

AgniVirya

प्राचीन ज्ञान, आधुनिक बल

A Complete Ayurvedic Guide to Men's Sexual Health



🌟 Preface:

Dear Reader,

For centuries, India's sages preserved the secrets of vitality, strength, and sexual wellness. Today, millions of men spend thousands on fake products, while the real solutions lie hidden in our ancient texts.

This guide brings you back to your roots — with **10 simple recipes, lifestyle tips, and daily practices** from Ayurveda, all in one place.

1.Introduction: The Silent Struggle of Men's Sexual Health in India

🌍 The Reality Today

Sexual health is not just about pleasure — it is directly tied to a man's **confidence, marriage, family life, career success, and mental peace**. Yet, it remains one of the most ignored health topics in India due to stigma and lack of awareness.

Modern research paints a worrying picture:

🇮🇳 **70–80% of Indian men** report at least one sexual health issue in their lifetime.

⚡ **Premature Ejaculation (PE):** Affects nearly **1 in 3 young men (18–30 years)**, leading to stress, frustration, and strained relationships.

💧 **Erectile Dysfunction (ED):** Nearly **50% of men above 40** face difficulty in maintaining erections, with rising cases even among men in their 30s.

😓 **Low Libido & Fatigue:** Studies show **65% of urban Indian men** complain

of lack of desire, low energy, and poor stamina.

🌙 **Nightfall & Dhat Syndrome:** Almost **1 in 8 Indian men** suffer anxiety over semen loss, believing it to cause weakness.

🧠 **Stress & Anxiety:** Overwork, digital addictions, and unhealthy lifestyle have tripled sexual health complaints among young men in the last two decades.

Clearly, India's men are silently struggling — and the problem is **more widespread than most people admit**.

! **The Consequences of Ignoring Sexual Health**

- Loss of self-confidence.
- Tension in married life or relationships.
- Increased stress, anxiety, and depression.
- Decreased productivity at work.
- Premature ageing and lack of vitality.
- Fear of being “less of a man.”

In ancient India, men were known for **strength, vigor, and endurance** — why, then, has the modern generation become weaker?

💡 **Why This Guide?**

Because today's market is full of **false promises**:

Fake allopathic pills costing **₹2000–₹5000**, which may give temporary relief but damage health in the long run.

Cheap Ayurvedic capsules that are **adulterated or underdosed**, charging you ₹500–₹1000 for what is already written in our ancient texts.

Harmful addictions to alcohol, smoking, or porn that drain your energy and destroy confidence.

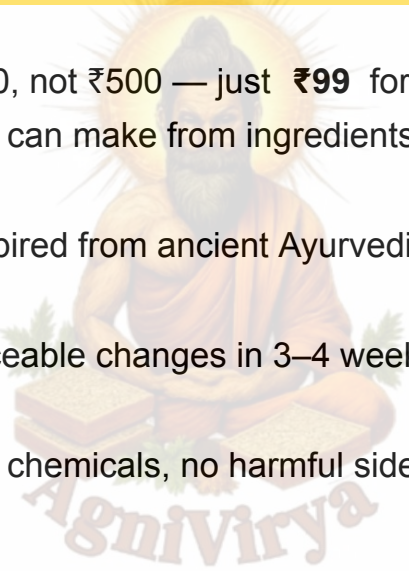
On the other hand, **Ancient Ayurveda provided permanent, natural, and side-effect-free solutions.** Our sages described precise recipes, daily routines, and lifestyle practices in classical texts like:

- **Charaka Samhita**
- **Sushruta Samhita**
- **Ashtanga Hridaya**
- **Bhava Prakash Nighantu**

These texts didn't just cure problems — they **built men into warriors of strength and passion.**

What Makes This Guide Different?

- ✓ **Affordable:** Not ₹2000, not ₹500 — just **₹99** for wisdom that works.
- ✓ **Practical:** Recipes you can make from ingredients at your local *pansari* shop or online.
- ✓ **Authentic:** Directly inspired from ancient Ayurvedic wisdom and tested for centuries.
- ✓ **Result-Oriented:** Noticeable changes in 3–4 weeks, full results in 6–8 weeks.
- ✓ **Safe:** 100% natural, no chemicals, no harmful side effects.



2.Ancient Ayurvedic Wisdom on Sexual Health

India has been the cradle of wisdom in health and vitality. Long before modern science discovered hormones, testosterone, or nutrition, our Rishis had already understood the link between **diet, lifestyle, semen quality, and manhood**.

Ayurveda — “the science of life” — has dedicated entire chapters (*Vajikarana Tantra* and *Rasayana Shastra*) to sexual health. These were not just medicines but **complete systems of rejuvenation** designed to create strong, fearless, and virile men.

★ Ojas – The Elixir of Life

Ojas is considered the **essence of all body tissues**. It is the subtle energy that gives **strength, immunity, and vitality**.

