

☒ Natural Indian Remedies to Boost Stamina, Libido & Energy

Especially helpful for recovery from hasta prayogam (frequent self-pleasure), low sexual vitality, or energy depletion.

☒ Daily Homemade Recipes

1. Ashwagandha Milk

Benefits: Reduces stress, boosts testosterone, enhances sleep and vitality. **Ingredients:**

- 1 tsp Ashwagandha powder
- 1 cup warm milk (cow/buffalo preferred)
- 1 tsp honey (optional)
- A pinch of saffron (optional)

Instructions:

- Heat milk (do not boil).
 - Mix in Ashwagandha and saffron.
 - Stir in honey before drinking.
 - **Drink before bed.**
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2. Maca Root & Almond Energy Drink

Benefits: Improves stamina, libido, and strengthens body tissues. **Ingredients:**

- 1 tbsp Maca powder
- 5–6 soaked almonds (peeled)
- 1 tsp honey (optional)
- 1 cup milk (or almond/oat milk)
- A pinch of cardamom

Instructions:

- Blend all ingredients.
 - **Drink on an empty stomach in the morning.**
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3. Ginger-Honey-Lemon Water

Benefits: Boosts circulation and digestion; reduces fatigue. **Ingredients:**

- 1 inch ginger (grated)
- 1 tbsp honey
- Juice of ½ lemon
- 1 cup warm water

Instructions:

- Extract ginger juice.
 - Mix with honey and lemon in warm water.
 - **Drink first thing in the morning.**
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4. Saffron & Cardamom Milk

Benefits: Calms the nerves, supports hormones, boosts sexual energy. **Ingredients:**

- 2–3 saffron strands
- 1–2 cardamom pods (crushed)
- 1 cup warm milk
- 1 tsp honey (optional)

Instructions:

- Simmer milk with saffron and cardamom.
 - Stir in honey.
 - **Drink before bed or early morning.**
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5. Fenugreek & Turmeric Detox Drink

Benefits: Supports testosterone, improves digestion and circulation. **Ingredients:**

- 1 tsp fenugreek seeds (soaked overnight)
- ½ tsp turmeric powder
- 1 cup warm water
- 1 tsp honey (optional)

Instructions:

- Make paste from soaked fenugreek.
 - Mix in turmeric, water, and honey.
 - **Drink every morning.**
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6. Amla-Honey Syrup

Benefits: Increases immunity, vitality, reproductive health. **Ingredients:**

- 2 fresh amla or 2 tbsp amla powder
- 1 tbsp honey
- 1 glass warm water

Instructions:

- Mix amla with honey and warm water.
 - **Drink on an empty stomach.**
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7. Triphala Detox Water

Benefits: Cleanses system, supports hormone balance and energy. **Ingredients:**

- 1 tsp Triphala powder
- 1 cup warm water

Instructions:

- Stir and drink.
 - **Best taken at night before sleep.**
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☒ Additional Recipes & Practices to Deepen Benefits

8. Black Sesame & Dates Milkshake

Benefits: Rejuvenates reproductive tissue, boosts *ojas*. **Ingredients:**

- 1 tbsp roasted black sesame seeds
- 3–4 soft dates (seedless)
- 1 cup warm milk
- 1 tsp ghee
- A pinch of cardamom

Instructions:

- Blend sesame + dates in milk.
 - Add ghee and cardamom.
 - **Drink in the morning or post-workout.**
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9. Kapikacchu (Mucuna Pruriens) Herbal Tonic

Benefits: Boosts dopamine, mood, sexual energy. **Ingredients:**

- ½ tsp Kapikacchu powder
- ½ tsp Ashwagandha powder
- 1 cup warm milk or water
- 1 tsp jaggery or honey

Instructions:

- Mix powders in warm milk.
 - Stir in jaggery or honey.
 - **Drink on an empty stomach.**
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10. Veerya Boosting Herbal Paste (Inspired by Chyawanprash)

