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Increasing Sexual Dysfunction in Society and Management with Psychotherapy, Rasayanam or Vajikaran

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Abstract: ***The world's oldest medical system is called Ayurveda. The two main goals of Ayurveda are to treat ailments and to enhance life and health. To increase memory, immunity to illness, complexion, lustrous perfection, supreme strength, sense organ, intelligence, and physical strength and brilliance, is known as Rasayana. To enhance potency health and reproductive health known as vajikarana in ayurveda. Acharya Charaka mentions that rasayana and vajikaran have qualities that are used to prevent diseases or restore health, and also have advantages for sexual health. Vajikarana means to enhance ejaculation, semen quality, or both virilities.***

The increasing occurrence of sexual dysfunction in modern society has emerged as a significant public health concern, impacting individuals' quality of life and interpersonal relationships. Factors contributing to this rise include stress, anxiety, lifestyle changes, and societal pressures that influence sexual health. This article explores the multifaceted causes of sexual dysfunction, examining its psychological, physiological, and sociocultural dimensions. This article emphasizes the crucial role of psychological counseling as a management strategy, improving communication between partners, and fostering a supportive environment for sexual health.

This article approaches the combination of psychological interventions with medical treatments to enhance overall well-being and sexual satisfaction. By raising awareness and promoting friendly counseling services.

Keywords: Ayurveda, sexual education, Vajikarana, psychological , Rasayana, etc.

I. INTRODUCTION

Seventy-five percent of the patients that we receive in our hospital outdoor every day with a venereal disease and most of them are those who are suffering from Illusions not venereal diseases. Unnatural sex, especially the number of patients suffering from masturbation, is the highest. This is followed by dream fall, premature ejaculation, lack of erection in the penis etc. These patients need more psychotherapy even compared to drug therapy. It is unfortunate that the role of occult specialists in society is more to medicine the patients suffering from these mental stresses than to cure them. Thats why the number of sexual patients in society is increasing day by day.

Several reasons for the increase in these venereal diseases in the society can be considered- Unethical environments are prime in cities - The prevalence of venereal diseases is more in cities than in villages. The reason for this is that immorality in the village does not reach the same extent as it is reaching in the cities. The reason for all this is the Internet, cinema, blue films, television, and serious housing problems in cities! Seeing the intercourse scenes of married people in the house, the sensual films shown on the cinema screen, they also have a desire to taste the forbidden fruits in their mind and they find some way to calm the lust for work.

Lack of sex education- Our society is very quick to train human beings in all other essential arts, while it does not even allow discussion about *'Kamkala'*, let alone training '*Kamkala'*, an important part of life. At present, the attention of the educated society and the government is going towards this and the need for sex education is being seriously felt.

Because nowadays sexual crimes, unwanted pregnancy, the only solution seems to be sex education'. Therefore, sex science or sex art is a very important fact for human beings. The knowledge of which must be acquired before entering the state of householder, like other information of life, every person has not only the full right but also very important to know the functions of his body and its various organs, especially the genitals, whose ignorance has a fatal effect on his life. Therefore, one should not feel hesitant to give up vain shame and discuss sex science in front of his children. As long as the youth remain unaware of the interpretation of sexual science, it is only natural for them to get entangled in the stormy waves of puberty and get caught in the vortex of adultery.

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Rule Restraint -The principal cause of male diseases is the absence of celibacy and incontinence. Mystics have written a lot on this subject. If a man enters the household ashram after observing celibacy till the age of 25 years and still follows the proper restraint rules, then he can be protected from all sexual diseases.

Tendency to keep sexual dysfunction secret- It is often seen that when a young man becomes a victim of sexual disease, due to fear, shame or any other reason, he tries to hide it from his parents, teacher or guardian. This tendency of his is very costly to him, because his treatment is not done at the right time.

Unnatural life and wrong eating habits- Other diseases are also caused by unnatural living and wrong eating habits in men's sexual diseases. Because unnatural living and contaminated food and drink increases the heterogeneity and foreign substances in the body, which in time disturb the nerve mass in the body and stimulate the sexual organs abnormally, which leads to the creation of sexual diseases.

Wrong treatment - When any man gets a disease, the man secretly comes to the secret disease doctors for his treatment and with the use of the unnecessary medicines given by them, the body becomes the home of even more disease.

II. AIMS AND OBJECTIVE

1) To understanding the cause of Increasing sexual dysfunction in society
2) To use of psychological factor, rasayana and vajikaran in sexual dysfunction.
3) To decrease the stigma surrounding sexual dysfunction and encourage individuals to seek help, ultimately contributing to healthier relationships and a more fulfilling sexual life.

