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### Dosage Form Of Classical Ayurvedic Formulations With Animal Origin Ingredients For Treatment Of Sexual Dysfunction , *Vajikaran* By *Charak*

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#### ABSTRACT: -

The aim of this study was to draw the importance of ayurvedic aphrodisiac medicine based on animals . It is an overview of the use of animal ingredients in classical books of Ayurveda for treatment of *Vajikarna* , sexual dysfunction. For several hundred years these formulations are prescribed to energize, vitalize, and eventually to improve sexual functions. There are several formulations in which meat of different animals and birds is used as active ingredient. The dosage form of these formulations are pills, cake, soups, oil and boluses. The importance of ayurvedic aphrodisiac medicine based on animals cannot be denied but since these formulations not have been methodically tested by pharmaceutical companies, pharmaceutical scientists could undertake the research to validate the claims

**Keywords:** *Vajikaran*, Aphrodisiac, Semen, *Rasayan*, Ayurvedic Erectile Dysfunction, Sexual Dysfunction, Sexual Disorder, *Vrushya Chikitsa*



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## INTRODUCTION

Sexual relationship is one of the most important sociobiological relationship of human life. Sexual dysfunction is a serious global public health problem among young as well as old men. Treatment of sexual dysfunctions improves not only sexual relationships, but also give happiness in life. In Ayurveda *Vajikaran* (aphrodisiac), means treatment of sexual dysfunction. It is also called *Vrushya Chikitsa*, Aphrodisiac therapy. *Vajikaran* (aphrodisiac) is derived from word *Vaji* which means horse the symbol of sexual performance. *Vajikaran* means making sexual potency and power of a person like horse by use of drugs and therapy. *Vajikaran* is not exactly aphrodisiac but considered same. *Vajikaran* (aphrodisiac) covers sexual ailments of erectile dysfunction, ejaculation dysfunction, hypogonadism and infertility. Modern sexual dysfunction therapy is not satisfactory due to adverse effect, hence patients are seeking alternative medicine to treat sexual dysfunction. For management of sexual dysfunction there are number of aphrodisiac formulations for *Vajikaran* (aphrodisiac) are described in the classical books of Ayurveda. Ingredients from both plants and animals have been used in ayurvedic formulation sources since ancient times. Although plants and plant-derived materials make up the majority of ingredients used in most ayurvedic medicines globally, animal-derived ingredients also constitute important elements of the Ayurvedic Materia Medica.

Animal and birds are considered as hot in potency so ancient ayurvedacharya *Charak* and *Susrut* have used various ingredients from animal origin in their aphrodisiac formulation to cure sexual illnesses and improve vigour. In ayurveda nearly 15–20 percent of the aphrodisiac medicine is based on ingredients of animal origin. Animal origin ingredient such as blood meat, bones and semen is used in various aphrodisiac formulations available in *Charak Smhita*, *Susrut Smhita*, *Astanga Hridaya Sutrasthan*, *Bhishjanya Ratnawali*, *Materia Medica* and other books of Ayurveda.<sup>1,2,4</sup> These ingredients are from fish birds and animals. In few formulations insects are also used. There

are formulations both purely animal ingredients and herbs with animal ingredients. There are separate formulations for different sexual dysfunction. Efficacy of most of aphrodisiac formulations is described by comparison with the sex power of horse.

The use of animal origin ingredients for various sexual dysfunction therapies are available in dosage form as *Pindarasas* (Stew), *Utkarika* (Halwa), *Mama rasa* (Meat soup), juice, *Gutika* (pills), *ghrta* (ghee), *Pupalika* (Cake), Enema, *Sarpiguda*, oil and boluse.

## MATERIAL AND METHOD

This is a collection of various available formulations in dosage form for treatment of various male sexual disorders described in *Charak Samhita*.

### Ayurvedic aphrodisiac formulations dosage form in Charak Smihita

These are the formulations described in chapter *Cikitsasthana* (Ci) with number of shloka (verse) in *Charaka Samhita*

#### 1. *Pindarasa* (Stew)<sup>1,2,3</sup>

*Pindarasas* are basically solidify meat soup. There are different formulations available in *Charaka Samhita* and other classical books of Ayurveda.

#### 1.1 Formulation 1

##### Part A; *Utkarika* (Halwa):

Sugar, grains of black gram, *vamsalocana* (*Bambusa arundinaceae*), milk, ghee, wheat flour. All these should be cooked together in the ghee.

