, also known as *Vrishya Chikitsa*, is one of the eight branches of *Ashtanga Ayurveda* that deals with the enhancement of reproductive health, vitality, and sexual well-being. Ayurveda promotes healthy living through principles such as *Dinacharya*, *Ritucharya*, *Sadvruta*, *Rasayana*, and *Vajikarana*. The human body is composed of seven *Dhatus*, among which *Shukra Dhatu* is considered the most refined and is responsible for reproduction, strength, and vitality. As described in the *Charaka Samhita*, *Vajikarana* therapies help improve physical strength, sexual potency, and reproductive health, and are useful in managing conditions like infertility, erectile dysfunction, and premature ejaculation. In the present era, stress, unhealthy lifestyle, and environmental factors have increased reproductive health problems, making *Vajikarana* therapy highly relevant. This article aims to review the concept

of *Vajikarana* in Ayurveda, its therapeutic importance, and its role in promoting reproductive health, physical vitality, and overall quality of life.

KEYWORDS: *Vajikarana*, *Vrishya Chikitsa*, *Shukra Dhatu*, Reproductive health, Sexual vitality.

INTRODUCTION

In the present era of stress, unhealthy lifestyle habits, pollution, and increasing reproductive health issues, the importance of *Vajikarana* therapy has gained significant attention.

Vajikarana, one of the eight specialized branches of Ayurveda, focuses on enhancing reproductive health, vitality, and overall well-being.^[1] It aims to improve the quality of *Shukra Dhatu* (reproductive element), promote fertility, increase physical and mental strength, and support healthy progeny. Ayurveda is the science of life deals with the every aspect of life. Ayurveda has eight branch called as *Ashtang Ayurved*. *Vajikarana* is one of them [Cha.Sa.Sutra Sthana 30/28]. The term '*Vajikarana*' is a combination of two Sanskrit words: *vaji* and *karana*. '*Vaji*' means horse and '*karana*' means to make potent.^[2] The term *Vajikara* refers to enhancing strength, stimulation, and potency. Therapies aimed at boosting sexual vigor and vitality comparable to that of a horse are known as *Vajikarana* therapy [Cha.Sa. Chikitsa Sthana 2/4/51].^[3] This therapy is aimed to promote overall health with a specific focus on sexual and reproductive health. It is preventive therapy^[4] [Cha.Sa.Chikitsa Sthana 1/1/3-5] as well as curative therapy for various sexual disorders. According to Ayurveda, purification procedures (*shodhana*) are recommended before starting *Vajikarana* therapy. These procedures are aimed at enhancing the quality of reproductive element, particularly *Shukra Dhatu*, and promoting healthy progeny.^[5]

MATERIALS: *Brihatrayee* with Commentaries.

METHODS: Conceptual study based on classical references.

In Ayurveda, *Shukra Dhatu* is considered the seventh and final body tissue (*Dhatu*), responsible for reproduction, vitality, strength, and overall well-being. Reproductive health is usually related to the balance and nourishment of *Shukra Dhatu*, the vital tissue responsible for reproduction. *Shukra Dhatu* represents the reproductive essence in both men and women. It plays a vital role in fertility, sexual health, conception, and the formation of healthy progeny. *Shukra* is present in the whole body and is considered as the *Sara* of all other *Dhatu*.^[6]

Shukravaha srotas	<i>Charaka Samhita</i> and <i>Sushruta Samhita</i>	According to <i>Acharya Charaka</i> , the <i>Shukravaha Srotas</i> (channels responsible for the formation and transportation of <i>Shukra Dhatu</i>) have their <i>Moola Sthana</i> (root sites) in the <i>Vrishana</i> (testes) and <i>Shepha</i> (penis). ^[7] If any injury happens to the <i>Shukravaha srotas</i> , it leads to <i>Klibata</i> (unable to do coitus), and ejaculation of semen becomes so difficult and when ejaculation occurs at that time semen comes along with blood. ^[8]
Shukravaha Srotas Dushti Hetu^[9]	<i>Charaka Samhita</i>	1. <i>Akala yonigaman</i> . 2. Suppression of <i>shukravega</i> . 3. Excessive sexual activities (indulgence).

