The Vajikaran (Aphrodisiac) Formulations in Ayurved

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ABSTRACT
The basic aim of this review article is to bring the classical Ayurvedic Aphrodisiac formulations to general knowledge so that the scientists could undertake the research to validate the claims. The basic concept of Ayurvedic Vajikaran is very specific and qualitatively focused. This review replaces the specific and qualitative parameters with general classification in terms of potency. Some research work has already been undertaken on Ayurvedic Aphrodisiac herbs but a lot needs to be done in formulations field.

Keywords: Anti aging, Vajikaran, Aphrodisiac, Vitalizer, Rasayan formulations.

1. INTRODUCTION
Literally the Vajikaran is not exactly aphrodisiac but the current connotational meaning is same. The dictionary defines aphrodisiac as “an aphrodisiac food, drug, potion, or other agent that arouses sexual desire. (Origin: 1710–20; < Greek aphrodisiakos relating to love or desire, equivalent to aphrodisios of Aphrodite)”¹ Aphrodite is the goddess of love. In Ayurveda the Vaji means horse, the symbol of sexual potency and performance and Vajikaran means making a person like horse by use of drugs and therapy.

By proper use of these formulations, one becomes endowed with good physique, potency, strength, complexion and sexually exhilarated and potent like eight year old horse²

The Vajikaran is defined as

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¹ Aphrodite is the goddess of love.
² By proper use of these formulations, one becomes endowed with good physique, potency, strength, complexion and sexually exhilarated and potent like eight year old horse.
"The man who seeks pleasure should resort to Vajikaran i.e. virilification therapy regularly. The Vajikaran bestows contentment, nourishment, continuity of progeny and great happiness. The medicines or therapy by which the man becomes capable of sexual intercourse with the woman with great strength like a horse, which endears him to women and which nourishes the body of the person is known as Vajikaran. It is best promoter of strength and vigour."  

Before start of Vajikaran therapy, the person should be administered oleation, decoction enema and lubrication enema.

The Vajikaran formulations intake should be preceded with food consisting of milk, boiled rice and meat soup. The Vajikaran formulations also provides strength to the semen and the offspring. The Ayurvedic texts express the potency of aphrodisiac drugs and formulations in terms of performing sexual intercourse for specific duration, up to very advanced age, with many partners and like sparrow, bull and horse. We shall stick to basic intent only viz classifying them as strong, very strong or one of the strongest aphrodisiacs. 

The equally important part of aphrodisiacs is to improve production of semen in the body.

The Ayurveda states that semen is pervaded all over the sentient body like the juice in the sugarcane, ghee (clarified butter) in the curd and oil in the sesame seeds. The quality of the semen is also important along with the quantity. 

That semen is certainly fruitful which is viscous, sweet, unctuous, heavy, slimy, profuse and free from unpleasant smell.

2 Vajikaran (Aphrodisiac) Formulations:
2.1 VRIHANI GUTIKA (THE GREAT APHRODISIAC FORMULATION)

This formulation is one of the highest potency. This great formulation is prepared as under.

