



AYURVEDA AND ITS ROLE IN SEXUAL HEALTH

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ABSTRACT

Vaajikarna is one among astangas. Sexuality is not just sexual activity. Vrishya chikitsa of Ayurveda addresses the reasons for sexual inefficiency and directs the use of sexual aphrodisiac herbs, minerals and treatments to enhance the vitality.

Keywords: sex, kama, antistress, libido, snehapana, virechana, vasti

INTRODUCTION

The frame work of Ayurveda is wide enough to include all that is very essential to make the humans healthy and happy. It includes study of kaama or the desire which is very essential for producing the healthy progeny which in turn produce the healthy society. Further it deals with the philosophical aspect of life, the knowledge of which greatly contributes to the comfort and happiness of all humans.

Ayurveda which is not only a system of medicine but a way of life, advocating prevention of diseases as its primary aim and following holistic approach in dealing with different diseases.

Vaajikarna is one among astangas which deals totally about sexual health. As said by Charaka the man without child is said to be the tree without any branches. The main aim of vajeekarana is to produce the quality progeny which in turn produces the healthy society

Sexuality, what does it mean

It would not be wrong to state that the sustenance of the human race is based on its sexuality. Sexuality is not just sexual activity. But is rather the sum total mans existential presence in the world. Based on his sense of sexual identity with which he identifies his sex roles and modulates his interaction with the society around him. A person recognises his sex role through three means-his family ties, his social standing and codes of behaviour, his sexual values and priorities. it can be generally said that the climax aim of the bodily activity brought about by coordinated functioning of the autonomous nervous system, hormones and muscle groups is procreation.

Perspective of Vajeekarna

The wisdom of Ayurveda certainly was not delivered in a day. It is the sum total of the collective wisdom of sages gathered over period of time. The gray areas where light of knowledge merged indistinctly with darkness of ignorance had provided the most exciting scientific speculations to the ancient sages as they do for today's students of Ayurveda. Sexual health in Ayurveda is indeed one such area, which has, by virtue of some recent advances in allopathic medicine, come centre stage and about which all Ayurvedic vaidyas would definitely like to know more, especially as to what their own science has to say about it.

There are many ways to approach a contemporary topic to give its Ayurvedic perspective. Any approach however would have to be aware of the pitfalls of unnecessary unjustified and erroneous correlation. It has also to provide a comprehensive view of the Ayurvedic outlook which can be only possible, if all references from possible sources are analysed critically.

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Androemenological perspective

The super speciality practice of Ayurveda which deals with diagnosis and management of defective spermatogenesis is accordance with vajeekarana. Alpa retas treated with sukra Apyayana chikitsa, dushta retas with shukra prasadana, ksheena retas with shukra upachaya and vishukra retas with shukra jarana vajeekarana chikitsa. This perspective of vajeekarana is missing in common notion and during the emperors. The vajeekarana was promoted as only sex medicine unfortunately.

Kama: The Instinct

In charaka samhitha it is stated that rishiputra is the product subha ashubakarma impelled by moha ichha and dwesha. Pravrtti is possible only by moha, ichha and devesha. Kama is the product of the above three¹.

Sexological perspective - Sexual potentiation of the person practicing sex with his legal partner or the persons with sexual dysfunction at the same are treated with vajeekarana chikitsa. Enhancement of sexual vigour, desire, libido, penile erectile capacity, sexual substance power, modulation of ejaculation, repeated sexual performance etc are the benefits of vajeekarana therapy but to be prescribed for the needy.

Nutritional perspective

Vajeekarana phytopharmacopoeia, animal sources and mineralo metallaceutics have been found to possess abundant energy and nutritional potent. To name a few milk products, ghee sugar etc.

Antistress, adaptogenic and immunological perspective

Classically vajeekarana yoga is said to be best on the recipients with tushti, pushti, jeevana Bruhamana, Balya

yasha and manoharsha properties. It is intended to note the antistress, antiageing, adaptogenic, psychotropic, life promoting, anabolic and immune enhancing effects which can also be contextually prescribed in vatavyadi, balakshya, jara and other clinical condition.

A person should always seek the intake of aphrodisiacs to earn dharma, artha priti, and yasas through tis therapy alone. A person gets these benefits through his progeny and the aphrodisiac therapy enables him to procreate children. (Charaka)

As said in Ayurveda stree is the best aphrodisiac. Each beautiful thing gives immense pleasure to an individual. All objects of beauty are assembled in women in compact form and nowhere else. All the objects of senses found in the person of women evoke the maximum delight in a man. Above things can be enjoyed only if the women cooperate. The following conditions can make the women unfit for sexual act or she refuses to cooperate.

Loss of libido

Loss of libido is common problem that women face from time to time. Recent research shows that female sexual dysfunction often is the result of low hormones in the body. Hormones are directly responsible for female sexual drive and libido. The women usually experience deficit arousal and orgasm. Loss of libido leads to difficulty in intimate relationship and contributes to marital problems. This problem can be treated with some medicated herbal oils like Dhanwantaram, bala ashwagandadhi etc (for ext application). Internally herbs like sathavaree, punarnava, vidhri, ashtavargam drugs can be administered.

Menopause

Menopause is perhaps the greatest physical change a women faces in the old age. Many women experience a change in their sexual functions immediately before and after menopause this is due to decrease in oestrogen and testosterone levels. There will be decreased blood flow in the genitals. Common complaints like loss of desire, low sexual arousal, thinning and drying of the vagina leads to difficulty in penile penetration. In this case herbs which improves the blood circulation, balance the hormones and increase he desire can be administered.

