

ROLE OF AHARA, VIHARA AND ACHARA IN VAJIKARANA**¹Dr. Sonali Mukherjee, ^{2*}Dr. Sayantan Bera, Dr. Animesh Kr. Das³,****Dr. Shuvendu Maji⁴, Dr. Sahil S. K.⁵**

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ABSTRACT

Vajikarana, an eugenics of the ancient medical science, is getting priority among the present day health systems. Vajikarana has elaborated and appraised contexts in Ayurveda as a standard system of sexual personality development along with the prime cause of developing healthy offsprings. The recent busy lifestyle creates much barrier for hazardless reproductive health enhancement. As a result sexual behaviours are getting diverted in a substantial manner. Rather than initiating treatment, a day to day regimen is very essential to maintain for better vajikarana in human beings. Vajikarana being related to tryoupasthambha (three pillars of life) a humble initiative is taken to discuss the role of Ahara, and Achara in vajikarana.

KEYWORDS: Vajikaran; Aphrodisiac; Ahara; Achara.

INTRODUCTION

Vajikarana chikitsa is one of the most important branch among Astanga Ayurveda. This “dharma” differentiates people from animals. The pious act is an additional important quality in human beings. When global population is looking forward towards Ayurveda as an ultimate health protector, it has become necessary to change the present scenario that is filled with sedentary lifestyle, busy schedule, stress and anxiety leading to the problem of erectile

dysfunction, sterility, early ejaculation etc. Thus, gifting the society a thought of better progeny.

DEFINITION

Vajee means aswa samana. The dravyas which makes the person to get aswa (horse) samana maithuna Shakti (sexual power) is called vajikaranam.

The word “vrushya” is derived from the root word ‘vis’, which has several utilities for a human being such as rainfall, enjoyment, showering of blessings or water etc. The word after ‘yat’ or ‘kap’ pratyaya means increase of sexual vigour, seminal qualities or both.

Literally, the word means a substance that helps to fulfil the deficiency of libido.

OBJECTIVES OF VAJIKARANA

- To become lovable among women by providing sexual contentment.
- Procreation - better and genetically strong progeny.
- Enhancement and maintenance of body strength.

HISTORICAL BACKGROUND

Vedic and upanishada period

Rig veda

Many references regarding normal and abnormal sexual functions are found. Anatomical terms such as Vrishnana, sepha, shishna, veeryavahini nadi etc. are available. The word mrithabhaja is used for klaibya. The word klibikarana is explained.

Atharva veda

For nirveerya and krisha purusha chikitsa has been mentioned. To make shukrasampanna, sephaharshini yogas are mentioned.

Upanishad Purana

In Upanishad literature, sex problems, mainly in genetics, and rules of approaching women are discussed. The Bhruhadaranyaka Upanishad provides knowledge about Sex.

Samhita Period*Charaka samhita*^[1]

Daily the person who consumes 8 prasrutha of water in suryodaya samaya will act as a varshashamatama ayu. Nakrareta , vidarigandha are mentioned as vrusya.

Susruta samhita^[2]

Navaneet, ghrita, eranda taila, madhu , guda and saindava lavana are mentioned as vrusya.

Astanga hrudaya^[3]

Godhuma, yava, masha, kushmanda, draksha, kadali, amra, gambiriphala, narikelodaka, saindava lavana are mentioned as vrushya.

VRUSYA AHARA

- According to Acharya Charaka, vasa, majja, ghrita, sukha dhanya varga are considered as vrusya.^[4]
- Vilepi, milk and milk products, lohishali dhanya, swastika shali, masa, godhuma, amraphala, and kadali is mentioned as vrusya by Acharya Susruta.^[5]
- Foods having madhura rasa and and madhura vipaka contribute to increased vrusya.
- Matsya of Chataka, nakra anda, nakra retas, chag, aja, kukkut etc.
- Puppulika, utkarika, yavagu, payasa, modaka, shaskuli, etc. are the dietary articles which are considered as vrusya.
- Among fruits, kharjura, amrataka, draksha, abhishuka, akshot, mulaaka, kadali, amra, should be added to our dietary habits regularly.
- Few vrusya dravyas may be included such as erandamoola, vata, madhuka, satahva, kapikacchu, khira kakoli, vacha, salaparni, vidari, priyala etc.^[6]
- The one that can be used regularly in cooking purpose are Adraka, lasuna, palandu, saindava lavana, patola etc.

