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## NUTRITIONAL ASPECTS OF VAJIKARANA AS PER BHAVAPRAKASHA W.S.R TO MALE INFERTILITY

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### ABSTRACT

Ayurveda aims to improve the health of the healthy individuals and treats the diseased person as well, for both aims to be achieved it is described prescriptions through eight branches. Vajikarana is the branch which deals with strengthening and preserving sexual competency of a healthy man and conception of healthy offspring along with management male sexual health problems. Due to modern lifestyle the persons are prone to get multiple sexual issues and losing mental health. Ayurveda described three pillars namely ahara (Food), nidra(Sleep) and abrahmacharya(Way of life) which improves the comprehensive health including sexual health. In this present article nutritional aspects of Vajikarana are dealt by interpreting Ayurveda as well as contemporary science.

**Key words:** Vajikarana, Nutrition, Bhavaprakasha, Ahara dravya

## INTRODUCTION

Ayurveda is the oldest organized Indian medical system. It is the sciences which uses the inherent principles of nature to help maintain health in a person by keeping the individuals body, mind and spirit in an equilibrium with nature. Thus Ayurveda is

considered as more than a mere healing medical system, it is a science and art of appropriate living. Charaka Samhita states a healthy life has three pillars – a balanced diet, proper sleep and a healthy sex<sup>(1)</sup>

Vajikarana is one among the 8 branches of Ayurveda being practiced ever since the times of immemorial.<sup>(2)</sup> It deals with strengthening and preservation of sexual competency of a healthy man and conception of healthy offspring along with management of disturbed spermatogenesis, defective semen and semen related disorders in man. It improves the physical, physiological, & social health and promotes sexual potential. Infertility is a global problem affecting approximately 15% of couples of reproductive age<sup>(3)</sup>. It is estimated that globally 15-20 millions are in India alone. As per World Health Organization study on more than 8500 couples, the male factor contributes to infertility as much as 51.2%<sup>(4)</sup>. Nearly 27.5 million couples actively trying to conceive suffer from infertility in India<sup>(5)</sup>. Vajikarana therapy not only rejuvenates the male reproductive system and slows down the aging progression but also increases quality and quantity of sperm thus increases sperm motility count.

Food is one of the basic pillars of human existence. But due to the change in the life style and food habits of current era made

various sexual dysfunctions and impaired reproductive health in community. Food act as Ahara (food article) and Aushadha (medicine). Use of different Ahara Varga contain specific nutrients in daily diet has an important role in maintaining strength of Shukradhatu (sperm quality and quantity).

In Ayurveda there is a separate area has given for discussing the properties of Ahara Varga. By the understanding its properties and by proper processing and administration can attain excellent therapeutic effects.

Food which increases the sexual potency has mentioned in different terms like Vajikarana, Vajikara, Vrushya, Shukrala, Shukrarechaka, shukrajanaka, etc

The word "Vaja" denotes sexual intercourse and vaji indicates capability of copulation<sup>(6)</sup>. The process which makes "avaji" to "vaji" is known as vajikarana<sup>(7)</sup>.

Charaka begins his first chapter of "Chikitsasthana" by stating that Vajikarana begins with Rasayana, the mode of treatment which promotes longevity by strengthening the immune system and thereby preventing diseases<sup>(6)</sup>. He stresses the need to incorporate Vajikarana in the daily routine to keep oneself healthy and to improve sexual life.

The importance of vajikarana, should thus be brought to light of today's world even before they plan to get married. Acharya Charaka has given a separate chapter exclusively for this topic in Chikitsasthana named 'Vajeeekarana adhyaya', which has 4 'Paadas' namely 'Samyogasaramooleyam', 'Aasikta Ksheerika',

'Maasaparnaprabhuteeyam' and 'Pumanjaatabalaadika'<sup>(2)</sup>. Bhavamisra in his book Bhavaprakasa has devoted the chapter named 'Vajeekaranaadhikaara' in Utharakhandam<sup>(8)</sup>.

How the vajeekarana can be attained is described in detail in all these chapters, including the nutritional aspects. All we need to do is just open our eyes wide to seek the knowledge for our own well-being.

