



## A REVIEW ON VAJEEKARAN FORMULATIONS AS DEPICTED IN BHARAT BHAISHAJYA RATNAKAR

<sup>1</sup>Dr. Pallavi Pardeshi and <sup>2</sup>Dr. Manasi Deshpande\*

<sup>1</sup>MD scholar, <sup>2</sup>Professor and Head of Department DravyagunaVigyan, Bharati Vidyapeeth Deemed to be University, College of Ayurved, Pune, India-411043

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### ABSTRACT

*Vajeeakaran* is one of the eight specialties of *Ashtang Ayurved* dealing with the various disorders related to *Shukra dhatu*. When *Shukra* gets vitiated due to some etiological factors, it leads to disease like infertility; loss of libido, premature ejaculation etc. By proper use of *Vajeeakaran* formulations, one becomes endowed with good physique, potency, strength and complexion and sexually exhilarated and sexually potent. Herbal and Herbomineral combinations are administered as per the nature of a person according to fundamental principles of Ayurved. In this review, attempt has been made to compile the *Vajeeakar/ Vrushya* formulations mentioned in *Bharat Bhaishjya Ratnakar*- Ayurved classical book for formulations. These formulations are combinations of various plant drugs, minerals, metals and animal originated and act by its specific action. These formulations may initiate or enhance either spermatogenesis or androgen synthesis or both, improve ejaculation or improve the action of androgens. Their pharmacological action is classified at Psychic level and at Somatic level.

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### INTRODUCTION

*Ayurved* being the science of life deals with the health and illness of human beings. Physiology of Ayurved is based on *Dosha* [regulatory functional factors of the body], *Saptadhatidhatu* [seven major structural components of the body], *Mala*[waste product], *Agni* [digestive/ metabolic factor], *Triguna* [three primary attributes], *Ojas* [essence of all seven *dhatu*] and *Srotasa*[ structural or functional channels]. Healthy life has three main pillars- *Ahar* [balanced diet], *Nidra* [proper sleep] and *Brahamcharya* [celibacy]<sup>[1]</sup>. The importance and relevancy of the third pillar has been mentioned among the eight specialized branches of Ayurved known as *Vajeeakaran Tantra*. It is one of the eight specialties of *Ashtang Ayurved* dealing Science of aphrodisiacs, virility and improving health of progeny. It deals with the management of defective semen and spermatogenesis along with sexual potentiation<sup>[2]</sup>.

Literally the *Vajeeakaran* is not exactly aphrodisiac but the current connotation meaning is same. In Ayurved the *Vaji* means horse, the symbol of sexual potency and performance and *Vajeeakaran* means making a person like horse by use of drugs and therapy<sup>[3]</sup>.

Today the importance of *Vajeeakaran* has increased because of various disorders related to seminal parameters and sexual dysfunction are reported. There are various references for *Vrishya* and *Vajeeakaran* therapy for various problems related to sexual life<sup>[4]</sup>.

\*Corresponding author: Dr. Manasi Deshpande

Professor and Head of Department DravyagunaVigyan, Bharati Vidyapeeth Deemed to be University, College of Ayurved, Pune, India-411043

It enhances not only the quality and longevity of one's individual life but also the health and vitality of his or her offspring. So there is growing need to look for aphrodisiacs more from natural remedies or herbal in origin as opposed to synthetic compounds which are known to cause severe unwanted side effects.

Numerous compound formulations derived either from herbs, metals or animal sources have been described in the *Bharat Bhaishjya Ratnakar*[ *BBR*]. This review aims at enlightening and summarized the *Vajeeakaran* formulations mentioned in *Bharat Bhaishjya Ratnakar*.

### MATERIAL AND METHODOLOGY

The present review was mainly focused on compilation of *Vajeeakaran* formulations mentioned in *Bharat Bhaishjya Ratnakar* [part 1 to 5], Hindi translation by Shree Nagindas Chhaganlal Shah, for understanding of the formulations<sup>[5]</sup>. Various scientific research and review articles published from 2001 to 2020 were also identified through PubMed and Google scholar websites using MeSH terms.

