

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 *aphrodisiakós* relating to love or desire, equivalent to *aphrodisi(os)* 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.

एतैः प्रयोगैर्विधिवद्गुणमान् वीर्योपपन्नो बलवर्णयुक्तः ।
हर्षान्वितो वाजिवदप्रवर्षो भवेत् समर्थश्च वराङ्गनासु ॥ ३० ॥

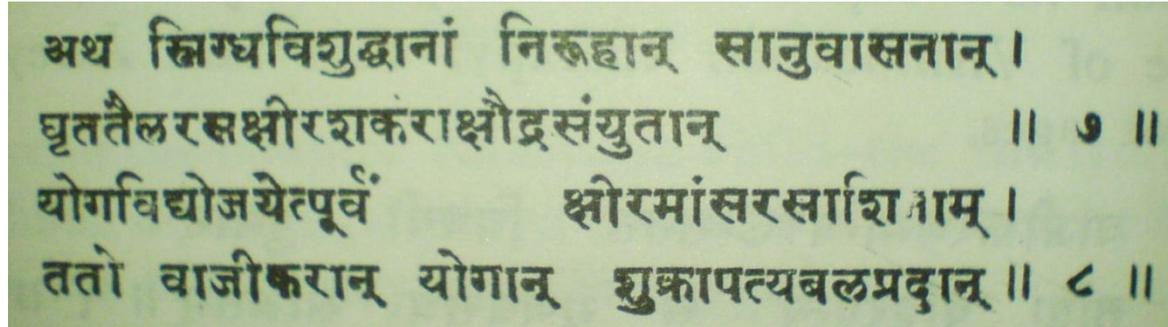
By proper use of these formulations, one becomes endowed with good physique, potency, strength, complexion and sexually exhilarated and potent like eight year old horse²

The Vajikaran is defined as

वाजीकरणमन्विच्छेत्सततं विषयी पुमान् ।
तुष्टिः पुष्टिरपत्यं च गुणवत्तत्र संश्रितम् ॥ १ ॥
अपत्यसन्तानकरं यत्सद्यः संप्रहर्षणम् ।
वाजीवातिबलो येन यात्यप्रतिहतोऽङ्गनाः ॥ २ ॥
भवत्यतिप्रियः स्त्रीणां येन येनोपचीयते ।
तद्वाजीकरणं तद्धि देहस्योर्जस्करं परम् ॥ ३ ॥

"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."³

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

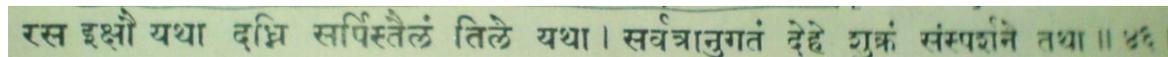


The Vajikaran formulations intake should be preceded with food consisting of milk, boiled rice and meat soup. The Vajikaran formulations also provides strength to the semen and the offspring⁴

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.

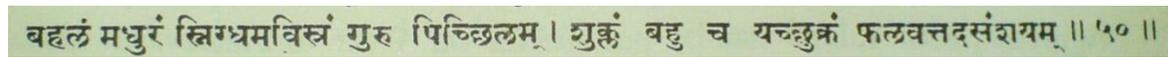
The equally important part of aphrodisiacs is to improve production of semen in the body.

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.⁵

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.⁶

2 Vajikaran (Aphrodisiac) Formulations:

2.1 VRIHANI GUTIKA (THE GREAT APHRODISIAC FORMULATION)⁷

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 officinarium),
- 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*),
 Rishbhak (substitute *Pueraria tuberosa*),
 Bala (*Sida cordifolia*),
 Riddhi (substitute *Diascorea 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 (*Asperagus racemosus*) are added to it
 2.56 kg juice each of
 Vidari (*Pueraria tuberosa*),
 Amalki (*Emblica officinale*),
 Ikshu (*Saccharum officinarium*) 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 erandiacia*),
 Pippali (*Piper longum*) and
 40 gm Marich (*Piper nigrum*),
 20 gm each of
 Twak (*Cinnamomum zeylicum*),
 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.