### Concept of Vajikarana

The drug or medicine which increases sexual desire in man and gives him physical Effect of potentiality, enabling him to copulate with women is known as vajikarana. According to Gangadhara Roy, vajikarana means that which makes a non-horse person horse like. Vaji means one who possesses "Vaja" (semen) and "Vajikarana" means that which makes semen-less man full of semen. It is the best promoter of vigour and strength. Vajikarana means that which helps in sukradhatuposhana in human beings<sup>(6)</sup>

Vaji indicates its enhancement. It means vajikarana is a drug or substance which increases SukraDhatu.

A drug or medicine which promotes or increases semen is known as sukrala or sukrajanana. Semen promoting drugs are also considered as vajikaranadravya. Asvagandha, Musli, Sarkara and Satavari are good examples of ShukralaDravya

A similar definition is also given in Bhavaprakasa. It is stated that the drugs which make a man capable of sexual copulation like a horse are termed as vajikarana by the sages and renowned physicians<sup>(8)</sup>.

Those factors that make a 'Nara',

capable of doing the 'Maithuna karma' with a 'Naari' and that which makes him capable of doing repeated sexual intercourse are called 'Vajeekarana'<sup>(9)</sup>. They are generally divided into three<sup>(7)</sup>-

- That which does the 'Sukravridhi' e.g.: Masha. It has the potential to increase the quantity of semen.
- That which cause 'Sukrasruthi' e.g.: Sankalpa which can induce the ejaculation of semen.
- That which cause 'vridhhi' of 'Sukrasruthi' e.g.: Ksheera which increase the ejaculation of semen.

### Qualities of VajikaranaDravya

Different authors have defined the qualities of aphrodisiacs in different ways. According to Charaka, the Dravyas which are sweet, unctuous, and promoter of life, nourishing and heavy - all these are called aphrodisiacs<sup>(10)</sup>. These Vajeekarana therapy can act as Vrushya, Brimhana and Balaprada, only if the person has a Shuddha and Amalasarotasa. There are different kinds of articles of ahara (diet, food and regimens etc.) that have a positive impact on sexual health. Some are considered as stimulants or catalysers of sexual urge and these may be grouped under vajikarana

### Effect of Vajikarana

By regular use of Vajikarana recipes according to the prescribed procedure, a man is endowed with adequate quantity of semen, strength, complexion and vigour and he becomes capable of sexual intercourse for a greater part of his life<sup>(6)</sup>.

Ayurveda classifies vajikarana drugs into three types.<sup>(7)</sup>

1. Sukrajananadravyas.
2. Sukrautpakadravyas.

3. Both Sukrajananadravyas & Sukrautpakadravyas.

Vajikarana are beneficial tonics or strength-promoters (Balya) and nourishes the following

1. Persons with deficient body tissues (Dhatuksina)
2. Persons with impotency whether curable impotency or with inadequate semen.
3. Healthy persons should also use vajikarana formulations which are suitable to them

#### **Mode of Application of drugs**

There are three basic considerations in the administration of Vajikarana

1. To make sure that a person is free from all the diseases.
2. His constitution, strength and weaknesses are to be considered.
3. Detoxified and purified body, rasayana to be considered for this treatment<sup>(11)</sup>
4. Administered only to a person who is self-controlled<sup>(12)</sup>.

Chakrapanidutta has presented the following approach for the treatment of diseases, but can well be applied for the treatment of impotence<sup>(13)</sup>. It is of two approaches.

One is Curative - To cure the diseases of the suffering person. Second is Promotive-

(a) To increase the Bala and providing immunity to a healthy person

(b) To promote Vrushya. This approach is very logical because it concentrates on eliminating the cause of sexual debility or impotence first then prescribe Rasayana therapy to strengthen the body and immune system. At the third stage drugs promoting sexual vigor (Vajikarana) are given.