### OBSERVATIONS

#### Concept of *Shukra dhatu* and *shukra vaha srotasa*<sup>[6]</sup>

*Shukra* is the last *Dhatu* [ tissue] which is formed from of *Majja Dhatu* and also considered the essence of all the *dhatu* and hence it is said to be one among the *Dashapranayatana* [ place of life]. Action of *Shukra* is *Garbhotpadana* [reproductive], *dhairya* [courage], *chyavana* [ejaculation],

*preeti* [lust], *dehabala* [strength], *harsha* [pleasure]. Through the various *Srotas* [channels] nutrient and other substances are transported in and out of the body. Healthy functioning of *shukravaha Srotas* plays pivotal role in maintaining the harmony and happiness in marital life. Due to causes like malnutrition diet, behaviors, psychological factors, injuries and iatrogenic factor it will affect the *beeja* and vitiated the *dosha*. It gets contained in *Shukravaha sira* and produced various disorders.

### Vajeeakaran Treatment

*Vajeeakaran* is one of the eight branches of Ayurveda which is meant for providing affluence, purity, increase and secretion in case of little, defective, deficient, and dried semen respectively and also for producing exhilaration. *Vrushya* karma acts both as aphrodisiac and spermatopoietic medicine. Sexual dysfunction is the difficulty experienced by an individual or a couple during any stage of a normal sexual activity, including physical pleasure, desire, preference, arousal or orgasm. Sexual dysfunctions can have a profound impact on an individual's perceived quality of sexual life.

**Table 1** Vajeeakaran as described in classical texts<sup>[7]</sup>

Ayurved classical texts	Interpretation
<i>Charaka Samhita</i> <sup>[8]</sup>	Therapy which improves potential of a man for getting offspring, treats all types of disorders of <i>Shukra</i> (semen); causes instantaneous sexual excitation, performance and nourishes the tissue elements
<i>Sushruta Samhita</i> <sup>[9]</sup>	<i>Shukra pravartakam</i> i.e. which promotes movement of <i>Shukra</i> out of the body.
<i>Ashtanga Hridaya</i> <sup>[10]</sup>	The medicines or therapy by which the man becomes capable of sexual intercourse with greater strength, and nourishes the body of the person. It is the best promoter of strength and vigor.

### Pharmacological activities related to Shukra:

*Vrushya/ Vajeeekar* drugs have been classified by different scholars on the basis of their mode of action and effect on the *Sukradhatu*.

**Table 2** Classification of Vajeeekar/Vrushya drugs<sup>[7, 11, 12, 13]</sup>

According to <i>Chakrapani</i>	According to <i>Dalhana</i>	According to <i>Sharangdhara</i>
<i>Shukravridhikara</i>	<i>Shukrajanak</i>	<i>Shukrala</i>
<i>Shukrasrutikara</i>	<i>Shukra pravartaka</i>	<i>Shukrajanaka</i>
<i>Shukrasrutivridhikara</i>	<i>Shukra janaka pravartaka</i>	<i>Shukra rechaka</i>
		<i>Shukra stambhaka</i> <i>Shukra shoshak</i>

### Definition of terms

The terms *Vrushya* and *Vajeeakaran* are sometimes used interchangeably, but different definitions have been given in classical texts.

- Vajeeakaran*-This is said to revitalize all the seven *dhatu*s (body elements), therefore, restores equilibrium and health. It is mainly related with therapies concerning specific remedies for male infertility and impotence as well as female infertility. It is Aphrodisiac, improves sexual desire.
- Vrushya*- It has been described as '*Sukrajanakam*' meaning any substance which increases spermatogenesis. *Vrushya* drugs increase and potentiate the *Shukra* in the body.

### Difference between Vajeeekar and Vrushya

These drugs may act as *Vajeeekar* also, but all *Vajeeekaradravyas* do not possess *Vrushya* property, because stimulant action is predominant in *Vajeeekaradravyas* while *Vrushya* is beneficial mainly in increasing the *Sukra* in quantitative and qualitative measures.