120 gm each of  
Shara roots (roots of Saccharum munja),  
Ikshu roots (roots of Saccharum officinarum),  
Kandekshu (Asteracantha longifolia),  
Ikshuvalika (Hygrophila spinosa),  
Shatavari (Asperagus racemosus),  
Payasya (Holostemma rheedianum),  
Vidari (Diascorea bulbifera),  
Kantakarika (Solanum indicum),
Jeewanti (Leptadonia reticulata),
Jivak (substitute Pueraria tuberosa),
Meda (substitute Asparagus racemosus),
Vira (Aloe vera),
Rishbhhak (substitute Pueraria tuberosa),
Bala (Sida cordifolia),
Riddhi (substitute Dioscorea bulbifera),
Gokshur (Tribulus terrestris),
Rasna (Pluchea lanceolata),
Kapikachchhu (Mucuna pruriens) and
Punarnava (Boerhaavia diffusa)
are mixed with 2.56 kg of new Black gram. To this 10.24 Litre of water is added and cooked till
the volume is reduced to only one fourth. The pastes of
Madhuk (Madhuca indika),
Draksha (Vitis vinifera),
Phalgu (Ficus hispida),
Pippali (Piper longum),
Kapikachchhu (Mucuna pruriens) and
Shatavari (Asparagus racemosus) are added to it
2.56 kg juice each of
Vidari (Pueraria tuberosa),
Amalki (Emblica officinale),
Ikshu (Saccharum officinarum) and
Ghee (clarified butter) plus
10.24 Litre Milk is also added and cooked till all water is evaporated and only Ghee remains.
Then it is filtered.
160 gm powder each of
Sugar and
Vanshlochan (Bambusa erandinacia),
Pippali (Piper longum) and
40 gm Marich (Piper nigrum),
20 gm each of
Twak (Cinnamomum zeyliicum),
Ela (Ellataria cardamomum), and
Nagkesar are added.
320 gm Honey is added and mix the blend thoroughly.
Boluses, each weighing 40 gm are prepared to be used. The dose depends on the digestive
capacity of the individual.
2.2 VRISHYA GUTIKA
This formulation is highly potent aphrodisiac.

2.56 kg Ghee (clarified butter) is added to 256 kg of juice of Vidari (Pueraria tuberosa) and cooked. 256 kg Ghee is added and cooked again. 64 kg each of Sugar, Vanshlochan (Bambusa erandinacia), Honey, Ikshurak (Saccharum officinarium), Pippali (Piper longum) and Kapikachchhu seeds (Mucuna pruriens) are added. The boluses are prepared. The weight of bolus is dependent on the digestive capacity of the person.

2.3 VAJIKARANAM GHRI
This formulation specially enhances the strength of the male organ.

2.56 kg each of newly harvested black gram and Kapikachchhu (Mucuna pruriens) and 160 gm each of Jeevak (substitute Pueraria tuberosa), Rishbhak (substitute Pueraria tuberosa), Vira (Aloe vera), Meda (roots of Asparagus racemosus), Riddhi (substitute Dioscorea bulbifera), Shatavari (Asperagus racemosus), Madhuk (Madhuka indica) and Ashwagandha (Withania somnifera) are added in water and boiled to prepare decoction. 640 gm Ghee, 6.4 Litre Milk, 640 ml juices each of Vidari (Pueraria tuberosa) and Ikshu (Saccharum officinarium) are added and the mix is cooked on mild fire. This Ghee preparation should be mixed with 160 gm each of Sugar, Honey,
Vanshlochan (Bambusa erandinacia) and Pippali (Piper longum).
The dose is 40 gm before meals.

2.4 VRISHYAMASHYOG.\textsuperscript{10}
This is simple dietary regimen which bestows excellent stamina and sexual prowess.

To get the excellent aphrodisiac prowess and stamina, one should eat boiled shashtika rice mixed with plenty of Ghee along with blackgram soup. This diet should be followed by drinking of milk.

2.5 UPATYAKARI SHASHTIKADI GUTIKA (FERTILITY ENHANCING)\textsuperscript{11}

The white shashtik rice is grinded with milk in mortar, sufficient to wet the rice. More milk is added and it is grinded. Then it is squeezed through fine cloth. The cow milk is added to it and the mix is cooked. The decoctions of seeds of Kapikachchhu (Mucuna pruriens) and Black gram are prepared separately and added to above mix.
The decoctions of
Bala (Sida cordifolia),
Mugdharni (Phaseolus trilobus),
Mashparni (Teramnus labialis),
Jeewanti (Leptadonia reticulata),
Jeevak (substitute Pueraria tuberosa),
Riddhi (substitute Diascorea bulbifera),
Rishbhak (substitute Pueraria tuberosa),
Kakoli (substitute Withania somnifera),
Gokshur (Tribulus terrestris),
Madhuk (Madhuka indica),
Shatawari (Asparagus racemosus),
Vidari (Pueraria tuberosa),
Draksh (Vitis vinifera) and
Kharjur (Phoenix dactylifera)
are added to above mix and cooked. After cooling the powders of Wheat, Shali rice, Shashtik rice,
Black gram and Vanshlochan (Bambusa erandinacia) are added in sufficient quantity so as to get solid mass. Honey and Sugar are added in sufficient quantity to make boluses of appropriate size, depending on the digestive capacity of the person.