Many physical and psychological factors stimulate the desire and prove themselves as aphrodisiacs. They are, varieties of food, varieties of beverages, food articles, music, wearing good dress, bettle leaf, alcohol, fragrant flowers, aromatic material, beautiful gardens and pleasing and encouraging activities.<sup>(14)</sup>

#### **Nutritional aspects of Vajikarana mentioned in Bhavaprakasha**

**Dhanya Vargas<sup>(15)</sup>(Whole grains and pulses)** - DhanyaVargainclude Shali, Godhuma, Masha, Chanaka. Aharadravya s belonging to this

group are Shuka Dhanya, Shalidanya, Vrihid hanya, Truna Dhanya. These are having the general properties like Madhura, Snigdha, Guru, Sheeta. Whole grains are important sources of nutrients including dietary fiber, resistant starch, trace minerals, certain vitamins and other components. Pulses contain bio-active compounds which have health enhancing, diseases preventing properties such as polyphenols, phytoestrogens and pigments.

**Godhuma<sup>(16)</sup>(Wheat- Triticumaestivum)-** It is Vrushya, Sheeta, Guru, Snigdha, Jivana, Madhura, Sandhanakari, Sthairyakrutha and Sara. It contains antioxidant enzyme Super Oxide Dismutase (SOD) which converts dangerous free radical reactive oxygen species into hydrogen peroxide and oxygen molecules that it can control stress, can regulate HPA axis function and regulation of sex hormones.

**Shastika Shali<sup>(17)</sup> and Raktha Shali<sup>(18)</sup> (White & Red rice- Oriza sativa)** - Shastika Shali

belong to Vrihid hanya and Raktha Shali belong to Shuka Dhanya. Both are similar in properties having Snigdha, Guru, Ma

dhura, and Vrishyaproperties. Rice contains all micronutrients, rich in carbohydrate, protein, it also contains vitamins like thiamine, riboflavin and niacin, E, K, minerals like calcium, manganese, copper, etc. It also acts as an antioxidant, anti-inflammatory, anti-hypertensive agent. It can restore internal harmony of electrolytes boosts brain cell mechanism. It keeps person energetic and fresh. Because of these properties it can increase sexual potency.

**Mudga** <sup>(19)</sup> **(Green Gram-Vignaradiata)**- It belongs to Shami Dhanyavarga, having kas hayamadhurarasa, katuvipaka, and hima. It is Nithyasevaniyaahara contains different nutrients, it is rich in carbohydrate, good source of potassium, magnesium, calcium, phosphorous and iron. It contains vitamins like carotene, thiamine, niacin, riboflavin and ascorbic acid, folic acid etc. It contains amino acids, antioxidants, and detoxifying property. These all nutrients helpful in maintaining over all health and increase fertility by boosting sexual potency.

**Masha (Black Gram)** <sup>(20)</sup>- It belongs to shimbidhanyavarga. It has a major role in Vajikarana treatment. Charaka Acharya in Mashaparn aprabrutiya Adhyaya had discussed its importance in vajikarana. He mentioned that if it is consumed with Sarkara, Kshoudra, and Ghritait will act as an excellent aphrodisiac preparation. One who consume milk along with 1 karsha of yashtimadhuchoorna with equal amount of ghee and honey can indulge in sex daily. Masha having the properties like Snigdha, Balakaraka, and Shleshmamalapittakar. It is Guru, Ushna, pacifies vata dosha, Madhura,

Shukravridddhi, Virekakruth. It is rich in protein and carbohydrate, it has a capacity to increase sperm count and regulate hormone levels.

### **Shaka Varga (Vegetables)**

**Munjatha/ Sigru** <sup>(21)</sup> **(Drumstick-Moringa Olifera)**- It is Vatapittajith, Snigdha, Sheeta, Guru, Swadu, Shukrakrauthparam. It is rich in vitamin A, C and D helpful in strong and long erections. It contains saponin which enhances libido. Especially seeds help to increase hardness of erection.

**Kushmanda** <sup>(22)</sup> **(Ash Gourd-Benincasa Hispida)** - It included in both Phalavarga and Phala Shakavarga. It will pacifies both vata and pitta dosha. It is basthishuddhikara and Vrishya (aphrodisiac). Phytochemicals present in ashgourd are carbohydrate, tannins, phenols, glycosides, alkaloids, flavonoids which stimulates lipogenesis and glucose transport in adipose tissue. Due to its alkaline property it acts as aphrodisiac.