A man with strong Ojas has **glowing skin, confidence, stamina, and fertility**.

Loss of semen without balance weakens Ojas → leading to fatigue, depression, anxiety, and poor performance.

Charaka Samhita: “Where Ojas is destroyed, death follows. Where Ojas flourishes, strength and youth remain.”

ॐ Shukra Dhatu – The Vital Reproductive Tissue

Ayurveda describes seven tissues (*dhatu*s), with **Shukra (reproductive tissue)** as the final and most refined.

Healthy Shukra → **fertility, stamina, confidence, and mental clarity**.

Weak Shukra → **impotence, nightfall, low libido, and lack of vigor**.

🔥 Importantly, **weak digestion (Agni)** → poor nutrient absorption → weak Shukra → sexual weakness.

This is why recipes and Rasayanas always combine **digestive herbs + fertility herbs**.

⚡ **Causes of Sexual Weakness (as per Charaka & Sushruta)**

- Overindulgence in sex or masturbation.
- Eating stale, junk, or heavy food.
- Excess alcohol, smoking, and intoxication.
- Irregular sleep, night-outs, digital addictions.
- Suppressing natural urges.
- Stress, anxiety, and fear.
- Diseases like diabetes, obesity, or weak digestion.

🐎 **Vajikarana Tantra – The Science of Virility**

Vajikarana = “that which makes a man potent like a horse.”

It is one of the **8 major branches of Ayurveda**.

Benefits of Vajikarana therapy (Charaka Samhita):

Restores youth and vigor.

Improves erection strength and stamina.

Enhances semen quantity and quality.

Ensures fertility and healthy progeny.

Increases confidence, pleasure, and longevity.

✨ *Classical Vajikarana formulas* included herbs like **Ashwagandha, Kapikacchu, Safed Musli, Shatavari, Shilajit, and Gokshura**.

🌿 **Rasayana – The Science of Rejuvenation**

Rasayanas are **tonics that rebuild tissues and slow ageing**.

They cleanse the body of toxins, improve digestion, and enhance Ojas.

Sexual weakness is never treated in isolation — Rasayana ensures the **entire body and mind become stronger**.

Key Rasayanas for Men's Health:

Ashwagandha – for stamina, testosterone, semen quality.

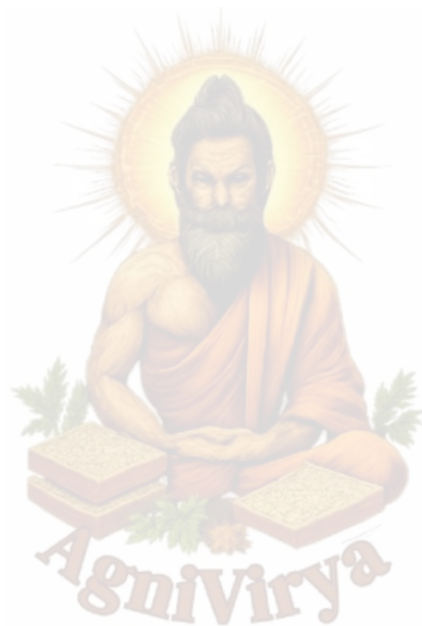
Shatavari – balances hormones, cools excess heat.

Safed Musli – boosts libido, energy, and fertility.

Shilajit – rejuvenates, strengthens erections, improves vigor.

Kapikacchu (Mucuna pruriens) – improves dopamine, semen volume.

Gokshura (Tribulus terrestris) – strengthens urinary system, erection quality.



3.The 10 Ayurvedic Recipes for Men's Health



Now, the heart of this guide: 10 powerful recipes,

Recipe 1: Ashwagandha Rasayana

(For Premature Ejaculation, Stamina & Nerve Strength)

Ayurvedic Reference:

Charaka Samhita (Chikitsa Sthana, Rasayana Adhyaya) describes Ashwagandha as a **Balya Rasayana** – strengthening tonic for mind, body, and reproductive tissues.

Classical texts recommend it for **klaibya (impotence)**, **shukra kshaya (semen weakness)**, and general debility.

Ingredients (1 serving):

Ashwagandha 2.5–3 g (\approx 1 tsp)

Shatavari 1–1.25 g (\approx ½ tsp)

Safed Musli 1–1.25 g (\approx ½ tsp)

Cow's milk 200 ml; honey ½–1 tsp (lukewarm)

Preparation Method:

Add Ashwagandha, Shatavari & Safed Musli powders to milk.

Boil gently for **5–7 minutes**, stirring.