Benefits: Restores semen vitality, improves stamina. **Ingredients:**

- 1 tsp Ashwagandha powder
- 1 tsp Shatavari powder
- ½ tsp Gokshura powder
- 1 tsp Maca root powder
- ¼ tsp saffron
- 1 tsp honey

Instructions:

- Mix powders with honey into a paste.
- **Take with warm milk, twice daily.**

♂ Essential Yogic Practices for Energy & Sexual Health

Practice	Benefits	Duration
Vajrasana	Aids digestion, strengthens pelvic region	5–10 mins (after meals)
Ashwini Mudra	Controls ejaculation, tones pelvic floor	50–100 contractions/day
Anulom Vilom	Calms mind, balances hormones	10 mins daily
Bhramari Pranayama	Relieves stress, improves libido	5 mins before bed
Sirsasana (Headstand)*	Boosts blood flow to brain/genitals	Under guidance only

🕒 Daily Routine for Maximum Benefits

🌅 Morning

- Wake up by **6:30 AM**
- Ginger-Lemon-Honey Water or Amla Syrup
- 20–30 mins light yoga/walk
- Maca-Almond or Sesame-Date Tonic
- Nutritious Indian breakfast

☀️ Afternoon

- Light lunch: rice, dal, veggies, ghee
- Optional: Buttermilk with cumin
- Gentle walk after meal

🌆 Evening

- Herbal tea: Tulsi, fennel, or cinnamon
- Light, warm dinner (no fried/spicy food)
- Meditation or breathing exercise

🌃 Night

- Ashwagandha or Saffron-Cardamom Milk
- Optional: Triphala water
- Sleep by **10 PM**

🚫 Habits to Avoid During Healing

- Excess screen time (especially late night)
- Spicy, oily, junk, or processed foods
- Watching erotic content or stimulating fantasies
- Late-night sleeping
- Heavy or late-night meals
- Frequent masturbation — allow the body to rebuild *ojas*

☒ Final Suggestions for Natural Recovery

- Be patient: True healing takes **40–90 days**.
- Pair your remedies with **purposeful activities** and **positive environments**.
- Don't suppress urges forcefully – **transmute** the energy through yoga, meditation, and creative expression (Brahmacharya upliftment).

Would you like this formatted version turned into:

- ☒ **A printable PDF**
- ☒ **A habit tracker or checklist**
- ☒ **A daily practice journal sheet**

Let me know your preferred format and I'll generate it for you.

Here's your beautifully **formatted version** of the additional section you shared. It aligns with the previous formatting style for consistency and clarity:

☒ Additional Recipes & Practices to Deepen Benefits

1. Black Sesame & Dates Tonic *(For Ojas Building & Semen Vitality)*

This tonic is deeply nourishing and is traditionally used in Ayurveda to support the **reproductive tissue (Shukra Dhatu)**, enhance stamina, and restore energy.

Ingredients:

- 1 tbsp black sesame seeds (roasted)
- 3–4 soft dates (seedless)
- 1 cup warm cow's milk or almond milk
- 1 tsp ghee *(optional)*
- A pinch of cardamom powder

Instructions:

- Blend sesame seeds and dates with warm milk until smooth.
- Add ghee and cardamom. Stir well.
- **Drink warm**, preferably in the morning or after workouts.

☒ **Benefits:** Rebuilds *ojas* (vital essence), supports semen quality, relieves fatigue from overexertion.

2. Mucuna Pruriens (Kapikacchu) Herbal Blend

A natural **dopamine enhancer** and rich source of **L-Dopa**, Mucuna supports mood, libido, testosterone, and sexual energy.

Blend Recipe:

- ½ tsp Kapikacchu powder
- ½ tsp Ashwagandha powder
- Warm water or milk
- 1 tsp jaggery or honey *(optional)*

Instructions:

- Take in the morning on an **empty stomach** or before bedtime.
- Continue for **4–6 weeks** for best results.

☒♂ Essential Yogic Practices for Rejuvenation

If your core issue stems from **excessive stimulation or ojas depletion**, the following practices are especially restorative:

1. Vajrasana *(after meals)*

Improves digestion and enhances blood circulation to pelvic organs.