**Ginger** <sup>(23)</sup> **(Zingiber officinale)**- Ginger raises testosterone levels by amplifying cholesterol level in the testes. It can also curb oxidative stress, keep the blood glucose in check and amplify blood flow.

**Garlic** <sup>(24)</sup> **(Allium sativum)**- Garlic is common in many recipes, It has properties like Tikshana, katu, Hrudya, Keshya, Guru, Vrishya, Snigdha, Deepana. Garlic contains allicin that will increase blood flow to genital organs. Selenium and vitamin C will eliminate chromosomal defects. It also contains Vitamin B6 and dietary fibre.

**Satavari** <sup>(25)</sup> **(Asparagus racemosus)** - The name implies woman possess 100 husbands, it is because of its high impact on female reproductive

system. It is having Madhura-tiktharasa, Shithavirya, Madhuravipaka, vata and pittahara and kaphavardhaka. It is used as an overall reproductive tonic.

#### **Phala Varga<sup>(26)</sup> (fruits)-**

They are naturally available, nutrient rich and essential part of human life. They are low calorie and fiber rich food supplements. In

Ayurveda fruits are included in Phala Varga.

#### **Draksha<sup>(27)</sup> (Raisins-Vitis vinifera)-**

It is called phalothama, having the properties like Vrishya. It is rich in nutrients like carbohydrate, protein, vitamin, A, C, B, minerals like Ca, Fe, and Mg. It helps to stimulate both estrogen and testosterone

#### **Amra<sup>(28)</sup> (Mango-Mangifera indica)-**

Mango is considered as a national fruit of India and king of fruits. Riped mango is having Madhura rasa, Vrishya, Snigdha, kashaya, Hima, Guru. It is rich in nutrients like carbohydrate, Ca, Fe and Mg. It helps to stimulate both estrogen and testosterone.

#### **Kharjura<sup>(29)</sup> (Dates-Phoenix dactylifera)-**

It is included in the category of dry fruits. It possesses Madhura rasa, Snigdha Guru Guna, Vata-pitta hara, Bruhmana, Vrishya. It is rich in carbohydrate, protein, minerals like Fe, Ca, Mg, and vitamin B6. Eating dates will promote sperm quantity and quality. It is considered as one among the best fruit for male fertility. It increases size of testis in men. It contains high amount of estradiol and flavonoid which increases sperm mobility and count.

#### **Vatada<sup>(30)</sup> (Badam-Prunus dulcis) -**

It is coming under the category of dry fruits. It is commonly known as almonds. It has madhura rasa, snigdha guna, vata-pitta hara and vrishya. It is rich in protein,

carbohydrate, fat, vitamins, like thiamine, E, Riboflavin, minerals like iron, calcium and phosphorous, selenium, zinc. It helps to reduce stress, produce sex hormones and increase libido.

#### **Mamsa Varga (meat)<sup>(31)-</sup>**

It is having Kashaya, Madhura rasa, Snigdha, Ushna and Guru Guna. Tridishahara, Bruhmana, Chakshushya and Shukrala (increases sperm count). Rich in protein and fat, vitamins like A, B, B2, B12 minerals like phosphorous, potassium, calcium and iron.

#### **Lavana Varga (salt)<sup>(32)-</sup>**

Salt is an essential part of diet. Rock salt is therapeutically recommended. Lavana is having the properties like swadu, Vrishya, Hrudha, Tridoshanuth, Laghu, Anushnam, Avidahi, and Agnideepanam. Saindhavalavana used in excess quantity will cause infertility but proper use it acts like aphrodisiac. Contains macro nutrients in small quantities, it is rich in minerals Na, Ca, Fe, and Mg. It has properties like improves digestion, boost metabolism, stabilize blood pressure, boost immunity and promote weight loss. These all properties will indirectly boost the sexual potency.

