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SIGNIFICANCE OF VAJIKARANA & SEXOLOGY IN DAY TODAY LIFE

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REVIEW STUDY

SIGNIFICANCE OF VAJIKARANA & SEXOLOGY IN DAY TODAY LIFE

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ABSTRACT:

Background - The study of creation in the view of an evolutionary biologist states that all living beings have three basic instincts – the instinct to survive, the instinct for food, the instinct to reproduce. Putraeshana is one of the primary desire of the mankind. Purusha without Santaana is considered as Nisphala Shaka and Anistagandha. To have a better pregnancy various types of therapies have been explained and among them which are still followed is Vajikarana. About 8 to 10 % of couples of reproductive age experiences infertility and approximately 40 % of these are the cases of male infertility. It has been shown that reproductive potential has a tendency to diminish.

Vajikarana - Vajikarana needs initial purification of the body cleansing through Panchakarma Shodhana. Temptations towards female and there by a chemical reaction occurs in the body through the buffered Vajikarana Dravya. Effects of vajikarana on various factors - **Concern to Penis** (Bali Lingam, JagartiVegavan, Nasthabdasepha), **Concern to Semen** (AkshayammSukram, PrabalaVeeryam, Vrushyam, Poornaretas, Sukravardhanam, Vrusharute), **Concern to pleasure** (SamarthaAnagansu, Kamooddeepana) and **Concern to Children** (Apatyam).

Sexology- Sexology is a science which is based on mutual consent, gratification, seduction and conjugal satisfaction of either gender where birth of child is not essential. Sex is otherwise a materialistic pleasure of either gender.

Conclusion - Vajikarana and Sexology are entirely different. Many times the sex act is depended upon the psyche of the individual. Vajikarana ultimate aim is perfect Eugenics. The sexology ultimate aim is perfect Orgasm.

Keywords: Vajikarana, Sexology, Day to day life.

Introduction

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Sexuality has fascinated the people in all walk of life from ancient times to present. Healthy Sexual functioning plays pivotal role in maintaining the harmony and happiness in marital life. It is most

essential thing to fulfill the procreational, recreational and relational aspects of life. It provides a media to express love, which is the base for all sort of creative activities. The absence of which hampers the marital relationship leaving to frustration sometime ends into divorce and causes inefficiency in performing the routine duties.

Infertility is defined as the failure to achieve a pregnancy after one year of regular unprotected intercourse with the same partner. Infertility equally affects men & women. Living a healthy lifestyle is important for fertility. Lifestyle factors can affect a man's fertility, and many of these factors are things that a man can control. Leading a healthy lifestyle improves not only the chances of conceiving but also improves overall health.[1]

About 1/3 of infertility cases are related to male factors, 1/3 is related to female factors and the remaining 1/3 is related to both male & female factors, or are unexplained. Unexplained causes of infertility make up about 20% of all cases. In India approximately 15 – 20 % couples are infertile of which 50 % is due to infertility in men. This leads us to the conclusion that almost 7.5 to 10 % men in the reproductive age are incapable of contributing to conception. About 25% of couples do not achieve pregnancy within 1

year, 15% of whom seek medical treatment for infertility and less than 5% remain unwillingly childless. Infertility affects both men and women. Male causes for infertility are found in 50% of involuntarily childless couples. If there is a single factor, the fertile partner may compensate for the less fertile partner. In many couples, however, a male and a female factor coincide. Infertility usually becomes manifest if both partners are subfertile or have reduced fertility. In western countries, 10% to 15% of couples will not be able to achieve pregnancy after one year of unprotected intercourse. 30% to 40% of couples will discover fertility problems in both partners. About 20% of couples will discover fertility problems in only the man. About 30% to 40% will discover fertility problems in only the woman. About 10% of men will not find a reason for their infertility. [2]

Ayurveda has mentioned the various causes for male infertility. It has mentioned diet & medicines that are beneficial in promoting quality, quantity, motility of sperm. It has also mentioned the diet & regimens to be followed before conception to increase the properties of Shukra & thus for healthy progeny

The study of creation in the view of an evolutionary biologist states that all living beings have three basic instincts – the instinct to survive, the instinct for food, the

instinct to reproduce. Sexual performance is understood although falsely as a barometer for maleness. In Ayurveda, Vajikarana is the branch which deals with reproducing healthy progeny for the creation of a better society. A vaji is a horse or stallion. These are the substances which give power or a vitality of a horse, particularly the horse's great capacity for sexual activity. Vajikarana reinvigorates the sexual organs. Hence it deals with various diseases like infertility and conditions relating to weak Shukra Dhatu or the vital reproductive fluids of the body. Apart from prescribing a lot of effective formulations to provide nutrition to enhance the quality of these vital body fluids it specially emphasized to lead to a highly disciplined life. The use of aphrodisiacs as mentioned in ayurvedic therapies enhances one's potency. Vajikarana means the medicine or therapy by which the man capable of copulating with the woman. It also helps in nourishing the body of the person.