शरमूलेक्षुमूलानि काण्डेशुः सेक्षुवालिका ॥ २४ ॥
 शतावरी पयस्या च विदारी कण्टकारिका । जीवन्ती जीवको मेदा वीरा चर्षभको बला ॥ २५ ॥
 ऋद्धिर्गोक्षुरकं रास्ना सात्मगुप्ता पुनर्नवा । एषां त्रिपलिकान् भागान् माषाणामाढकं नवम् ॥ २६ ॥
 विपाचयेज्जलद्रोणे चतुर्भागं च शेषयेत् । तत्र पेप्याणि मधुकं द्राक्षा फल्गूनि पिप्पली ॥ २७ ॥
 आत्मगुप्ता मधूकानि खजूराणि शतावरी । विदार्यामलकेक्षूणां रसस्य च पृथक् पृथक् ॥ २८ ॥
 सर्पिषश्चाढकं दद्यात् क्षीरद्रोणं च तद्भिषक् । साधयेद्घृतशेषं च सुपूतं योजयेत् पुनः ॥ २९ ॥
 शर्करायास्तुगाक्षीर्याश्चूर्णैः प्रस्थोन्मितैः पृथक् । पलैश्चतुर्भिर्मागध्याः पलेन मरिचस्य च ॥ ३० ॥
 त्वगेलाकेशराणां च चूर्णैर्धपलोन्मितैः । मधुनः कुडवाभ्यां च द्वाभ्यां तत्कारयेद्भिषक् ॥ ३१ ॥
 पलिका गुलिकाः स्त्यानास्तां यथास्ति प्रयोजयेत् । एष वृष्यः परं योगो बृंहणो बलवर्धनः ॥ ३२ ॥
 अनैनाश्व इवोदीर्णो बली लिङ्गं समर्पयेत् ।

2.2 VRISHYA GUTIKA⁸

This formulation is highly potent aphrodisiac.

घृतपात्रं शतगुणे विदारीस्वरसे पचेत् । सिद्धं पुनः शतगुणे गव्ये पयसि साधयेत् ॥ ३० ॥
शर्करायास्तुगाक्षीर्याः क्षौद्रस्येश्वरकस्य च । पिप्पल्याः साजडायाश्च भागैः पादांशिकैर्युतम् ॥ ३१ ॥
गुलि(टि)काः कारयेद्द्वयो यथा स्थूलमुदुम्बरम् । तासां प्रयोगात् पुरुषः कुलिङ्ग इव हृष्यति ॥ ३२ ॥

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 erandiniacia*), 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 GHRITAM⁹

This formulation specially enhances the strength of the male organ.

माषाणामात्मगुप्ताया बीजानामाढकं नवम् ॥ ३३ ॥
जीवकर्षभकौ वीरां मेदामृद्धिं शतावरीम् । मधुकं चाश्वगन्धां च साधयेत् कुडवोन्मिताम् ॥ ३४ ॥
रसे तस्मिन् घृतप्रस्थं गव्यं दशगुणं पयः । विदारीणां रसप्रस्थं प्रस्थमिश्वरसस्य च ॥ ३५ ॥
दत्त्वा मृद्वग्निना साध्यं सिद्धं सर्पिर्निधापयेत् । शर्करायास्तुगाक्षीर्याः क्षौद्रस्य च पृथक् पृथक् ॥ ३६ ॥
भागान्शतुष्पलांस्तत्र पिप्पल्याश्चावपेत् पलम् । पलं पूर्वमतो लीढ्वा ततोऽन्नमुपयोजयेत् ॥ ३७ ॥
य इच्छेदक्षयं शुक्रं शोफसश्चोत्तमं बलम् ।

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 (*Asparagus 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 erandiacia*) and Pippali (*Piper longum*).
The dose is 40 gm before meals.

2.4 VRISHYAMASHYOG:¹⁰

This is simple dietary regimen which bestows excellent stamina and sexual prowess.

माषयूपेण यो भुक्त्वा घृताढ्यं षष्टिकौदनम् । पयः पिबति रात्रिं स कृत्स्नां जागर्ति वेगवान् ॥४७॥

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)¹¹

आसिक्तक्षीरमापूर्णमशुष्कं शुद्धषष्टिकम् । उदूखले समापोथ्य पीडयेत् क्षीरमर्दितम् ॥ ३ ॥
गृहीत्वा तं रसं पूतं गव्येन पयसा सह । बीजानामात्मगुताया धान्यमाषरसेन च ॥ ४ ॥
बलायाः शूर्पपर्ण्योश्च जीवन्त्या जीवकस्य च । ऋद्ध्यर्षभककाकोलोश्वदंष्ट्रामधुकस्य च ॥ ५ ॥
शतावर्या विदार्याश्च द्राक्षाखर्जूरयोरपि । संयुक्तं मात्रया वैद्यः साधयेत्तत्र चावपेत् ॥ ६ ॥
तुगाक्षोर्याः समाषाणां शालीनां षष्टिकस्य च । गोधूमानां च चूर्णानि यैः स सान्द्रीभवेद्रसः ॥ ७ ॥
सान्द्रीभूतं च तं कुर्यात् प्रभूतमधुशर्करम् । गुलि(टि)का वदरैस्तुल्यास्ताश्च सर्पिषि भर्जयेत् ॥ ८ ॥
ता यथोग्निं प्रयुञ्जानः क्षीरमांसरसाशनः । पश्यत्यपत्यं विपुलं वृद्धोऽप्यात्मजमक्षयम् ॥ ९ ॥