		4. Injury due to <i>Shashtra, Kshara, Agni</i> .
Shukravaha Srotas Dushti Lakshan ^[10]	charak	1. <i>Klaibya</i> . 2. <i>Loss of libido</i> . 3. Child born as diseased, <i>Napunsaka, Kuroopa</i> and <i>Alpayu</i> . 4. Infertility. 5. Abortion on miscarriages.
Dushit Shukra Lakshana	<i>Charak</i> ^[11]	<i>Acharya Charaka</i> states <i>Shukra Dhatu</i> has eight <i>Doshas</i> like <i>Phenila</i> (frothy in nature), thin, dry (i.e., absence of <i>Snigdhatu</i>), <i>Vivarana</i> (different colour), foul smelling, excessive stickiness, mixing with other <i>Dhatu</i> , and <i>Avasadi</i> (late ejaculation).
	<i>Sushruta</i> ^[12]	<i>Acharya Sushruta</i> has explained some other <i>Doshas</i> . These <i>Doshas</i> are <i>Vata varna</i> and its symptoms, <i>Pitta varna</i> and its symptoms, <i>Kapha varna</i> and its symptoms, <i>Rakta varna</i> and its symptoms, putrefied smell, granular types, foul smelling (associated with pus), less quantity, and are associated with urine, stool and blood etc. This vitiated form of <i>Shukra Dhatu</i> will never produce off springs.
Shukra Dhatu Vruddhi Lakshana	<i>Sushruta</i> ^[13] <i>Vagbhata</i> ^[14]	<i>Atipradaurbhavam</i> (excessive discharge of semen), <i>Shukrashmari</i> (formation of seminal stones/calculus). <i>Ati Stri Kamata</i> (intense sexual desire), <i>Shukrashmari</i> (seminal calculus)
Shukra Dhatu Kashaya Lakshana ^[15]	charak	<i>Daurbalya</i> (weakness), <i>Mukha Shosha</i> (dryness of mouth), <i>Pandutva</i> (pallor), <i>Sadana</i> (lassitude), <i>Shrama</i> (exhaustion), <i>Klaibya</i> (impotency), <i>Shukra Avisarga</i> (absence of ejaculation).

PRINCIPLES OF VAJIKARANA THERAPY^[16]

Vajikarana therapy is based on the following principles

- 1. Nourishment (*Apyayana*):** *Vajikarana* therapy nourishes the *Shukra Dhatu*, thereby enhancing its quality and quantity.
- 2. Purification and Soothing Effect (*Prasadana*):** It helps pacify the *Doshas* affecting *Shukra Dhatu* and improves its overall purity and function.
- 3. Enhancement (*Upachaya*):** The therapy promotes the increased production and proper development of *Shukra Dhatu*, especially in middle-aged individuals.
- 4. Generation of *Shukra* (*Shukrajanana*):** It stimulates the formation of *Shukra Dhatu* even when it is deficient, such as during old age. As explained by *Dalhana* in *Sushruta Samhita* (Sutra Sthana 1/8), *Vajikarana* supports the regeneration and maintenance of reproductive vitality.^[17]

PRAYOJANA (PURPOSE/BENEFITS) OF VAJIKARANA SEVANA^[18]

According to Acharya Charaka, the *Prayojana (purpose/benefits) of Vajikarana Sevana* is to promote healthy progeny, enhance sexual strength, improve vitality, and provide physical as well as mental satisfaction. Achievement of

1. *Dharma*
2. *Artha*
3. *Preeti*
4. *Yasha*

INDICATIONS OF VAJIKARAN^[19]

1. Indicated in healthy person to increase semen and body strength.
2. It should be advised to *Jitendriya Purusha* (Those who have good control over the senses).
3. Person suffering from debility of semen and weakness.^[20]
4. *Vishayi Purush* (person indulging in sensory pleasure) should use *Vajikaran daily*.^[21]
5. Old persons who are desirous of copulation, impotent, debilitated due to excessive sexual intercourse, those having less of semen and to those who have many wives.^[22]

CONTRAINDICATIONS OF VAJIKARANA^[19]

1. Children below 16 years of age
2. Old above 70 years of age
3. Women
4. Contraindicated in *Ajitendriya Purusha* (Who do not have control over senses) as he may cause disturbance or harm in social peace.
5. Person suffering from *Sahaj-Klaibya* (congenital impotence)
6. *Klaibya* due to *Marma-Chhedana*(impotence due to injury to the genital organs such as penis, testes etc).

IMPORTANCE OF FEMALE IN VAJIKARANA THERAPY^[23]

According to *Charak Samhita* female is the greatest of all the *Vajikarana Dravyas*.

