

REVIEW ARTICLE

Pathya-Apathya Ahara and Vihara with Vajikarana Effect: A Critical Review of Classical Recommendations and their Probable Mechanism of Action

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ABSTRACT

Background: Sexual health is an essential component of overall health and well-being and encompasses physical, psychological, emotional, and reproductive dimensions of human life. Healthy sexual function contributes not only to individual quality of life but also to reproductive success and social well-being. Modern lifestyle factors such as unhealthy dietary habits, psychological stress, sleep disturbances, sedentary behavior, and excessive indulgence have been associated with deterioration in sexual and reproductive health. In *Ayurveda*, preservation and promotion of sexual and reproductive health are described under *Vajikarana Tantra*. *Vajikarana* is concerned with enhancing sexual vigor, reproductive capacity, and the production of healthy progeny, as well as maintaining *Shukra dhatu*. Various classical texts describe dietary regimens, behavioral conduct, sleep patterns, physical activity, mental discipline, and purification procedures that support reproductive wellness and sexual health. Understanding these recommendations and exploring their mechanisms of action through contemporary scientific perspectives may provide a framework for promoting sexual and reproductive health.

Methods: This study is a literature review of classical *Ayurvedic* texts (*Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*), *Bhaisajya Ratnavali*, and *Kaiyadeva-Nighantuh*, as well as other texts related to *Vajikarana*, and electronic databases.

Results: It includes a detailed description of the types of *vajikarana* along with their management. Mainly, three types of *vajikarana dravyas* are described: *Shukrajanaka*, *Shukrapravartaka*, and *Shukrajanka-pravartaka*, each having a different effect. *Shukrajanaka dravya* promotes the formation of *Shukra* and helps with low sperm count, while *Shukrapravartaka* helps with ejaculation. *Shukrajanaka-pravartaka dravyas* help in both formation and ejaculation. Other than these three, *Adhamalla* (commentator of *Sarangdhara Samhita*) describes *Shukrastambhaka dravya* (*Jatiphala*), which helps in premature ejaculation, and *Shukra-shosaka* (*Haritaki*), having effect on frequent nightfall/wet dreams.

Conclusion: The review highlights the *Ayurvedic* understanding of *vajikarana* along with *pathya ahara-vihara*, with *vajikarana* effects along with their probable mechanism of action. It provides a thorough foundation with sufficient detail on how *vajikarana dravya* affects sexual health positively, with details on how phytochemicals present in these *vajikarana dravyas* affect and promote sexual health.

1. INTRODUCTION

“A state of physical, emotional, mental, and social well-being in relation to sexuality, it is not merely the absence of disease, dysfunction or

infirmity” is how the World Health Organization defines sexual health. A positive and respectful attitude toward sexuality and relationships is necessary for sexual health, as is the potential for enjoyable and secure sexual experiences, free from violence, prejudice, and coercion.^[1]

Ayurveda emphasizes the preservation of physical, mental, and reproductive health as essential parts of overall well-being. Out of the three *Eshanas* mentioned in the *Brihadaranyaka Upanishad*,

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putraeshana (desire for progeny) seems especially important; it can be achieved through proper reproductive health, and this may be further supported by the use of *vajikarana dravyas*.^[2]

Vajikarana (*vrisyā chikitsa*) is considered one of the eight principal specialties within *Ashtanga Ayurveda*. It mainly focuses on aphrodisiac like therapies meant to strengthen sexual vigor, support reproductive health, and help the delivery of healthy progeny.^[3] *Vajikarana dravyas* work on the *shukra dhatu* and enhance both the quality and quantity of semen, thus aiding healthy progeny.

2. MATERIAL AND METHODS

Many classical texts, such as *Charaka Samhita*, *Sushruta Samhita*, *Astanga Hridaya*, *Sarangdhara Samhita*, and *Bhaisajya Ratnavali*, along with their commentaries, were used as source material for this study. Along with these, other materials like *Kaideva Nighantuh* and *Vajikarana Tantra* were also taken into account. Apart from search engines like Google and Google Scholar, literature connected to the theme and related articles were collected, reviewed, and analyzed, and E-samhitas were also referred to for this purpose.

3. REVIEW OF LITERATURE

3.1. Vajikarana

Vaji means *shukra*; the recipe/therapy which makes “*avaji*” (one without *shukra*) as *vaji* (one with *shukra*) is known as *vajikarana*.^[4]

Acharya Sushruta had given a comprehensive definition by quoting “*vajikarana tantra*” as the medical science which deals with *alpā-dusta-kshina-vishuska retas* (*shukra*) which needs to be attended through *apyayana-prasada-upachaya-janana*, respectively.^[5]

“*Vajikarana*” refers to the characteristics that enable a man to engage in sexual activity with women with stallion vigor and to engage in excessive sexual activity.^[6]

3.2. Characteristics of Shukra

Shukra (semen), which is *Bahala* (thick and copious), *Madhura* (sweet), *Snigdha* (oily and unctuous), *Guru* (heavy), *Picchila* (slimy), *Shukla* (white), and *Bahu* (abundant).^[7]

3.3. Classification of Vajikarana Dravyas

3.3.1. Acharya Chakrapani classifies vajikarana dravyas in 3 types^[6]

1. *Shukravradhikara* - *Masa*
2. *Shukrasrutikara* - *sankalpa*
3. *Shukrasruti* - *Vradhikara* - *ksheeradi* (milk, etc.).

