



## Vajikarana: A Sexual Rejuvenation Therapy of Ayurved

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### Abstract

The need for sexual activity is as purposive as eating and drinking. Everyone thought to enjoy sex. Apart from giving maximum happiness sex in moderation increases muscular strength, stability and give lustre to the skin. An individual enjoying regular sex life remains young and enjoy a long life.

Sex urge being a natural instinct. No training is needed in this sphere. Though the sex act does not differ, it can be made more enjoyable by pleasant and more attractive surrounding and by educating the couple in the science of sex i.e Kamasutra. With help of advertisement of all sex related things shown on commercial base, but that's the half side of *vajikarana*. There is need to proper understanding of *vajikarana*.

Ayurveda also described '*vajikarana*' at length paying importance to them. It is a prime necessity of today to have detailed studies on this much neglected subject of Ayurveda with all aspect. In this review paper, I try to describe all points related with *vajikarana* and its description in Ayurved.

**Keywords:** *Vajikarana*; Ayurved; Rejuvenation Therapy

### Introduction

Ayurved has eight branch, together called as Ashtanag ayurved. *Vajikarana* is one of the branch of Ashtanaga ayurved. *Vajikarana* is made up with two words, vaji and karan. Vaji mean horse and karan mean power, together its meaning is drug which on consumption give power of sex and work like horse. This modern life apart from medicine and yoga, Rasayana and *vajikarana* also important. Ayurved has detail description of *vajikarana*, which is useful for human being.

### Methodology

In this paper it is tried to say the some importance things about *vajikarana*. I have made a sincere efforts with the wealth of knowledge available in Ayurvedic literature on this importance aspect of human being.

### Definition

Rasayana which increases the quality of sexual or reproductive organ is termed *vajikarana*. The word vaji means a 'horse' and the horse have prominent sex organ and associated with powerful sexual vigour. Hence the above nomenclature is used [1].

### Effect of vajikarana

It increases sex desire, performance and fertility. It increases spermatogenesis and improve the quality of sperm and ovum. It improves the appearance of person so that she or he become more attractive to the person of opposite sex. Improving the quality of sperms and ova is the most effective means for a healthy progeny. Hence it is important to protect body by administration of *vajikarana*. In addition it is important to help important and sterile person who have a desire for sex and be getting children [2].

*Vajikarana* Provided yash, pushti, bala, stri to an individual. *Vajikarana* should be taken in-between 16 to 70 years of age. It is not advisable to indulge in sex after the age of 70 years. Numerous *vajikarana* recipes are described in samhitas. According to Vagbhat, *Vajikarana* boost the sexual capacity and performance, it also increases physical and psychological health of persons [3].

### A few commonly used and simple recipes are described below

1. Cow's milk boiled with vidarikanda, (*Puereria tuberosa*) atmagupta (*Mucuna pruriens*) seeds, kshirka (*Panicum repens*) and priyala i.e charoli (*Buchnanania latifolia*).

2. shatawari (*Asparagus racemosus*) with milk.
3. Shatavari peroration s with udid (*Phaseolus roxburghii*)dal and til should take by ladies.
4. Ashwagandha (*Withania somniferum*) powder 1-2 tsp boiled in cow's milk
5. Cow's milk boiled with testes of goat or sheep
6. Chavanprasha 4 tsf in morning on empty stomach for six months.
7. Madhumalini vasanat 120-250 mg twice a day for 3 months.
8. Makardhwaja 120-250 mg twice a day for six weeks.
9. Ashwagandharishta, vasantkusumakara, vangabhasma, suwarnarajvangeswar are also effective for *vajikarana*.
10. Whatever is sweet, strengthening, nourishing, heavy and pleasing act as a sex tonic.

### Good Diet for sex organ

- Pulses: udid, mung, tur, til.
- Cereals: rice, wheat, java.
- Milk product: ghee, cream, cream of curds.
- Fruits: dried black grapes, jardalu, pista.
- Meat: chicken, fish, eggs
- Salts: saindhava.

