

AYURVEDIC PERSPECTIVE FOR HIV, AIDS WITH SPECIAL REFERENCE TO VAJIKARANA AND SADVRUTTA

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ABSTRACT

Ayurveda, the science of life; teaches us the art of living too. In this regard *dinacharya*, *ritucharya* and *sadvrutta* play an important role. For the prevention and reducing the incidence of sexually transmitted diseases like HIV INFECTION & AIDS hammering of ideal life style and its benefits upon young generation may help a lot. To certain extent advertisement has both positive & negative effects on society. Our moral values are being degraded by the bombardment of impropriety by media. Advertisement for so & so product (Aphrodisiac) in magazine, on television, on the web claims that this product will boost your energy & sexual stamina. Some other product will reduce stress and effects of aging. Excess indulgence in sexual intercourse in this era may be due to open and provoking behavior and advertisements related to sex, through media like newspaper, television, internet mobile etc. Advertisements about aphrodisiac medicines for either sex; also provoke common man for the use of such medicines and other techniques, AIDS Acquired Immunodeficiency syndrome is an infectious sexually transmitted disease, rather group of symptoms. Here deficiency in immunity power is caused by Human Immunodeficiency – virus; also known as HIV. Deficiency in immunity power may be due to so many reasons but in case of AIDS it occurs mainly due to sexual intercourse.

Vajikarana branch of *Ayurveda* is specially aimed to bless a man with ample children and vigor to satisfy the sexual desires. The purpose of the branch is well defined but wrong and incorrect use of medicines cause various ill effects on social life, as well as physical and psychological change in behavior of the abused person.

Keywords: HIV, AIDS, *vajikarana*, *sadvrutta*

INTRODUCTION

Ayurveda is not only the ancient medical science but the art of living healthy life.¹ AIDS is one such disease in which Human Immunodeficiency Virus is causative factor leading to weak immunity power and no longer efficiency to fight against disease.² *Ayurveda* has a concept of *Vyadhikshamatava* which is nothing but power to fight against disease or make body resistant from creation of disease.³ In *Ayurvedic Samhita - Vagbhat* there is specific mention

about *Abramhacharya*⁴ i.e. rules and regulations about sexual relationship between husband and wife according to age, time, place, seasonal variation etc. by dishonoring these rules one suffers from deadly disease like AIDS. Here an attempt is done in following directions.

AIM AND OBJECTIVES

1. To understand HIV and AIDS in general for causative factors, pathological investigation, prevention and management.

2. To realize scope and limitations of *Vajikarana* branch in *Ayurveda*. To find out wrong of depiction of *Vajikarana* advertisements through media and medicines
3. To co-relate the important vital aspects of *Vajikarana* for awareness and prevention of HIV and AIDS in young society.

MATERIALS AND METHODS-

- A. For information regarding HIV and AIDS clinical microbiology, articles and internet are referred.
- B. For the literary material which includes reference of *Vajikarana* have been collected through the *Ayurvedic* compendia mainly *Charaka*, *Sushruta*, *Vagbhata* and its available commentary.

OBSERVATIONS AND RESULTS

Considering following points whole topic is presented in precise manner.

1. What are AIDS and HIV?
2. Causes of AIDS
3. Recommended persons for HIV testing.
4. Lab tests and other tests
5. Prevention of HIV according to modern medicine.
6. *Ayurvedic* concept of *Vajikarana*.
7. Important vital aspects about *Vajikarana*-

Here the points are mentioned in brief as why? For whom? When? And how much? *vajikarana* is recommended by *Acharya Charak*.

- a) Healthy progeny (*Apatya*),
- b) Healthy sex. For both male and female Still Importance of female i.e. Wife.
- c) Ideal female naturally or trained (*shikshita*).
- d) Seasons, place, *prakriti*, *sara*, *vayah* (Age) & its *avastha* play an important role.

- e) Body purification i.e. *Panchakarma*.
- f) Indications.
- g) Contraindications.
- h) Medicines, Diet, Regimen.
- i) Wrong and otherwise interpretations and applications of *vajikarana* methods & yogas may lead to HIV infection and AIDS.

Modern Review

1) What are AIDS and HIV?