- Shukrastambhaka/Viryastambhak* -Delays time of ejaculation, Drugs which help in improving the capability of ejaculatory control during sexual act.
- Shukral, Shukrajanan, Viryavardhan*-It improves quantity of semen. The drugs which facilitate and increase the production of *Shukra Dhatu* qualitatively and quantitatively are termed as *Shukrajanan*.
- Vandhyatwanashak/ Napusankatanashak*- They provides healthy offspring instantaneously and useful in Infertility and impotency.
- Kamottejak, Kamashaktivardhak*- amativeness - the arousal of feelings of sexual desire. Some drugs cause irritation of urogenital tract and stimulation of nerve impulses, thus, help to improve the circulation as well as stimulate the local nerve endings to enhance the tumescence and rigidity for erection of penis at the time of copulation.
- Vajikaran rasayana* -They give health and power to the body, improve the reproductive system and enhance sexual function

### Classical Formulations as Vajeeekar/ Vrushya

A number of classical and significant formulations in the various dosage forms are mentioned in Bharat Bhaishjya Ratnakar for different pharmacological actions as *Vrushya* and *Vajeeekar*. A total of about 254 compound formulations are described. The list of these formulations and actions for which they are used are presented in Table 3.

### Abbreviation

- Vajeeakaran*- aphrodisiac
- Vrushya*- aphrodisiac
- Shukrastambhak, Viryasthanbhak* - improving the capability of ejaculatory,
- Shukral, Shukrajanan, Viryavardhak*- improves quantity of semen
- Vandhyatvanashak, Napusankatanashak* - provides healthy off spring,
- Kamottejak, Kamashaktivardhak*- amativeness
- Vajikaranrasayana*- rejuvenating the reproductive system

The above table provides information of 254 formulations used in various actions as mentioned above. It is also observed that some formulations are specific to only particular action where as other covers broad range of various conditions. The specificity of formulations in the treatment is due to unique properties of individual plant drugs. Out of 254 formulations maximum formulations indicted as stimulant and aphrodisiac. Among the formulations, maximum dosages form are of *Raskalpa* [Metal & mineral preparation-83], *Churna* (powder-51), *Guti* [ Tablet-44], *Avaleha* [electuary-41], *Taila* [ oil- 19], *Ghrut* [ 06] and *Kalpa* [02] [ fig.1].