NUMEROUS MEDICINES FOR VAJIKARANA THERAPY HAVE BEEN DESCRIBED IN THE SAMHITA GRANTHAS^[19]

1. Acharya Charaka described number of *Vajikaran* formulation such as *Vajikarana Ghrita*, *Vajikarana Pindarasa*, *Brimhani Gutika*, *Vrishya Mansa*, *Vrishya Mahisharasa*,

Vrishya Kukkuta-Mansa, Vrishya Masha Yoga, Apatyakari-Shashtikadi-Gutika, Vrishya Kshira, Vrishya Shashikodana, Vrishya Shatavari Ghrita, Vrishya Payasa, Vrishya Mashadi Pupalika, Vrishya Madhukyoga, Vrishya Mansa Gutika, Apatyakar-Ghrita.^[24]

2. In *Sushruta Samhita*, Acharya *Sushruta* has mentioned different formulations for *Vajikarana* such as *Vajikarana Shashkuli, Vajikarana Utkarika, Vajikarana Vidarikanda Yoga, Vajikarana BastandaYoga, Vajikarna Ashvattha Yoga, Vajikarana Amalaka Yoga, Vajikarna Godhumadi Yoga, Vajikarana Svayamguptadi Yoga.*^[25]

3. In *Ashtanga Hridaya*, Acharya *Vagbhat* described formulation for *Vajikarana* such as *Atamguptadi Yoga, Vidaryadi Avaleha, Mulethi Churna, Mashadi Yoga, Uchchatadi Churna, Kauchadi Churna, Kamvardhak Gokshuradi Churna.*

DIFFERENT YOGA MENTIONED IN CHARAKA SAMHITA FOR VAJIKARANA^[26]

Sr.no	Yoga/formulation	Phalshruti/uses	Detail
1	<i>Bruhani gutika</i> (ch.sa.chi.2/1/32)	एष वृष्यः परं योगो बृंहणो बलवर्धनः	Brimhana means body nourishment and strengthening, used to promote weight gain, improve strength, enhance immunity, and support overall tissue development (dhatu poshana). Brihani gutika is therefore indicated in conditions of emaciation, weakness, low vitality, and depletion of body tissues.
2	<i>Vajikaran ghritam</i> (ch.sa.chi.2/1/37)	य इच्छेदक्षयं शुक्रं शोफसञ्चोत्तमं बलम् ।	To enhance their nourishing,

			rejuvenating, and spermatogenic effects. Enhances sexual potency and reproductive strength
3	Vajikaran pindarasa (ch.sa.chi.2/1/41)	बलवर्णस्वरकरः पुमांस्तेन वृषायते ।	Enhances overall physical strength, appearance, and voice quality, making a person healthy, energetic, and virile.
4	Vrishya mamsa yoga (ch.sa.chi.2/1/48)	न तस्य लिङ्गशैथिल्यं स्यान्न शुक्रक्षयो निशि ।	Maintain strength of the genital organ
5	Vrishya anda rasa (mayur, titeer etc). (ch.sa.chi.2/1/49) Vrishya kukkuta mamsa (ch.sa.chi.2/1/48) Vrishya maasha yoga (ch.sa.chi.2/1/46)	हंसबर्हिणदक्षाणामेवमण्डानि भक्षयेत् । इति वृष्योऽण्डरसः ।	Improving strength, nourishment, and vitality, Enhancing sexual potency
6	Shastikadi gutika. (ch.sa.chi.2/2/9)	पश्यत्यपत्यं विपुलं वृद्धोऽप्यात्मजमक्षयम् ।	It is mainly used for nourishment, strength, and rejuvenation, especially in weak individuals. Even an old man sees abundant and healthy offspring and his lineage continues without decline.

7	<i>Apatyakara swarasa.</i> (ch.sa.chi.2/2/17)	नरोऽपत्यं सुविपुलं युवेव च स दृष्यति ॥17॥	Enhance vitality and reproductive strength Support conception and healthy offspring.
8	<i>Vrishya ghr̥it</i> (ch.sa.chi.2/2/23) <i>Vrishya ksheer</i> (ch.sa.chi.2/2/20)	वृष्यं बल्यं च वर्ण्यं च कण्ठ्यं बृंहणमुत्तमम् ॥23॥	It is an excellent aphrodisiac that promotes strength, good complexion, voice quality, and overall nourishment of the body.
9	<i>Vrishya pupalika</i> (ch.sa.chi.2/2/29)	य इच्छेदश्वदन्तुं प्रसेक्तुं गजवच्च यः ॥	Enhances sexual potency and reproductive strength
10	<i>Apatyakar ksheer</i> (ch.sa.chi.2/3/10)	विपुलं लभतेऽपत्यं युवेव च स दृष्यति ॥१०॥	Improving strength, nourishment, and vitality, Enhancing sexual potency
11	<i>Vrishya pippali yoga</i> (ch.sa.chi.2/3/13)	भुक्त्वा न रात्रिमस्तब्धं लिङ्गं पश्यति ना क्षरत् ॥१३॥	Supporting sperm count and motility Improving male fertility.
12	<i>Vrishya shatavari ghr̥it</i> (ch.sa.chi.2/3/18)	शर्करापिप्पलीक्षौद्रयुक्तं तद्दृष्यमुत्तमम् ॥१८॥	Improving strength, nourishment, and vitality
13	<i>Vrishya basti</i> (ch.sa.chi.2/4/10)	बलापेक्षी प्रयुञ्जीत शुक्रापत्यविवर्धनान् ॥९॥	Enhances sexual potency and reproductive strength
14	<i>Vrishya mansgutika</i> (ch.sa.chi.2/4/14)	गुटिकाः सरसास्तासां प्रयोगः शुक्रवर्धनः ॥१४॥	Enhances spermatogenic effects or reproductive-strengthening.
15	<i>Apatyakar ghr̥ita</i>	एष वृष्यः परं योगो बल्यो बृंहण एव च ॥२७॥	Supporting