III. DISCUSSION

FIRST STAGE: Adolescent girls or boys at the age of 12-13 years, explain the structure of genital organs, their function, and how to keep them clean and healthy. What are the disadvantages of masturbation and what are its effects on future life. What are the side effects of anal sex, oral sex, oblique sexual intercourse etc. How to tell them should be taught in open form through pictures, stories, cinema, television, etc. Women should be told about the precautions during menstruation. methods of self-hygiene, measures to prevent diseases and rules for following healthy methods.

SECOND STAGE- the age of 18-20 years, which is before marriage, how different stages and feelings of mutual conversation, walking, courtesy, courtship arise in young men and women, they should be explained through similar stories, articles, pictures, literature, drama, cinema etc. What is dream disorder? Why does it happen, how to avoid it. The physical nature of the swollen men, their mental feelings, how to satisfy each other, etc. It is necessary to give general information about pre-copulation activities, methods of kissing, hugging, touching, etc., the state of being emotional and emotional, knowledge of genital development and their natural functions, methods of copulation, courtship etc. Detailed study should be conducted on genital diseases like AIDS, syphilis, flagellation, impotence, premature ejaculation, sexual inability etc.

THIRD STAGE- the newly married couple or those who are going to get married should be taught how to complement each other. A single life is incomplete for a man or a woman. How can they be carried by maintaining mutual love, harmony and devotional attraction for each other, and the burden of the entire planet is easily being supportive of each other. The ways to keep the husband satisfied, the activities, behavior, conduct, and manners to make the wife loving and fully devoted should be told. What can lead to mutual discord, estrangement and jealousy, hatred. hatred and rebellion and how they can be removed should be given in detail.

How to make the more interesting of sex, its timing and the most pleasurable and satisfying of both? What are the disadvantages of more sex?

Contraceptive methods should be made known and complete attraction towards each other should remain till the end, the stream of faith and dedication should flow uninterrupted, that path should be discussed in detail.

How should their duty be fulfilled and responsible and behaved towards children? How to carefully avoid women and men of prostitution and such things? What can be the disadvantages of coming in contact with them, etc., and in addition to this, how to overcome physical, mental, social and behavioral related difficulties arising from time to time? If there is any misunderstanding among themselves or there is any reason for mutual dissatisfaction, then information should be given about how to solve it and redress.

What type of sexual specialists should be consulted in case of any disease or disability. How to avoid quacks, hakims, cheating, deceit, and other ludicrous people who create all sorts of illusions? Knowledge of how they trap people and how they ruin health and planetary life due to wrong pressure is very important. Some essential features of this step can be described as general information in the second step as well.

Complete information should be given about the methods of conception, its methods and actions etc. and what kind of methods, rules, medicines and remedies should be taken on the occasion of wishing children, so that beautiful, healthy, long-lived, meritorious, society and family are born so that the future of the country, the future of the society and family blooms in the form of good hopes. Knowing all these things, they need to work. In the present context, Vajikaran is an important part of Ashtanga Ayurveda, the main objective of this specialized branch of Ayurvedic medical science is to make the transfusion of Spacious Venus in men with weak masculinity power and to provide the generation and erection power of emotions by increasing Venus in healthy men. Also, providing the ability to produce children is also the main subject of this organ.

vajikaran means that the device or action by which a man is capable of womanhood by being as strong as a horse or to make a man without copulation power to have sexual power is vajikaran . Naturally in persons with low semen, the infusion of Venus, the supply of semen contaminated with inflamed defects, the very emaciated to decay, the

an abolition of semen, spermatogenesis when sperm is present in old age and the increase and secretion of sperm in healthy living senses, providing erectile power are all the subjects of Vajikaran.

Ancient masters have prohibited sex for up to 25 years, but due to the ill effects of western culture, movies, falsehoods, diet, indecent behavior and immoral thoughts, celibacy seems impossible. At present, even after reaching the climax of work science, there is a complete lack of sex education. For these reasons, the seed of this lust is germinating in the precise stage of life and giving birth to youth suffering from sexual deformities, due to which they do not properly utilize this precious time that helps in building life. If we analyze the young patients coming to the department, then it is seen that many of them are suffering from sexual problems. Most of the youth come for medical consultation due to problems like dream fall.

Mix Ashwagandha powder, Vidhara powder,mulhathi powder, dry ginger powder, Giloy satva, sugar candy.

Ratio 2:2:1:1:1:4

Take 2-2 teaspoons in the morning and night with 1 glass of milk, while pouring milk, put 4 pinds of dates in it and later chew and drink milk from above, this experiment can be consumed in any season for Vajikaran.