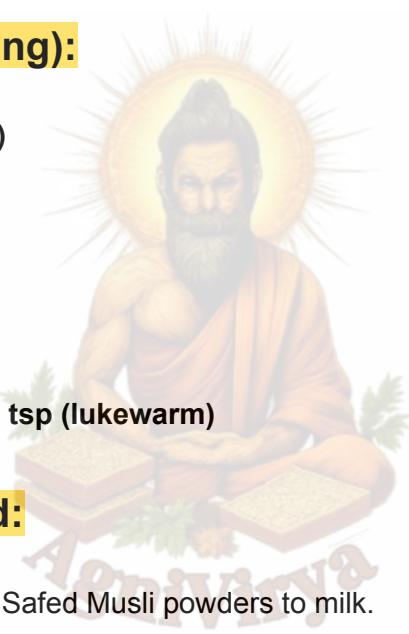
Strain into a cup.

Add 1 tsp honey (when lukewarm).

When & How to Take:

Best taken **at night, 1 hour after dinner**, before sleeping.

Drink warm, sip slowly.





Duration for Results:

Noticeable improvement in **stamina & confidence within 3–4 weeks**.

Full benefits for PE & vigor in **6–8 weeks of daily use**.



Key Benefits:

Strengthens **nervous system** and delays ejaculation.

Boosts testosterone & semen quality.

Enhances energy, reduces anxiety & stress.

Improves sleep, calms the mind.



Modern Science Note:

A clinical study showed **Ashwagandha increased testosterone by 17%** and improved sperm count & motility PubMed Clinical Trial 2015 .

Shatavari supports hormonal balance, while Safed Musli is proven to enhance **libido & sexual endurance**.



Tips & Precautions:

Avoid during fever or indigestion.

Do not combine with alcohol.

Safe for daily use up to 3 months.



AgniVirya Promise:

“With this one nightly ritual, you rebuild your strength, control, and manhood — naturally, safely, and powerfully.”

Recipe 2: Kapikacchu–Musli Blend

(For Sperm Count, Fertility & Libido)

Ayurvedic Reference:

Bhava Prakash Nighantu and *Charaka Samhita* mention **Kapikacchu (Mucuna pruriens)** as a powerful vajikarana dravya (aphrodisiac herb) that enhances semen and vitality.

Safed Musli (Chlorophytum borivillianum) is described in Ayurvedic texts as a “Rasayana” herb, promoting fertility and endurance.

This combination is recommended for *shukra kshaya* (low semen), *klaibya* (impotence), and infertility.

Ingredients (1 serving):

- Kapikacchu 2–2.5 g ($\approx \frac{3}{4}$ –1 tsp)
- Safed Musli 1.25 g ($\approx \frac{1}{2}$ tsp)
- Purified Shilajit 250 mg
- Cow's ghee 1 tsp; warm milk 200 ml

Preparation Method:

1. Mix Kapikacchu and Safed Musli powders in a small bowl.
2. Add Shilajit resin to warm milk and stir until fully dissolved.
3. Add 1 tsp ghee and the powder mix to the milk.
4. Stir well and drink immediately while warm.

When & How to Take:

- Best taken **early morning, on an empty stomach.**
- Avoid heavy food for at least **1 hour after consumption.**

Duration for Results:

Sperm count and libido improvements usually felt within **4–6 weeks**.

Significant fertility enhancement and stamina gains in **2–3 months** of regular use.



Key Benefits:

- Increases sperm count and motility.
- Enhances libido and sexual desire.
- Improves fertility and semen volume.
- Boosts endurance, physical stamina, and recovery.
- Supports hormonal balance.



Modern Science Notes

Clinical trials on *Mucuna pruriens* show it **increases dopamine**, reduces stress, and improves sperm quality.

Safed Musli has been studied for its role in enhancing **spermatogenesis and libido**.

Shilajit is proven to naturally increase testosterone levels and vitality.



Tips & Precautions:

Avoid if suffering from kidney stones or severe digestive issues.

Do not exceed 5–6 g/day of Shilajit in long term.

Not recommended with alcohol or late-night heavy meals.



AgniVirya Promise:

“With this powerful morning ritual, your fertility, passion, and manhood awaken — giving you strength and confidence like never before.”

Recipe 3: Shilajit Energy Tonic

(For Erectile Dysfunction, Weakness & Vitality)

Ayurvedic Reference:

- *Rasayana Shastra* and *Charaka Samhita* describe **Shilajit** as the “destroyer of weakness” and a supreme rejuvenator.
- Traditionally prescribed for **klaibya (impotence)**, **daurbalya (weakness)**, and low vigor.
- Combined with Ashwagandha and milk, it is one of the strongest Vajikarana tonics.

Ingredients (1 serving):

1. Purified Shilajit 250–300 mg
2. Ashwagandha 2 g ($\approx \frac{3}{4}$ tsp)
3. Cow's milk 150–200 ml; ghee $\frac{1}{2}$ tsp; honey optional $\frac{1}{2}$ tsp

Preparation Method:

- Warm the milk gently (do not boil after adding Shilajit).
- Dissolve Shilajit resin completely in the milk.
- Add Ashwagandha powder and stir well.
- Mix in ghee, and honey (if desired) when lukewarm.

