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IMPORTANCE OF VAJIKARANA IN MALE INFERTILITY

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ABSTRACT

Introduction: *Vajikarana or Vrishya chikitsa is a one among eight major specialities of Ashtanga Ayurveda. This branch is concerned with aphrodisiacs, virility and rejuvenate the health of reproductive system. Vajikarana is widely and commonly adopted treatment modality that provides benefit in reproductive health to achieve healthy progeny. In the context of infertility, Vajikarana refers to Ayurvedic practice of improving one's reproductive health and overall well-being before attempting to conceive a child. This practice is aimed at Apathya Santanakara by enhancing fertility, ensuring a healthy conception and promoting the birth of healthy child.*

Aim: *To understand the importance of Vajikarana in male infertility.*

Materials and Methods*: Review of ancient classical texts, textbooks, websites and articles on vajikarana and infertility were done to analyse the importance of vajikarana in male infertility.*

Results: *After analysing the available sources, it was observed that Vajikarana is playing a vital role in managing the infertility related issues males.*

Conclusion*: The practice of Vajikarana corrects the impairments of reproductive systems and helps in managing the infertility problem in males and it will contribute to the fulfilment of healthy progeny and happy parenthood*

KEY WORDS: *Apathya Santanakara, Infertility, Reproductive system, Vajikarana*

INTRODUCTION

Infertility is acknowledged as global concern by WHO having 9% of prevalence with 56 million couples seeking medical treatment across world. In India nearly 30 million couples suffering from infertility making the incidence rate up to 10%. Male infertility is discussed in context of *Klaibya* and developed separate specialty named *Vajikarana Chikitsa* (Aphrodisiac therapy). *Vajikarana* deals with preservation and amplification of sexual potency of healthy man and conception of healthy progeny as well as management of defective semen, disturbed sexual potency, spermatogenesis along with treatment of seminal related disorders in male. It promotes sexual capacity and performance as well as improves the physical, psychological and social health of an individual.

AIM & OBJECTIVES

1. To study the concept of *Vajikarana* and male infertility
2. To understand the importance of *Vajikarana* in male infertility

MATERIALS AND METHODS

Review of literature regarding *Vajikarana* and Male infertility was done to analyse the concept of *Vajikarana* and available research articles and various websites were reviewed to understand the effect of *vajikarana* in male infertility

Concept Of Klaibya and Male Infertility

Klaibya

- *"Klaibhyam Maithune Asamarthyam"*
- *"Klaibhyam Iti Dwajanuchraya"*

The male sexual dysfunctions have been elaborately described as *Klaibya* in *Ayurvedic* classics. The word *Klaibya* is defined as, a person's persistent inability to perform. sexual act refers to impotence i.e., a man who is unable to perform sexual intercourse, being powerless, helpless or the inability to carry out sexual activities.[1]

Male Infertility

It is a disease/dysfunction of reproductive system defined by failure to achieve clinical pregnancy after 12 months or more of regular unprotected sexual intercourse (WHO-ICMART glossary)[2]

Conditions In Male Infertility -Table 1

Azoospermia	Inability to produce sperm cells
Oligospermia	The production of low- or poor-quality sperm
Aspermia	Neither ejaculate nor sperm is produced
Asthenospermia	Asthenozoospermia or sperms with abnormal sperm motility can occur by itself or together with low sperm count.
Teratozoospermia	Morphologically abnormal sperms
Oligoastenospermia	Decreased sperm count and sperm motility

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Erectile dysfunction / Impotence	Persistent inability to achieve or maintain penile erection
Premature ejaculation	Inability to delay ejaculation for more than a minute
Problems caused with testicles by injury, infection	Testicular trauma AND **STIs**

Vajikarana

"Vaji Pum Vajivego Asyasyeti"

"Vajikaranam Avaji Vajeeva Kriyate Anena Iti Veeryavruddhikaram Vajino Ashwagandha" (Sh.K.Dr)

The term *Vajikarana* is the composition of two words *Vaji* and *Karana*. *Vaja* means *Shukra* and *Vaji* means the person having sufficient quantity and quality of *Shukra*. Another meaning of the word *Vaji* is horse [3] as its practice improving one's reproductive health and overall well-being before attempting to conceive a child. This practice is aimed at *Apathya Santanakara* by enhancing fertility, ensuring a healthy conception and promoting the birth of healthy child.