To increase the beauty of the patient which is the prime important in attracting the man, some beauty treatments with various drugs and panchakarma treatment can be advocated.

Female infertility

There are lots of condition leads to female infertility main one is PCOD. Usually this condition is treated with contraceptive pills, metformin and with ovulation inducers. In Ayurveda this condition is easily treated with kashayams like punarnavadi, varanadhi etc. Tablets like kanchanara gugglu, chandraprabhavati etc can be used.

Sexual dysfunction in man

Premature ejaculation

Premature ejaculation is the term used when the ejaculates the semen just before the coitus or quick leakage of semen with in short time before orgasm or in other words ejaculation occurs before the persons desire. It may occur before or after foreplay. Many times this leads to anxiety depression, tension and personal distress. In contemporary medicine both the partners are educated especially the

wife and treatments like stop and start technique by wife, pelvic floor exercise, local anaesthetics and some anti-psychotic drugs are used in Ayurveda it can be treated in vataja shukra dhushti lines, panchakarmas like uttravasti , matravasti and mrudu virchana can be advocated, preparations like aakarakara bhathi vati, madhanakameshwari lehyam² kamini vidranava ras, etc can be used and some market preparations are also available.

Delayed ejaculation

It is uncommon form of sexual dysfunction which can affect some man. Shukra pravritthikara drugs can be very useful in this condition.

Erectile dysfunction

We can say erectile dysfunction is the problem in which the penis does not become firm enough to enter the vagina or failure of ejaculation or maintaining erection till the end of the sexual act. It may be due to some physical disease such as Diabetes, psychological or emotional problems. Also diseases like Prostate cancer, atherosclerosis, urological condition, hepatic failure etc. Even some medications, alcohol, smoking aging and trauma can cause this problem. It can be diagnosed by Physical examination, Pudendal angiography, cavernosonography. In contemporary science it is managed with professional counselling, hormonal treatments and oral medication such as Yohimbine, Trazadone, Methylated testosterone sildinafill citrate⁴ etc. It is also treated with Penial implants, injectables. It can be said in ayurveda as klaibya all the Acharyas have elaborately explained about klaibya extensively. Nidanas like Shukraoporodha, Jarasambhava, K shaya, Bjaopaghatsambhava, Marmachedha etc. Main symptom mentioned is Divijapatatyadhonnam³.

This condition can be treated with;

Pathya: Ahara plays very important role in klaibya. Lavana and kshara should be avoided. All ground cereals except yava and godhuma. Use of shali, meat of varthaka, chataka, kukuta, tittri, harinat, fruits like draksha karjoora, amra, jambu, dadima etc are mentioned.⁵

Treatment: Panchakarma treatments like vrishya yavana vasti, matravasti, snehapanana, mild virechana can be advocated. Herbs like ashwaganda, bala, kapikachoo, masha, shashtika, sathavaree, madhuka. Vegetables like dhanyaka, aardhraka, jivaka, sarshapa, ajamodha, mulaka, alabu, soorana, agnimantha, lasuna, varthaka dhadima ect can be advocated. Also ksheera, dadhi, girutha ikshu, takra etc can also be used. Bhasmas like swarnavanga, rasa sindoora, abra, swarnamakshika etc can be used. Lehyams like madhanakameshwari, shathavaree, ashwagandhadhi, amritha prasham can be used. Rasa oushadies like manmathaabra ras, pushpadhanavaras, bruath vangeshwara ras, sidha makaradwaja ras, makaradwajaras etc can also be used. Plenty of market preparations are also available both externally and internally.

Male Infertility

Approximately 15% of couples attempting their first pregnancy meet with failure. These patients are primarily infertile if they have been unable to achieve a pregnancy wit in a year of unprotected intercourse. Conception normally achieved with in twelve months in couples who

use no contraceptive measures and persons presenting after this time to recognise as possible infertile and should be evaluated. 30% pathology found in male partner in infertile couple. Usually oligospermia, azoospermia, sluggish motility, non motility of sperms, damaged sperms are the main cause. This should be carefully diagnosed with physical examination, Doppler- to rule out varicocele, pelvic scan to rule out any anatomical pathology. History must be carefully taken both present and past to rule out dreadful diseases of the past and recent time which can give some clue if the patient had any disease which would affect the spermatogenesis or sperm. The treatment normally includes clomiphene citrate, Tamoxifen, FSH and LH injections, injections etc. And surgery for varicocele, intra uterine insemination and IVF. In Ayurveda it can be categorized under *klaibya* and the treatment can be followed after proper evaluation of *dosha dooshyas*.

DISCUSSION

Upasta, the male organ, it has two functions they are pleasure and excretion. *Klaibya* affects physical and mental wellbeing of a man. *Klaibya* is not only an erectile dysfunction it covers the entire sexual dysfunction.

Rasayana and *vajeekarana* *ushadhis* play a very important role in treating *klaibya*.

CONCLUSION

Both male and female sexual dysfunctions under various headings are commonly present in the society, urging the victims to approach to the Ayurvedic physicians believing that Ayurveda has the answer for it. As an Ayurvedic physician we should say our strength and limitation to them and professional counselling with proper investigation and proper treatment will definitely give the good result.

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