When & How to Take:

- Take in the evening, about 1 hour after dinner.
- Drink warm, slowly.

Duration for Results:

- Improves erection quality in 3–4 weeks.
- Maximum results in 6–8 weeks with consistent use.

Key Benefits:

- Restores erectile strength and vigor.
- Increases testosterone naturally.
- Reduces fatigue and stress.
- Enhances physical endurance and sexual confidence.

- Acts as a Rasayana – rejuvenates all dhatus (tissues).



Modern Science Notes

- Clinical studies show Shilajit supplementation **increased free testosterone levels by 20%** in men.
- Ashwagandha helps improve nitric oxide levels, enhancing blood flow to reproductive organs.
- Together, they form a potent anti-fatigue and pro-erectile formulation.



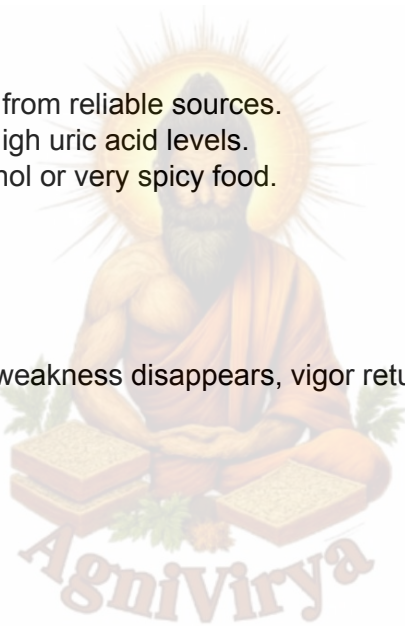
Tips & Precautions:

- - .Only use purified Shilajit from reliable sources.
- Avoid in case of gout or high uric acid levels.
- Not to be taken with alcohol or very spicy food.



AgniVirya Promise:

“With this ancient energy tonic, weakness disappears, vigor returns, and every man feels reborn in strength and passion.”



Recipe 4: Vrishya Ladoo

(Charaka's Classic Recipe for Strength, Stamina & Semen Quality)



Ayurvedic Reference:

Charaka Samhita (Vajikarana Adhyaya) describes **Utkarika/Vrishya preparations** – nourishing formulations made with wheat, ghee, jaggery, and honey to restore **shukra dhatu (semen)**.

Designed for men with **shukra kshaya (low semen)**, **klaibya (weakness/impotence)**, and general debility.



Batch (10–12 small laddus):

- Whole wheat flour 150 g
- Ghee 60–70 g
- Jaggery 80–100 g (or dates paste)
- Honey 1–2 tbsp (added after mixture cools)
- Black pepper 1–2 g ($\approx \frac{1}{2}$ tsp)
- Optional: saffron 6–8 strands



Preparation Method:

- Dry roast the wheat flour on low flame until golden.
- In another pan, melt jaggery with 2 tbsp water to form a thick syrup.
- Mix roasted flour with jaggery syrup and ghee.
- Add honey and black pepper while mixture is still warm.
- Shape into small round laddus (approx. 25–30 g each).



When & How to Take:

- Consume **1 laddu in the morning with a glass of warm milk**.
- Best taken on an empty stomach or 2 hrs after breakfast.



Duration for Results:

- Noticeable vitality boost in **2–3 weeks**.
- Semen quality, strength, and stamina improve in **6–8 weeks**.



Key Benefits:

- Restores semen quality and increases production.
- Provides long-lasting stamina and vigor.
- Builds body strength, reduces fatigue.
- Enhances immunity and digestion.

Modern Science Notes

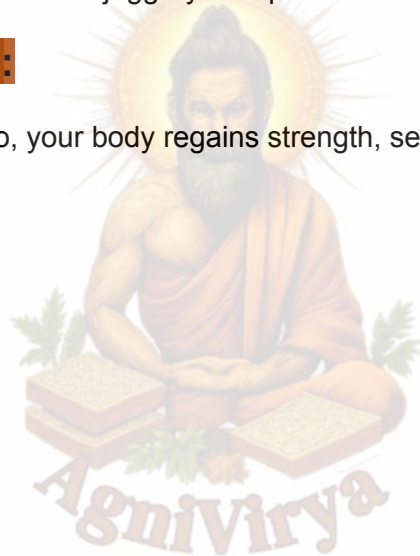
- Wheat and jaggery are natural energy boosters, improving hemoglobin and strength.
- Honey improves testosterone levels and acts as a natural aphrodisiac.
- Black pepper enhances absorption and circulation, boosting the effect of other ingredients.

Tips & Precautions:

- Store in an airtight jar, lasts up to 15 days.
- Avoid overconsumption (max 1–2 laddus/day).
- Diabetic patients should reduce jaggery or replace with dates.

AgniVirya Promise:

“With this ancient Vrishya Ladoo, your body regains strength, semen is replenished, and vigor flows through every cell.”



