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A REVIEW ARTICLE ON AYURVEDOKTA VAJIKARANA DRAVYAS

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ABSTRACT

Ayurveda is the ancient science which deals with every aspect of life in the forms of *Asthanga*. *Asthanga* mainly includes- *Kayachikitsa*, *Balaroga*, *Grahachikitsa*, *Urdhwanga* (*Shalakyatantra*), *Shalyatantra*, *Agadatantra*, *Rasayana* and *Vajikarana*. *Rasayana* and *Vajikarana* (*Vrushya*) both are the unique *chikitsapadhdhati* of *Ayurved*, it possess its own importance in the field of *Ayurveda*. *Ayurveda* aims *Swasthasya swastha rakshanam* i.e Protection of healthy person from disease and *Aaturasya vikara prashamana* i.e. curing of the diseases. *Vajikarana* mainly deals with promotion of sexual health and curing sexual problems. Now days due to pollution hazards sexual problems like infertility, impotence etc. are rising, and for this problems the solution is *Ayurved* (*Vajikarana* therapy). *Vajikarana* mainly concerns with Aphrodisiac, virility and improvement in health of progeny. *Acharya Charaka* has been explained in briefly about *Vajikarana* in *Chikitsa Sthana* (*Ch. Chi. 2*), in the form of formulations. By using these formulations good physique, potency, strength and complexion would be achieved as well as person became exhilarated, and potent sexually. *Vajikarana Chikitsa* proceed by living in strict compliance as directed in *Ayurveda*.

KEYWORDS: *Vajikarana*, *Vrushya*, *Ashtanga*, Aphrodisiac.

INTRODUCTION

Ayurveda is the science of life by means of explaining each and every aspect related to human being, (*Ayu*-Life, *Veda*- Science). *Ayurveda* possess the eight therapies concerned to specific areas of treatment, i.e. *Astanga*. *Ayurveda* mainly aims prevention from diseases and longevity of human beings. *Ayurveda* is said to use the inherent principles of nature to help health of person by keeping equilibrium with nature. Through *Acharya-Rasayana*, art of appropriate living which helps to achieve longevity. *Acharya Charaka* has described the *Trayo- Upstambha* (three main pillars of life) as- *Ahara* (Proper, healthy diet), *Nidra* (Peaceful sleep) and *Bramhacharya* (healthy sexual life). *Ashtanga* are- *Kayachikitsa* (Medicine), *Balaroga* (Paediatrics), *Graharoga* (Treatment of psychological problems), *Urdhwanga chikitsa* (*Shalakyatantra*- treatments related to ear, nose and throat region), *Shalya tantra* (Surgery), *Vishatantra* (Toxicology and forensic medicine), *Rasayana* (Methods of Rejuvenation) and *Vajikarana* or *Vrushya chikitsa* (science of aphrodisiac, virility and improving health of progeny). *Vajikarana* means "VAJI"- means horse, symbol of sexual potency and performance thus *Vajikarana* means producing a horse's vigor, particularly the animal's great capacity of sexual power in the individual, also define as the medicines or therapies by which human being become capable of producing healthy progeny, and which resolve the

problems like *Klaibya*, *Vandhyata*, *Shukragata vata* etc. *Vajikarana Chikitsa* requires living in strict environment as mentioned in *Ayurvedic* literature, it is taken by *Jitendriya Purusha*, man who has control over his desires. Most of times *Vajikarana* is misinterpreted as sexology, but it is intended to produce potent offspring, improve qualities of race by controlling inherited characteristics.

MATERIALS AND METHODS

Acharya Charaka has focused on *Vajikarana Dravya*, *Kalpas* and its *upyogita* (*Ch. Chi. 2*). Before starting *Vajikarana Chikitsa*, *Dehashuddhi* has been advice by the *Shodhan chikitsa* like- *Vamana*, *Virechana*, *Basti Chikitsa* etc., after that according to *Doshawstha*, certain herbo-mineral preparations would advocated to achieve *samyavastha* of the *Dosha*. The *Vajikarana* formulations should be proceed with food which contains *Godugdha* (Cow's milk), *Goghruta* (Cow's Ghee), *Shashti Shali* (boiled rice) and *mamsarasa* (meat soup). *Acharya Charaka* mentioned some *Vajikarana* formulations like- *Vruhani Gutika*, *Vrushya Gutika*, *Vajikarana Ghrita*, *Vrushya Mashayoga*, *Vrushya Pippaliyoga*, *Medadi yoga* etc.