The shukra Dhatu has a direct link with ojus or the immunity of the body. Hence Vajikarana prescribed the therapeutic use of various aphrodisiacs and tonic preparations for enhancing the vigor and reproductive capabilities of the men that also strengthens other body tissues (dhatu) like muscles, fats, bones and blood. Vajikarana is mainly with therapies

concerning specific remedies for the male infertility and impotency as well as female infertility. They serve as good aphrodisiacs and induce an immediate sense of pleasurable excitement along with increased fertile seminal secretions even in an aging person. Vajikarana substances may be used either to improve sexual vitality and functioning or to help direct sexual energy inwards for regeneration. Most of these are not simple aphrodisiacs but many are tonics that actually nutrition and give direct sustenance to the reproductive tissues. Other help promote the creative transformation of sexual energy for the benefit of the body mind. They have a strong revitalization action on the nerves and bone marrow and increase the energy of the mind.

A science which is based on mutual consent, gratification, seduction and conjugal satisfaction of either gender where birth of child is not essential is sexology. Sex is other wise a materialistic pleasure of either gender, some times it is of the same gender initiated by PDE5, cGMP& NO.

DISCUSSION

Acharya Charaka has explained Rasayana first so that it can be adopted since birth to maintain health, to bring about Dhatu Poshana and Dhatu Vardana.

Significance Of Vajikarana & Sexology In Day Today Life

As the person enters Grahastaashrama, he has to utilize all the Vardita Dhatu and Svasty to produce Svasty Santana and to obtain Mukti from Pitraja Runa. This might have been the reason for placing Vajikarana after Rasayana. Vajikarana is advised for those who want to attain Dharma, Artha, Preethi and Yashas. A person gets these benefits through his progeny and this therapy enables in procreation of healthy progeny. Therefore the importance of Vajikarana lies in Santaanotpatti in order to overcome Pitraja Runa.[3]

Vajikarana chikitsa is one among the eight branches of Ayurveda. This is administered both in health and disease. There are certain group of medicines which have different types of functions over the male reproductive system. For e.g. sukrajanaka dravyas like jiyaka risabhaka which helps in the formation of shukra; sukrala dravya like ashwagandha sathavari which favours the property of shukra and helps in increasing its quantity; shukra rechaka dravyas like brahati which helps in the ejaculation of shukra; usira, kustha etc drugs will help in the purification of shukra; vrishya dravyas like nagabala, kapikachu; sukra vridhikara means which increases the quantity of shukra is masha, sukra sruthikara is sankalpa one of the manasika bhava, sukra vridhi sruthikara is considered as

ksheera; among all the dravyas which is responsible for shukra janana the semen of crocodile is considered as the best and ksheera is considered as sadhya shukra janaka.[4]

Ayurveda has also mentioned the diet & regimens to be followed before conception to increase the properties of shukra & thus for healthy progeny. It is told that the eligible wife and husband fulfilling the righteous conditions should undertake sexual abstinence for a month from the first day of the menstrual cycle. On the particular day husband should anoint his body with ghee and should have meals containing ghee, rice, milk and butter. The wife should anoint her body with oil should consume the food consisting of oil and black gram. After uttering veda mantras as prescribed and having full confidence themselves that they will certainly get a child should perform the sexual intercourse.[5]

Vajikarana is much times misinterpreted as Sexology. It is intended to facilitate potent offspring. Either to relieve penile problems or to initiate sex even to get abundant semen for generating the healthy successive generation otherwise it is "Eugenics" i.e. improvement of the qualities of a race by control of inherited characteristics.

Significance Of Vajikarana & Sexology In Day Today Life

Vajikarana needs initial purification of the body cleansing through Panchakarma Shodhana. Temptations towards female and there by a chemical reaction occurs in the body through the buffered Vajikarana Dravya. Effects of vajikarana on various factors - Concern to Penis = Bali Lingam, JagartiVegavan, Nasthabdasepha; Concern to Semen = AkshayammSukram, PrabalaVeeryam, Vrushyam, Poornaretas, Sukravardhanam, Vrusharute; Concern to pleasure = Samartha Anagansu, Kamooddeepana, Concern to Children = Apatyam.

Sexology is a science which is based on mutual consent, gratification, seduction and conjugal satisfaction of either gender where birth of child is not essential. Sex is otherwise a materialistic pleasure of either gender.

Sex is a harmonious act of two genders with a proper understanding and desire. Sex doesn't come easy, it depends upon health and it is not just intercourse, it is all about pleasure. Sex is achieved by keeping fit, eating well, having a good relationship, proper communication, fine stimulus, proper arousal, perfect erection, good orgasm and timely ejaculation. Apart from all other reasons erection plays an important role.

Erection involves a complex series of psychologic, neurologic and vasuclar events. Recent advances in the understanding of erectile physiology have made possible more accuarate diagnosis of the different causes of erectile dysfunction. Technological advances in imaging and diagnostic techniques have allowed physicians to counsel patients more effectively and to offer therapeutic options. It must be realised, however, that significant costs and limitations are associated with all these techniques and errors in diagnosis can occur. Therefore, the foundation of every patient evaluation remains a complete history and physical examination. A carefully directed approach for evaluating each patient and thorough knowledge of available diagnostic modes is essential to produce a satisfactory therapeutic solution.

CONCLUSION

Ayurvedic Vajikarana and Sexology are entirely different. Many times the sex act is depended upon psyche of individual. Some studies states that - gene transmission of the mother is responsible of genesis of impotency in the child. Growth (mitosis) is directly proportional to the libido or sex arousal.

Vajikarana speaks of tracked sex act that yields prolonged conjugation and more semen. Sexology speaks of the physical conjugal fitness of female as

Padminietc to that of Sashakaetc of men.
Vajikarana ultimate aim is perfect
“Eugenics”. Sexology ultimate aim is
perfect “Orgasm”

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