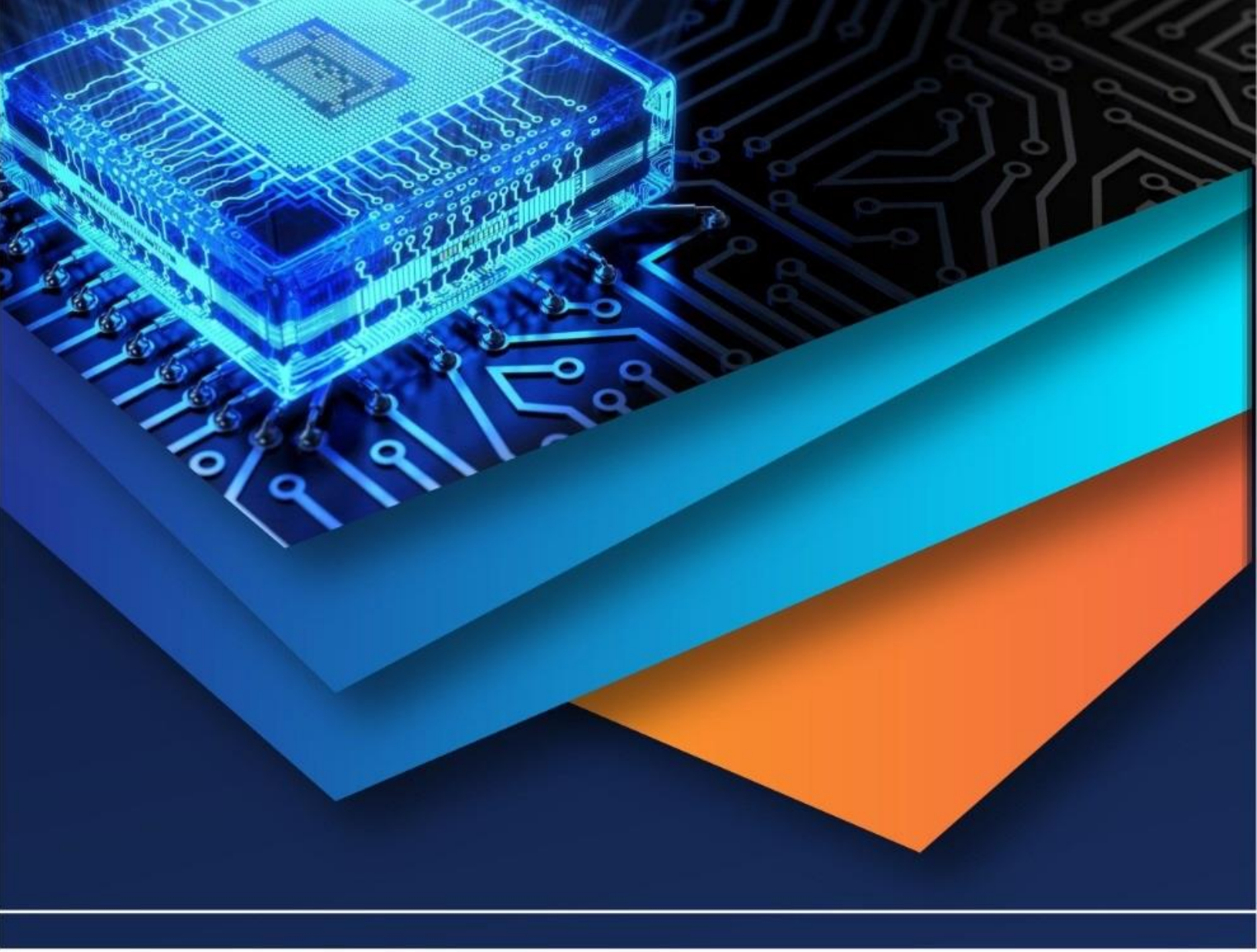
IV. CONCLUSION

Psychological counseling plays a crucial role in addressing sexual dysfunction in society, a growing concern that affects individuals' well-being and relationships.Through a combination of therapeutic interventions, education, and open communication, counseling can help individuals identify underlying psychological factors contributing to sexual dysfunction, such as anxiety, depression, and relationship issues.Doctors facilitate a safe space for patients to explore sensitive topics, enabling them to confront and overcome personal barriers to sexual health. Cognitive-behavioral therapy, mindfulness techniques, and sex therapy are among the approaches that can effectively reduce feelings of shame and stigma, empowering individuals to reclaim their sexual identity and function also, increased public awareness.

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