

REVIEW ARTICLE ON THERAPEUTIC POTENTIAL OF DIFFERENT TYPES OF VAJIKARANA GHRITA IN MALE INFERTILITY W.S.R. TO CHARAK SAMHITA

Shubham Babanrao Charbhe^{1*} and Seema U. Atram²

¹PG Scholar BAMS MD (Third year), ²Assistant Professor & HOD Dravyaguna Vigyan
R. A. Podar Medical College & Hospital, Worli, Mumbai-18.

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*Corresponding Author

Shubham Babanrao
Charbhe

PG Scholar BAMS MD
(Third year), R. A. Podar
Medical College & Hospital,
Worli, Mumbai-18.

ABSTRACT

Review article on therapeutic potential of different types of vajikarana ghrita in male infertility w.s.r. to charak samhita.

Vajikarana: Vajikarana is one of the branch of *ashtang ayurveda*, Vajikarana deals with, 1) Various sexual and reproductive disfunction. 2) Management of pathophysiology of spermatogenesis. 3) Healthy sexual potency. 4) Improving progeny. In *sanskrit*, *vaji* means horse, the symbol of sexual potency and performance thus *vajikarana* means producing a vigour like horse. **Male infertility:** A man is not able to start a pregnancy with his female partner. As per WHO estimates 60-80 million couple worldwide currently suffer from infertility. Of all infertility cases, approximately 40-50% is due to male factor. **Aims:**

To find out therapeutic potential of different types of *vajikarana ghrita* in male infertility, which are mentioned in *charaka Samhita vajikarana adhyaya*, on the basis of *dravya, guna and karma*. **Material and Methods:** The present review is mainly focus on *Charaka samhita vajikarana adhyaya*, drugs mentioned under *vajikarana ghrita yogas* are referred from the *Bhavprakash nighantu* and *sharangdhara samhita*. also referred published work from PubMed, journals, Google scholar, and research papers. **Discussion:** According to *samanya vishesh siddhant*, drugs with similar characteristics increases similar characteristics in the body. *ghrita* and *shukra* has equal characteristics so that consumption of *ghrita* helps in *shukra vriddhi*. Similarly, 4 types of *vajikarana yogas* namely, *vajikarana ghrita*, *vrishya ghrita*, *vrishya shatavari ghrita* and *apatyakara ghrita* contain *dravyas* which have *madhura-rasa, guru-sheeta guna* and are *balya, brihana, shukral, shukravardhaka, vrushya*. Therefore this four types of *ghrita* works in male infertility. **Result:** *vajikarana ghrita, vrishya ghrita,*

vrishya shatavari ghrita and *apatyakara ghrita* has therapeutic potential in management of male infertility.

KEYWORDS: *Ghrita, Vajikarana ghrita, Male infertility.*

INTRODUCTION

Vajikarana: *Vajikarana* is one of the branch of *Ashtang ayurveda*, which deals with the management of defective semen and spermatogenesis along with sexual potentiation is called *vajikarana*.^[1]

In *sanskrit*, *vaji* means horse, the symbol of sexual potency and performance thus *vajikarana* means producing a vigour like horse.

Vajikarana also deals with,^[2]

- 1) Various sexual and reproductive disfunction
- 2) Management of pathophysiology of spermatogenesis
- 3) Healthy sexual potency
- 4) Improving progeny

Male infertility: A man is not able to start a pregnancy with his female partner.^[3]

As per WHO estimates 60-80 million couple worldwide currently suffer from infertility. Of all infertility cases, approximately 40-50% is due to male factor.^[4]

Types of male infertility^[5]

1. Asthenospermia – Reduce sperm motility,
2. Azoospermia – Absence of sperm,
3. Teratospermia – Increase in the percentage of sperm with abnormal form in semen,
4. Oligospermia – A low sperm count.

Causes of male infertility:^[6] May not make enough sperm or healthy sperm, genetic problem like cystic fibrosis. have blockage in genital track.

Impotency: It mean unable to engage in sexual intercourse especially because of inability to have sustain of penile erection.

