

ROLE OF DIFFERENT VAJIKARANA DRAVYA IN PROMOTING THE HEALTH AND PREVENTING THE DISEASES – A REVIEW STUDY.

Ayurveda

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ABSTRACT

Ayurveda is a ambient medical science of Body, Mind and Spirit. It has two main goals conservation and elevation of mental and physical health and cure from disease^[1]. The word '*Vajikarana*' originated from '*vaja*', which literally means semen. The therapy that generates semen in a person who lacks semen that therapy is called '*vajikarana*' or aphrodisiac therapy. *Vajikarana* is one of the bough among the eight boughs of *Ashtanga Ayurveda*^[2]. *Vajikarana* (Aphrodisiac) may be employed for fulfilling conservation of sexual health and curing the sexual disease. This time is very important for maintaining mental and physical health. *Vajikarana dravya* is very important for good quality and quantity of sperm at the same time it eliminates sexual related problems such as impotence, infertility and diminished sperm count. *Vajikarana* therapy may keep down occurrence of congenital disorders besides it may also boost genetic constitution of baby. It is a must for all those partners going to start the sexual life and who inclination to continue the sexual life in a better way. According to *Acharya charak*, the aphrodisiac therapy provides *Yash* (fame), *Shriy* (beauty), *Bala* (strength), *Pushti* (nourishment) and increase sexual excitation^[3].

KEYWORDS

Ashtang Ayurved, Health, Disease, *Vajikarana dravya*.

INTRODUCTION –

According to *Acharya charaka*, the three main pillars of *Ayurveda* – *Aahara* (balanced diet), *Swapna* (proper sleep), and *Bramhcharya* (healthy sex & marital life)^[4].

Ayurveda is divided in eight boughs – These includes,^[5]

1. *Kaya chikitsa* – Internal and external treatment for the full body (General medicine).
2. *Bal tantra* or *Kaumar bhrutya* (Paediatrics/science of diseases of children)
3. *Grah chikitsa* or *Bhoot vidhya* (Psychotherapy)
4. *Urdhwaang chikitsa* or *Shalakyatantra* (Science of disease of eye, ear, nose and throat)
5. *Shalyatantra* (Surgery)
6. *Dramshtra chikitsa* or *Agadatantra* (Toxicology – the science of poisons)
7. *Jara chikitsa* or *Rasayana tantra* (Rejuvenation therapy – make young again)
8. *Vrash chikitsa* or *Vajikarana tantra* (Aphrodisiac therapy – sex stimulating and treating sexual disease).

In all *Ayurvedic* scriptures, you get knowledge of many mythological stories related to health and disease. *Vajikarana chikitsa* (Aphrodisiac) is a unique bough of *Ashtang Ayurveda*. The eight boughs mentioned in *Ashtang Ayurveda* help in maintaining the health of the person and helping him to prevent the disease. In *Ayurveda* to increase quality and quantity of semen, libido, duration of erection and treat infertility effectively is known as '*Vajikarana*'. *Acharya charaka* has described in *Vajikarana chikitsa* chapter 2/4(51) the word of '*Vajikarana*' means the factor's 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^[6]. Certain *Vajikarana* and *Shukrala dravya* such as *Shweta Musali*, *Ashwagandha*, *Shatavari*, *Masha*, *Khaand sharkara*, *Nagbala*, *Kapikacchu*, *Gokshura* etc. are mentioned in *Bhavprakashsamhita* and *Sharangdharasmhita* have provided scientific evidence for their aphrodisiac activity.

AIM AND OBJECTIVES –

1. To study the concept of *Vajikarana* therapy.
2. How to *Vajikarana Dravya* work on health and disease.

MATERIAL AND METHODS –

The present review is mainly centre of attention on *bruhattryi* (*Charaka Samhita*, *Sushruta Samhita* and *Ashtang*) for detailed understanding of the concept of *Vajikarana*. Various *dravya* mentioned under *Trishya* and *Vajikarana* were searched from the textbooks

Sharangdhara Samhita, *Bhavprakash Samhita* and *Nighantus* and published works from PubMed as well as non-PubMed indexed journals including google scholar database.