3.3.2. According to Dalhana: 3 types^[8]

1. *Shukrajanaka*, which nourishes *rasaparinata shukra dhatu* e.g., *mansa* (meat), *ghritadi*, etc.
2. *Shukrapravartaka* which helps in ejaculation, e.g., *Uchhata churna*
3. *Shukrajanaka-pravartaka*, e.g., *Goghrita*, *godhuma*, *masa*, *kakandaphaladi*.

3.3.3. According to Sharangdhara and his commentator, Adhamalla- 4 types^[9]

1. *Vajikarana* which improves the libido, e.g., *Nagabala*, *ahipheya*, *bhanga*, etc.
2. *Sukrala* the drug which enhances *shukra* (spermatogenesis),

e.g., *ashwagandha*, *musali*, *sharkara*, *satavari*, etc. It acts as *shukravradhikara*

3. *Shukrajanaka-pravartaka* which acts as both *shukra-janaka* (spermatogenesis) as well as *pravartaka* (helps in ejaculation), e.g., *kshira*, *masa*, *bhallataka phala majja*, *amalaka*, etc.
4. *Shukrasthmbhaka-jatiphala* is claimed to control ejaculation, i.e., useful in case of premature ejaculation
5. *Shukra-shosaka-haritaki*.

Administration of *vajikarana dravyas* or *chikitsa* is generally preceded by *samshodhana* therapy, depending on the individual's strength and condition.^[10]

3.4. Pathya Ahara and Vihara for Vajikarana^[11-15]

3.4.1. Pathya Ahara

Mention in table no. 1

3.4.2. Pathya Vihara

- *Praharsini Stree* (sexually excited female partner) – *vaikaranamagrayam* (best aphrodisiac)^[16]
- *Varsha jala* (rain water) during *hemanta ritu* – *vrisyā*^[17]
- *Snana* is considered as *vrisyā*^[18]
- *Gandha Mala Vibhushana* – use of scents, garlands, and ornaments^[19]
- *Kshoura karma* (cutting of hair, beard, nails-*vrisyā*)^[20]
- *Samvahana*–*preetidinrakaram* *vrasyam* *kaphavataashramapaham*^[21]
- *Padatra dharana* (wearing of shoes) – *Vrisyā*^[22]
- *Samyak nidra* (proper sleep) is responsible for *vrisyā*^[23]
- *Abhyanga* is considered as *vrisyā*^[24]
- *Anulepana* – *preeti* (affection), *ojas*, and *balavardhaka*^[25]
- *Ondolika* (jhula/swing) – *Veeryavardhini*^[26]

After sex regimen: Before going to bed after engaging in sexual activity, one should take a bath and consume milk or *Rasa* (juice or meat soup). His strength and semen both rise as a result.^[27]

3.4.3. Some food preparations having vrisyā effect

3.4.3.1. Odana kalpana

- Method of preparation: *Odana* is prepared by boiling rice in water that is 10 times its quantity (*dashaguna toya*). After boiling, the liquid portion is strained out, and the remaining portion is called *Odana*.^[28]
- i) *Aprastrutadrava bhata* (rice water remaining with starch):
 - Properties: *Grahi* (absorbent), *madhurvipaka*, increases *kapha*, *tarpana* (nourishing), *kshayaroga nashaka*, *shukrajanana* (promotes production of *shukra dhatu*).^[29]
- ii) *Lajoudana*:
 - Properties: *Laghu* (light to digest), *sheeta virya* (cold in potency), reduces *kapha*, *agnidipaka* (improves digestion), *nidrajanana* (promotes sleep), *ruchikara* (improves taste), *vrisyā* (aphrodisiac), *madhura* (sweet), pacifies *pitta*.^[30]
- iii) *Yavaka* (yava-odana):
 - Properties: *Picchila* (slimy), *vrisyā* (aphrodisiac), *madhura* (sweet), *guru* (heavy to digest).^[31]

3.4.3.2. Krusara

- Method of preparation: *Krusara* is prepared by cooking sesame seeds (*tila*), rice, *udada* (black grama), or *tila* and *udada* only together in water 6 times its quantity.
- Properties: Takes longer to digest, *balakaraka* (strength- promoting), pacifies *vata*, *pustikaraka* (improves body nourishment), *malasaraka* (promotes bowel movement),

increases *kapha*, *vistambhaka* (may produce burning sensation after digestion), *shukrajanaka* (promotes formation of *shukra*).^[32]

3.4.3.3. Payasa/paramanna/kshaireyi/kheera

- Method of preparation: Prepared by cooking rice in milk.
- Properties: Reduces *vata* and *raktapitta*, *guru* (heavy), *rasayana* (rejuvenating), *ruchikara* (improves taste), *medhovardhaka* (increases tissue fat), *vrisya* (aphrodisiac), *balakaraka* (strength- promoting), increases *kapha*.^[33]

