

## Cha. Chi. 2. Vajikarana Adhyaya

### Cha.Chi. 2. Vajikarāṇa Adhyāya

**Aim of the chapter:** To help you understand the structure of Charaka's Vajikarāṇa Adhyāya (Chikitsā Sthāna, Chapter 2), its four padas, the logic of Vajikarāṇa (virilification/aphrodisiac therapy), classical formulations, indications, and the seminal (Śukra) concepts necessary for university-level answers.

## 1. Saṃyogaśaramūliya Vajikarāṇa Pāda

### 1.1 Importance of Vajikarāṇa (scope, aims, place in Cikitsā)

Vajikarāṇa is the specialty that sustains **puruṣārthas**—Dharma, Artha, Kāma—by enabling healthy progeny and regulated sexual life. Charaka opens the chapter by urging a discerning person to **seek Vajikarāṇa regularly** for a wholesome life:

वाजीकरणमन्विच्छेत् पुरुषो नित्यमात्मवान्।  
तदायत्तो हि धर्मार्थो प्रीतिश्च यश एव च ॥३॥  
(Cha.Sa.Chi. 2/1/3)

He further notes that the **best “field (kṣetra)”** for Vajikarāṇa is a **joyful partner** who is receptive, placing partner-compatibility within the therapeutic frame:

पुत्रस्यायतनं ह्येतद्गुणाश्चैते सुताश्रयाः  
वाजीकरणमयं च क्षेत्रं स्त्री या प्रहर्षिणी ॥४॥ (Cha.Sa.Chi. 2/1/4)

**Clinical takeaway:** Vajikarāṇa is not mere aphrodisiac use; it integrates **begetting healthy offspring (apatya), sustaining ojas, and ethical sexuality.**

### 1.2 Core Vajikarāṇa Yogas (classical exemplars)

You will be examined on **classical names, key ingredients, processing, and anupāna (vehicle).** Memorise 2-3 with pramāṇa-style steps.

#### (A) Apatyakāri Śāṣṭikādi Gutikā (a bṛṃhaṇī-type pill)

**Classical idea:** Milk-saturated **Śāṣṭika-sāli** rice is pounded and expressed; decoctions of **kapikacchu (Mucuna), māṣa (black gram), balā-māṣaparṇī-mudgaparṇī, jivaka-ṛṣabhaka-kākolī, śvadaṃṣṭrā, madhuka, śatāvarī, vidārī, drākṣā, kharjūra** etc. are added and cooked to a thick mass, then made into pills.

**Key verse cues (Asiktakṣirika section gives the base method):**

“आसिक्तक्षीरमापूर्णमशुष्कं शुद्धषष्टिकम्...  
गृहीत्वा तं रसं पूतं गव्येन पयसा सह...  
बलायाः... मधुकस्य च...” (Cha.Sa.Chi. 2/2/3-5)

**Use:** *Apatyakāri*—enhances fertility, śukra, bala.

**Anupāna/Dose guide:** 1-2 gutikā with warm **godugdha** (cow's milk), **sugar + ghee + honey**; matra according to agni.



## (B) Vajikarāṇa Ghṛta

**Concept:** Ghṛta cooked with **vṛṣya** dravyas (e.g., kapikacchu, śatāvarī, aśvagandhā, vidārī) in **kṣīra**; indicated in klaibya, kṣīṇa-śukra, and dhātu-kṣaya states.

**Pakavidhi (sneha-pāka):** 1 part ghṛta : 4 parts **kalkadravya** (powders/pastes) : 16 parts **drava** (kṣīra/kvātha); heat till proper pāka (foam cessation, aromatic finish).

**Dose:** 10–15 ml on empty stomach with warm milk; titrate to agni and koṣṭha.

## (C) Generic Vṛṣya Yogas (selected patterns)

- **Vṛṣya piṣṭi/gulikā:** kapikacchu + vidārī + śatāvarī + madhuka with kṣīra-bhāvanā.
- **Vṛṣya māṃsa-rasa:** mṛga/kukkuṭa māṃsa with ghṛta, taila, śāli-odana (bṛṃhaṇa).
- **Śāli-yavāgu/odana with kṣīra:** for daily vṛṣyatā.

**Exam pointer:** Link dravya-guṇa to śukra/bala: **madhura rasa-snigdha-śīta** → vṛṣya; **guru-picchila** → śukra-varadhana.

