

Conceptual Study on Rasayana And Vajikarana

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Abstract

Ayurveda is ancient system of medicine in world. Ayurveda having 2 aims that is promote life and health and cure the diseases. Rasayana are the way of attaining excellent Rasa that is attains longevity, memory, freedom from diseases, complexion, excellence of lustre, ultimate strength, sense organ, wisdom and Successful words and brilliance. Vajikarana is branch of Ayurveda Chikitsa deals with reproductive health and virility. Virility and improving health of potency. Acharya Charaka mention properties of diseases prevents and restoration of health might be attribute benefits in sexual health too. Vajikarana which is intended to increase virility, improve quality of semen or ejaculation or both.

Keywords - Ayurveda, Chikitsa, Rasayana, Vajikarana, Rasa etc.

Introduction :

Ayurveda is ancient system of medicine. Ayurveda on one hand emphasizes on maintain of health where as on the other hand have very scientific and sound fundamental aims for curing ailments. Word rasayana is derived from " Rasayana Ayanam Rasayanam " Which means way of obtaining good rasa is Rasayana. Rasayana improve youth and enhance longevity by attaining best quality body tissues are termed as Rasayana. Vajikarana is divided in 4 section - Samyoga Sharamooliya, Asikti kshirika, mashaparnabhritiya and pumana jata Baladika. Vajikarana is important branch of 8 fold odd Ayurveda, modern lifestyle need of time to produce mental and physical health potency.

Aims and Objective :

1. To review literature for understanding the fundamental concept of Rasayana and Vajikarana.
2. To study the practical utility of Rasayana and Vajikarana Karma for welfare of human being in present era.

Material and Methods :

Ayurveda texts books, Charaka Samhita, Sushruta Samhita, Modern literature and journal etc.

Definition of Rasayana -

Rasayana which destroy ageing, senility, disorders by providing Vayasthambhakatya Guna.

1. Ashtanga Hridayama - Rasayana is the mode through which excellent dhatus starting from rasa can be attain. Aarundutta while commentary on chronological order of 8 specialities of Ayurveda says that as Rasayana is capable of treating poisons and severe effect, it is listed after Vishtantra Ashtanga Hridayama.

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2. Bhavaprakasha - the medicine which destroy ageing and diseases sustain age and body Stoutening, benefits for eyes and also is aphrodisiac is term as Rasayana.

Rasayana classification -

A. According to mode of action -

1. Kutipravesika - it therapy is given inside Trigarbha kuti.
2. Vatatapika - it's therapy given at outdoor.
Vatatapika therapy for use drugs like Amalaki churna, Haritaki yoga, Sheetodaka, milk etc.

B. According to special indication -

1. Kamyas rasayana. -

- a. Medhakamya (intellect promoter) - use dravya is shannkhapushpi, bramhi etc.
- b. Prana Kamyas - aims to fulfill desire and vitality and longevity.
- c. Srikamya Rasayana - promote of lustre, complexion.

2. Ajastrika Rasayana - it's Rasayana therapy advice daily eats nutrition foods for the endorsement of health like Ksheeraghritaabhyas.

3. Naimittika Rasayana - use dravya are Bhallataka in Aamavata.

According to effect -

1. Sanshodhan - it's Rasayana therapy purpose is purification of body by using procedure like Vamana, Basti , Virechana.
2. Samshana - use drugs for vitiated doshas like Guduchi, Nagbala etc.

Rasayana Used in Treatment of Diseases :

1. Shilajit Rasayana - use in many diseases. 2. Vardhaman pipapli Rasayana - kasa (Cough), Grahani (digestion disorder) .3. Tugaraka Rasayana - kushta roga (all skin disorder).
4. Bhallataka Rasayana - Kaphaja Roga.

5. Endra Rasayana - Vishamajwara (Fever), Pleeha (spleenomegaly) .
Medhya Rasayana - Guduchi Swarasa, Shannkhapushpi Kalka, Yshtimadhi churna etc.

Vajikarana benefits –

1. Increase duration of erection.
2. Revitalizes sexual and reproductive vitality.
3. Averts premature ejaculation
4. Ameliorates fertility
5. Promote develop intellect, memory
6. Revitalizers sexual and reproductive vitality.

Vajikarana Drugs :

Shweta musali, Ashvagandha, Kapikacchu, Shatavari, Masha, Nagbala etc. The various components found in Vajikarana dravya like Withaferin- A, Folic acid, Calcium, mucilage , potassium, L - dopa, Withanone etc. due to which maintain health and life and diseases prevention.

Conclusion :

Whether influenced by age or other health factor a performance decline can impact your psychological well being and undermine self assurance. It's essential to acknowledge that diminished semen quality can stem from stress, insomnia depression etc. Ayurvedic Vajikarana Chikitsa for sustained sexual vitality, it's crucial to consult a healthcare expert to identify the most suitable solution tailored to body requirements. Use of Vajikarana dravya imparts qualities like good potential, strength, complexion, physique etc . Vajikarana is improve the reproductive system and enhance sexual function. Study have proved effect of rasayana dravya in management of various diseases like diabetes, infection, Cancer's, inflammation, neuro Degenerative conditions etc.

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