According to statistics, India is now becoming the impotence capital of world at the alarming pace, it was stated according to research 35% of men before the age of 40 face sexual problems.^[7]

1 out of every 10 Indian men is impotent, the incidence could be higher in metro cities.^[8]

Type of male impotency^[9]

- 1) ED – Erectile dysfunction.
- 2) Premature ejaculation.
- 3) Delayed or Inhibited ejaculation.
- 4) Low libido.

Causes of impotency:^[10] Age, sedentary lifestyle and obesity, DM, heart diseases, HTN, smoking, medication, mental health issues, prostate, performance anxiety.

Aim: To find out therapeutic potential of different types of *vajikarana ghrta* in male infertility, which are mentioned in *Charaka Samhita vajikarana adhyaya*, on the basis of *dravya, rasa, guna and karma*.

MATERIAL AND METHODS

The present review is mainly focus on *Charaka samhita vajikarana adhyaya*, for better understanding of the concept various drugs mentioned under *vajikarana ghrta yogas* are referred from the *Bhavprakash nighantu* and *sharangdhara samhita*.

Also referred published work from pub-med, journals, Google scholar, and research papers.

Importance of vajikarana sewana^[11]

Jitendriya purush should always take *vajikarana* diet and medicine because *Dharma, Artha, preeti*, and *yasha* all are depends on it only.

Acharya charaka said

Nisantan purusha is nindaniya:^[12] It means childless man is reprehensible.

A childless man is like tree which do not have shade, which has branchless, which do not bear fruits, similarly a childless man has no social utility.

He is dried up pond which cannot quench the thirst of thirsty person.

He is a *trunapuli* (Scarecrow - a man shaped made of strew and crop in fields).

Childless person has no social prestige.

Also *charaka* said that,

Santanwan purusha is prashansaniya:^[13] It means the man who has many children is praiseworthy. The person who has many children he is ideal person and capabilities of performing many deeds. That person considered as auspicious, blessed and powerful.

Considering how critical this issue is,

We can use different types of *ghrita* formulations which are mentioned in *charaka Samhita, chikitsasthan 2- vajikarana adhyaya*.

Gunas of ghrita:^[14] *Madhura-rasa, sheeta, snigdha guna* and help in raising the level of *shukra* and *ojhas*.

Gunas of shukra:^[15] *Madhura-rasa, snigdha, guru, pichhila, thick guna*, devoid of bad smell, white in colour and Discharge in large quantities.

Ghrita formulations

Four different types of *ghrita* formulations mentioned in 4 *padas* (section) in *charaka Samhita, vajikarana adhyaya* are as followed,

Pratham pada - Sanyogsharmuliya vajikarana pada.

1. *Vajikarana ghrita*^[16]

Preparation -Take new *urad, kaunch* without peels (1-1 *adhak*), *Jeevak, Rishabhak, kakoli, meda, vridhhi, shatavari, mulethi* and *ashwagandha* (1-1 *kudava*) cooked in quadruple Water and make *chaturthavashishta kwatha*.

After that add 1 *prastha goghrta*, 10 *prastha godugdha, vidarikanda* and sugarcane juice (1-1 *prastha*) and cook at low flame.

When the *ghrita* become *siddha*, filter it and add sugar, *vanshalochana, honey* (4 *pala*) and *pippali churna* (1 *pala*) and mix it well.

Sewana kala- take it immediately before meal.

Matra- 10-20 gm.

Phalashruti- by consuming this, *Akshay shukra* is attained and there is firmness and strength in urinary organs.

Dvitiya pada- Aasiktakshirik vajikarana pada.

2. *Vrishya grita*^[17]

Preparation - Make *kalka* of *meda*, *jiwanti*, *choti mundi*, *badi mundi*, *khajur*, *mulethi*, *manuka*, *pippali*, *sonth*, *singhada* and *vidarikanda*. And make it 4 times the weight of the *kalka* mix the same amount of milk as *ghrita* and cook it by adding four times the weight of water in *ghrita*.

When only *ghrita* is left, filter it hot and add sugar and honey in one-fourth weight of the *ghrita* and keep it safe.