3.4.3.4. Yusha Kalpana:

- Method of preparation: Prepared by cooking pulses in 18 times water and adding *sendhanamaka*, *sunthi* (dry ginger), *pippali*, etc., *katu dravya* (pungent substances).^[34]
- i) *Aradya mudga yusha*:
 - Properties: Useful in *pitta* disorders, *mutakricchra* (dysuria), *santapa*, *jwara* (fever), *rakta-pitta nashaka*, *shukrajanaka* (promotes formation of *shukra*), and nourishes all *dhatu*.^[35]
- ii) *Masa Yusha*:
 - Properties: *Ghana* (dense), *shukravardhaka* (increases *shukra*), increases bowel evacuation, *dipaniya* (digestive stimulants), and increases *kapha*.^[36]

3.4.3.5. Panchasara panaka

- Content: *Draksha*, *madhuka*, *kharjura*, *gambhari*, *parushaka*. Add *karpura* (camphor) to it.
- Properties: *Shukravardhaka* (increases *shukra*), pacifies *daha* (burning sensation), *trishna* (thirst).^[37]

3.4.3.6. Ghritha poorā

- Method of preparation: Soak flour in milk, then add coconut and sugar. Cook it in *ghrita*.
- Properties: *Sadya-pranakara*, *hridya* (beneficial for the heart), increases *kapha*, pacifies *vata* and *pitta*, *vrisya* (aphrodisiac), *guru* (heavy), promotes formation of *mamsa* and *rakta dhatu*, *madhura* (sweet), useful in *Kshata* and *kshaya*.^[38]

3.4.3.7. Madhushirsaka-sanyava-pupa

- Properties: *Guru* (heavy to digest), *brmhana* (nourishes *dhatu*), *vrisya* (aphrodisiac), *hridya* (beneficial for the heart), and pacifies *vata-pitta*.^[39]

3.4.3.8. Lapsika

- Method of preparation: Knead flour very softly, cook it in *ghrita*, milk, etc.; when it becomes thick, add *katu dravya* like *marich* (black pepper), etc., and remove from heat.
- Properties: *Dhatuwardhaka* (tissue nourishing), *shukrajanaka* (promotes formation of *shukra*), increases *pitta* and *guru* (heavy to digest).^[40]

3.4.3.9. Pupa

- Method of preparation: Mix honey with flour, shape it into small balls, and cook over the fire.
- Properties: Increases *kapha*, *ruchikara* (improves taste), *shukravardhaka* (increases *shukra*), *vatanulomaka* (normalizes the flow of *vata dosha*).^[41]

3.4.3.10. Modaka

- Method of preparation: Preparations made from wheat flour or rice flour are called *modaka* or *lopaka*
- Properties: *Guru* (heavy to digest), *balya* (increases strength), pacifies thirst, and promotes the formation of *shukra*.^[42]

3.4.3.11. Vrisya Ksheera (milk with aphrodisiac properties)^[43]

- Content: One *pala* (48 g) of each of the following fruits:
 - *Masha* (Black gram), *Kharjuri Mastaka* (the upper part of the date tree)
 - *Payasya* (*Ipomoea paniculata*), *Shatavari* (*Asparagus racemosus*), *Kharjura* (*Phoenix sylvestris*), *Madhuka* (*Glycyrrhiza glabra*), *Mrudvika*.
- Method of preparation: Prepared by boiling them in one *Adhaka* (3.072 L) of water until only one-fourth is left
 - One *Prastha* (768 mL) of milk is added to this decoction, and it is cooked until only milk is left
 - Sugar should be added to this.
- *Pathya*: *Shashtika* rice served with copious amounts of *ghee*
- Applications: This is a great aphrodisiac.

3.4.3.12. Vrishya shashtikaudana^[44]

A man can become sexually aroused by consuming sugar, honey, ghee in liberal quantities, and the *Shashtikaudana*, which is white like the moon's beams (Table 2).

4. APATHYA AHARA

- *Kshara* – *punsatvopghatinam*^[47]
- *Shukra-vega nigraha-sandyakaranam*^[47]
- *Dourmanasya/mansika shaithilya* (mental lethargy) – *avrisyanam*^[48]
- *Tikta rasa dravya* except – *vetagra*, *amruta*, *patola patra*: *vatalam* (increases *vata*), *avrisya*^[49]
- *Katu rasa dravya* except – *pippali*, *vishwabhessaja* (*sunthi*): *avrisya*^[49]
- *Kulatha*: *Kaphashukranilapaha* (decreases *kapha*, *shukra*, and *vata*)^[50]
- *Shimbi dhanya*: *Na cha vrisya*^[51]
- *Bhutrina*: *Punsatvaghna*.^[52]

5. DISCUSSION

Ayurveda has been a boon to mankind for health and wellness since time immemorial. The methods employed are termed “*Svasthaurjaskara chikitsa*,” and the recipes recommended are named “*swasthahita dravyas*.” This reflects the *Ayurvedic* approach to healthcare prevention.

Acharya Charaka has also divided *Svasthaurjaskara Chikitsa* into two types: *Vrisya* and *Rasayana*. The former concerns diseases of the reproductive system; the latter, senile alterations.