**Table 3** Classical Vajeekar Formulations

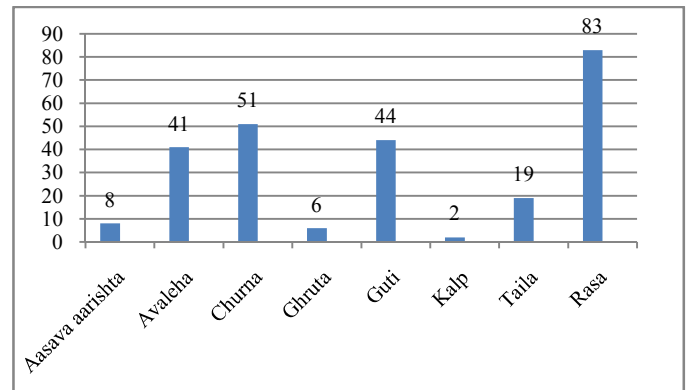
Sr. No.	Formulations	1	2	3	4	5	6	7
<b>1]GUTI KALPANA</b>								
1	Anangmekhalagutika	✓		✓				
2	Anangmekhalamodak	✓		✓				
3	Abhravatika 1	✓					✓	
4	Arjakadivatika		✓	✓				
5	Ekshwadimodak	✓					✓	
6	Kasturigitika					✓		
7	Kamaddevvati	✓					✓	
8	Kamadevsundarmodak	✓						
9	Kamagni-sandipanomodak	✓					✓	
10	Kameshwaromodak	✓					✓	
11	Kameshwaromodak 2	✓						
12	Godhumadipupalika	✓						
13	Chandraprabhavati		✓					✓
14	Jatiphaladivati			✓				
15	Jatiphaladivati			✓				
16	Tryushanadigitika						✓	
17	Bhogpurandarigitika	✓		✓				
18	Madanvardhanomodak	✓					✓	
19	Mahamadannomodak						✓	
20	Maharativallabhomodak					✓		
21	Mashadimodak					✓		
22	Madanmanjirigitika						✓	
23	Madananandamodak	✓						
24	Rasendragutika 2	✓						
25	Lavangadigitika		✓					
26	Vallabhagutika	✓				✓		
27	Vajeekarangutika	✓			✓	✓		
28	Vanarigitika	✓						
29	Viryasthambhakarivati			✓				
30	Viryasthambhakovati			✓				
31	Vrushyagutika						✓	
32	Brumhanigutika		✓		✓			
33	Vajeekarovatak		✓		✓			
34	Vajeekarovatak	✓				✓		
35	Shukrasanjivanimodak				✓			
36	ShukraShtambakarivatika			✓				
37	ShatavariModak						✓	
38	Suranmodak		✓					✓
39	Suranvatak		✓					✓
40	Stambhanvatika 1			✓				
40	Stambhanvatika 2			✓				
41	Stambhanvatika 3			✓				
42	Swayamguptadimodak						✓	
43	Uchhatadyamodak	✓						✓
44	Kasturimodak		✓		✓		✓	
<b>2] AASAVA AARISHTA</b>								
45	Dashamoolaarishtha 1				✓	✓		
46	Dashamoolasav 1				✓			
47	Drakshasava 2						✓	
48	Drakshasava 5				✓			
49	Narikelaasava					✓		
50	Mahadarakshasava				✓		✓	
51	Mrutasanjivanisura 2	✓			✓		✓	
52	Haritakyasava				✓		✓	
<b>3] GHRUTA KALPANA</b>								
53	Ashwagandhadighrutam	✓						
54	Mahakalyanakghrutam 6				✓		✓	
55	Mashadighrutam				✓			
56	Vijayaghrutam	✓	✓	✓				
57	Shitakalyanakghrutam		✓			✓		
58	ShatavariGrutam 8		✓					
<b>4] KALP KALPANA</b>								
59	Nirgundikalp 1						✓	
60	Triphalakalp						✓	
<b>5] AVALEHA KALPANA</b>								
61	Ashwagandhapak				✓			
62	Ahiphenpak						✓	
63	Aamrapak	✓						
64	Kalyangud					✓	✓	
65	Kushmandkhand		✓				✓	
66	Kapikachchupak				✓			
67	Kuberpak						✓	
68	Kaunchpak		✓					
69	Khandashunthi		✓					✓
70	Gudkushmandaavaleha	✓						
71	Gokshuradilep	✓						
72	Gokshuradipaka	✓						
73	Gokshurpaka	✓						
74	Gokshurpaka	✓					✓	
75	Chuharapaka		✓					
76	Jeevantiyamak	✓			✓			
77	Dhatripaka				✓			
78	Dhatriloham	✓						
79	Narikelpak	✓			✓	✓		
80	Pippalyadyavaleha		✓					
81	Pishtipak							✓
82	Pugakhanda 2						✓	✓
83	Pugapak						✓	✓
84	Badampak						✓	✓
85	Madhupakwahaaritaki 2	✓						
86	Malaipak	✓					✓	
87	Mushalipaka							✓
88	Methipak 1						✓	
89	Mahakushmandpaka	✓						
90	Mushali paka 1						✓	✓
91	Methipaka							✓
92	Rativallabhapugapak	✓					✓	
93	Vajeekaroleh 1							✓
94	Vajeekaroleh 1							✓
95	Vajeekaroleh 1							✓
96	Vajeekaroleh 4						✓	
97	Rasonpak 1							✓
98	Shunthikhanda						✓	
99	Sitadivrushyayog						✓	✓
100	Stambhanavaleha						✓	✓
101	Khandabhrakam						✓	✓
<b>6] TAILA KALPANA</b>								
102	GandhakTailam							✓
103	Gandhak tail patanam							✓
104	Chandanaditailam							✓
105	Dashamooladitailam 4						✓	
106	Dashangtailam 2						✓	
107	DadimadyamTailam						✓	
108	Narayan tailam 1	✓						
109	Narayan tailam 3							✓
110	PaneenashakTailam							✓
111	Balatailam 1						✓	
112	Balatailam 4						✓	
113	BruhathiTailam						✓	
114	Mahasugandhatailam 1						✓	✓
115	MahasugandhaTailam						✓	✓
116	Mehamihirtailam						✓	✓
117	RativallabhaakhyamTailam							✓
118	Ralatailam	✓						
119	Shatavaritailam 1							✓
120	Sidharthaktailam	✓						✓
<b>7] CHURNA KALPANA</b>								
121	Ashwagandhadichurnam	✓						
122	Eladichurnam						✓	
123	Kamadevchurnam	✓					✓	
124	Kumkumadichurnam	✓						
125	Kharjuradichurnam						✓	
126	Godhumadiprayog							✓
127	Guduchyadichurnam	✓						✓
128	Gokshurchurnam	✓						✓
129	Gokshuradichurnam	✓						
130	Gokshuradichurnam	✓						
131	GokshurKalpa							✓
132	Gandhakyog							✓
133	Churnaratnam						✓	✓
134	Trikantakadichurnam	✓						
135	Trikantakadiprayog						✓	
136	Talbhasmaprayog							✓
137	Dashamoola						✓	
138	Nagaballaditamchurnam						✓	✓
139	Narasinhachurnam							✓
140	Nagaradilep							✓
141	Patangyog						✓	
142	Phal drav	✓						
143	BaladiChurnam							✓
144	Bhallatakadiyog						✓	
145	Bhrungarajrasayanam 1							✓
146	Bhallatakadilep							✓
147	Madhukchurnam							✓
148	Mashachurnayog	✓						
149	Mashaparnyadichurnam							✓
150	Mashadichurnam 1							✓
151	Mushalyadichurnam							✓
152	Madansandipanachurnam						✓	✓
153	Madhuyashtyadichurnam						✓	
154	Mashapayas	✓						
155	Mashadiyog							✓
156	Mushalyadiyog	✓						
157	Yashtimadhuyog							✓
158	Lakshmana lauham 2	✓	✓					
159	Lavikachurnam 2							✓
160	Varahikandachurnam						✓	