#### **Ksheera (Milk)<sup>(33)</sup> -**

Ksheera is an important Dravya in Vajikarana. All types of ksheera are considered as Vrishya. But it gives more aphrodisiac property when it is used in 3 ways. Poorvahapeetha, Daroshna and along with Sitha. Milk contains vit B12, Mg, Ca, K and macronutrients. These will help to boost fertility. Lukewarm milk along with honey will increase sperm count up to 50% and when milk is consumed especially at bed time will boost sexual drive. It helps to increase ejaculation in man. Vitamin A boosts production of sex

hormones and strengthen reproductive tissue.

**Taila Varga** <sup>(34)</sup>-All taila is considered to be vatahara, mainly some common taila like Tila taila,

Erand taila, possess vrishyaguna. Sesame is rich in vitamin E. It is a natural antioxidant, contains vitamins like K, Mg, Cu, Ca, Fe, and Zn. Here it has rich nutrient which is good for sexual health.

**Drava Varga (Liquid Diet)** <sup>(35)</sup> -Liquids are low caloric supplements for strengthening stamina of body. In this category Nalikerodaka, Gangambu are helpful in increasing reproductive potency. Nalikerodak which is Vrishya and provide instant energy. Tender coconut water contains protein, vitamins, minerals like potassium, manganese, magnesium. Because of this nutrient composition it acts as an aphrodisiac.

**Gorasa Varga** <sup>(36)</sup>- Gorasa varga includes the subproducts derived from the milk such as Dadhi, Gritha, Takra, and Navaneetha. These are commonly used in our day today life these all are Vrushya and to increase sexual health of an individual.

**Ikshu Varga** <sup>(37)</sup> (products drawn from Sugarcane) - Mainly Ikshu Rasa and Matsyandika are more frequently used. Ikshu Rasa is more commonly used. Matsyandikas are helpful in boosting Sexual vigor. It is having capacity to restore Semen and relieve fatigue. Sugarcane juice when taken by cutting and sucking by teeth (e.g. tongue) is called 'cusitā' and 'dantanispīditaikṣūrasa' possesses vrishya properties. Matsyandikā, khanda, Sarkarā etc sugarcane products carry uttarottaravrsya properties.

Food preparations that act as Vrushya

(Aphrodisiacs) are as follows-

**1. Rasala** <sup>(38)</sup> : Two prastha (1.5 lit.) of semi sour curd is mixed with one prastha (739) sugar candy, each one pala (45 ml.) of honey and ghee, eight Māsa (8g.), four Māsa of Marica and one Karsa (11g.) of Lavanga are mixed well sieved through a cloth. The fine liquid thus collected is stored in a pot coated with Kasturi and sandal wood and fumigated with Agarū.

**2. Rativardhana Yoga** <sup>(39)</sup>: Goksura, Iksura seeds, Asvagandhi, Satāvarī, Musali, and Kapikacchu seeds, Yasti, Nāgabala. These are powdered well and cooked with eight times of milk and fried with ghee which equals with the powder. Then double the quantity of sugar is added to it and round balls are prepared. These can be taken internally, depending upon the digestive capacity.

**3.** Testicles of a goat or a tortoise fried in ghee along with Pippalī and salt is highly useful as a Vajikarana. <sup>(40)</sup>

**4.** If the **Pugapaka** is mixed with one Sama of alcohol and each one Karsa of Dattūra seeds, Akārakarabhā, Jatāmāmsī, Samudra Sosa (cuttle fish bone), Majūphala, Khasaphala and Tvak along with half the quantity of Bhanga, it is known as **Kamesvaramodaka**. <sup>(41)</sup>

**5. MahaKhandakushmandaAvaleha** <sup>(42)</sup> as prescribed in the chapter on Raktapitta not only cures such diseases but also acts as a good vajikarana.

**6. AmraPaka** <sup>(43)</sup> --One drona of ripe mango juice is mixed with one Adhaka (3 kg.) of sugar, one prastha ghee, Sunthi, Marica, Pippalī and 3 litre of water. It is kept on slow fire and stirred till the content is semisolidified. One pala of Dhānaka, Jiraka, Haritaki, Citraka Musta, Tvak, Jiraka, Pippalimula, and Nāgakesara, Elā, Lavanga and Jātiphala are mixed. When it is completely cool,

honey is mixed. It is to be consumed prior to food or depending upon the digestive capacity or at any time and any dose may also be used. On its use, a man can participate in sexual intercourse like a horse.