Recipe 5: Gokshura Vitality Tea

(For Erection Strength, Urinary Health & Stamina)

Sushruta Samhita and *Charaka Samhita* describe **Gokshura (Tribulus terrestris)** as a **Shukrala dravya** – an herb that enhances semen and improves urinary health.

Recommended for **klaibya (erectile dysfunction)**, **mutra roga (urinary weakness)**, and low vigor.



Ayurvedic Reference:

Sushruta Samhita and *Charaka Samhita* describe **Gokshura (Tribulus terrestris)** as a **Shukrala dravya** – an herb that enhances semen and improves urinary health.

Recommended for **klaibya (erectile dysfunction)**, **mutra roga (urinary weakness)**, and low vigor.



Ingredients (1 serving):

- Gokshura powder 1.5–2 g ($\approx \frac{1}{2}$ – $\frac{3}{4}$ tsp)
- Dry ginger 0.5 g ($\approx \frac{1}{4}$ tsp)
- Black pepper 0.25 g (a pinch)
- Water 200 ml; honey $\frac{1}{2}$ tsp optional



Preparation Method:

Add Gokshura, ginger, and black pepper to 200 ml water.

Boil on medium flame until half remains (~100 ml).

Strain into a cup.

Add honey if desired when lukewarm.



When & How to Take:

- Drink **twice daily** – once **mid-morning** (around 11 am) and once **evening** (around 6 pm).
- Take on a light stomach, not immediately after heavy meals.



Duration for Results:

- Improves erection hardness and urinary strength in **4 weeks**.
- Long-term stamina and semen enhancement in **6–8 weeks**.



Key Benefits:

- Enhances erection quality and hardness.
- Improves urinary health (useful for frequent urination/weak bladder).
- Boosts semen production and testosterone.
- Increases stamina and recovery after intercourse.
- Balances Vata and Pitta, improving circulation.



Modern Science Notes

- Research shows *Tribulus terrestris* boosts **testosterone and nitric oxide** levels, improving erections.
- Ginger and black pepper stimulate blood circulation and enhance absorption of active compounds.
- Together, they improve both sexual function and urinary strength.



Tips & Precautions:

- Avoid during fever or diarrhea (ginger/pepper may aggravate).
- Men with high BP should consult a physician before regular use.
- Use only moderate quantities; excess pepper may cause acidity.



AgniVirya Promise:

“With this herbal vitality tea, your strength, confidence, and control rise — giving you the hardness and stamina you deserve.”

Recipe 6: Almond–Saffron Milk

(Daily Tonic for Energy, Virility & Brain Power)



Ayurvedic Reference:

- *Bhava Prakash Nighantu* and *Charaka Samhita* list **Badam (Almonds)** and **Kesar (Saffron)** among foods that nourish *Shukra Dhatu* (semen tissue).
- Almonds are considered **brimhana dravya** (body-building), while saffron is a **vajikarana herb** (aphrodisiac).
- This tonic is recommended for **general weakness, low libido, and mental fatigue**.



Ingredients (1 serving):

- Soaked, peeled almonds 6–8
- Saffron 2 strands
- Milk 200 ml; ghee ½ tsp; cardamom pinch; honey/sugar ½ tsp optional



Preparation Method:

- Soak 10 almonds overnight in water, peel in the morning.
- Blend almonds into a smooth paste with a little milk.
- Boil remaining milk gently with saffron strands for 3–4 minutes.
- Add almond paste and stir continuously for 2 minutes.
- Add ghee and cardamom. Sweeten with sugar or honey if desired.



When & How to Take:

- Drink **at bedtime**, 1 hour after dinner.
- Best consumed warm and slowly.



Duration for Results:

- Boost in energy and mental freshness within **2–3 weeks**.
- Noticeable improvement in sexual vigor and semen quality in **6–8 weeks**.



Key Benefits:

- Improves semen quality, sperm count & volume.
- Boosts brain power, reduces stress & fatigue.
- Enhances stamina and virility.

- Nourishes body tissues, improves skin glow.
- Acts as a natural aphrodisiac.

Modern Science Notes

Almonds are rich in **Vitamin E, zinc, and healthy fats**, which are essential for testosterone production.

Saffron has been shown to improve sexual desire and mood by balancing neurotransmitters.

Warm milk with ghee supports digestion and enhances absorption of nutrients.

Tips & Precautions:

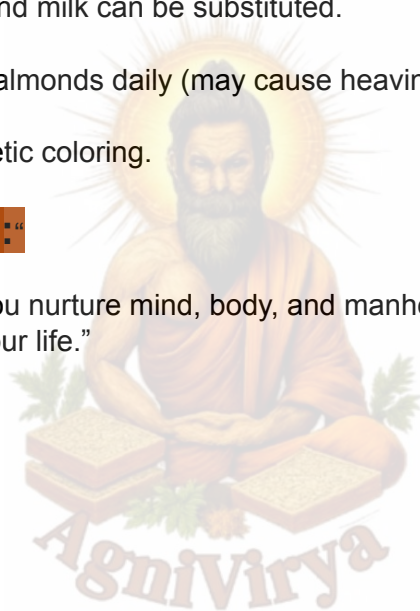
Avoid if lactose intolerant; almond milk can be substituted.

