// embed the javascript file that makes the AJAX request

wp\_enqueue\_script( 'my-ajax-request', plugin\_dir\_url( \_\_FILE\_\_ ) . 'js/ajax.js', array( 'jquery' ) );

// declare the URL to the file that handles the AJAX request (wp-admin/admin-ajax.php)

wp\_localize\_script( 'my-ajax-request', 'MyAjax', array( 'ajaxurl' => admin\_url( 'admin-ajax.php' ) ) );

In Js:

MyAjax.ajaxurl