**7. Goksura** <sup>(44)</sup> powder cooked in milk and mixed with honey relieves impotence due to irregular usage of drugs or diet and acute or chronic toxins.

**8. MadhupakvaHaritaki** <sup>(45)</sup>

Two pala of Daśamūla , Marica, Sunthi , rock one salt, Drākṣā, Amalaki, Vidanga, Apāmārga root, Karkāṭakaśṅgī, Devadāru, Punarnavā, Dhānyakaetc and Usira and one Adhaka (3 kg.) of Haritaki. These drugs are well cooked in water till the Haritaki fruits are softened. Now we use the seedless Haritaki fruits boiled till the decoction becomes semisolid. It is then cooled well and mixed with honey once in ten days and stored in a pot coated with ghee. It is originally coined by Lord Dhanvantari and this acts as Vrushya.

**9. Kapikacchu** <sup>(46)</sup> seeds are boiled in milk till they are softened. Then they are peeled and the Kernel is grinded to paste. It is made into small balls and fried in ghee. These balls are then soaked in thick sugar syrup mixed with honey. Its dose is five tanka. Premature ejaculation is controlled on its use. Capacity to participate in sexual intercourse is enhanced as that of a horse. There is no other vajikaranadravya equivalent to it.

**10.** If a person consumes the juice of **Bhrūgaraja** <sup>(47)</sup> everyday for a month in the early hours of the day while consuming rice with milk, he attains full strength and lives upto one hundred years with vigour and vitality.

**11.** Powders of Satāvarī, Mundi, Gudūcī, HastiKarnā and Talamūli in equal quantities may be used with ghee or honey <sup>(48)</sup>.

**12. Preparations of Ashvagandha** <sup>(49)</sup> -

Medicated oil using the powder and decoction of Aśvagandha with milk alleviates emaciation and nourishes the body. It can be used for massage. Similarly, medicated ghee, using Aśvagandha as per the formulas mentioned in the chapters of Balaroga and Vājīkarana are absolutely nourishing. If the person is emaciated due to dry food or exercises, diet and drugs which are nutritious, nourishing, vitalizing and aphrodisiac are to be utilized. If Ashwagandha is used along with milk or ghee or oil or hot water, he gains weight within fifteen days, resembling dry grass nourished by rain water

**DISCUSSION**

Ayurveda believes in 2 principles- SwasthasyaSwasthyarakshanam and AturasyaVikaraPrashamanamVajikarana is an important treatment modality as per Ayurveda and proposed benefits including improving Vyadhikshamatva, improving health of future progeny as well as in treatment of many common sexual disorders <sup>(13)</sup>. Differences in the philosophical base of the Ayurvedic science and modern medical science results into inability of effective collaboration between these researchers and practitioners. Lack of research as per current scientific standards & Lack of standardization of Vajikaranaformulations are the main criticism of vajikarana and difficulty in getting unadulterated herbs are realities in the utility of vajikarana preparations.



As changing dietary habits and lifestyle in present era is leading to decrease in sexual potency. So that essential nutrients need to restore sexual potency in the body. Vajikarana Dravyas used as both food and treatment to promote sexual health. Proper selection, processing and administration are need for complete utilization of all the nutrients from those Dravyas. Aharahaving generally Madhura Rasa, Sita Virya, Snigdha Guna and Madhura Vipaka and Vata Pittahara and kapha vardhaka should be chosen to increase sexual potency in the body<sup>(10)</sup>. Food which contains the nutrients like all macro nutrients, Vitamins A, D, E, C, B complex, minerals like Mg, Se, Zn, Fe, Ca, Mn are essential for healthy sexual life. Prevention through food and lifestyle is always better than intake of medicines.