## 2. Asiktakṣīrika Vajikarāṇa Pāda

### 2.1 Vṛṣya Kṣīra, Vṛṣya Dadhisāra, Vṛṣya Śāṣṭika Odana

This pada teaches **food-based Vajikarāṇa**—a hallmark of Charaka. The base technique is **milk-saturation (āsiktakṣīrika)** of Śāṣṭika rice:

“आसिक्तक्षीरमापूर्णमशुष्कं शुद्धषष्टिकम् । उदूखले समापोथ्य पीडयेत् क्षीरमर्दितम् ॥  
गृहीत्वा तं रसं पूतं गव्येन पयसा सह... ॥” (Cha.Sa.Chi. 2/2/3–4)

- **Vṛṣya Kṣīra:** Milk simmered or used as anupāna with the expressed Śāṣṭika essence; **kapikacchu/māṣa** decoctions add śukra-varadhana.
- **Vṛṣya Dadhisāra (supernatant of curd):** Used post-prandially in small amounts with sugar/ghee/honey to kindle bṛṃhaṇa without kapha-āvaraṇa.
- **Vṛṣya Śāṣṭika Odana:** Odana (soft rice) prepared from **Śāṣṭika** with milk and ghṛta; a daily diet tool for **rasādi-dhātu poshana** → śukra.

**Memorise a food-ladder:** Śāṣṭika-odana → yavāgu with milk → kṣīra-māṣa yūṣa → vṛṣya kṣīra/dadhi-sāra.

**Rationale:** **Madhura-snigdha-śīta** foods replenish rasa → ... → majjā → **śukra** (dhātu-paripāka cascade). They stabilize **vāta** in śukra-vāhavaha srotas.

## 3. Māṣaparnabhṛtiya Vajikarāṇa Pāda

### 3.1 “Specific cow’s milk,” Śatāvarī-ghṛta & allied preparations

Charaka uniquely prescribes **rearing a cow** on vṛṣya fodder to obtain **high-quality milk** for Vajikarāṇa:

“माषपर्णभृतां धेनु... गृष्टिं पुष्टां चतुःस्तनीम्...  
रोहिणीमथवा कृष्णां... सान्द्रक्षीरां च धारयेत् ॥



केवलं तु पयस्तस्याः शृतं वाऽशृतमेव वा ।  
शर्कराक्षौद्रसर्पिर्भिर्युक्तं तद् वृष्यम् उत्तमम् ॥” (Cha.Sa.Chi. 2/3/3-5)

#### Interpretation for practice/exams:

- **Diet-modulated milk** (fodder: *māṣa-parṇī*, *ikṣu-stambha*, *arjuna-patra*) yields “**sāndra-kṣīra**” (dense milk) → superior **vṛṣyatā**.
- Milk taken **boiled/fresh**, combined with **śarkarā-madhu-ghṛta**, becomes a **top-grade Vajīkaraṇa**.

#### Śatāvārī-ghṛta (model)

- **Dravyas:** Śatāvārī (kalkadravya), **godugdha**, **ghṛta**; optional **aśvagandhā/vidārī** for balya.
- **Indications:** kṣīṇa-śukra, klaibya, post-illness debility, recurrent abortion (as āpātya-prada).
- **Dose/anupāna:** 10-15 ml ṣaṣṭhāṃśa pāka in the morning with warm milk; titrate.

**Write in exams:** “Māṣaparnabhṛtīya emphasises ‘**vṛṣya-kṣīra**’ by **fodder-based modulation** of a cow and pairs it with **ghṛta-madhu-śarkarā** for śukra-varadhana.”

## 4. Pumāñjatabalādika Vajīkaraṇa Pāda

### 4.1 Śukra Pravṛtti (process) & Praśasta Śukra-guṇa

**Physiology (Śukra pravṛtti):** Śukra pervades the body like oil in sesame. During **maithuna**, due to **cesta (act)**, **saṅkalpa (mental resolve)**, **pīḍana (pressure)**, it **flows out**—Charaka’s description foregrounds **mind-body coupling** and **mechanical factors**.

“पुमान् यथा जातबलो... यथा चापत्यवान् सद्यो भवेत्... ।” (Cha.Sa.Chi. 2/4/3)

#### Definition (Nirukti) inside this pāda:

“येन नारीषु सामर्थ्यं वाजीबल्लभते नरः ।  
व्रजेच्चाभ्यधिकं येन वाजीकरणमेव तत् ॥” (Cha.Sa.Chi. 2/4/51)

**Praśasta Śukra-lakṣaṇa (qualities of normal semen)** — succinct Charaka lakṣaṇa to quote:

“स्निग्धं घनं पिच्छिलं च मधुरं चाविदाही च ।  
रेतः शुद्धं विजानीयात् श्वेतं स्फटिकसन्निभम् ॥” (Cha.Sa.Chi. 30/145)

#### Explain the terms clearly in answers:

- **Snigdha/Ghana/Picchila:** unctuous, dense, viscid → facilitates gamete union and retention.
- **Madhura, Avidāhi:** sweet taste, non-irritant → absence of pitta dushti.
- **Śveta, sphaṭika-sannibha:** white, crystal-like sheen → purity/homogeneity.