##### Part B; Meat soup:

Sweet, good-smelling and hot cock [chicken] soup Put the prepared halwa into the soup 'so that it is solidified'. It is ready to use. This *pindarasa* is aphrodisiac, nourishing and strength promoting. By the use of this, one strengthened and sexually excited like a horse penetrates the penis fully into the vagina<sup>1</sup>

## 1.2 Formulation 2

In the same way as the above formula, *pindarasa* may be prepared from peacock, partridge and swan which promotes strength, complexion and voice and by the use of which the man behaves like a bull.<sup>1</sup>

## 1.3 Formulation 3

**Buffalo Meat Soup:** Ghee, black gram, goat's testicles, soup of- buffalo meat Cook all and prepare buffalo soup. It should be filtered. Add sour fruit, ghee, fry all together. Add a bit of salt, coriander, cumin and ginger. It is ready. This excellent soup is aphrodisiac, strength-promoting and bulk-promoting<sup>1</sup>

## 1.4 Other Aphrodisiac Meat Soups<sup>1</sup>:

In the same way, the following soups may be used:

1. Sparrows in the meat soup of partridge
2. Partridges in the meat soup of cock
3. Cocks in the meat soup of peacock
4. Peacocks in the meat soup of swan.

These should each be cooked with fresh ghee. They should be sweetened or soured as required. Cinnamomum and cardamomum should be added for good odor.

## 2. Aphrodisiac Meat:<sup>3</sup>

### Use of Milk after Sparrow Meat:

If one takes milk after eating sparrow meat up to saturation he does not get his penis slackened nor is there 'loss of semen in the night'<sup>1</sup>.

## 2.1 Aphrodisiac Cock's Meat Formula:

With this formula, one does not get sleep in the night and his penis is ever stiffened:

Add cock's meat with crocodile semen. Fry the meat in the semen.<sup>1</sup>

## 3. Mama rasa (Meat soup)

Meat soup is refreshing and vitalizing. It is useful for thin persons and those having less of semen, It causes nourishment *Samhanana* (joining of tissues) and promotes semen as well as strength. The meat soup prepared along with *Dadima* is aphrodisiac.

## 4. Aphrodisiac Egg Juice<sup>1</sup>:

1. Add juice extracted from the fish eggs in ghee. Fry it and use.
2. Add juice extracted from the swan eggs in ghee. Fry it and use.
3. Add juice extracted from the peacock eggs in ghee. Fry it and use.
4. Add juice extracted from the cock eggs in ghee. Fry it and use.

## 5. Aphrodisiac Meat Boluses<sup>1</sup>:

### 5.1 Formulation 1

Part A: Germinated black gram, which has been cleaned and de husked seeds of kapikacchu (*Mucuna prurien*)

Part B: soup of buffalo's meat and plenty of- ghee curd -pomegranate seeds. Cook the above together.

Add coriander, cumin and ginger. Mix the above together.

Add the black gram and *Kapikacchu* to the soup. They should be cooked in.

### 5.2 Formulation 2

Aphrodisiac Fish Meat:

One should eat fresh meat of *Saphari* fishes fried in ghee. It delays ejaculation.

One should eat *Rohita fish* fried in ghee and cooled in goat's meat soup + sour fruits.

One should drink more of the soup after eating the fish and soup. This gives progeny.

## 6. Sarpiguda (Bolus)<sup>1</sup>

### 6.1 Formulation 1

These very *ghritas* should be administered to those scorched, wasted and emaciated after making them viscous by adding powders of *Twakksiri*, sugar, and parched paddy in the form of a bolus. After taking these boluses of ghee mixed with honey. The *ghirta* formulas have honey in them, or add honey when making the boluses, or eat the bolus along with honey. One should drink milk by which he achieves semen, potency, strength and corpulence in a short time.

### 6.2 Formulation 2

These boluses are beneficial in phthisis, cough,

chest lesions, wasting, exhaustion by physical exertion, intercourse or load-carrying, haemoptysis, heat with fluid in the chest, pain in sides and head, hoarseness of voice and derangement of complexion:

40gm. each- *Bala (Sida cordifolia)*, *Vidari (Pueraria tuberosa)*, *Laghu Pancamula (Solanum indicum)*, leaf and buds of 5 milky trees add water and boil into a decoction. Add double quantity milk + some quantity of *Vidari* juice and soup of goat's meat.