Do not consume more than 15 almonds daily (may cause heaviness).

Use genuine saffron, not synthetic coloring.

AgniVirya Promise

With this golden saffron milk, you nurture mind, body, and manhood — bringing daily energy, confidence, and passion into your life.”



Recipe 7: Garlic–Honey Rasayana

(For Nightfall, Nerve Strength & Immunity)

Ayurvedic Reference:

Charaka Samhita and *Rasayana Shastra* mention **Lashuna (Garlic)** as a powerful rejuvenator that stimulates digestion, strengthens nerves, and improves virility.

Madhu (Honey) is described as *yogavahi* – it enhances the potency of any substance combined with it.

Together, garlic and honey are prescribed for **swapanadosha (nightfall)**, **klaibya (weakness)**, and chronic fatigue.

Ingredients (1 serving):

- Fresh garlic **1–2 cloves** (not 5)
- Raw honey **1 tsp**

Preparation Method:

- Peel and lightly crush garlic cloves.
- Place them in a small glass jar and cover with honey.
- Leave overnight to infuse.
- Eat garlic cloves in the morning, chewing well, and swallow with honey.

When & How to Take:

- Consume **early morning, on an empty stomach**.
- Do not eat or drink anything (except water) for at least **30 minutes after**.

Duration for Results:

- Reduction in nightfall frequency in **2–3 weeks**.
- Noticeable improvement in nerve strength and vitality within **6 weeks**.

Key Benefits:

- Prevents excessive nightfall and semen leakage.
- Strengthens nervous system and reproductive organs.
- Improves digestion and circulation.
- Boosts immunity and acts as a natural antibiotic.

- Enhances energy levels and confidence.

Modern Science Notes

- Garlic contains **allicin**, which improves blood flow and nerve health.
- Studies show garlic boosts testosterone levels and reduces fatigue.
- Honey is rich in antioxidants and enhances nitric oxide availability, which supports erections.

Tips & Precautions:

- Not suitable for people with ulcers or severe acidity.
- Avoid if you are on blood-thinning medication.
- Ensure honey is raw and unprocessed for best results.

AgniVirya Promise:

“With this simple morning Rasayana, your nerves become strong, your energy returns, and nightfall worries fade away — naturally and safely.”



Recipe 8: Vajikarana Ghee

(Complete Rejuvenation for Strength, Fertility & Virility)



Ayurvedic Reference:

- *Charaka Samhita (Vajikarana Adhyaya)* prescribes medicated ghee as the **ultimate carrier of herbs** for rejuvenation.
- Ghee infused with **Ashwagandha, Shatavari, Kapikacchu, and Licorice** is a classical formulation to rebuild **Shukra Dhatu (semen tissue)**, enhance fertility, and restore youth-like vigor.
- Considered a **Rasayana Vajikarana** – combining rejuvenation with aphrodisiac effects.



Ingredients (8 -10 serving):

- Pure cow's ghee – 50 g
- Ashwagandha powder – 5 g (1 tsp)
- Shatavari powder – 5 g (1 tsp)
- Kapikacchu powder – 10 g (1 tsp)
- Liquorice (Mulethi) powder – 5 g (1 tsp)
- Cow's milk – 200 ml (1 glass)
- Water – 200 ml (1 glass)



Preparation Method:

- Prepare a herbal decoction: boil Ashwagandha, Shatavari, Kapikacchu, and Liquorice in 200 ml water until it reduces to ~50 ml.
- Add this decoction to 200 ml milk and simmer gently.
- Add ghee and continue heating on low flame until all moisture evaporates.
- Filter and store in a glass jar.



When & How to Take:

- Take **1 tsp Vajikarana Ghee** with warm milk, every morning **after breakfast**.
- Can also be taken at night with milk if digestion is strong.



Duration for Results:

- Boost in energy and vigor noticeable in **3–4 weeks**.
- Fertility and semen strength improvements within **2–3 months** of regular use.



Key Benefits:

- Rebuilds semen quality and volume.

- Enhances fertility and testosterone levels.
- Improves stamina, strength, and confidence.
- Acts as a complete body tonic for immunity and digestion.
- Supports long-term youthfulness and vitality.

