

**MUSLIYADI CHOORNA – A HERBAL VAJIKARAN FORMULATION
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(C.G.)**1. ABSTRACT AND KEYWORDS**

Vajikarana or Vrishya chikitsa is a one of eight major specialty of the Ashtanga Ayurveda. This subject is concerned with aphrodisiacs, virility and improving health of progeny. As per Charak Samhita, by proper use of these formulations, one becomes endowed with good physique, potency, strength, and complexion and sexually exhilarated and sexually potent. This in turn is helpful in many common sexual dysfunctions, including Infertility, Premature Ejaculation and Erectile dysfunction. The therapy is preceded by living in strict compliance with the directions mentioned in Ayurvedic classics, various methods of body cleansing and other non-medicinal strategies like sexual health promoting conduct, behaviour and diet. Here we prepared one Anubhut

yoga herbal formulation whose having vajikaran properties.

KEYWORDS: Hetbal formulation, vajikaran, Aphrodisiac.**2. INTRODUCTION**

Ayurveda (Ayu-life; veda-science), the science of life, prevention and longevity, is the oldest organized Indian medical system. Its fundamentals can be found in Hindu scriptures called the Vedas - the ancient Indian books of wisdom written over 5,000 years ago and it also incorporates wisdom from Upanishada and Yoga. It is a comprehensive medical system of body, mind and spirit. Ayurveda is considered as more than a mere healing medical

system. It is a science and art of appropriate living, which helps to achieve longevity. It can also guide every individual in the prevention of disease and long-term maintenance of health.

Caraka Samhita^[1&3] states 'The healthy life has three main pillars-a balanced diet, proper sleep and a healthy sex and marital life.' The Ayurveda is also frequently referred as 'Ashtanga Ayurveda' as it has eight parts.

These include following parts:

- Kaya chikitsa: Internal and external treatments for the body.
- Bala chikitsa: Diseases related to infants
- Graha chikitsa: Healing of psychological problems
- Urdvanga chikitsa: Treatments related to the Ear, Nose and Throat region
- □Salya chikitsa: Surgeries and operations
- Visha chikitsa: Toxicology
- Rasayana prakarana: Methods to rejuvenate the sapta dhatus (Seven Humors)
- Vajikarana or Vrishya chikitsa: Science of aphrodisiacs, virility and improving health

Ayurveda identifies seven vital tissues that provide nourishment, growth, and structure to the entire body. These tissues, called dhatus, have similarities to the major tissues identified by the modern science. These dhatus remain inside the human body in a proper equilibrium so that the body can function properly. It is said that any kind of disturbance or imbalance in their equilibrium causes ailments and diseases. The seven dhatus are Plasma (Rasa), Blood (Rakta), Muscle (Mamsa), Fat (Meda), Bone (Asthi), Bone marrow and nerve (Majja) and Reproductive fluid (Shukra).

In the sexual style of humans is compared to and is defined in terms of the animal.

Sexual relationship style in the ancient Indian texts.

The common examples used are

- Chataka (Sparrow) - Multiple short span conjugations with production of small amount of semen.
- Gaja (Elephant) - Once in a while long time conjugation with abundant semen discharge.
- Vrusha (Bull) - Regular stable seasonal conjugation with more quantity Semen.

- Ashwa (Horse) - Regular forceful dynamic conjugation with average quantitative semen.

Define of Vajikarana^[2]

In Sanskrit, Vaji means horse, the symbol of sexual potency and performance thus Vajikaran means producing a horse's vigor, particularly the animal's great capacity for sexual activity in the individual. Literally the Vajikaran is not exactly aphrodisiac but the current connotational meaning is same.

As per Charak Samhita

एतैः प्रयोगैर्विधिवद्गुप्मान् 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 an 8-year-old horse.

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

The man who seeks pleasure should resort to Vajikaran, i.e., vilification 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 vigor.

Here we study trividha raw material who having property vajikaran where mentioned in Charak Samhita so we prepared one herbal remedy for sexual booster and increase sexual immunity.

3. Objective: Study of Musaliyadi choorna a vajikarana herbal formulation.
4. Drug review:

- **Churna Kalpana**^[4]
- Churna kalpana is one of the upakalpana of Kalka kalpana. Completely dried drugs are pounded properly and filtered through a clean cloth. The yield obtained is called Churna.
- Its dose is one karsha(12 g)

Churna kalpana

शुष्क पिष्टः सूक्ष्मतान्तव िटच्युतः चूर्णः ।

तस्य समस्त द्रव्यापरित्यागात् प्लुतोपयोगाश्च कल्काद भेदः ॥ As.S.K. 8/10

Shushka (Dried) kalka of drugs is also called as churna. When there is nonavailability of fresh drug or if we want to preserve the drug then churna method of preparation can be adopted.

Definition –

अत्यन्त शुष्कं यत् द्रव्यं सुपिष्टं वस्र गालयतं ।

Synonyms – Churna, Rajah, Kshoda

Types of churna –

I. Depending upon the particle size

1. Sthula churna

2. Sukshma churna

3. Atyanta Sukshma churna

तत् स्यात् चूर्णः रजःक्षोदस्तन्मारा कर्षसम्मिता ॥ Sh.Ma.Kh.6/01

The dravya which very dry in nature are pounded in khalwa yantra (Stone mortar) and then gaalana (filtered) is done through vastra(cloth) is known as churna.