AIDS is a disease supported by the weak immune system to exist in the body. The person having weak immunity power have no longer efficiency to fight against any diseases. Common symptoms are weight loss, general debility, swollen glands in groins, neck and arm pits as well as cold sores and other skin disorders in the later stage.⁵

2) Causes

Deficiency in immunity power may be due to so many reasons but in case of AIDS, it occurs primarily due to unprotected sexual intercourse, contaminated blood transfusions, and hypodermic needles and from mother to child during pregnancy, delivery or breast feeding.⁶

Some bodily fluids, such as saliva and tears, do not transmit HIV.

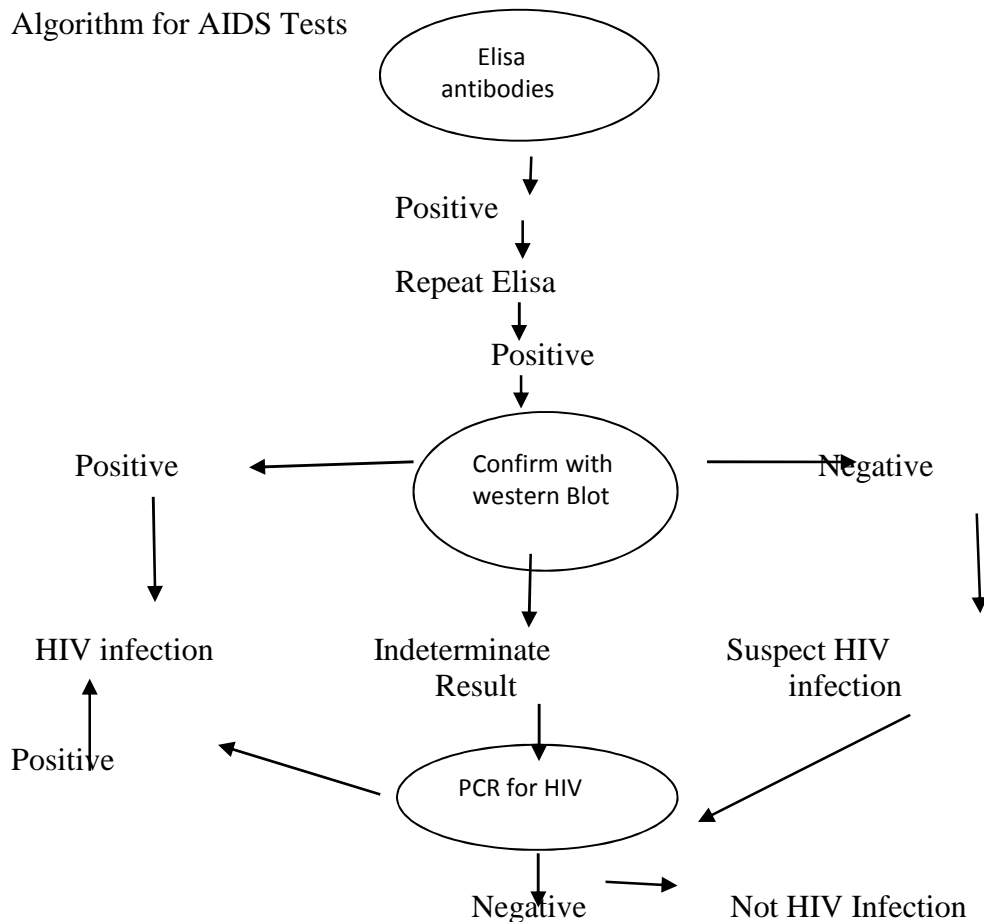
3) Recommended persons for HIV testing

The persons who

- a) Have a history of identifiable risks e.g. Prostitute, homosexual or bisexual men, IV drug users
- b) Have received transfusion of blood or blood products.
- c) Are planning of marriage.
- d) Women of childbearing age.
- e) Donors of blood, sperms, organs.
- f) Consider them at risk.
- g) May have sexually transmitted disease. (T.B. hepatitis B or C)⁷

4) Laboratory tests & other tests-⁸

Algorithm for AIDS Tests



Other tests-

1. P24 antigen assay
2. Quantitative RNA
3. Detection of HIV DNA and RNA by PCR
4. CD4 & CD8 counts

5) Prevention of HIV according to modern medicine-⁹

Common methods of HIV/AIDS prevention include encouraging safe sex, needle exchange programs and treating those who are infected.