Vajikarana is used to enhance the vigor and vitality of both males and females.

Vajikarana, the aphrodisiac treatment, produces a line of children, provides quick sexual excitement, allows one to have sexual relations with women continuously and vigorously like a horse, makes one attractive to women, promotes corpulence, and produces infallible and unbreakable semen, even in the elderly. *Vajikarana* is advised to be administered on a daily basis, but the use of *rasayana* is restricted to a particular period. The *vajikarana vihara* are those women who possess all the necessary virtues. A disturbed sleep pattern creates stress and disturbance in the circadian rhythm of the body, which directly affects sexual health. Adopting a healthy lifestyle and *vajikaraka pathya* (wholesome diet) can achieve sexual health at an optimum level.

These *vajikarana dravyas* act on the higher centers of the brain, i.e., the limbic system and hypothalamus. The hypothalamic-pituitary-gonadal axis is a hormonal regulatory system that controls reproductive

function, sexual development, and infertility.

5.1. Mode of Action of Vajikarana Dravyas in Infertility

Sadhya samprahararasa is one of the qualities of vajikarana; it points out that it quickly produces *shukra*,^[53] which is why it is taken as an immediate-response kind of idea. In general, it is also believed that it takes around 1 month for *shukra* formation, but honestly, it may not be that strict in *vajikarana* drugs; the actual time could be shorter. Although this thought works mostly when we are talking about *shukrala* drugs, not work for every category. Now, *Shitavirya vajikarana dravya* are selected when there is *shukra dhatvagni kshaya janya shukra doshas* and *usna virya vajikarana* are used for *shukra dhatvagni janya shukra doshas*, except when there are *prabhava dravyas* like *ashwagandha*, which has *usna virya* but also *shukrala* properties. Similarly, *haritaki* is also *usna virya*, but it behaves more like *shukra shosaka*. Then, there are different functional kinds.

Shukrajanaka dravya basically helps in promoting *shukra* formation, and it is linked with low sperm count. *Shukra pravartaka* is more about helping ejaculation. While *shukrajanaka-pravartaka dravyas*, they support both *shukra* formation and ejaculation together. *Shukrastambhaka dravya*, *Jatiphala*, for example, is beneficial in premature ejaculation. Moreover, *Shukra-shosaka*, like *haritaki*, affects frequent nightfall or wet dreams.

5.2. Probable Mechanism of Action of the following Dravya^[54]

5.2.1. Ashwagandha

The nitric oxide produced by *ashwagandha* is said to widen blood vessels, and it is often considered part of the reason it supports reproductive health. As a *rasayana*, *ashwagandha* is used to slow down the aging process, protect against disease, and also help with unfavorable environmental influences. It is also described to improve physical and mental well-being.

5.2.2. Shatavari

It is described as enhancing sentiments of love and devotion; it carries a *sattvic* quality, and it gives rejuvenating effects on the female reproductive system. It can also help in controlling a woman's menstrual cycle and produce healthy blood and reproductive fluids.

5.2.3. Kapiichu

Lots of studies show that the body can create dopamine from the amino acid molecule L-DOPA. It also helps maximize testosterone, boost libido, and increase sexual potential, plus it seems to improve mood and overall vitality.

5.2.4. Madhuyasti

In herbal mixtures, liquorice is pretty well known for encouraging a kind of harmony and balance. Beyond that, it can optimize hormone levels by working on the glands, especially the adrenal glands. A healthy sex drive is closely tied to how much sex hormones are produced by the adrenal glands. When adrenal function drops, reduced libido, lower energy, and a weaker sexual response can show up.

6. CONCLUSION

If someone follows *pathya* (*ahara* and *vihara*), there is no need to consume medicine, because the disease gets reduced by *pathya* itself, and one does not have to take the medicine; but if we do not follow *pathya*, then taking medicine is useless. It is like that it shows the real importance of *pathya* in a practical way. Classical *Ayurvedic* texts comprehensively describe *pathya* (wholesome diet and lifestyle)

in relation to *vajikarana*. Following these suggestions may help in promoting and keeping up good sexual health over time.

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The data analyzed in this review were obtained from publicly available sources, including peer-reviewed articles, observational studies, and surveys accessible through databases.

13. DISCLAIMER/VIEW AND OPINIONS

The opinions expressed in this article are solely those of the authors and do not reflect the views of the International Research Journal of Ayurveda and Yoga or its editorial board.

