

Vajikarana

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Sexuality and reproduction is so vital in ayurveda that an entire discipline, known as vajikarana, is dedicated to enhancing fertility and the rejuvenation of sexual and reproductive energy. Vajikarana therapy improves the function of the reproductive organs and vitalizes reproductive tissues, increasing semen count and strengthening their motility and making eggs more viable for conception. This not only enhances the quality and longevity of individual life, but also the health and vitality of offspring.

Vajikarana comes from the Sanskrit root word vaji, meaning „stallion,“ and suggests that the treatments confer to a horse,s vigor, particularly its great capacity for sexual activity. As a discipline, vajikarana believes that a vital body is a fertile body and that we should strive to be as fertile as possible whether or not we desire children.

While some vajikarana herbs work as aphrodisiacs, they also engender reproductive strength in order to increase the health of our offspring, or what vajikarana calls subahupraja – children who are physically and mentally vital and have the fundamental qualities needed for a conscious life. Vajikarana also treats infertility by nourishing the whole person as well as the reproductive tissues and sexual fluids (shukra dhatu).

Before vajikarana treatments are administered an individual,s body first must be purified. The initial step is to improve the diet according to a person,s doshic constitution followed by implementing a more disciplined lifestyle, which includes adopting a calmer mind and positive outlook and a limited practice of celibacy. Celibacy, or at least modest restraint, is believed essential for good health, particularly for men who exhaust their reserves of life energy (ojas) through the constant loss of semen. Over time, excessively wasting semen can result in poor health, loss of will power and intellect, and eventually premature aging.

The vajikarana herbs are introduced after purification is complete. Some of the more common ones include ashwaganda, epimedium, and shatavari. Known as Indian ginseng, ashwaganda is considered sattvic (confering greater consciousness and lightness into our being). It generates ojas, helps to produce semen, acts as an aphrodisiac, nourishes the reproductive system, and is recommended for sexual debility.

Epimedium, a nutritive herb and aphrodisiac, increases sexual potency and sexual fluids as well as boosts one,s libido, treats impotence, and relieves fatigue. It is commonly referred to as “horney goat weed” because goats eat the leaves prior to and during their mating season. Epimedium functions as an aphrodisiac by restoring low levels of both testosterone and thyroid hormone.

Shatavari, a member of the asparagus family, means “one who possesses 100 husbands” in Sanskrit. Used specifically by women, it nourishes shukra dhatu in women and increases fertility and the capacity for lovemaking. Shatavari has rejuvenative (rasayana) qualities on the reproductive system and can be used any time between puberty and menopause. It possesses a sattvic quality and enhances the feelings of love and devotion. Shatavari also helps to generate healthy reproductive fluids (shukra) and blood and to regulate a woman,s period. The herbs, though, are just one aspect of vajikarana therapy. In order to receive its full benefits, you should consult an Ayurvedic practitioner.