VAJIKARANA DRUGS –

Acharya Charaka has described in *Vajikarana chikitsa* chapter 2/4(51) the word of '*Vajikarana*' means the factor's 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^[7]. Aphrodisiac therapy not only rejuvenates the male reproductive system and slows down the aging progression but also increases quality and quantity of sperms, thus increasing sperm motility and count^[8]. *Vajikarana* drugs improves the physical, psychological, and social health as well as promotes the sexual potential and performance an individual^[9]. In *Ayurvedic* scriptures various plants as *Vajikaranas* such as; *Shweta Musali* (*Chlorophytum borivilianum*), *Ashwagandha* (*Withania somnifera*), *Kapikacchu* (*Mucuna pruriens*), *Shatavari* (*Asparagus racemosa*), *Masha* (*Vigna mungo*) and *Nagbala* (*Grewia hirsuta*). These drugs keep the health of the body in mind and promote qualities of *Shukraadi dhatus* & free the body from diseases. The *Vajikarana* drugs offer relief in stress fatigue and improve strength and *Ojabala*.

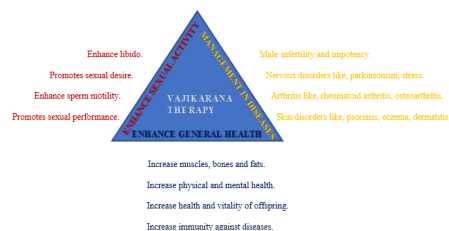


Figure – 1, Action of vajikarana therapy

Shweta Musali (*Chlorophytum borivilianum*) –

Chlorophytum borivilianum, popularly known as *Shweta Musali* is considered as aphrodisiac. *Shweta* (White) *Musali* is a potent herbal drug primarily utilized for spermatogenic aphrodisiac properties and indicated in the management of male impotency and infertility. The drug '*Sweta Musali*' is mentioned in different classical scriptures of *Ayurveda* as *Vrishyadravya* (Aphrodisiac drug) by *Rajanighantu*^[10] and *Shukrala Dravya* (substance that enhance semen or sperms), spermatogenic drug) by *Sharangadhara*,^[11] *Shweta Musali* acts as *Sapta-dhatu Vardhaka* (potentiating seven basic body elements) and results into increase in *Shukra-dhatu* (semen), which causes aphrodisiac action. It is primarily used as a tonic to rejuvenate the

reproductive system^[10,12]

Ashwagandha (Withania somnifera)–

Ashwagandha believed to maintain health and preventing the disease by pacifying *Tridoshic* balance. It has also provided numerous other benefits for your body and brain for example; it can boost brain function, loss of memory, lower blood sugar and cortisol levels and help fight symptoms of anxiety and depression. *Ashwagandha* is commonly available as a *churna*, a fine sieved powder that can be mixed with *Jala*, *Ghruta* (Clarified butter) or *Madhu*. It enhances the function of the brain, nervous system and reproductive system and promoting a healthy sex and reproductive balance. The extract of *Ashwagandha* has analgesic, mildly sedative, anti-inflammatory and anabolic activities. It is useful in infertility, impotency, less sperm count, premature ejaculation, stress, fatigue, skin disorders, diabetes, strain, rheumatoid arthritis, epilepsy and gastrointestinal disorders.

Kapikacchu (Mucuna pruriens)–

In various *Ayurvedic* scriptures and *Nighantus*, *Kapikacchu* is identified due to *Vajikarana* and *Vrishya* (Spermatogenic activity) *karma*. *Kapikacchu* is great *vajikaraka dravya*, is sweet, bitter, bestows strength, hard to digest, strengthening, mitigates *vata*, *kapha*, *pitta*, *asra* (blood) and its seed use as a best *Vajikarana*^[13]. The *Kapikacchu* roots are beneficial in facial palsy and hemiparalysis^[14]. Due to the high concentrations of L-dopa (4–7%) in velvet bean are used in the management of Parkinson's disease^[15]. M. Prurita is used for many diseases such as, male sexual dysfunction (MSD) thalassemia, parkinsonism, nervous disease, deafness, arthritis, psoriasis, dermatitis, eczema etc and It is significantly use for mental stress and seminal plasma lipid peroxide levels along with enhance sperm count and motility^[16].