### Sex activity (*Ashtavidhamaithun*)

There are eight types of sex activity described in literature [4]

1. Remembering the beloved.
2. Praising the beloved.
3. Playing with him or her.
4. Looking at i.e remaining with the beloved for long time.
5. Deciding to have a date.
6. Talking with him or her in secrete.
7. Planning intelligently.
8. Intercourse

### The right age for sex

Sexual intercourse can be carried out by persons between 16 to 70 years of age. A 16 years old female and 24 years old male are considered to be good match for each other [5].

### Importance of stri in avjikarna

Achyrya charak mention stri is main vajikarna. stri has touch, smell and all pachamahabbut guna which give pleasure to male partner.

### The right place for intercourse

Sexual intercourse should be performed in a bedroom situated in lonely place. The bed being spacious and comfortable and clean. The room and bed should be decorated with flowers.

### Time for sex

It should be performed early at night. It should not be performed at dawn, midday, dusk or midnight when the vata and pitta are increased and one cannot take adequate rest after intercourse.

### Relation between Intercourse and season

In ayurved, there is description of intercourse time according to season. In vasant rutu (autumn season) intercourse can be performed on every 3<sup>rd</sup> day. In varsha rutu (rainy season) intercourse can be performed on every 15<sup>rd</sup> day. In hemant and shishir rutu (cold season) one can enjoy sex to one's satisfaction [6].

### Before intercourse

Before intercourse the male partner should have diet rich in rice, milk, ghee and sweet items [7]. He should be avoid salt and kshara e.g lime and soda-bi-carb. The female partner should be take adequate quantities of rice, udid and til [8].

### At time of intercourse

At the time of intercourse a man and a woman should be sexually attracted towards each other and should be clean and should be happy state of mind. They should be not be hungry and thirsty. one should chew or suck tambula or cardamom.

During intercourse the male should lie over the female who should be lying supine on the bed.

### After intercourse

After intercourse one should clean the sex organs and take a bath. One should apply paste of sandalwood, keshar (saffron). One should also enjoy the moonlight in the terrace. After intercourse intake of Milk, sugar, fruits, water advised. These procedures help to replenish the lost semen [9].

### Indications for increases sexual vigour

- Those who feel exhausted after intercourse
- Impotent persons
- Persons having many wives
- Persons desirous of improving their look and attracting the opposite sex.

### Cause of impotence

Mental tension, worry, fear, sorrow, old age, severe exertion, salty and hot food, acute illness etc are cause of impotence.[10]

### Local application for increasing the size of penis

- Til oil medicated with ashwagandha(*Withania somnifera*), jalshuka(*Cocos nucifera*) and brihati(*Solanum nigrum*).
- For inducing stronger erection, one should apply a paste of equal quantities of powdered dhatura (*Dhatura stramonium*) seeds, pepper (*Piper nigrum*) and pimpli (*Piper longum*) mixed with honey to the penis.

### Local application for lax vagina

A paste of kokilskha/talmakhana (*Hygrophila auriculata*) should be applied to the vagina in order to constrict the dilated vagina.

### Sex and religion

Society accept and wel-comes sex which is an accordance with the rule of religion and reject other kind of sex. In a civilised community marriage is consider as an important religious ritual, while accepting the moral right to have sex with married partners. Religion does not allow illicit sex relations.

### Discussion and Result

Sex is also important need like food for every animals, human also not exception to that. In present era human cross the all limit for sex and due to this, he suffering from variety of new disease. There is need of Sex to all, but it have some rule. Ayurved has prevention and curative aspect. In vajikarana part, Ayurved told us all details related to sex. Morden science just told us medicine to increase stamina of sex, while Ayurved give rule and drugs related to pre and post sex. Ayurved which is our ancient science which fulfil all need related to sex, while kings keep many wives, so there is great hope from Ayurved for current era.

### Conclusion

In brief, sex is a powerful instinct and Ayurved has described very nicely the "vajikarana" (rule and regulations of sex). I am sure that anyone who put into practise the rule of vajikarana as advised by our ancient masters will enjoy a happy life.

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