Caraka Samhita states 'The healthy life has three main pillars-a balanced diet, proper sleep and a brahmacharya'<sup>(1)</sup>. Vajikarana or Vrishyachikitsa is a one of eight major specialty of the Ashtanga Ayurveda<sup>(2)</sup>. Vajikarana therapy is said to revitalize all the seven dhatus, therefore, restores equilibrium and health<sup>(6)</sup>. Keeping in mind the concept of vajikarana as described in the texts of Ayurveda, it definitely offers a solution to minimize the shukra (sperm and ovum) defects and to ensure a healthy progeny and maintains a healthy reproductive system. Vaajikaran rasayana is the special category of rasayana which improves the health of the reproductive system

According to WHO, one in every four couples are in the cruel hands of infertility, i.e 180 million ever-married women of reproductive age in developing countries

are maintaining 'child wish'<sup>(50)</sup>. Health should start from our own homes. When we run behind the junk foods often known by the synonym Fast foods, we do not see the threat behind it.

In a study published in the BMC Journal, 'A comparison of the Indian diet with the EAT-Lancet reference diet' it was discovered that calorie share of whole grains is significantly higher for households in India than the EAT-Lancet recommendations while those of fruits, vegetables, legumes, meat, fish and eggs are significantly lower. The share of calories from protein sources is only 6-8% in India compared to 29% in the reference diet. Even the richest households in India do not consume adequate amounts of fruits, vegetables and non-cereal proteins in their diets. An average Indian household consumes more calories from processed foods than fruits<sup>(51)</sup>. There can be innumerable reasons for this upward trend in fast-food. As Indians started to adopt the life style of the westerns, gradually the idea of being reformed might have struck their minds and would have brought modern styles in their food also. As the expenditure started to sky high, every millisecond became precious in job and we have no time to spend for cooking a meal. Since Junk-foods have only long-term effects, people started to take them more, assuming that they are just fine even after consuming them for days. The data that the money spent on healthcare rised from 4.7 per cent to 5.7 per cent indicates that while running to build up a future, we are actually destroying it.

In this era, it's difficult to avoid the fast food, considering their dominance in our lives. But we can gradually decrease the use of them.

As Vagbhatasaid in AshtangaHridayaSoothrasthana, Annarakshavidhi, unhealthy things– foods, drinks, activities which have become accustomed by long use should be discontinued by 'Paada'(quarter) and 'paada' gradually. Sudden discontinuance of unhealthy regimens and foods can lead to more diseases. Similarly healthy things should be gradually made use with intervals of 1, 2 and 3 days<sup>(52)</sup>.The adverse effects caused due to the incompatible foods, if eliminated gradually, especially according to the Ritucharyas and good habits developed gradually, leads to a healthy body and mind. Vasanthavamana and Sarathvirechana can be practiced every year to achieve this goal.

Acharya Charaka, in Sootrasthana, Matrasitiyaadhyaya, has explained Shastika-Sali, Mudga, Saindhava, Amalaka, Yava, Antariksha-Jala, Payas, Sarpi, Jangala-Mamsa, Madhuas the 11 NityaUpayogiDravyas<sup>(53)</sup>. These can be used in various combinations to create a balanced diet. If you find you are more attracted to 'momos', there is nothing wrong in experimenting in it and changing it to a healthy steam made 'mudgamomos'. If your children are addicted to sweet sugary snacks, for their sake, let us replace it with 'honey soaked amalaki'. The love for red meat can be brought down gently, and home cooked meat, like mutton soup and low spiced chicken curry can be included in the diet. Milk shakes and Faloodas can be substituted by turmeric added milk- which is common among foreign countries in the name of 'golden Milk. It not only builds up your immunity, but also helps in the

healing of many diseases including wounds.

When we focus more on our immunity and general health we get automatically upgraded in our lives with flawless reproductive health.

#### CONCLUSION

As per Ayurveda Vajikarana is a branch which is the treatment modality and it is proposed manifold benefits including sexual capacity, improving quality of future progeny as well as in treatment of many common sexual disorders like infertility, erectile dysfunction and premature ejaculation. Most of the present sexual problems also because of improper dietary habits as people are beyond of modern processed foods and as well as irregular meal pattern. Bhavamisra says, there are different aharas and paanas that that act as vajeekarana. It is our duty to incorporate those drugs in our lives as a daily cuisine to promote the sexual health. Inculcating these food habits in the daily life will helpful in passing good sexual life .

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