	(ch.sa.chi.2/4/29)		male fertility improving sperm count and sperm quality Helping with oligospermia (low sperm count) improving strength, nourishment, and vitality
16	<i>Vrishya gutika</i> (ch.sa.chi.2/4/32) <i>Vrishya utkarika</i> (ch.sa.chi.2/4/35)	तासां प्रयोगात् पुरुषः कुलिङ्ग इव हृष्यति ॥३२॥	Enhances sexual potency and reproductive strength

VAJIKARANA AHAR^[27]

In the *Charaka Samhita*, *Ahara* is described as a fundamental pillar of health and life. It encompasses not only physical nourishment but also the sustenance essential for mental and spiritual well-being. The text underscores the critical role of *Ahara* in maintaining the balance of the *Doshas* (*Vata*, *Pitta*, and *Kapha*), supporting *Agni* (digestion and metabolism), and fostering overall health, vitality, and longevity. In *Ayurveda Acharyas* advise Milk (*ksheer*), Ghee (*Ghritam*), *Khira* (sweet pudding), *Sathi* variety of rice, Black gram (*Masha*), Meat (*Mamsa*), Meat juice (*Mamsa rasa*) etc. All these diet increases *Vajikarana* effect.

VAJIKARANA VIHAR^[28]

The environment or the act that makes one happy in mind exerts *Vajikarana* effect such as hilly area, pleasant gardens, gentle body massage, bath, women having all the requisite qualities, fragrant like scent, ornaments, wearing of garlands, comfortable house, bed and seating place, sweet voice of birds, new and clean clothes, water reservoir having blossom of lotus and bumble bee, rivers with full of water, gentle cool breeze, pleasant moonlight night, winter season, melodious songs and musical instruments, anointment with saffron and Aguru, young age and suitable time.

DISCUSSION

Vajikarana or *Vrishya Chikitsa* is one of the eight major specialties of *Ashtanga Ayurveda*, the science of life. *Ayurveda* teaches the principles of healthy living, in which *Dinacharya*

(daily regimen), *Ritucharya* (seasonal regimen), *Sadvruta* (good conduct), *Rasayana* (rejuvenation therapy), and *Vajikarana* play an important role.

According to Ayurveda, the body is made up of seven *Dhatu*s: *Rasa*, *Rakta*, *Mansa*, *Meda*, *Asthi*, *Majja*, and *Shukra*. These seven *Dhatu*s are responsible for the growth, nourishment, and maintenance of the body. Among them, *Shukra* is considered the final *Dhatu* formed in the body. A person with healthy *Shukra Dhatu* possesses confidence, vitality, radiant skin and eyes, as well as strength, wisdom, and energy.

As mentioned in the *Charaka Samhita*, the proper use of *Vajikarana* formulations helps improve physique, potency, strength, complexion, and sexual vigor. These therapies are beneficial in managing common sexual disorders such as infertility, premature ejaculation, and erectile dysfunction.

Vajikarana mainly deals with preserving the sexual health and potency of healthy individuals, while also treating conditions related to defective semen and impaired sexual function. It helps enhance reproductive capacity, sexual performance, and overall physical vitality.

CONCLUSION

According to Ayurveda, *Vajikarana* is an important therapeutic approach that enhances sexual capacity and supports the health of future progeny. It is useful in the management of common sexual disorders such as infertility, premature ejaculation, and erectile dysfunction. For optimal results, it is recommended that *Shodhana* therapy be performed prior to the administration of *Vajikarana* drugs. When the body is affected by *Ama*, the action of aphrodisiac medicines and formulations may not produce the desired effect.

Vajikarana Chikitsa includes the use of *Vrishya* formulations, which are herbo-mineral or herbal preparations with aphrodisiac properties, as well as specialized procedures such as *Uttar Basti* and *Vajikarana Basti*.

The main limitation of *Vajikarana* therapy is that it has not been studied extensively using modern scientific methods. Another challenge is that many of the medicines mentioned in classical *Samhitas* are not easily available today, and it is also difficult to obtain pure herbs.

Therefore, more clinical trials are needed using easily available and affordable drugs instead of unavailable ones. Such studies will help to better understand the effectiveness, possible side effects, and overall treatment outcomes of *Vajikarana* therapy.

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