2.6 UPATYAKARAM GHRTAM: FERTILITY ENHANCING GHRTI
This preparation is excellent aphrodisiac for people desiring to have progeny.

Decoction of
Shatawari (Asperagus racemosus),
Vidari (Pueraria tuberosa),
Mash (Phaseolus aureus),
Kapikachchhu (Mucuna pruriens) and
Gokshur (Tribulus terrestris)
should be prepared separately. These are added to 640 gm Ghee (clarified butter) and 51.2 Litre milk, mixed and cooked. This preparation is to be taken with sugar and honey by one who desires to have progeny.

2.7 VRISHYA PIPPALIYOG
This product is excellent aphrodisiac for current moments performance needs.

This product is prepared by frying 30 Pippali fruits in 40 gm each of Til oil (Sesamum) and Ghee (clarified butter), pulverizing and then mixing with Sugar and Honey. The food should consist of Shashtik rice and Ghee.

2.8 MEDADI YOG
This preparation helps regain sexual prowess to men in their seventies.

The 10 gm each of
Meda (roots of Asparagus racemosus.),
Payasya (Holostemma rheedianum),
Jeevanti (Leptadonia reticulata),
Vidari (Pueraria tuberosa),
Kantakari (Solanum xanthocarpum),
Gokshur (Tribulus terrestris),
Ksheerika (), Black gram,
Wheat,
Shali rice and
Shashtik rice
are cooked in 2.56 Litre of water till the volume is reduced to 2.56 Litre. This mix is filtered and
Honey, Ghee and Sugar are added.

2.9 VRISHYA PAYAS YOG

This is good aphrodisiac.
The rice cooked with milk is called Payas.
The black gram and Shashtika rice are cooked in the decoction of
Gokshur (Tribulus terrestris), and
Vidari (Pueraria tuberosa),
with four times milk and plenty of ghee.

2.10 VRISHYA POOPLIKA

This food product is extremely potent aphrodisiac.

The 160 gm powders each of all Jeeveeyda dry herbs viz
1. Astavarga Herbs
i. Jeevak - Substitute...Vidarikand (Pueraria tuberosa (ROXB. EX. WILLD.) DC.
ii. Rishbhak – Substitute...Vidarikand (Pueraria tuberosa (ROXB. EX. WILLD.) DC.
iii. Meda - Substitute...Shatawari mool (roots of Asparagus racemosus WILLD.)
iv. Mahameda- Substitute.. Shatawari mool (roots of Asparagus racemosus WILLD.)
v. Kakoli- Substitute...Aswagandha mool (Withania somnifera Dunal)
vi. Ksheerkakoli Substitute...Aswagandha mool (Withania somnifera Dunal)
vi. Riddhi - Substitute...Varahikand (Diascorea bulbifera Linn)
vi. Vriddhi - Substitute...Varahikand (Diascorea bulbifera Linn)
2. Vidarikand- Pueraria tuberosa (ROXB. EX. WILLD.) DC.
3. Shatavari mool–Roots of Asparagus racemosus
4. Ashwagandha mool21 – Roots of Withania somnifera
5. Safed moosli-Asparagus adscendens Roxb
6. Mugdha-Phaseolus trilobus Ait
7. Mashaparni- Teramnus labialis (L.f.) Spreng.
8. Varahikand25. Diascorea bulbifera Linn
and powders of Kapikachchhu seeds(Mucuna pruriens),
Black gram,
Shali rice
plus 320 gm each of Til (Sesamum), Mugdha (Phaseolus trilobus) are kneaded with 160 gm of
Ghee (clarified butter) and milk in sufficient quantity to make dough for making pancake balls
These pancake balls are rolled in to pancakes and fried in Ghee to make Poopalika.