There is no cure or vaccine; however antiretroviral treatment can slow the course of the disease and may lead to a near normal life expectancy. Though antiretroviral treatment reduces the risk of death & complications from the disease, these medications are expensive and have side effects. Without

treatments the average survival time, after infection with HIV is estimated to be 9-11 years, depending on HIV subtypes.

Ayurvedic Review

6) Ayurvedic concept of Vajikarana Vajikarana is specialized eighth branch of *Ash-tang Ayurveda*. The ultimate aim of this branch, for a controlled and balanced man; is to achieve *Dharma, Artha, Preeti* (love), *Yasha* (success) and *Suta* (Progeny). The term *Vajikarana* means to favor or bless a man with ample children and vigor to satisfy the sexual desires.¹⁰

7) Important vital aspects about Vajikarana-

- a) Maintenance and augmentation of sexual potency of a healthy man and creation of healthy progeny
- b) Management of disturbed sexual potency and treatment of infertility in men and women

Importance of female in Vajikarana therapy-¹¹

A woman with all best of feminine qualities is essence of this materialistic world, because of whose fitness and reproductive capacities the race is continued. All the materialistic objects are present together and expressed only in woman. Here in this respect a female or a woman should be wife only as per *Dharmashastra*.

Ideal female- According to *Acharya Vagbhat12* female, who is healthy, possesses mental and physical goodness and has knowledge in general and sex matters are naturally appreciated. A female who is educated or trained in such matters is also acceptable.

Discussion

In *Samhitas* depending upon health status, personal strength and seasonal variations; sexual practice is recommended. Continuous and uncontrolled sex in all days of the year is not recommended.

- Concept of *Prakruti*- (Psychosomatic constitution) *Prakruti* in *Ayurveda* has great importance in sexuality and having number of offsprings.¹³
- Similarly *Sara* of an individual and *Vaya* (Age) also has great impact upon sexuality of an individually.¹⁴
- Purification of the body before *Vajikaran* is must. Therefore *Panchakarma* therapy is strongly advised in persons or patients who are expected to undergo *Vajikaran* therapy. *Panchakarma* treatment enhances the seminal quality, fertility potential and seminal or ovulation disorders.¹⁵

Indication for Vajikaran preparations-

According to explanations available in *Samhita* it can be summarized that

- Age group- 25 -70 years- A man is advised to get married after 25 years, as all seven *Dhatus* especially *Shukra Dhatu* attains maturity. At this stage nourishment and growth of *Dhatus* is at its peak.¹⁶ so the need of *Vajikarana yogas*

is minimum. According to *Charak samhita* from the age 30 years, madhyam ayu is upto 60 years. In this span at a later age there is utility of such medicines.

- Frequent indulgence in sex-as per *Prakriti, Sara*, after fulfillment of all other needs excess indulgence is noticed. In such cases use of *Vajikarana yogas* may be done with appropriate counseling.
- Shukra kshaya*-In persons with less production of *Shukra dhatu*. (Oligospermia, Azoospermia)
- Infertility-primary or secondary; where *Shukra* and *Aartava Dushti* along with *Dhrukshaya* is noticed.
- Dhanvan* - Rich persons

Contraindications for Vajikarana preparations-

Acharya have framed few rules for consumption of *Vajikarana* preparations.

- These preparations have to be consumed by “*Jitendriya purush*” (man who has complete control on his senses and desires). If *Vajikarana* preparations are consumed by “*Ajitendriya purush*”(man who has lost control over his senses and desire), he may prove harmful to society.¹⁷
- Before 16 years of age person are unfit for sexual acts as in younger boys formation of *Dhatus* (tissues) especially *Shukra* is not complete. Age of 16 years is in which *shukradhatu* abhivyakti takes place; whereas by the age of 25 years *shukradhatu* reaches its paripurnavastha.
- After 70 years of age person are unfit for sexual acts. Because in aged persons there will be *Dhatu kshaya* (deterioration of tissues) due to old age.¹⁸
- Evil minded people or people with bad intentions.
- Traumatic and hereditary impotence.