2. Ashwini Mudra *(anal contractions)*

Strengthens pelvic floor and boosts sexual function.

- Perform 50–100 gentle contractions
- Sit in a meditative pose
- Practice **twice daily**

3. Brahmacharya Mudra + Pranayama

Recommended practices:

- **Anulom Vilom** (alternate nostril breathing)
- **Bhramari** (bee breath) These calm the nervous system, restore balance, and help transmute sexual energy.

⚖ Lifestyle Adjustments to Support Recovery

🌙 Night Routine

- Avoid screens and mental stimulation at night
- Prefer calming music, spiritual reading
- Sleep before **10 PM**

🌿 Herbal Oil Massage (Abhyanga)

- Use **sesame oil** or **ashwagandha oil**
- 3–4 times a week
- Focus on legs, lower back, and chest
- Helps in grounding excess energy and fatigue

☀ Sunlight Exposure

- Get daily **morning sunlight**
- Regulates hormones and enhances mood
- Especially supportive for libido and overall vitality

🍵 “Veerya Rakshak Rasayana” (*Vital Essence Preserving Tonic*)

A rejuvenating **homemade Ayurvedic paste** to support semen health, hormones, and stamina.

Ingredients:

- 1 tsp Ashwagandha powder
- 1 tsp Shilajit (resin or purified powder)
- ½ tsp Safed Musli (*Chlorophytum borivillianum*)
- ½ tsp Gokshura (*Tribulus terrestris*)
- 1 tsp A2 cow ghee
- 1 tsp honey
- ½ cup warm milk

Instructions:

- Mix all ingredients into a paste.
- **Take once daily** in the morning or **1 hour before sleep**.
- Use for **6–8 weeks**, then take a **2-week break**.

🌿 Optional Ayurvedic Supplements (*under guidance*)

These are commonly recommended by Ayurvedic practitioners for long-term support:

- **Chyawanprash** – General vitality and immunity
- **Sperman / Tentex Forte (Himalaya)** – Sperm count and libido
- **Shilajit Capsules** – Use only purified resin-based
- **Ashwagandha Lehyam** – Powerful jam combining energy-enhancing herbs

🏁 Final Word on Recovery from Hasta Prayogam Effects

Don't worry — **the body has tremendous regenerative ability**. With proper rest, nourishment, and focused lifestyle practices, **full recovery is absolutely possible**.

Symptoms like:

- Reduced libido
- Fatigue
- Weak erections

...are usually signs of **ojas depletion**, which Ayurveda treats with **great success** through holistic methods.

Would you like a personalized 7-day or 21-day version of this guide? I can customize the meal plans, tonics, lifestyle steps, and yogic exercises according to your

personal health goals:

☐ Energy ☐ Libido & ED Recovery ☐ Hormonal Balance ☐ Spiritual Upliftment

Let me know your preference — and I'll format it as a downloadable PDF or Google Doc for you!

Here is your **formatted** version of the **21-Day Natural Vitality Restoration Plan**, structured for clarity and ease of use:

☐ 21-Day Natural Vitality Restoration Plan

Focus: Boost *Ojas* (vital essence), testosterone, stamina, energy, and mood **Based on:** Ayurveda, Yoga, and Indian nutritional principles

☐ Daily Routine Overview

Time	Activity	Description
6:00 – 6:30 AM	Wake Up + Hydrate	1 glass warm water with lemon or amla juice
6:30 – 7:00 AM	Pranayama + Meditation	5 mins Anulom Vilom, 5 mins Bhramari, 5 mins silent sitting
7:00 – 7:30 AM	Light Yoga/Exercise	5 Surya Namaskars, Vajrasana, Ashwini Mudra
7:30 AM	Herbal Drink	Ginger-Lemon-Honey OR Fenugreek-Turmeric Drink
8:30 AM	Breakfast	See “Meal Plan” section below
11:00 AM	Mid-Morning Snack	Sesame-date tonic OR soaked nuts
1:00 PM	Lunch	Balanced traditional meal with dal, rice/roti, veggies
2:00 PM	Vajrasana (5 mins)	Sit post-lunch for digestion
4:00 PM	Tea + Snack	Tulsi tea + almonds/makhana
6:00 PM	Evening Activity	Walk, light stretching, meditation
7:30 PM	Dinner	Light and warm – avoid fried/spicy food
9:00 PM	Night Tonic	Ashwagandha OR Saffron-Cardamom Milk
9:30 – 10:00 PM	Sleep	Wind down, no screens an hour before bed