Matra- According to digestive power of individual.

Phalashruti- this yoga is *vrishya*, *balya*, *varnakaraka* voice enhancer and best *brihaniya*.

Tritiya pada - *Mashaparnabhrutiya vajikarana pada*.

3. *Vrishya shatavari ghrita*^[18]

Preparation - Take 1 *kudava* of *shatavari kalka*, 1 *prastha* cow's *ghrita* and add 10 *prastha* milk and cook it. When only *ghrita* is left, take it off and filter it hot and keep it safe. taking it in the quantity of 1 *karsha*, mixing *madhu* (1 *karsha*) and 2 gm of sugar in it and adding 1 gm of *pippali* powder and drinking it is best *vajikarana yoga*.

Prashasti- This *vajikarana yoga* increase semen, strength. generate sex speed and enthusiasm have been described.

Chaturtha pada - *Pumajjatbaladik vajikarana pada*.

4. *Apatyakar ghrita*^[19]

Preparation - *Shatavari*, *vidarikanda*, *urad*, *kounchbeej* and *gokhru* (take 1-1 *prastha*) of each. These substances make a fourth quarter residual decoction (*kwatha*) in quadruple water and 1-1 *prastha ghrita* and also add 1 *prastha* milk when only *ghrita* is left, filter it and keep it safe, after that add sugar and *madhu* in it.

Phalashruti – A man who is willing to have a child should consume it.

Outcome of *vajikarana yogas*

By consuming these various *yogas* mentioned in text, A man becomes healthy, vigorous, strong, radiant and he becomes joyful as horse.

- *Gunas* and *karmas* of above drugs which are added in *vajikarana grita yogas*.^[20]

Drugs name	<i>Karma, guna and rasa</i>
<i>Shatavari</i> (<i>Asparagus racemosus</i>)	<i>Shukrastanyakari, balya, guru, sheeta, madhura.</i>
<i>Ashwagandha</i> (<i>Withania somnifera</i>)	<i>Atishukrala.</i>
<i>Kounchbeej</i> (<i>Macuna pruriens</i>)	<i>Vajikaran param.</i>

<i>Jeevak</i> (Malaxis acuminata) & <i>Rishabhak</i> (Malaxis muscifera)	<i>Shukravardhaka, sheeta, balya</i>
<i>Meda</i> (Polygonatum verticillatum) & <i>Mahameda</i> (Polygonatum cirrhifolium)	<i>Vrishya, brihana</i>
<i>Kakoli</i> (Lilium polyphyllum) & <i>Kshirkakoli</i> (Fritillaria roylei)	<i>Shukral, sheeta, brihana, guru, madhura.</i>
<i>Vridhhi</i> (Habenaria intermedia)	<i>Vrishya, sheeta, brihana, guru, madhura.</i>
<i>Mundi</i> (Sphaeranthus indicus)	Usefull in urinary system and prostatitis.
<i>Mulethi</i> (Glycyrrhiza glabra)	<i>Shukrala, sheeta, guru, madhura.</i>
<i>Vidarikanda</i> (Ipomoea digitata)	<i>Shukravardhaka, sheeta, bhrihana, madhura.</i>
<i>Pippali</i> (Piper longum)	<i>Vrishya, snigdha, madhura.</i>

RESULT

vajikarana ghrita, vrishya ghrita, vrishya shatavari ghrita and *apatyakara ghrita* has therapeutic potential in management in male infertility.

DISCUSSION

According to *samanya vishesh Siddhant*^[21], drugs with similar properties increases similar properties in the body. *ghrita* and *shukra* has equal properties so that consumption of *ghrita* helps in *shukra vridhhi*.

Similarly, 4 types of *vajikarana yogas* namely, *vajikarana ghrita, vrishya ghrita, vrishya shatavari ghrita* and *apatyakara ghrita* contain *dravyas* which have *madhura-rasa, guru-sheeta guna* and are *balya, brihana, shukral, shukravardhaka, vrushya*. Therefore this four types of *ghrita* works in male infertility.

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