14. AI-USE DECLARATION

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Table 1: (A) PATHYA AHARA

Ahara varga	Dravya	Properties
1. Dhanya Varga	shalidhanya	Shukrala
	Godhume	Brahma and vrisya, shukraprada
	Masa	Sadya vrisya, vrisya, and sukrala
	Kulattha	Shukrapaha
2. Drava varga	Shastika dhanya	Shukrala
	Dugdha (milk)	Jivaniya (vital for living healthy)
	Nadijala	Vrisya
	Narikelodaka	Vrisya
	Ghrta	Shukra-var dhaka, vrisya, and medhya
	Vasa	Shuskaretas
	Piyusa-Morata-kilata	Vrisya, vrisya and brmhana
	Ksheera	Vrisya and vajikarana
	Hastiksheera	Vrisya
	Dadhi	Vrisya
	Mahisa dadhi	Vrisya
	Tara (thin layer of fat on the curd, not the cream)	Shukrala Vrisya
	Navanita	Vrisya and medhya Vrisya
	Eranda tail	Vrisya, vayasthapana, shukrasodhana, yonishodhana
3. Mansa Varga	Nakra retas (semen of crocodile)	Vrisya
	Prasaha mamsa	Best vrisya
	Barhi mamsa	Shukrala
	Hamsa mamsa	Shukrala and Vrisya
	Chatak mamsa	Shukravivardhana
	Shasha mamsa	Brahma and Vrisya
	Mahisha mamsa	Vrisya, pumstavavardhana
	Matsya mamsa	Vrisya
	Krsna titir mamsa	Vrisya
	Vana kukkutha	Vrisya
	Kulinga	shukravardhaka
	Grha kulinga	Ati shukrala
	Parna mriga mamsa	Vrisya
	Medah puccha	Vrisya
	Kulachara pasu (gaja, gavah, mahisa, ruru, etc.)	Vrisya
	Gavaya mamsa	Vyavayasya tu vardhanam
	Rurohmamsa	Shukravivardhanam
	Sramara mamsa	Shukravivardhanam
	Varaha mamsa	Vrisya
	Rohitamatsya	Shukravivardhanam
4. Shaka Varga	Kakamachi shak	Vrisya and rasayana
	Upodika shak	Vrisya
	Munjataka	Vrisya
	Vidarikanda	Balya, brmhana, jivaniya and vrisya

Table 1: (Continued)

Ahara varga	Dravya	Properties
5. Phala Varga	Amalaka	Vayasthapana (best among those who prevent the aging process), vrisya
	Mrdivika	Vrisya
	Kharjura	Vrisya
	Tala phala	Brahma and Vrisya
	Pakvamra	Shukraprada
	Amra phala	Shukravivardhanam
	Priyala	Vrisya
	Kaidara	Vrisya and shukrala
	Amrataka	Vrisya
	Pippali	Vrisya
6. Kanda Varga	Patola	Vrisya
	Palandu	Vrisya
	Lasuna	Vrisya
	Nagara and adraka	Vrisya
	Kanda varga (vidari-shatavari- kamala-shringataka etc.)	Bahu shukrala
	Vidarikanda	Vrisya
	Shatavari	Vrisya
	Maha shatavari	Vrisya and rasayana
	Varahikanda	Vrisya and rasayana
7. Kratanna varga	Sasneha Guda-Sharkara	Vrisya
	Veshavara	Vrisya and balya
	Sasneha Godhumika	Vrisya
	Mansarasa	In kshinaretas and stree nitya
	Tila-Mansadi Utkarika	Vrisya
	Cooked dishes prepared with fruits, flesh, fat, vegetables, tila-paste, and honey	Vrisya (aphrodisiac), balya (strengthening), guru, brmahana
	Apupa preparations made of milk and sugarcane juices	Guru, tarpana, and vrisya
	Bastand siddha ksheera bhavita tila or shishumara (crocodile) vasa pakva shaskuli with milk	Vajikaraka
	Pippali masadi pupalika with sugar and milk	A person will become capable of copulating 10 times continuously, just like a chataka.
8. Mula varga	Eranda mula	Vrisya and vajikarana
	Madhukam (yastimadhu)	Vrisya, chakshusya, balya
9. Ikshu varga	Ikshu	Vrisya
	Prapoundarika (ikshu)	vrisya
	Ikshurasa	Vrisya
	Guda	Vrisya
10. Madya varga	Matsyandika	Vrisya
	Aksiki sura	Vrisya
	Kohala madya	Vrisya
11. Lavana varga	Saindhava lavana	vrisya
12. Harita varga	Palandu	Vrisya
	Lashuna	Vrisya

(Contd...)

Table 2: Ayurvedic pharmacological approaches to male reproductive disorders^[45]