Now we will see about *Vajikarana Dravyas* as follows:

Sr. No.	Dravya	Latin names and Family	Rasa	Virya	Vipaka	Guna
1	<i>Kapikachchu</i>	<i>Mucuna pruritens</i> , Leguminosae	Madhura, Tikta	Sheeta	Madhura	Guru, Snigdha
2	<i>Ashwagandha</i>	<i>Withania somnifera</i> , Solanaceae	Madhura, Tikta, Kashaya	Ushna	Madhura	Laghu, Snigdha
3	<i>Musali</i>	<i>Asparagus adscendens</i> , Liliaceae	Madhura	Sheeta	Madhura	Guru, Snigdha
4	<i>Shatavari</i>	<i>Asparagus recemosus</i> , Liliaceae	Madhura, Tikta	Sheeta	Madhura	Guru, Snigdha, Mrudu
5	<i>Makhanna</i>	<i>Euryale ferox</i> , Nymphaeaceae	Madhura	Sheeta	Madhura	Ruksha, Guru
6	<i>Bala</i>	<i>Sida cordifolia</i> , Malvaceae	Madhura	Sheeta	Madhura	Laghu, Snigdha, Pischila
7	<i>Putrajivaka</i>	<i>Putranjeeva roxburghii</i> , Euphorbiaceae	Madhura, Katu	Sheeta	Madhura	Guru, Pischila
8	<i>Amalaki</i>	<i>Emblica officinalis</i> , Euphorbiaceae	Madhura, Amla, Tikta, Katu, Kashaya	Sheeta	Madhura	Laghu, Ruksha
9	<i>Kokilaksha</i>	<i>Asteracantha longifolia</i> , Acanthaceae	Madhura	Sheeta	Madhura	Guru, Snigdha, Pischila

DISCUSSION

As we have seen in methodology, all *Vajikarana Dravyas* basically possess *Madhura rasa*, *Madhura Vipaka* and *Sheeta virya*, which enhances the *Dhatuposhana* results into *Swasthaya*. *Dhatuposhana* leads to production of *Poshaka Dhatu*. Main aim of *Vajikarana* is production of good quality *Shukradhatu*. *Vajikarana* is special branch of *Ayurveda* having beneficial properties like increasing sexual capacity, improvement in health of progeny, useful in disorders like- infertility, erectile dysfunction, premature ejaculation etc. *Vajikarana dravyas* also possess *Rasayana* property, by means of capability to revitalize all *Saptadhatus* and restores *Samya-awastha*. *Acharya Sharangdhara* classified drugs on the action of that drug on human body, like- *Shukrala dravyas* are *Ashwagandha*, *Musali*, *Sharkara* and *Shatavari*, *Shukrapravartaka Dravya* is *Stree*, *Shukrarechanartha-Bruhati*, *Shukrastambhaka- Jatiphala*, *Shukrashoshana-Haritaki* etc. In today's busy life *Dhatu-sarata* has been hampered, which results into sexual problems and so many health problems, so *Rasayana* and *Vajikarana* is best option towards this problem.

CONCLUSION

In *Ayurveda* many of drugs were classified under their usefulness. *Vajikarana Chikitsa* and *Rasayana chikitsa* were meant for revitalization of all *Saptadhatus* and results into equilibrium. Keeping this concept of *Ayurveda* in mind, it definitely offers a solution towards minimization of problems related to *Shukra*. Differences in the ancient textual base of *Ayurveda* and modern sciences results into inability of effective collaboration between these practitioners and researchers. The experimental studies, research works plays a crucial role in proving the effectiveness of *Vajikarana* and *Rasayana*.

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