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*),

Mugdhani (*Phaseolus trilobus*),

Mashparni (*Teramnus labialis*),

Jeewanti (*Leptadonia reticulata*),

Jeevak (substitute *Pueraria tuberosa*),

Riddhi (substitute *Dioscorea bulbifera*),

Rishbhak (substitute *Pueraria tuberosa*),

Kakoli (substitute *Withania somnifera*),

Gokshur (*Tribulus terrestris*),

Madhuk (*Madhuka indica*),

Shatawari (*Asperagus 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 erandiacia*) 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 GHRITAM:FERTILITY ENHANCING GHRIT¹²

This preparation is excellent aphrodisiac for people desiring to have progeny.

शतावर्या विदार्याश्च तथा माषात्मगुप्तयोः । श्वदंष्ट्रायाश्च निष्काथानत्वणेषु पृथक् पृथक् ॥ २८ ॥
साधयित्वा घृतप्रस्थं पयस्यष्टगुणे पुनः । शर्करामधुयुक्तं तदपत्त्यार्थी प्रयोजयेत् ॥ २९ ॥

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:¹³

This product is excellent aphrodisiac for current moments performance needs.

त्रिंशत् सुपिष्टाः पिप्पल्यः प्रकुञ्चे तैलसर्पिषोः । भृष्टाः सशर्कराक्षौद्राः क्षीरधारावदोहिताः ॥ १२ ॥
पीत्वा यथाबलं चोर्ध्वं षष्टिकं क्षीरसर्पिषा । भुक्त्वा न रात्रिमस्तब्धं लिङ्गं पश्यति नाश्नत् ॥ १३ ॥

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 YOG¹⁴

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

मेदां पयस्यां जीवन्तीं विदार्यां कण्टकारिकाम् । श्वदंष्ट्रां क्षीरिकां माषान् गोधूमाञ्छालिपष्टिकान् ।
पयस्यर्धोदके पक्त्वा कार्षिकानाढकोन्मिते । विवर्जयेत् पयःशेषं तत् पूतं क्षौद्रसर्पिषा ॥ ९ ॥
युक्तं सशर्करं पीत्वा वृद्धः सप्ततिकोऽपि वा । विपुलं लभतेऽपत्यं युवेव च स हृष्यति ॥ १० ॥

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 YOG¹⁵

श्वनंशया विदार्याश्च रसे क्षीरचतुर्गुणे । घृताढ्यः साधितो वृष्यो माषषष्टिकपायसः ॥ १४ ॥

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 POOLIKA¹⁶

This food product is extremely potent aphrodisiac.

फलानां जीवनीयानां स्निग्धानां रुचिकारिणाम् । कुडवश्चर्णितानां स्यात् स्वयङ्कुताफलस्य च ॥ १५ ॥
कुडवश्चैव माषाणां द्वौ द्वौ च तिलमुद्गयोः । गोधूमशालिचूर्णानां कुडवः कुडवो भवेत् ॥ १६ ॥
सर्पिषः कुडवश्चैकस्तत् सर्वं क्षीरमर्दितम् । पक्त्वा पूपलिकाः खादेद्ब्रह्मचरः स्मुर्यस्य योषितः ॥ १७ ॥

The 160 gm powders each of all Jeevneeya dry herbs viz

1. Astavarga Herbs

- Jeevak - Substitute...Vidarikand (*Pueraria tuberosa* (ROXB. EX. WILLD.) DC.
- Rishbhak – Substitute... Vidarikand (*Pueraria tuberosa* (ROXB. EX. WILLD.) DC.)
- Meda - Substitute... Shatawari mool (roots of *Asparagus racemosus* WILLD.)
- Mahameda- Substitute.. Shatawari mool (roots of *Asparagus racemosus* WILLD.)
- Kakoli- Substitute...Aswagandha mool (*Withania somnifera* Dunal)
- Ksheerkakoli Substitute...Aswagandha mool (*Withania somnifera* Dunal)
- Riddhi - Substitute...Varahikand (*Dioscorea bulbifera* Linn)
- Vridhhi - Substitute...Varahikand (*Dioscorea bulbifera* Linn)

2. Vidarikand- *Pueraria tuberosa* (ROXB. EX. WILLD.) DC.

3. Shatavari mool–Roots of *Asperagus racemosus*

4. Ashwagandha mool²¹ – Roots of *Withania somnifera*

5. Safed moosli-*Asperagus adscendens* Roxb

6. Mugdhaparni -*Phaseolus trilobus* Ait

7. Mashaparni- *Teramnus labialis* (L.f.) Spreng.

8. Varahikand²⁵- *Dioscorea bulblifera* 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 Pooplika.

2.11 VRISHYA MASHADI POOLIKA¹⁷

This food product is excellent aphrodisiac.