Drug name	Scientific Name	Family	Rasapanchak	Indication	Part used	Chemical constituents
1. Akarakarabha	<i>Anacyclus pyrethrum</i> DC.	2. Asteraceae	<i>Rasa-katu</i> <i>Guna-ruksha, tiksna</i> <i>Karma-kapha-vatahara,</i> <i>Balya, vrisya</i> <i>Virya-usna</i> <i>Vipaka-katu</i>	<i>Dhvajabhanga</i> <i>klaibya, pratisyaya,</i> <i>vataroga</i>	root	Anacyclin, eneteriye, alcohol, etc.
2. Amalaka	<i>Embllica officinalis</i> Gaertn	Euphorbiaceae	<i>Rasa – amlapradhana</i> <i>pancharasa</i> <i>(except-lavana rasa)</i> <i>Karma-tridoshahara,</i> <i>vayasthapana, rasayana,</i> <i>chakshusya, vrisya</i> <i>Virya-sheet</i> <i>Vipaka-madhura</i>	<i>Prameha,</i> <i>raktapitta,</i> <i>netraroga,</i> <i>kustha, arsha,</i> <i>somaroga, pradara,</i> <i>mutrakrecha,</i> <i>shoola.</i>	For <i>vajikarana</i> purpose: fruit pulp with milk	Root-ellagic acid, lupeol, oleanolic aldehyde Bark – leucodelphinidin, procyanidin, tannin, etc. Fruit-vit. C, phyllembelin, linoleic acid, indole acetic acid and 1,2,3,6-tetragalloyl glucose or trigalloyl glucose glucose, terchebin, corilagin, ellagic acid, phyllemblic acid, and salts.
3. Ashwagandha	<i>Withania somnifera</i> Dunal	Solanaceae	<i>Rasa- katu, tikta, kasaya</i> <i>Guna-snigdha, laghu</i> <i>Virya-usna</i> <i>Vipaka-katu</i> <i>Karma-vata-kaphahara,</i> <i>balya, rasayana, shukrala</i>	<i>Shoppha, svitra,</i> <i>ksaya, nidranasa,</i> <i>granthi, gandaroga,</i> <i>apachi, klaibya,</i> <i>vandhyatva.</i>	<i>Root and leaf</i> For <i>vajikarana,</i> <i>ashwagandha</i> <i>powder is used</i> with milk	<i>Withaferin A, withanone,</i> <i>withanolide WS-I,</i> <i>withanolide A to Y, somnirol,</i> <i>sommitol, withasomniferin</i> <i>A, sitoindosides VII-X,</i> <i>sominolide, etc.</i>
4. Asvattha	<i>Ficus religiosa</i> Linn.	Moraceae	<i>Rasa-kasaya, madhura</i> <i>Guna-guru, ruksha</i> <i>Virya – sheet</i> <i>Vipaka-katu</i> <i>Karma-kapha-pittahara,</i> <i>varnya, vrisya,</i> <i>vranasodhana, and ropana</i>	<i>Yoniroga,</i> <i>vatarakta, kustha,</i> <i>dustavrana</i>	Bark, leaf, fruit, leaf, bud <i>Klaibya-milk</i> cooked with fruit, root, bark, and leaf bud is given with honey and sugar	Sitosterol-D-Glucoside, vit. K, n-octacosanol, methyloleanolate, lanosterol, stigmasterol, lupen-3-one
5. Bala	<i>Sida cardifolia</i> Linn	Malvaceae	<i>Rasa-Madhura</i> <i>Guna-laghu, snigdha,</i> <i>picchila</i> <i>Virya-sheet</i> <i>Vipaka-madhura</i> <i>Karma-vata-pittahara,</i> <i>balya, brmhana, vrisya</i>	<i>Raktapitta,</i> <i>vatavyadhi,</i> <i>prameha, ksaya</i>	Root	Ephedrine, hypaphorine, vasicinone, vasicine, vasicinol, choline, betaine, phytosterol, etc.
6. Goksuru	<i>Tribulus terrestris</i> Linn.	Zygophyllaceae	<i>Rasa-madhura</i> <i>Guna-guru, snigdha</i> <i>Virya-sheet</i> <i>Vipaka-madhura</i> <i>Karma-vata-pittahara,</i> <i>vrisya, mutrala, rasayana</i>	<i>Mutrakrecha,</i> <i>asmari, prameha,</i> <i>hridroga, arsha,</i> <i>svasa-kasa-klaibya</i>	For <i>vajikarana,</i> powder of <i>goksuru</i> fruit is boiled with milk and consumed	Fruit-chlorogenin, diosgenin, gitogenin, rutin, rhamnose Root-campesterol, sitosterol, and stigmasterol, neotigogenin Aerial parts-astragalinal, diascin, diosgenin, hecogenin, ruscogenin, trillin, furostanol glycoside, spirosterol saponin, terrestrosides A-F saponins C and G, etc.
7. Yastimadhu	<i>Glycyrrhiza glabra</i> Linn.	Fabaceae	<i>Rasa-madhura</i> <i>Guna-guru, snigdha</i> <i>Virya-sheet</i> <i>Vipaka-madhura</i> <i>Karma-tridoshahara,</i> <i>rasayana, vrisya,</i> <i>chakshusya,</i>	<i>Vranasotha, chardi,</i> <i>trishna, visaroga,</i> <i>ksaya, daha,</i> <i>raktapitta, hrdroga,</i> <i>vran</i>	Root powder is administered with either milk or <i>ghee</i> , and is useful in <i>manasika</i> <i>klaibya</i>	Glycyrrhizin (principal sweetening agent), glycyrrhizic acid, glycyrrhetic acid, liquiritin. isoliquiritin, neoisoliquiritin, liquiritogenin, isoliquiritogenin, glabrine, glabranine, licuraside, liscochalcones A and B, hispagla-bridin A and B, licoricidin, glabrene, liquiritic acid. glabrolide etc.

(Contd...)