## 7. Pupalika (Cake)<sup>1</sup>

### 7.1 Formulation 1

This *Pupalika* is bulk-promoting, strengthening, providing exhilaration, charm and progeny and promoting semen profusely: Pounded fish meat + asafoetida + rock salt + coriander + wheat flour  
Mix the above together and form into boluses. Fry in ghee and then cook in water to make *Pupalikas*.

### 7.2 Formulation 2

This *Pupalika* is bulk-promoting, strengthening, providing exhilaration, charm and progeny and promoting semen profusely:

#### Part A: Liquid Filling:

Fatty, sour and salty fishes + buffalo meat soup. Cook the fishes in the buffalo soup.

In the soup, meat should be mixed and Blended . Then add black pepper cumin, coriander a little- asafoetida fresh ghee

Mix and cook all of the above together.

#### Part B: Pupalika:

Make *Pupalikas* out of black gram. The liquid filling should be inserted into the middle of the black gram *Pupalikas*. The *Pupalikas* should then be cooked as in earlier formulas: fried lightly in ghee, then cooked in water.

### 7.3 Formulation 3

These provide excellent sexual potency:

Mix Flour of- black gram ['masa'] + seeds of *kapikacchu* + wheat flour + *sali rice* + *sastika* rice + sugar powder + powder of *vidari (Pueraria tuberosa)*, and *iksura*. Add milk and fry it in gee to make *Pupalikas*. Use: Take with milk

### 7.3 Formulation 3

One should collect the semen of sparrows, swans, cocks, peacocks, tortoises and crocodiles mix with cow-ghee, lard and the fat of sparrow hawk. Use the powders of *Sastika Rice* and wheat. By the use of these dietary preparations, one enjoys women with full satisfaction like a horse with stiffened and semen-filled organ.<sup>1</sup>

### 7.4 Formulation 4

The following formula is an excellent aphrodisiac, strength-promoting and bulk promoting:

**Sugar** 4 kg

**Cow's ghee** 4 kg

**Powder of each- Vidari (Pueraria Tuberosa), Pippali (Piper Longum)** 640mg

**Powder of each- Vamsalocan (Bambusa Arundinaceae)** 1.28 kg

**Fresh ghee** 1.28 kg

Mix all of the above together. Keep in an earthen vessel

Dose: Take in morning according to power of digestion.

### 8. Gutika (pills):

By pills even old man gets large progeny and everlasting sex urge:

Add milk in white *Sastika Rice*. The rice should be 'fully sprinkled' with milk. While still wet, it should be pounded in a mortar. Then it should be impregnated again with milk for 1 hr to overnight. Then the juice should be pressed out and filtered. Add cow's milk with decoction of seeds of *Kapikacchu*, black gram, decoction of- *Bala (Sida Cordifolia)*, *Mudgaparni (Vigna Trilobata)*, *Masaparni (Teramnus Labialis)*, *Jivanti (Leptadenia Reticulate)*, *Jivaka (Malaxis Versicolor)*, *Rddhi (Habenaria Intermedia)*, *Rsabhaka (Microstullus Wallachi)*, *Kakoli (Roscoea Procera)*, *Goksura (Tribulus Terrestris)*, *Madhuka (Madhuca Longifolia)*, *Satavari (Asparagus Racemosus)*, *Vidari (Pueraria Tuberosa)*, *Draksa (Vitis Vinifera)*, *Kharjura (Phoenix Dactylifera)*.

Cook the above rice juice, the cow's milk and the decoctions together. Add powders of *Vamsalocama*, black gram, *Sali Rice*, *Sastika Rice*, wheat so that the whole becomes solid. Add honey and sugar. Mix all of the above together and form boluses. They should be the size of jujube fruit. The boluses should be fried in ghee.

Use: Take according to power of digestion. Keep on diet of milk or meat-soup.