☐ Sample Meal Plan (Traditional & Nourishing)

Breakfast Options

- Moong dal chilla + mint chutney + turmeric tea
- Ragi porridge + jaggery + banana
- Poha with peanuts + ginger tea
- Maca-Almond energy drink

Lunch Options

- Brown rice + toor dal + ghee + spinach sabzi + cucumber salad
- Roti + moong dal + beetroot + sesame chutney
- Quinoa + mixed veg curry + buttermilk

Dinner Options

- Light khichdi with carrots, coriander, and ghee
- Vegetable upma with curry leaves
- Moong dal soup + boiled vegetables

⚠️ Avoid curd at night, sour pickles, excess garlic/onion, and non-veg (if possible).

📅 Tonic Schedule

Time	Drink	Reference #
Morning (Empty Stomach)	Ginger-Honey-Lemon OR Fenugreek-Turmeric	#3 or #5
Mid-Morning	Maca-Almond OR Sesame-Date Tonic	#2 or #8
Afternoon	Amla-Honey Syrup in warm water	#6
Evening	Tulsi + Ginger Herbal Tea (optional)	—
Night Before Bed	Ashwagandha OR Saffron-Cardamom Milk	#1 or #4
Optional	Triphala water	#7

🌿 Weekly Herbal Paste (Chyawanprash-Inspired)

Veerya Restorative Paste – 2× daily (morning + evening):

- 1 tsp Ashwagandha
- 1 tsp Shatavari
- ½ tsp Gokshura
- 1 tsp Maca Root
- ¼ tsp saffron (*optional*)
- 1 tsp honey

⚠️ Mix into a paste. Take with warm milk or water.

🧘 Yogic & Energy Practices (5 days/week)

🌅 Morning Practice (20–30 mins)

- 5 Surya Namaskar
- Ashwini Mudra: 50–100 contractions
- Anulom Vilom: 5 mins
- Bhramari (Bee breath): 5 mins

🌙 Evening Practice (15 mins)

- Sitali OR Chandra Bhedana Pranayama
- Yoni Mudra + Silent Sitting (7–10 mins)

🏡 Daily Lifestyle Focus

Day	Theme	Habit
Day 1	Awareness	Track energy dips after stimulation. Avoid triggers.
Day 2	Detox	Drink more water. Take Triphala at night.
Day 3	Stillness	Take a quiet walk. No screens after 8:30 PM.
Day 4	Nourishment	Eat fresh, simple meals. Avoid packaged snacks.
Day 5	Strength	Add light bodyweight exercises (pushups, squats).
		Do warm oil massage (Abhyanga). Use sesame/ashwagandha

Day 6 Day	Grounding Theme	oil. Habit
Day 7	Reset	Journal your goals. Reflect and set intentions.

➡ Repeat themes in Weeks 2 & 3 with deeper focus and refinement.

⚠ Strictly Avoid During These 21 Days

- Late-night stimulation or masturbation
- Erotic or pornographic content
- Cold food/drinks, heavy fried meals
- Overeating or skipping meals
- Screens after 9 PM
- Negative thoughts about sexual performance

📋 Optional Supplements (*consult before use*)

- **Shilajit Resin** (pure): 200–300 mg/day
- **Chyawanprash**: 1 tsp every morning
- **Tentex Forte / Speman (Himalaya)**: 1 tablet morning and night
- **Gokshura capsules** (Tribulus): 500 mg/day

📋 Would You Like:

- 📄 A **printable PDF** version?
- 📄 A **weekly checklist** or **reminder sheet**?
- 📄 An **Excel tracker** for meals, tonics, sleep & exercise?

Let me know and I'll provide it in your preferred format.