Table 2: (Continued)

Drug name	Scientific Name	Family	Rasapanchak	Indication	Part used	Chemical constituents
8. Vidari	Pueria tuberosa DC	Fabaceae	Rasa-madhura Guna-guru, snigdha Virya-sheet Vipaka-madhura Karma-vata-pittahara, shukrala, balya, brmhana, vrisya, stanyajanana, mutrala.	Ksaya, sukrameha, mutrakrcchra, daha	Root powder is soaked in the fresh juice and administered with honey and ghee	
9. Pippali	Piper longum Linn.	Piperaceae	Rasa-katu Guna-laghu, snigdha Virya-usna Vipaka-madhura Karma-vata-slesmahara, dipana vrisya, rasayana	Udara, pliharoga, jvara, kustha, prameha, gulma, arsha, sula, amavata.	Fruit and root For vajikarana, pippali should be given with milk	Essential oil. mono- and sesquiterpenes, caryophyllene (mainly), piperine, pipartine. piperlongumine, piperlonguminine, pipernonaline, piperundecalidine, piperidine, sesamin, sitosterol; four aristolactams (cepharanone B, aristolactam AII, piperlactum A, and piperolactam B); five 4,5-dioxaporphines, etc.
10. Nagabala	Grewia populifolia Vaw.	Itiaceae	Rasa-kashaya, madhura Guna-laghu, ruksha Virya-sheet Vipaka-katu Karma-pitta-kaphahara, stambhana	Sadyovrana, pravahika, raktapitta	Root, stem bark	Triacontan, lupenone, betulin, sitosterol, amylin.
11. Musali	Curculigo Orchioiodes Gaertn	hypoxidaceae	Rasa-madhura, tikta Guna-guru, snigdha, picchila Virya-usna Vipaka-madhura Karma-vata-pittahara, vrisya, brmhana, rasayana	Klaibya, arsha, kasa, grahani	Tuberous root Krisna musali is mixed with ghee and used regularly	Curculigon, curculigo saponins K, L and M, curculigenins B and C, Curculigoside A, B, and C, etc.
12. Masa	Phaseolus mungo Linn.	Fabaceae	Rasa-Madhura (sweet) Guna-Guru (heavy), Snigdha (unctuous) Virya-Ushna (hot) Vipaka-Madhura Karma-Brimhana, Balya, Vrisya (Vajikarana), Vatahara, Shukrala		Seeds, fruit	Genistein, kievitone, dalbergioidin, hemicellulose A, pectin, starch, and hexosans, etc.
13. Kokilaksa	Asteracantha longifolia Nees	Acanthaceae	Rasa-madhura, amla, tikta Guna-picchila, snigdha Virya-sheet Vipaka-madhura Karma-vata-pittahara, balya, sukrasodhaka	Kokilaksa churna is given with cow's milk orally	Whole plant, seeds, roots	Hygrophiloside, etc.
14. Jatiphala	Myristica fragrans Houtt.	myristicaceae	Rasa-Tikta, katu Guna-laghu, tiksna Virya-usna Vipaka-katu Karma-kapha-vatahara, dipana, rochana, vrisya, grahi, svarya	Krami, kasa, chhardi, svasa, mukhavairasya, shosa, pinasa, hridruja, trisna, visaroga, yuvanapitika.	Seed, seed coat (japatr), oil For Dhvajabhanga Klaibya, jatiphala powder is given orally with honey	β -pinene, β -terpinene, safole, methyleugenol, myristicin, elemicin, trimyristin. dihydro-disoeugenol, myristic acid, epicatechin, cyanadin, nectandrin B, verucosin; lignans and neolignans, etc
15. Kapikacchu	Mucuna pruriens (Linn.) DC	Fabaceae	Rasa-madhura, tikta Guna-guru, snigdha Virya-usna, Vipaka-Madhura Karma-vata-pittahara, balya, brmhana, vajikarana	Vatavyadhi, klaibya, kastartava, mutrakrecha	Seeds, root, pod-hair For vajikarana, seeds are boiled in milk along with wheat and taken with ghee.	Seeds-L-dopa, mucunine, mucunadine, prurienine, purienine, tryptamine Seed oil-stearic, palmitic, myristic, arachidic, oleic, linoleic acids and sterol. Whole plant-choline

(Contd...)

Table 2: (Continued)