Modern Science Notes

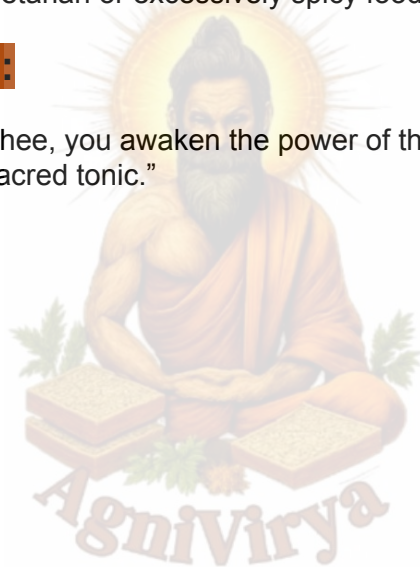
- Ghee acts as a **lipid carrier**, enhancing absorption of herbal compounds.
- Ashwagandha is clinically proven to reduce stress and improve sperm health.
- Shatavari supports hormonal balance, Kapikacchu improves dopamine levels, and Mulethi supports stamina and anti-inflammatory benefits.

Tips & Precautions:

- Store in a cool, dry place – lasts up to 1 month.
- Avoid if suffering from severe obesity or very weak digestion.
- Do not mix with non-vegetarian or excessively spicy food in the same meal.

AgniVirya Promise:

“With this ancient Vajikarana Ghee, you awaken the power of the Rishis — fertility, strength, and passion combined in one sacred tonic.”



Recipe 9:Chyawanprash-Plus

(*Rasayana Immunity + Virility Booster*)



Ayurvedic Reference:

- **Chyawanprash** is one of the most famous Ayurvedic Rasayana formulations, originally described in *Charaka Samhita* as a rejuvenating tonic prepared for the sage Chyawan to restore his youth.
- It contains **Amla (Indian Gooseberry)** as the main ingredient, along with over 40 herbs, ghee, and honey.
- When fortified with **Shilajit** and **Almonds**, it becomes a **powerful Vajikarana-Rasayana blend** to improve immunity, vitality, and sexual health.



Ingredients (1 serving):

- Chyawanprash – 1 tbsp (15 g)
- Pure Shilajit resin – 250 mg (pea-sized)
- Almond powder – 1 tsp
- Warm cow's milk – 200 ml (1 glass)



Preparation Method:

- Take 1 tbsp of Chyawanprash in a bowl.
- Add Shilajit resin and almond powder.
- Mix well and consume directly, or stir into warm milk.



When & How to Take:

- Consume **once daily in the morning**, after breakfast.
- Can also be taken in the evening during winter.



Duration for Results:

- Boost in energy and immunity within **2–3 weeks**.
- Sexual vigor and semen quality improvements in **6–8 weeks** of regular use.



Key Benefits:

- Enhances immunity and protects against seasonal illnesses.
- Boosts semen production, libido, and confidence.
- Restores youth-like energy and stamina.
- Improves digestion, skin glow, and overall vitality.
- Balances body and mind with antioxidant support.

Modern Science Notes

- Amla is the **richest natural source of Vitamin C**, boosting immunity and semen quality.
- Shilajit has been shown to **increase free testosterone levels** and enhance fertility.
- Almonds provide Vitamin E and zinc, vital for sperm health.

Tips & Precautions:

- - .Use only branded, authentic Chyawanprash (avoid sugar-loaded fakes).
- Avoid consuming immediately after very heavy meals.
- Not recommended for diabetic patients without medical advice.

AgniVirya Promise:

“With Chyawanprash-Plus, you gain the strength of youth, the immunity of sages, and the passion of true manhood — all in one daily spoon.”



Recipe 10: Triphala Detox Tonic

(For Digestion, Cleansing & Building Ojas)



Ayurvedic Reference:

- *Charaka Samhita* and *Sushruta Samhita* describe **Triphala** (a blend of Haritaki, Bibhitaki, and Amalaki) as the ultimate **Rasayana for cleansing and rejuvenation**.
- In Ayurveda, **strong digestion = strong Shukra Dhatu (semen)**.
- Triphala is recommended for men with **poor digestion, fatigue, weak semen, and low immunity**.



Ingredients (1 serving):

- Triphala powder – 5 g (1 tsp)
- Warm water – 200 ml (1 glass)
- Honey – 1 tsp (optional, when lukewarm)



Preparation Method:

- Soak 1 tsp Triphala powder in 200 ml water overnight.
- In the morning, strain and drink the water on an empty stomach.
- Add 1 tsp honey if needed for taste.



When & How to Take:

- Consume **early morning, empty stomach**, before brushing or breakfast.
- Do not eat anything for at least **30 minutes after**.



Duration for Results:

- Noticeable improvement in digestion and freshness in **2–3 weeks**.
- Stronger immunity, semen quality, and ojas-building in **6–8 weeks**.



Key Benefits:

- Cleanses toxins from the digestive tract.
- Improves nutrient absorption and semen quality.
- Strengthens immunity and delays ageing.
- Enhances energy, clarity of mind, and stamina.
- Supports weight balance and eye health.



Modern Science Notes

- Triphala has proven **antioxidant and anti-inflammatory** effects.