161	Vidaryadichurnam				✓		
162	Vidaryadyog 1	✓					
163	Vrushadichurnam				✓	✓	
164	Bruhatvarahikandachurnam		✓				
165	Vrushyayog					✓	
166	Shatavaryadichurnam 2	✓					
167	Shatavaryadichurnam 3				✓		
168	Shatavaryadichurnam 6					✓	
169	Hastikarmarasayanam						✓
170	Ucchatachichurnam				✓		
171	Kameshwarchurnam	✓			✓		
<b>8] RAS KALPANA</b>							
172	Anangnigadoras	✓					
173	Anangsundaroras 1	✓					
174	Abrakbhasma	✓		✓	✓		
175	Kanakandarpas						✓
176	Kandarpasundaroras	✓					
177	Kantarasayanam	✓	✓				
178	Kamadepkras	✓					
179	Kamadutaras						✓
180	Kamdevras 1						✓
181	Kamdevras 2						✓
182	Kamdevras 3						✓
183	Kamkalakhyoras						✓
184	Kaminidarpaghnaras						✓
185	Kaminisandipanas			✓			✓
186	Kaminimadbhanjanoras						✓
187	Kaminividravanoras		✓				✓
188	Chandrodaryoras						✓
189	Trikantakadyoras	✓					✓
190	Tarunandaras	✓					✓
191	Tarasundarivati						✓
192	Tala vatika			✓			
193	Divyamrutaras 1						✓
194	Nageshwarvidhi						✓
195	Narimattagajankusharas						✓
196	Nrupativallabharas	✓					✓
197	Panchasayak						✓
198	Panchamrutaras 11	✓			✓		
199	Paradadyog			✓			
200	Purandarvati	✓					
201	Pushpadhanvaras						✓
202	Purnachandrodaryoras	✓					✓
203	Purnenduras				✓		
204	Pramadanandoras 2						✓
205	Pramadebhankushras	✓	✓				
206	Trikantakadyoras	✓					✓
207	Makaradhwoj ras 2						✓
208	Madankamadevoras 1	✓					✓
209	Madankamadevoras 2						✓
210	Madanakamoras						✓
211	Madammumadras						✓
212	Madansundarras 1						✓
213	Madansundarras 2	✓					✓
214	Madanodyaras						✓
215	Mahakanaksindurmas						✓
216	Mahakameshwaramodak	✓					✓
217	Mahagandhakam	✓					
218	Maharajvati 2	✓					✓
219	Mahalakshimivilasras	✓					✓
220	Maheshwarras 2						✓
221	Manikyaras 2			✓			
222	Mrutakandarpajeevanras						✓
223	Mrutyunjayras 3			✓			✓
224	Mrutyunjayras 7						✓
225	Raktaras	✓					
226	Ratnaprabhavatika		✓				✓
227	Rasa bhasmavidhi						✓
228	Rasendragutika 2	✓					
229	Rasendravati			✓			✓
230	Lakshmana lauham 2	✓	✓				
231	Lakshmi vilasras 1						✓
232	Lakshmi vilasras 4					✓	
233	Laghukameshwarguti			✓			✓
234	Lilavilasras 2						✓
235	Lokanathras 4						✓
236	Vasantakusumakarras			✓			✓
237	Vasantakusumakarras			✓			✓
238	Vijayaparpati	✓					✓
239	Vilasani Vallabharas			✓			
240	Shashank ras 2	✓					
241	Shakravallabharas	✓		✓			
242	Shrungarabhras 1	✓					✓
243	Shrungarabhras 2	✓					✓
244	Shreedamaranandabhras	✓					✓
245	Sanjivanabhras	✓					✓
246	Sidhashalmalikalpa						✓
247	Sidhasuta				✓		
248	Sinduradviti	✓		✓			
249	Suryachandraprabhagutika						✓
250	Swalpachandrodayamakardhwaj	✓		✓			
251	Harashashaankaras 2						✓
252	Harashashaankaras 2						✓
253	Kshaykulantakras	✓					✓
254	Kameshwarras 1						✓
<b>Total</b>		<b>77</b>	<b>34</b>	<b>24</b>	<b>51</b>	<b>24</b>	<b>93</b>