**Exam tip:** If asked “causes of kṣīṇa-śukra,” connect **āhāra-vihāra** (abhojana, atiyoga of vyāyāma, rukṣa-āhāra, dīrgha-roga) and **mano-nidānas** (chinta, śoka) to **vāta-pitta** vitiation in śukra-vaha srotas.



## 5. Putting the Four Pādas Together – How to write a 15-marker

Structure your long answer like this:

1. **Definition + Aim** (quote Cha.Sa.Chi. 2/4/51).
2. **Importance** (quote 2/1/3-5).
3. **Dietary vajikaraṇa** (Asiktakṣīrika: 2/2/3-5) – outline method.
4. **Māṣaparnabhṛtiya highlights** (2/3/3-5) – “specific cow’s milk”, ghr̥ta usage.
5. **Śukra pravṛtti + praśasta lakṣaṇa** (2/4 + 30/145).
6. **2-3 named yogas** (Apatyakāri Śāṣṭikādi Gutikā; Vajikaraṇa Ghṛta; Śatāvarī-ghṛta) with indications & dose.
7. **Ethics & timing:** contra-indications for maithuna (ṛtu-aniyama, after exhaustive vyāyāma, ajīrṇa, etc.) and partner wellness (implied in the pāda summary).

## 6. Selected Formulation Notes (for short answers)

Formulation	Core components (memory hook)	Indications	Anupāna / Dose (guide)
<b>Apatyakāri Śāṣṭikādi Gutikā</b>	Śāṣṭika essence + decoctions of <b>kapikacchu, māṣa, balā, jīvaka-ṛṣabhaka, kākolī-dvaya, śatāvarī, vidārī, drākṣā, kharjūra</b>	Infertility, kṣīṇa-śukra, post-illness debility	1-2 pills b.i.d. with warm milk + <b>ghṛta-madhu-śarkarā</b>
<b>Vajikaraṇa Ghṛta</b>	Ghṛta cooked in <b>kṣīra</b> with <b>kapikacchu, śatāvarī, aśvagandhā, vidārī</b>	Erectile dysfunction (klāibya), low libido, kṣīṇa-śukra	10-15 ml o.d. a.m. with warm milk
<b>Śatāvarī-ghṛta</b>	Śatāvarī kalkadravya + kṣīra + ghṛta	Recurrent abortion (as āpātya-prada support), dhātu-kṣaya	10-15 ml with milk
<b>Vṛṣya kṣīra / dadhisāra</b>	Fortified milk / curd supernatant with <b>madhu-ghṛta-śarkarā</b>	Maintenance Vajikaraṇa, rasāyana-like tonic	150-250 ml p.m. post-meal
<b>Śāṣṭika odana/yavāgu</b>	Śāṣṭika rice + milk + ghṛta	Daily bṛṃhaṇa to sustain śukra	As per appetite; ensure <b>ajīrṇa-anupālana</b>

**Source verses to cite** when asked “where is it described?” — **Asiktakṣīrika (Cha.Sa.Chi. 2/2/3-5)** for the method; **Māṣaparnabhṛtiya (2/3/3-5)** for the milk specifics; **Samyogaśaramūliya (2/1/3-5)** for importance; **Pumānjatabalādika (2/4/51)** for nirukti.

## 7. Contra-indications, Timing & Conduct (you can use as bullet points)

- **Avoid maithuna** in **ajīrṇa, tṛṣṇa, śrama (post-exertion), atisvāpa/ratri-jāgaraṇa, after vamaṇa/virecana**, during acute illness, **during ṛtu-aniyama** of partner, and **after excessive alcohol**.
- **Śodhana pūrva-karma** (especially *basti* and *snehana*) may be advised in **doṣa-āvaraṇa, vāta-pradhāna** states before starting kivāhaṇa-snehapāna.
- **Ācāra:** Mutual consent, partner’s health, and modesty are repeatedly underscored by Charaka within Vajikaraṇa discussion (ethical chikitsā).



## 8. Key Sanskrit Citations (quote as-is in the exam)

- Importance:**  
“वाजीकरणमन्विच्छेत् पुरुषो नित्यमात्मवान्...” (Cha.Sa.Chi. 2/1/3)
- Asiktakṣīrika method (milk-saturated Śāṣṭika):**  
“आसिक्तक्षीरमापूर्णमशुष्कं शुद्धषष्टिकम्...  
गृहीत्वा तं रसं पूतं गव्येन पयसा सह...” (Cha.Sa.Chi. 2/2/3-4)
- Specific cow & vṛṣya milk:**  
“भाषपर्णभृतां धेनु... सान्द्रक्षीरां च धारयेत्...  
...शकैराक्षौद्रसर्पिर्भियुक्तं तद्दृष्यमुत्तमम् ।” (Cha.Sa.Chi. 2/3/3-5)
- Vajīkaraṇa nirukti (definition):**  
“येन नारीषु सामर्थ्यं वाजीवल्लभते नरः... वाजीकरणमेव तत् ।” (Cha.Sa.Chi. 2/4/51)
- Praśasta śukra-lakṣaṇa:**  
“स्निग्धं घनं पिच्छिलं च मधुरं चाविदाही च ।  
रेतः शुद्धं विजानीयात् श्वेतं स्फटिकसन्निभम् ॥” (Cha.Sa.Chi. 30/145)