## 9. Enema

### 9.1 Formulation 1

For muscular strength and semen production

Each 40gm cut into pieces- *Musta* (*Cyperus Rotundus*), *Usira* (*Vetiveria Zizanioides*), *Bala* (*Sida Cordifolia*), *Aragvadha* (*Cassia Fistula*), *Rasna* (*Pluchea Lanceolata*), *Manjishta* (*Rubia Cordifolia*), *Katuruhini* (*Picrorhiza Kurroa*), *Trayamana* (*Gentiana Kurroo*), *Punarnava* (*Boerhavia Diffusa*), *Bibhitaka* (*Terminalia Bellerica*), *Guduci* (*Tinospora Cordifolia*), *Laghu Pancamula* (*Solanum Indicum*) + 8 Pieces *Madana Phala* (*Randia Spinoza*) (Washed/ Cleaned Well) Add 2.5L- Water . Decoct All The Above, To 1/4 Volume. Add 1.28 Litres Milk And Boil The Above, Till Only Milk Remains. Now Add 1/4 Quantity Of Meat Juice Of Wild Animals ,Equal Quantity Of- Honey, Ghee, Paste Of- *Satapuspa* (*Anethum Graveolens*), *Madhuka* (*Madhuca Longifolia*), *Indrayava* (*Holarrhena Antidysenterica*), *Rasanjana* (*Berberis Aristata*), *Priyangu* (*Callicarpa Macrophylla*) And Rock Salt. Administer Warmly.

### 9.2 Formulation 2

For Retention Of Semen

Each 40gm. Of *Bala* (*Sida Cordifolia*), *Atibala* (*Abutilon Indicum*), *Rasna* (*Pluchea Lanceolata*), *Aragvadha* (*Cassia Fistula*), *Madana* (*Randia Spinoza*), *Bilva* (*Aegle Marmelos*), *Guduci* (*Tinospora Cordifolia*), *Punarnava* (*Boerhavia Diffusa*), *Eranda* (*Ricinus Communis*), *Asvagandha* (*Withania Somnifera*), *Sahacara* (*Nilgirianthus Ciliates*), *Palasa* (*Butea Frondosa*), *Dasamula* And Each 160gm. Of Barley, Jujube, Horse

Gram, Dried *Raddish* Add 10.24 Litres Of Water.

Boil All These Till Reduced To The Quantity Administrable For Enema. Strain And Add Paste Of *Madhuka* (*Madhuca Longifolia*), *Madana* (*Randia Spinoza*), *Satapuspa* (*Anethum Graveolens*), *Kustha* (*Saussurea Lappa*), *Pippali* (*Piper Longum*), *Vaca* (*Acorus Calamu*), *Indrayava* (*Holarrhena Antidysenterica*), *Rasanjana* (*Berberis Aristata*), *Priyangu* (*Callicarpa Macrophylla*), *Yavani* (*Trachyspermum Ammi*) and jaggery, ghee, oil, honey, milk, meat juice, sour gruel, rock salt.

Use at tepid temperature.

## RESULTS

This study shows that almost all vertebrates have significant medicine value which is useful for cure of various sexual disorders. Animal origin ingredients are used in almost all classical books of Ayurveda in different dosage forms. Recipe for preparation of medicine are well described by *Charak* and others. Most of the formulations are combination of herbs and animal. This clearly indicates that animal is used to meet the requirement of different types of protein for curing sexual ailments.

## DISCUSSION

The fact is these formulae are time tested however the detailed research needs to be undertaken to validate the claims as per the modern pharma validation parameters. Irrespective of whether the modern Ayurveda pharmacy uses animal origin ingredients in its aphrodisiac medicinal preparations, fact is the use of animal products is a longstanding practice in Ayurveda and the law of the land allows it<sup>5</sup>. Majority of ayurvedic pharma companies today have started their production leaving out the animal origin ingredients but such a practice is worth discouraging because a classical ayurvedic formula will remain incomplete and the desired action may not be achieved if required animal origin ingredients not added into it. However, plant based

ayurvedic formulations continue to be a more suitable alternative to treat sexual dysfunctions in male. Use of animal products as ingredient in Ayurvedic medicine can effect ecology. To avoid extinction of any animal species proper education to ayurvedic Practioners and drug manufactures must be given.

## CONCLUSION

It is important to understand the Vedic views that some people present for meat-eating are not accurate, and that they have never studied ayurvedic books very thoroughly.<sup>4</sup> The fact is these ayurvedic formulae are time tested however the detailed research needs to be undertaken to validate the claims as per the modern pharma validation parameters. Use of animal parts for medicinal purposes becoming more relevant to discussions on sustainable management of natural resources.<sup>5</sup> Majority of ayurvedic pharma companies today have started their production leaving out the animal origin ingredients but such a practice is worth discouraging because a classical ayurvedic formula will remain incomplete and the desired action may not be achieved if required animal origin ingredients not added into it. However, plant based ayurvedic formulations continue to be a more suitable alternative for treatment of various diseases.

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