II. Simple & compound powders:**a. Ekaushadha churna(simple powder)****b. Mishra churna (compound powder)****Important uses –**

1. Churna can be used as a main ingredient in treatment of disease
2. Churna can be taken as a anupana dravya
3. Churna is taken for preparation other kalpanas viz. vati, avaleha, hima, phanta etc.
4. Churna can be used for external applications.

Dose – 1 Karsha (12gms)**Shelf life – 2 Maasa (2 months as per sharangdhar), 2yrs (as per AFI)****• Musli^[5]****Botanical name:** Asparagus adseendens Roxb.**Family:** Liliaceae**Vernacular name:** Hindi- Saphed Musali**Synonyms:** Talapatri, Talamuli, Shweta Musali.**Introduction:** it is perennial thorny climber and found in the western Himalayas and Punjab.

Musali is quoted only once in brihat trayi (A.H.Ut.32/21) where as TalaMuli is described by Charak (C.S.Ci. 18/74) and Sushruta (S.S.Ci 7/18 & Ut.51/38).

Major chemical constituents: Saponins, Sarsapogenin etc.

Properties

Rasa- Madhura

Virya – Sheeta (Ushna by Bhavamishra)

Guna- Gura, Snigdha

Vipaka - Madhura

Karma- Vata-pittahara, Vrushya, Balya

Indications – Shukrakshaya, Klaibya, Mutrakrucchra, kshaya.

Therapeutic Usage-

- 1) Baadhira - Powders of Musali and Bakuchi are given with honey
- 2) Vyanga- Root of Musali pounded with goat's milk and mixed with honey is applied over the face.

Part used – Tuberous Root

Dosage- Powder 3-6 gm

Important formulations- Musalyadi churna (Y.R.), Musali paka, Musalyadi yoga.

- **Akarkara**^[6]

Botanical name: *Anacyclus pyrethrum* DC.

Fam. - Asteraceae

an annual, hairy herb with numerous spreading prostrate or ascending branched stems.

Synonyms:

Sanskrit : Akallaka,

Hindi : Akarakara,

English: Pellitory

Description**a) Macroscopic**

Roots tough, cylindrical, 7-15 cm in length, tapering slightly at both ends, with a few hairy rootlets and occasionally topped by bristly remains of leaves, external surface rough, brown, shrivelled, bark upto 3 mm thick, not easily separable, odour, slightly aromatic, taste, characteristically astringent and pungent, on chewing gives tingling sensation to tongue and lips and causes excessive flow of saliva.

Powder - Ash coloured; shows vessels having scalariform thickening, rosette crystals of calcium oxalate and fragments of sclerenchyma; also gives positive tests for inulin.

length having narrow lumen, medullary rays numerous, running straight, bi to tri and multiseriate, uniseriate rays very rare, starting from primary xylem and reaching upto secondary cortex; ray cells thick-walled, radially elongated, inulin present in cells of secondary cortex, secondary phloem and medullary rays; oleo-resinous schizogenous glands found scattered in secondary cortex, secondary phloem and medullary rays; calcium oxalate crystals in rosette form present in secondary cortex, secondary phloem, secondary xylem and medullary ray cells.

b) Microscopic

Root - Mature root shows cork consisting of tabular cells, many of which developed as sclerenchyma; a few innercork cells contain rosette crystals of calcium oxalate; secondary cortex consisting of isodiametric or tangentially, elongated, thin-walled, parenchymatous cells; a few sclerenchymatous cells also found scattered in secondary cortex; secondary phloem consisting of usual elements, cambium 2-5 layered, secondary xylem very wide consisting of xylem vessels, tracheids and xylem parenchyma; vessels pitted, more or less in groups distributed throughout xylem, more and wider vessels found towards periphery, xylem fibres thick-walled, 1.37-28.8 μ in width, 53.2 - 231 μ in

DOSE - 0.5 - 1 g. of the drug in powder form.

CONSTITUENTS - Volatile oil and Alkaloid (Pyrethrin).

PROPERTIES AND ACTION

Rasa	:	Kaṭu
Guna	:	Rukṣa, Tikṣṇa
Virya	:	Uṣṇa
Vipaka	:	Kaṭu
Karma	:	Vātahara, Pittahara, Kaphahara, Śukrala, Vājikara, Svedakara, Dīpana, Buddhivardhaka, Balakārka

IMPORTANT FORMULATIONS - Kumāryāsava, Kastūryādi (Vāyu) Guṭikā, Nāgavallabha Rasa

THERAPEUTIC USES - Pratiśyāya, Śoṭha, Ajīrna, Kāsa, Śvāsa, Grdhrasī, Pakṣāghāta, Udararoga, Naṣṭārtava, Śūlaroga, Dantaśūla

- **Sita(Khandsharkara)**^[7]
- **Gana-** Ikshukadi varga, Ikshu varga, Varnya mahakashaya
- **Latin name/ English name:** Sugar candy
- **Morphological character**

White, dry, monoclinic, spenoidal crystals, crystalline mass or powder blocks, sweet taste and odourless.