## DISCUSSION

Vajeeakaran is an important treatment modality to revitalize all the seven dhatus [tissues], it increased sexual capacity, improving health of future progeny as well as in treatment of many common sexual disorders like infertility, erectile dysfunction and premature ejaculation. After review of total 9598 formulations from Bharat Bhaishajya Ratnakar, total 254 formulations are used as vrushya and Vajeeekar.

These formulations are combinations of various plant drugs, minerals, metals and animal originated and act by its specific action. Shukral dravyas are generally sweet in taste and post digestive effect, cold in potency and heavy, oily in physical properties. Due to similar properties they increase quantity and quality of shukra dhatu. Kamottejak [Stimulant] drugs are hot in nature and sharp in attributes, they acts by stimulating nervous system of reproductive system. Shukra stambhaka dravyas are bitter & astringent in taste. Shukrajanaka drugs may initiate or enhance either spermatogenesis or androgen synthesis or both, whereas Shukrapravartaka drugs either improve ejaculation or improve the action of androgens. [14, 15]



Dosages form of various formulations as Vajeeekar[Fig.1]

Rasayan drugs acts inside the human body by modulating the neuro-endocrino-immune system. Vajeeakaranrasayan improves the reproductive system and enhance sexual function. They act on higher center of the brain, i.e., the hypothalamus and limbic system. Vajeeakaran also claims to have anti-stress, adaptogenic actions, which helps to alleviate anxiety associated with sexual desire and performance [15]. In general the Vajeeakaran therapy can be broadly classified into two groups on the basis of their pharmacological action as those acting at Psychic level and those acting at Somatic level.

## CONCLUSION

In this review article, an attempt has been made to compile the Vajeeekar formulations mentioned Bharat Bhaishajya Ratnakar. Currently the importance of vajeeekar/ vrushya formulations have been increased as more and more people are reporting with various disorders related to seminal parameters and sexual dysfunction. A combination of single herbs and formulations may be solutions to treat various conditions related to shukra dhatu in an effective manner. There is need of well-planned clinical trials to establish the safety and efficacy of Ayurved formulations.

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