## 9. Short “Why it works” (linking dravya-guṇa to śukra)

- Madhura-snigdha-śīta foods and ghr̥ta-kṣīra → vāta-śamana, ojas-poshana → śukra-varhdhana.
- Kapikacchu, vidārī, śatāvarī, aśvagandhā share bṛṃhaṇa, balya, mūtravirecaka (mild), medhya traits aiding neuro-endocrine balance framed in āyurvedic terms.
- Śāṣṭika-śāli (light to digest yet nourishing) supports agni without over-burdening kapha, ensuring proper dhātu-paripāka up to śukra.

## 10. Rapid-review mnemonics

- “VĀJI-DAPA” for Vajīkaraṇa aims: Vīrya (potency), Āpatya (progeny), Jīvana-bala (vitality), Indriya-prīti (satisfaction) — Dharma-Artha-Prīti-Ayaśa (2/1/3).
- “ŚĀ-KṢĪ-KĀ”: Śāṣṭika + Kṣīra + Kākoli-dvaya = remember Asiktakṣīrika composition stem.
- Praśasta Śukra = “SGP-MAŚŚ” → Snigdha, Ghana, Picchila, Madhura, Avidāhi, Śveta, Śphaṭika-sannibha.

## 11. Assessment

### A. MCQs (choose one)

1. “वाजीकरणमन्विच्छेत् पुरुषो नित्यमात्मवान्...” occurs in:  
A) Cha.Sa.Su. 1/1 B) **Cha.Sa.Chi. 2/1** C) Su.Sa.Chi. 26 D) A.H. Śārīra 1  
**Answer: B**
2. The milk-saturated Śāṣṭika technique (Asiktakṣīrika) is described in:  
A) Cha.Sa.Chi. 2/3 B) **Cha.Sa.Chi. 2/2** C) Cha.Sa.Chi. 1/1 D) Cha.Sa.Chi. 30  
**Answer: B**
3. The verse “येन नारीषु सामर्थ्यं... वाजीकरणमेव तत्” defines Vajīkaraṇa in:  
A) Cha.Sa.Chi. 2/1/51 B) **Cha.Sa.Chi. 2/4/51** C) Su.Sa.Chi. 26/39 D) A.H. Uttara 40  
**Answer: B**
4. Praśasta Śukra features NOT included are:  
A) Snigdha B) Picchila C) **Kaṭu rasa** D) Ghana  
**Answer: C**
5. Māṣaparnabhṛtīya highlights:  
A) Pancakarma protocols B) **Diet-modulated cow’s milk** C) Vamana recipes D) Raktapitta lepas



**Answer: B**

6. A classic **vṛṣya** seed used across Vajīkaraṇa:  
A) Ajwain B) **Kapikacchu** C) Mustard D) Haridrā

**Answer: B**

### B. SAQs (4-5 lines)

1. Define **Vajīkaraṇa** with the Charaka verse (2/4/51).
2. Write **four praśasta Śukra-guṇas** with source reference.
3. Outline the **Asiktakṣīrika** method for Śāṣṭika-śāli (key steps).
4. List **five vṛṣya dravyas** commonly used in ghṛta form.
5. Explain the rationale of **fodder-modulated cow's milk** in Māṣaparnabhṛtīya.
6. Indications and dose guide for **Vajīkaraṇa Ghṛta**.

### C. LAQs

1. **“Diet is the first Vajīkaraṇa.”** Discuss Charaka’s food-centric designs with **Asiktakṣīrika** and **Māṣaparnabhṛtīya** pādas; add two formulations with preparation, dose, and indications. Quote relevant śloka.
2. Explain **Śukra pravṛtti** and **praśasta Śukra-lakṣaṇa**; integrate patho-physiology of **kṣīṇa-śukra** and a stepwise Vajīkaraṇa plan (śodhana-snehapāna-rasāyana/vṛṣya), including at least one **ghṛta** and one **gutikā**.

### Final quick-check (self-test)

- Can you **recite and translate** 2/1/3 and 2/4/51?
- Can you **write two steps** of Asiktakṣīrika from memory?
- Can you **list 5 vṛṣya dravyas** + their guṇa that justify Vajīkaraṇa use?

If “yes,” you’re exam-ready for Cha.Chi. 2.