Aphrodisiac Medicine, diet & regimen-

In first two sections of Second *Adhyay* of *Charak samhita* there is ample description

of various *Vajikarana yogas*. Apart from that diet, behavior, season & place are also mentioned which is *Vajikara*.¹⁹

Easily consumable medicaments, which give strength to weak persons and increase strength of even strong persons, are of great importance. These include *ghruta* (pure ghee), *taila* (till oil), *Mamsarasa* (soups made of animal flesh), *Sharkara* (sugar), & *Dugdha* (milk). A few *Bastiyogas* including *Madhu* & *Dugdha* as ingredients are prescribed.²⁰

There are various conditions observed in society, which are identical to those explained in *Charaka*.²¹

1. Increased physical strength leads to increased sex power results in getting off springs.
2. Increased physical strength leads to increased sex power but not results in getting offsprings.
3. Increased physical strength & though good built leads to less sex power.
4. Sometimes small built persons but better sex power & many offsprings.
5. Some people are naturally weak in power where as some become weak due to disease conditions.
6. Apart from these *kalabala*, *yogabala*, practice, continuous use of *Vrushya* medicines, naturally *Vrushya Svabhava* etc. & many more are the conditions which affect sex power and birth of offsprings.

Wrong and otherwise interpretations and applications of Vajikarana methods & yogas may increase the occurrence of HIV infection and AIDS.

After thorough knowledge about HIV, AIDS & *Vajikarana* according to *Ayurveda* we could observe certain points of similarity between infected persons and those who indulge more on *vajikarana* preparations like-

A) Similarities in hetu (causative factor)

- a) richness (*Aadhyta*)
- b) fulfillment of all other needs (than sex)

- c) excess indulgence in sex provoking factors like external environment (walk, talk, clothing etc.); drugs, diet, advertisements, through- newspaper, television, internet, mobile etc.

- d) separated or departed spouse due to any reason- service, divorce, death, dispute etc.

- e) frustration

B) Similarity in approach-

- a) Excess and frequent indulgence in sex with the help of medicines, drugs, and other utility material.

- b) Careless approach towards health.

- c) Changing partners.

C) Resultant-

In case of normal healthy person; as well as for a person with less sex power *vajikarana*; helps to achieve its aim.

But In case of unhealthy person; as well as for a diseased person with less strength & sex power; excess indulgence in sex leads to *Pratiloma Dhatukshaya* i.e. *Shukrakshaya*, *Majjakshaya* & so on.

In further stages *Ojakshaya* also takes place which causes less immunity power. This is nothing but *Vyadhi Akshamatva* of a person. Such a person easily gets affected by many diseases. Similar kind of *lakshanas* and status of body and mind is observed in persons who are affected and suffering from HIV infections and AIDS.

CONCLUSION

Vajikarana therapy is said to revitalize all seven *Dhatus* (body elements), therefore; restores equilibrium and health. *Vajikarana* offers a solution to minimize the *shukra* defects and to ensure a healthy progeny. *Vajikarana rasayan* is the special category of *rasayan*, which improve the reproductive system and enhance sexual function in either sex. There are various means by which *Vajikarana* could be achieved – *Aahara* (diet), *Vihara* (environment & activities) *Aushadha* (medicines), and other components improving health and pleasure like massaging with medicated herbal oils and

herbal baths , wearing of fragrant garlands ,anointing the body with fragrant herbal pastes, listening to music etc.²² The therapy rejuvenates male as well as female reproductive system. It increases body energy level and retards ageing process. One who undergoes this therapy looks attractive and never gets tired. Aim of *Vajikarana* is not just to get offspring but to produce *Supraja*. i.e. healthy and strong offspring who are physically as well as mentally fit and prove to be good citizens. *Vajikarana* science advises a couple (husband & wife precisely) about right time, place, season, and method of copulation which can determine the certain characters of baby.²³ The experimental studies related to *vajikarana* therapy are scarce and generally lack of scientific vigor. Simultaneously it will be better to take help of allied Indian ancient litera-

ture well known as *Kamashastra* to improve the rate of fertility & *vajikarana* techniques. Apart from direct references related to *Vajikarana*; references related to *Sadvrutta*²⁴ (ideal behavior pattern or restrictions) should be studied, followed and frequently hammered upon the young generation .This would prevent all human beings from misconcepts & misbehavior in society .To increase alertness and awareness in society all the *Vaidyas* should come forward. Simultaneously efforts should be done in direction to reduce and stop the advertisements which provoke the common man for getting attracted towards abundant sex. Following ideal *Aahara* and *Vihar* along with *Sadvrutta* according to *Ayurveda* can prevent major incidences of HIV infection & AIDS as well as any other kind of illnesses.²⁵

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