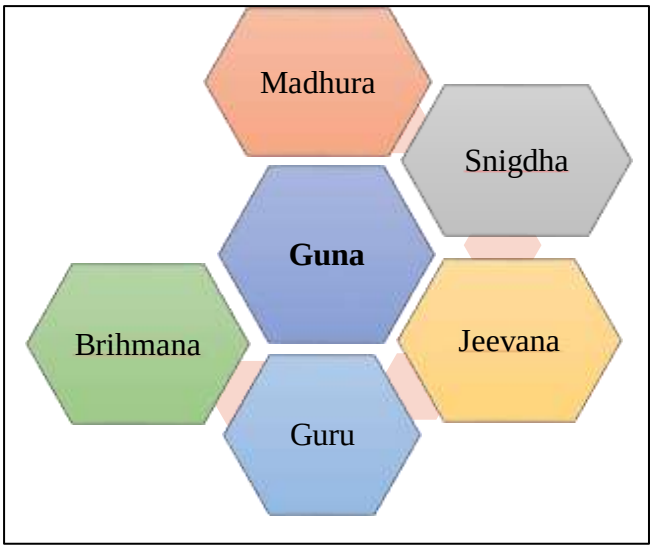
Vajikarana Dravya

Vajikarana dravya according to different Authors Table -2[4 & 5,6]

Chakrapani	***Dalhana***	***Sharanghadhara***
1. Vruddhikara	*1. Janaka*	*1. Pravartaka*
2. Shrutikara	*2. Pravartaka*	*2. Rechaka*
3. Shrutivriddhikara	*3. Janaka Pravartaka*	*3. Stambhaka*
		4. Shoshaka

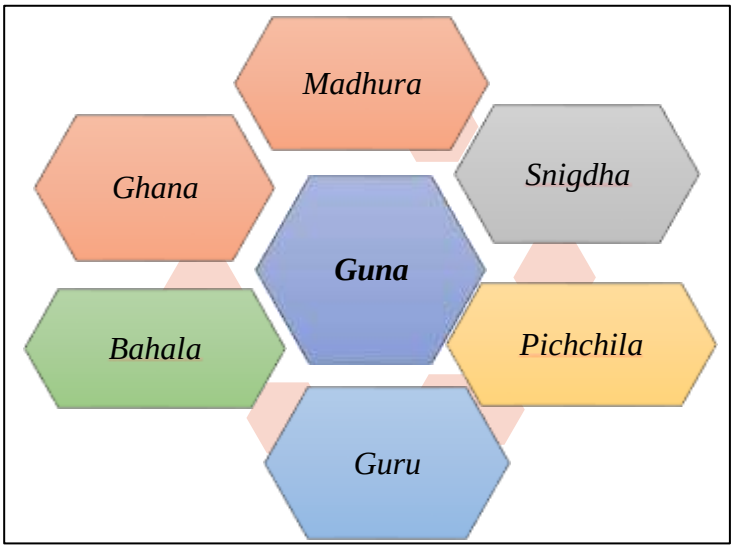
Properties Of *Vajikarana Dravya*

Table -3[4]



Properties of Shukra

Table-4[6]



Here Properties of *vajikarana Dravya* - *Guru*, *Snigdha Guna* and *Madhura Rasa* are similar to the properties of *Shukra*, Hence it increases the *Shukra*

Action Of *Vajikarana Dravya*

"Vajikarastoshadhayah Swalpa Gunotkarshat Virechanavat Upyukta Shikram Sheeghram Virechayeti" (Su.sam.chi 26)

"*Vajikarana Dravya* acts by its *Prabhava*; the drugs possess *Virechana Guna*, thereby inducing *Sheeghra Rechana* of *Shukra* it enhances reproductive health.[5]

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Vajikaran dravya

⬇ Acts on

Hypothalamic–pituitary–gonadal axis

⬇

Dravya Impact on the hormonal communication between the pituitary gland and the gonads

⬇

The pituitary gland releases hormones that signal the gonads to produce sex hormones

⬇

Improve this axis

⬇

Enhance the activity of the pituitary gland and the gonads

⬇

This modulation can influence the production and balance of sex hormones

⬇

Potentially resulting in improved sexual function and overall reproductive well-being[7]

DISCUSSION

Male Infertility is mainly discussed under the heading of *Klaibya* and *Purusha Vandhyatwa* with some scattered references relating to the symptoms in *Shukragatavata*, *Shukravruta vata*, *Shukra Kshaya* and *Sama Shukra* conditions. Practice of *Vajikarana* provides benefits like increased sexual capacity, improving health of future progeny as well as in treatment of many common sexual disorders like infertility, erectile dysfunction and premature ejaculation etc

CONCLUSION

Infertility is a wide spreading problem recognized as a global concern.Keeping in mind the concept of *vajikarana, Acharya's* had classified the drugs on the basis of their actions observed *Shukrajanaka* drugs may initiate or enhance either spermatogenesis or androgen synthesis or both; whereas *Shukrapravartaka* drugs either improve ejaculation or improve the action of androgens; *Shukrajanaka Pravartaka* drugs may perform all the above said functions Practice of *Vajikarana* in infertility will definitely contribute to the fulfilment of healthy progeny and happy parenthood

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