Drug name	Scientific name	Family	Rasa-panchak	Indication	Part used	Chemical constituents
1. Amra	<i>Mangifera indica</i> Linn.	Anacardaceae	Rasa-kasaya Guna-laghu Virya-sheet Vipaka-katu Karma-vatahara (ripen fruit), kapha-pittahara (other parts), hradya, grahi	Atisara, rakta pradara, prameha, hrdroga, chhardi	Stem bark, leaf, flower, seed kernel	Mangiferin, mangiferolic acid, homonangiferin, indicenol.
2. Ashoka	<i>Saraca asoca</i> (Roxb.) Dc. Wilde	caesalpinaceae	Rasa-kasaya, tikta Guna-laghu, ruksha Virya-sheet Vipaka-katu Karma-pittahara, hridya, varnya, grahi, vrisya	Apachi, trishna, daha, krimi, visaroga, hrdroga, raktapradara, mutraghata, asmari	Stem bark, seeds	Bark-alkanes (C ₂₀ , -C ₃₅), esters (C ₃₄ -C ₆₀) and primary alcohol (C ₂₂ -C ₃₀) n-octacosanol, tannin, catachin, (+) catechol, epicatechin etc.
3. Avartani	<i>Helecteris isora</i> Linn.	Sterculiaceae	Rasa-kasaya Guna-laghu, ruksha Virya-sheet Vipaka-katu Karma-kapha—pittahara, grahi	Raktapitta, atisara, krami, shula, udara	Root, stem bark, fruit	Diosgenin, cucurbitacin B, isocucurbitacin B, isorin etc.
4. Katuki	<i>Pchrorrhiza kurroa</i> Royle ex. Benth	scropularaceae	Rasa-tikta Guna-ruksha, laghu Virya-sheet Vipaka-katu Karma-kapha-pittahara, bhedana, lekhana, dipana, hridya	Jvara, prameha, svasa, kasa, raktavikara, daha, kustha, krami, arochak, visamajvara.	Root, underground stem (rhizome and roots)	D-mannitol, kutkiol, kutkisterol, apocyanin, phenol, gluco-sides, androsim and picein iridoid glycosides, kutkin, picroside I, II, and III; Kutkoside, minecoside, picrorhizin, arvenin III, etc.
5. Dadima	<i>Punica granatum</i> Linn.	punicaceae	Rasa-kashaya, madhura, amla Guna-laghu, snigdha Virya-usna Vipaka-madhura/amla Karma-tridosahara, hridya, shukrala, grahi	Raktapitta, raktatisara, raktarsha, jvara, daha, trishna	Fruit, fruit rind, root bark, floral bud	Fruit peels-tannins, namely punicalin, punicalagin, etc. Seed-estrone, punicic acid
6. Dhataki	<i>Woodfodia friticosa</i> Salisb.	Lauraceae	Rasa-kasaya Guna-laghu, ruksha Virya-sheet Vipaka-katu Karma-kapha-pittahara	Trishna, atisara, raktapitta, visaroga, krami, visarpa, pradara	Flower Svetapradara-dhataki powder with honey Prajasthapana-nilotpala and dhataki are mixed and taken with honey in the morning during ritukala	Flowers-hecogenin, inositol, kaemperol-3-glucoside, naringenin-7-7 glucoside, tannins (pyrogallol and hydrolyzable types), woodfordins A, B, and C, lawsone, betulin, etc.
7. Nagakeshara	<i>Mesua ferrea</i> Linn.	Guttiferae	Rasa-kasaya, tikta Guna-ruksha, tikshna, laghu Virya-usna/anusna Vipaka-katu Karma-kapha-pittahara, pramathi, grahi, pachana, visahara, sothahara, kandughna, kusthaghna	Raktarsha, raktatisara, raktapradara, kustha, visarpa, jvara, chhardi, vastivikara, vatarakta, sophia, vataroga, siroroga, trishna, visaroga, kandu, etc.	Stamens, leaves Raktapradara-orally while consuming plenty of buttermilk daily Sveta Pradara-Nagakeshara is soaked in buttermilk and administered orally for 3 days. Pumsavana-a lady who wants a female child should consume nagakeshara along with ghee during ritukala (period of ovulation) Garbhasthapana-powder of nagakeshara and puga is mixed and taken orally.	Mesul. Two pigments, mesuaxanthone A and Mesuaxanthone B, and euxanthone from heartwood,

(Contd...)

Table 2: (Continued)

Drug name	Scientific name	Family	Rasa-panchak	Indication	Part used	Chemical constituents
8. Patha	<i>Cissampelos paraera</i> Linn.	menispermaceae	<i>Rasa-tikta</i> <i>Guna-laghu, tikta</i> <i>Virya-usna</i> <i>Vipaka-katu</i> <i>Karma-vata-kaphahara, visaghna, grahi, balya.</i>	<i>Atisara, chhardi, shula, jvara, kustha, kandu, krami, hrdroga, gulma, yoniroga.</i>	root	-
9. Lodhra	<i>Symplocos racemosa</i> Roxb.	Tyraceae	<i>Rasa-kasaya, tikta</i> <i>Guna-laghu, ruksha</i> <i>Virya-sheet,</i> <i>Vipaka-katu</i> <i>Karma-kapha-pittahara, grahi, chakshusya</i>	<i>Pradara, raktapitta, pravahika, atisara, netraroga, jvara, sotha, kustha.</i>	Stem bark, flower. <i>Pradara-bark of lodhra</i> is given orally with the decoction of <i>vata</i> (<i>Ficus bengalensis</i> Linn.) bark.	Symposide, (-) epifzelechin, loturine, loturidine, colloturine, etc.
10. Shatavari	<i>Asparagus racemosus</i> Willd.	Liliaceae	<i>Rasa-madhura, tikta</i> <i>Guna-guru, Snighda</i> <i>Virya-sheet</i> <i>Vipaka-madhura</i> <i>Karma-vata-pittahara, rasayana, vrisya, stanyajanana</i>	<i>Stanyakshaya, artavakshaya, raktapitta, raktapitta, arsha, atisara, grahani, kshaya, gulma</i>	Tuberous roots	Roots-Sarsapogenin; two spirostanolic and two furostanolic sponins; sitosterol, asparagamine A.