2.11 VRISHYA MASHADI POOPLIKA

This food product is excellent aphrodisiac.
The flours of Black gram, Wheat, Shali, Shashtik rice and powders of Kapikachchhu (Mucuna pruriens), Vidari (Pueraria tuberosa), Ikshurak (Saccharum officinarum) and Sugar are mixed and kneaded with milk to make dough for making pancake balls. These pancake balls are rolled in to pancakes and fried in Ghee to make Poopalika. These poopilika are to be taken with milk.

2.12 VRISHYA MADHUK YOG

One who uses 10 gm Madhuk (Madhuka indica) powder mixed with Ghee (clarified butter), honey and milk becomes continuously impelled with sex urge.

2.13 VRISHYA SHATAWARI GHRITAM

This preparation is excellent aphrodisiac. Ghee (clarified butter) is prepared with Shatawari (Asperagus racemosus) in ten times milk and mixed with Sugar, Pippali (Piper longum) and honey.

2.14 VRISHYA SHASHTIKAUDAN PRAYOG

This preparation is excellent aphrodisiac. This is simple aphrodisiac based on routine food. It recommends intake of Shashtik rice, with plenty of Sugar, Honey and milk.

2.15 UPATYAKAR SWARAS

This preparation is extremely potent aphrodisiac both for getting progeny and sexual pleasure even at old age. 80 gm each of the Seeds of Kapikachchhu (Mucuna pruriens), Black gram, Kharjoor fruits (Phoenix dactylifera), Shatawari (Asperagus racemosus), Sringhatak (Trapa bispinosa) and Mrivika (Vitis vinifera) are boiled in 640 ml each of water and milk till the volume is reduced to 640 ml. It is filtered and 80 gm each of Vanshlochan (Bambusa erandinacia), Sugar and Ghee. This preparation should be used after mixing with honey and diet of boiled sharishta rice.
2.16 VRISHYA DADHISAR PRAYOG\textsuperscript{22}

This preparation is excellent aphrodisiac and also improves the complexion and voice. To the supernatant fatty layer of the curd, Sugar, Honey, Black pepper, Vanshlochan and small Cardamom are added. This mix is macerated and then strained through fine cloth. This preparation should be taken with boiled sharishka rice and plenty of Ghee.

2.17 VRISHYA KSHEERAM\textsuperscript{23}
This product is excellent aphrodisiac.

40 gm each of top portion of Kharjur plant (Phoenix dactylifera) and its fruits, Black gram, Payasya (Holostemma rheedianum), Shatawari (Asperagus racemosus), Madhuk flowers (Madhuca indica), Grapes (Vitis vinifera) and Kapikachchhu (Mucuna pruriens) are boiled in 2.56 Litre water till the volume is reduced to 625 ml. The Milk, 640 ml, is added and the mix is boiled to reduce to the original volume. Sugar is added. This milk is taken along with boiled Shashtik rice enriched with lot of Ghee and sweet milk.

2.18 VRISHYA UTKARIKA\textsuperscript{24}
This product is very strong aphrodisiac.
4 kg Sugar, fresh Ghee 2 kg and 1 kg Honey are cooked together in 1.75 Litre water. Wheat flour, equivalent to one fourth quantity of this mix, is kneaded with above mix to prepare the soft sweet mass. This sweet mass should be divided into small pieces of convenient shape and size.

3. In the Ayurvedic Vajikaran, there are separate formulations for different aspects of this problem. There are formulations to be used for erectile dysfunction, specific time related effect, increasing stamina and performance, for enhancing the count and quality of sperms for getting progeny. Although these formulae are time tested however the detailed research needs to be undertaken to validate the claims as per the modern scientific validation parameters.

REFERENCES