Shatavari (Asparagus racemosus)–

The meaning of *Shatavari* is accepted for 100 husbands or more. It is a general, aphrodisiac and reproductive tonic of male and female. In *Ayurvedic* scriptures, it is called the 'Queen of herbs' because it is a symbol of love and faith. A. racemosus herb it is useful in female infertility, enhance libido, promote ovulation and folliculogenesis and management in inflammation of sexual organs. it is helps in promote lactation and normalising of uterus after delivery^[17]. Asparagus along with maintaining health, is management in various diseases like, ulcer, diarrhoea, diabetic, dyspepsia, lithiasis (Stone formation), male and female infertility, depression etc. and it's useful in neurotonic, antioxidant and cholinergic properties^[18].

Masha (Vigna mungo)–

Masha or Black gram help in maintaining male and female health. It is the best aphrodisiac bean and heavy for digestion, mitigates *vata*, increases *pitta* and *kapha doshas*, laxative, strength, sweet after digestion, increases semen and breast fat, helps elimination of urine and faeces^[19]. It is beneficial for diminished sperm count, erectile problems, menopausal problems, pcos and skin gleaming. Due to high concentration of potassium in black gram, it helps in erectile dysfunction by reducing high blood pressure and having high amount of fibre helps in digestion and prevents constipation. Use of *Masha* mainly aphrodisiac, male infertility, erectile dysfunctions, pcos, amenorrhea, inflammation of joints and muscles pain, insomnia, cystitis, weight gain, nervous disorders, constipation, boost strength and life span, *Mukhalep* (face pack) etc. According to *Acharya vagbhata*, it also helps to stop bleeding by pouring its powder on the orifice of wound^[20].

Nagbala (Grewia hirsuta)–

Nagbala is also known as *Ayurvedic lingo* and Snake mallow, this drug has the ability to reduce *vata* and *pitta dosha*. *Nagbala* to maintain physical and mental health and beneficial as, aphrodisiac, nerve tonic, cardiac tonic, anti-pyretic, anti-acidic, anti-tuberculosis, weakness, diuretic, expectorant, promotes strength and life span. *Nagbala* powder is beneficial in weight gain when taken ghee and honey, and taken with milk it strengthens heart and lungs. According to *Acharya Priyavrit Sharma* and *Thakur Balwant sing*, three species of *Naagbala* are found, '*Grewia hirsuta*', '*Sida humilis*' and '*Sida spinosa*'. of these *grewia hirsuta* is also known as *Gangeruki*^[21,22].

DISCUSSION–

According to *Ayurveda*, seven *Dhatus* are found in the body which are very necessary for the development of the body. Among them *Shukra* is last *dhatu* which provides intelligence, strength of the body, power and

knowledge. *Vajikarana dravya* are described here for the health of healthy person, for the prevention of various diseases, for the reduce the *shukra dhatu dosh* and healthy progeny generation. *Ayurveda* described various *Vajikarana* drugs such as; *Shweta Musali*, *Ashwagandha*, *Kapikacchu*, *Shatavari*, *Masha* and *Nagbala* etc. The various components found in *vajikarana dravya* such as; saponins, withaferin-A, withanone, L-dopa, asparagamine, mucilage, vit. -A, E, folic acid, calcium, potassium, terpenes etc., due to which it maintains health and prevents various disease.

CONCLUSION–

Vajikarana facilitates to improve fertility of both sexes and thus leading to the propagation of healthy future generations. *Vajikarana dravya* is helpful prevention of disease and promoting the health underappreciated. In this way, the present review has made a humble effort in clearly understand *Vajikarana dravya* useful in health and disease.

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