- **Vrusya apathya**

The person who desires of maithuna with stree, he should not take ati ushna (too hot), katu (pungent), tikta (bitter), kashyaya (astringent), amla (sour), ati lavana yukta (too much salty) and kshara pradhana ahara.

- **Sukra nasaka dravyas**^[7]

Yavani/ ajwain- Sukra rohita

Shatapushpa- Shukrarohita

Shigru beeja- Avrushya

Ahiphena- Pumsatvanasaka

Japa- Garbhanirodhaka

VRUSHYA ACHARA

Human sexual arousal is directly proportional to the physical and mental integrity and fitness. The basic initiation of sexual instinct is under the influence of psychological integrity. Thus the following indulgences helps in increasing the satwa bala (mental strength).

- Practicing abhyanga (body massage), regularly with bala taila, aswagandha taila, masha taila etc. acts as varnya, dhatu pusti, vrushya and jwara nasaka.
- Musical sounds to hear, pleasurable tactile sensations, moonlights, sweet music and songs, fragrant aromas, appealing and enchanting sights, gardens, absence of mental disturbances, all have an aphrodisiac effect.
- The person who takes Ghrita, Kheera, daily who is free from fear and disease who is always sankalpa yukta (well planned), that person is fit for nitya maithuna.
- As explained by ancient scientists sex indulging in seetal griha nivasa (cool house), kamala yukta jalashaya (ponds with lotus), neela varna megha darshana blue coloured clouds), sukha sparshayu vayu (cool air), neela varna yukta parvata (blue shaded hills), jalavihara (travelling in water) and participation in general gatherings that helps to overcome shoka (sadness), lobha (greed), bhaya(fear), experienced by the individual and creates upadrava rohita manasa (tension free mind) helps for better maithuna act.^[8]
- In the form of sugandha lepa (fragrant ubtan), malya (garland), priya and naveena vastra, subha vastra (choiceful new clothes), utsadana (scrubbing), pakshi sabda shravana (chirping of birds) the person should inoculate these to keep the mind pleasant.
- Sukhakara mitra mandala (good company friend circle), swacha annapana (proper food intake), sangeeta gaana shabdhayukta (presence of songs and music) acts as vajikarana.

• Role of stree (woman) in vajikarana^[9]

For vajikaranartha and the one who produces kshetra and harsha, that is stree.

In stree all the mano anukula indriyas (are present).

The prateka indriya vishaya is understood by stree anga avayava.

Sundararupa (beautiful), sundar lakshan yukta (possessing good qualities), sushikshita (educated) and yavana avatar (young) stree are said to be adhika vrushya and parama vajeekara.

- **Vajikarana rutu/kala (season/ time)^[10]**

The prasastha rutu for vajikarana prayoga is Sisira and Hemanta ritu.

- **Varjya (contraindication)**

Adhika maithuna (excessive coitus), parishrama, bhara pravarana, guru pravarana, akalanidra, diwaswapna, shoka, krodha, bhaya, udvega, upavasa, atimarga chalana, tikshna, ushna, guru, vistambhi bhojana, rakta vastra dharana, madyapana, mamsa bhakshya bhojana, vama, virechana, vasti prayoga.

DISCUSSION

Chakrapani quotes that “Avajee Vajeevathyartam maithune Shaktah kriyathe yena tad Vajeeakaranam” means Vajeeekarana is a process in which an impotent will soon turn into potent as it is denoted by powerful horse.

It is a therapy which enables one to approach women in an unrestricted manner, endowing him with great strength and robustness, like that of a Stallion, makes one greatly endearing to women, increases ones proportions and strength, causes the seminal secretion even of the aging to remain undiminished and fertile and enables a man to have many and excellent off springs.⁶⁹ Thus it seems that main action of Vajeeekarana drugs is to produce Sukra of good quality and quantity so that, the man may cohabit with women like stallion and indulge in sexual activity frequently with exhilaration.

CONCLUSION

Impotency or Erectile dysfunction is a severe stress that disturbs the physical, psychological and social well-being of a person. Vajeeekarana drugs not only help in recreation but also in procreation, which are indicated in the sexually active age.

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