माषात्मगुप्तागोधूमशालिषष्टिकपैष्टिकम् । शर्कराया विदार्याश्च चूर्णमिश्रुरकस्य च ॥ २३ ॥
संयोज्य मसृणे क्षीरे घृते पूपलिकाः पचेत् । पयोऽनुपानास्ताः शीघ्रं कुर्वन्ति वृषतां पराम् ॥ २४ ॥

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 YOG¹⁸

कर्पं मधुकचूर्णस्य घृतक्षौद्रसमांशिकम् । प्रयुङ्क्ते यः पयश्चानु नित्यवेगः स ना भवेत् ॥ १९ ॥

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 GHRITAM¹⁹

घृतं शतावरीगर्भं क्षीरे दशगुणे पचेत् । शर्करापिप्पलीक्षौद्रयुक्तं तद्वृष्यमुत्तमम् ॥ १८ ॥

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 PRAYOG²⁰

चन्द्रांशुकल्पं पयसा घृताढ्यं षष्टिकौदनम् । शर्करामधुसंयुक्तं प्रयुञ्जानो वृषायते ॥ २७ ॥

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 SWARAS²¹

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 erandiacia*), Sugar and Ghee. This preparation should
be used after mixing with honey and diet of boiled sharishta rice.

आत्मगुताफलं माषान् खर्जूराणि शतावरीम् । शृङ्गाटकानि मृद्धीकां साधयेत् प्रसृतोन्मितम् ॥१४॥
 क्षीरप्रस्थं जलप्रस्थमेतत् प्रस्थावशेषितम् । शुद्धेन वाससा पूतं योजयेत् प्रसृतैस्त्रिभिः ॥ १५ ॥
 शर्करायास्तुगाक्षीर्याः सर्पिषोऽभिनवस्य च । तत् पाययेत् सक्षौद्रं षष्टिकान्नं च भोजयेत् ॥ १६ ॥
 जरापरीतोऽप्यबलो योगेनानेन विन्दति । नरोऽपत्यं सुविपुलं युवेव च स दृष्यति ॥ १७ ॥

2.16 VRISHYA DADHISAR PRAYOG²²

दध्नः सरं शरच्चन्द्रसन्निभं दोषवर्जितम् । शर्कराक्षौद्रमरिचैस्तुगाक्षीर्या च बुद्धिमान् ॥ २४ ॥
 युक्त्या युक्तं ससूक्ष्मैलं नवे कुम्भे शुचौ पटे । मार्जितं प्रक्षिपेच्छीते घृताढ्ये षष्टिकौदने ॥ २५ ॥
 पिबेन्मात्रां रसालायास्तं भुक्त्वा षष्टिकौदनम् । वर्णस्वरबलोपेतः पुमांस्तेन वृषायते ॥ २६ ॥

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 KSHEERAM²³

This product is excellent aphrodisiac.

खर्जूरीमस्तकं माषान् पयस्यां च शतावरीम् । खर्जूराणि मधूकानि मृद्धीकामजडाफलम् ॥ १८ ॥
 पलोन्मितानि मतिमान् साधयेत् सलिलाढके । तेन पादावशेषेण क्षीरप्रस्थं विपाचयेत् ॥ १९ ॥
 क्षीरशेषेण तेनाद्याद् घृताढ्यं षष्टिकौदनम् । सशर्करेण संयोग एष वृष्यः परं स्मृतः ॥ २० ॥

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 UTKARIKA²⁴

This product is very strong aphrodisiac.

सितोपलापलशतं तदर्धं नवसर्पिषः । क्षौद्रपादेन संयुक्तं साधयेज्जलपादिकम् ॥ ३३ ॥
 सान्द्रं गोधूमचूर्णानां पादं स्तीर्णं शिलातले । शुचौ श्लक्ष्णे समुत्कीर्य मर्दनैनोपपादयेत् ॥ ३४ ॥
 शुद्धा उत्कारिकाः कार्याश्चन्द्रमण्डलसन्निभाः । तासां प्रयोगाद्भजवन्नारीः संतर्पयेन्नरः ॥ ३५ ॥

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 formulatio 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.

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