- **Synonyms**

Meenandi, Shweta Matsyandika, Sita, Ahichatra, Sikata Shudda, Shubra, Sitopala, Khanda, Khaanda, Misari, Tavaraja, sharkara Khandasita, Madhavi, Sharkara, Upala, Astha, Shweta varna, Khanda guda, Matsyandi, Khanda sharkara, Yasa sharkara.

- **Vernacular names**

Sanskrit: Khanda, sharkara

Hindi: Khanda

English: Sugar, Purified sugar candy, Cane sugar

Latin: Scoharum

Telugu: Panch dara

Rasa: Madhura, Kashaya, Tikta

Guna: Ruksha, Guru, Vishada, Sheeta, Sara, Laghu, Snigdha, Saraka

Veerya: Sheeta

Vipaka: Madhura

Doshagnata: Vata nashaka, kapha pitta hara, Kapha shamaka, vata pitta shamaka, Kapha karaka, Pitta shamaka, Tridosha shamaka.

Karma: Daha shamaka Ruchikaraka, Bala vardaka, Pusti karaka Trushna nigrha, Shrama nashaka, Indriya tarpana, Veerya vardhaka, Trupti karaka, Dathu vardhaka, Netrya, Kanti janaka, Shukrala, Shakti vardhaka, Shukra vardhaka, Mala mutra saraka, Vrishya.

Rogahnata: Raktapitta, Vamana, Murcha, Trushna, Moha, Shosha, Rudhira vikara, Krumi roga, Dahaja jwara, Shwasa, Madatyaya, Klama, Ksheena veerya, Vishamagni, Kshata, Durbala, Vatarakta, Kasa, Kshaya, Visha, Atisara, Bhrama, Daha, Arsha, Bhadiryra, Putana pratisheda, Pittja jwara, Vishama jwara, Pittajanya atisara, Pittaja hridroga, Halimaka, Kshata ksheena, Vata nashaka, Mada.

5. Method of preparation

- All ingredients were procured from Local Market.
- Preparation of Musalyadi churna was conducted in Department of Rasashastra & Bhaishajya Kalpana, Bharti Ayurveda medical college & Hospital, Durg (C.G.)

Table No. 1: Showing Ingredients of Musalyadi churna and their Quantity.

SNo.	Name of Drugs	Latin name	Parts	Quantity
1	Musali	Asparagus adseendens Roxb	Roots	30 gm
2	Akarkara	Anacyclus pyrethrum DC	Panchanga	30 gm
3	Sita	Sugar candy		30 gm

METHODOLOGY

- Reference of this formulation is Anubhuta yoga.
- All ingredients taken in khalwa yantra.
- All ingredients pounded separately and mix well homogenesouly and filtered with clean cloth.
- After filtered powder (Churna) filled in air tight container.

OBSERVATION

Colour - Greyish

Touch – Smooth

Taste – Tikta, Katu, Madhura

Smell – Aromatic.

Matra: 4 gm -6 gm

Anupana: Godugdha

Roghnata: Vajikaraka, increase Shukral properties.

6. Pharmacodynamic Properties

Dravya	Rasa	Guna	Virya	Vipaka
Musali	Madhura	Gura, Snigdha	Sheeta	Madhura
Akarkara	Katu	Ruksha, tikshna	Ushna	Katu
Sita	Madhura Kashaya Tikta	Ruksha, Guru, Vishada, Sheeta, Sara, Laghu, Snigdha, Saraka	Sheeta	Madhura

7. RESULTS AND DISCUSSION

- Musali as a herbal drugs having Shukral and vajikarana karma and also its having snigdha and guru guna and sheeta virya properties to increase more stamina and also useful in sexual activities.
- Akarkara as a herbal drugs having shukral, vajikaraka and balakaraka karma and also ruksha and tikshna guna and ushna virya properties to increase more stamina and also useful in sexual activites.
- Sita as a indiriya vardhak and shukra vardhak karma and also having ruksha, guru, laghu and snigdha guna and sheeta virya properties to increase and support sexual power booster.

- So here prepared Musaliyadi churna as works as sexual power booster to increase sexual activities in the human body.
- Its taken with cow milk is to be best anupan to increase sexual power.

8. CONCLUSION

- Musali churna having shukral, vajikaraka karma and snigdha and guru guna and also having sheeta virya properties, Akarkara churna having shukral, vajikaraka and balakaraka karma and also having rukshna and tikshna and also having ushna virya properties & Sita as a indriya vardhak and shukra vardhak karma and also having ruksha, guru, laghu and snigdha guna and sheeta virya properties.
- So here this study Musaliyadi churna is prepared and its properties as shukral, balakaraka and vajikarak.
- So here conclude this study this musaliyadi churna work as a Vajikaraka, Balavardhak and Shukral properties to increase Stamina & Sexual power booster.

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