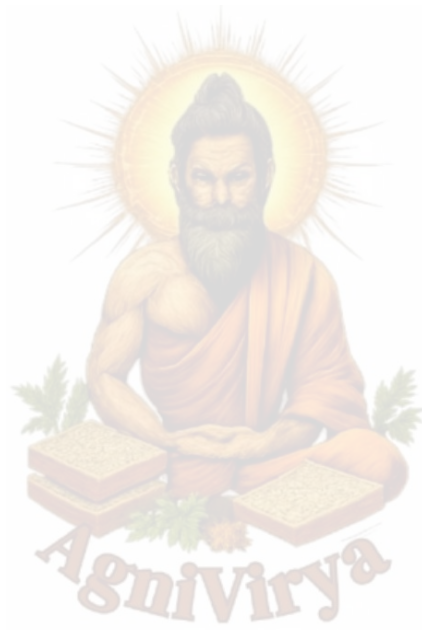
- Amalaki (Amla) boosts Vitamin C levels and semen vitality.
- Haritaki improves bowel health, while Bibhitaki strengthens metabolism.

⚠️ **Tips & Precautions:**

- Avoid overuse (more than 5–6 g/day may cause loose stools).
- Not recommended during diarrhea or very weak digestion.
- Best combined with a wholesome, sattvic diet.

✨ **AgniVirya Promise:**

“With this daily detox tonic, your digestion becomes pure, your energy rises, and your manhood is supported by the true foundation of health — Ojas.”



4. Daily Routine (Dinacharya & Ritucharya)

(The Daily Code of Strength & Virility)

Ayurveda says: “*Dinacharya (daily routine) is the secret to Rasayana.*”

This means that while herbs and recipes are powerful, their effect multiplies only when your **daily habits** are aligned with nature.

Modern men often sabotage their health by late-night screen time, junk food, stress, and lack of exercise. A proper daily routine rebuilds digestion, strengthens Ojas, and restores Shukra Dhatu.

Here is the **AgniVirya Daily Code** — a simple, structured plan every man (18–50 years) can follow:



Morning Rituals (Brahmamuhurta to 8 am)

Wake at Brahmamuhurta (4:30–5:30 am): The time of sattva (peace, purity). Best for building energy and sexual vitality.

Elimination: Empty bowels and bladder without delay (never suppress urges).

Oral Health: Tongue scraping + oil pulling with sesame or coconut oil. Removes toxins and strengthens digestion.

Abhyanga (Oil Massage): Massage body with warm sesame oil 2–3 times a week. Strengthens nerves, improves blood flow, reduces stress.

Yoga:

Surya Namaskar (12 cycles) – full body activation.

Vajrasana – strengthens digestion.

Pawanmuktasana – improves pelvic circulation.

Bhujangasana – opens chest, boosts testosterone.

Pranayama & Meditation:

Anulom Vilom – balances mind.

Kapalabhati – energizes, burns fat.

Bhramari – reduces anxiety & premature ejaculation.

Herbal Drink: Warm water with Triphala or lemon + honey. Detoxifies and prepares digestion.

Daytime Routine (9 am – 6 pm)

Breakfast (7–8 am): Milk, soaked almonds, dates, fruits, ghee. Avoid tea/coffee overload.

Work Balance: Do not sit continuously for long hours. Stretch every 2–3 hours.

Lunch (12–1 pm): The main meal of the day. Include rice, dal, vegetables, ghee, and some salad. Avoid overeating.

Post-lunch: 10–15 min slow walk. Avoid immediate sleep.

Mental Routine: Avoid excessive stress, arguments, or pornography. Keep the mind calm and positive.

Herbal Support: Gokshura tea or Shilajit tonic (if following recipes) can be taken mid-day.

Evening Routine (6 pm – 9 pm)

Exercise (3–4 times/week): Strength training, running, or sports. Builds testosterone and stamina.

Evening Snack: Fruits, nuts, or herbal tea. Avoid fried or spicy foods.

Sunset Ritual: Light a diya/incense, practice gratitude or prayer. Calms stress, strengthens mental Ojas.

Dinner (7–8 pm): Light, warm food (khichdi, soups, cooked veggies). Avoid heavy, oily meals.

Night Routine (9 pm – 10 pm)

Digital Detox: No phone/laptop at least 30 minutes before bed.

Sexual Health:

Healthy men: intercourse 2–3 times/week is beneficial.

Avoid overindulgence or watching porn.

Bedtime Drink: Warm saffron milk / Ashwagandha Rasayana.

Sleep: By 10–10:30 pm, ensuring 7–8 hours of rest. Proper sleep builds Ojas & testosterone.

Seasonal Adjustments (Ritucharya)







Winter (Hemant/Shishir): Body strongest — best time for Rasayana, ghee, nuts, and milk.

Summer (Grishma): Stay cool — more fruits, water, and cooling herbs (Shatavari, Amla).

Monsoon (Varsha): Avoid heavy, oily foods. Stick to light soups and Triphala detox.

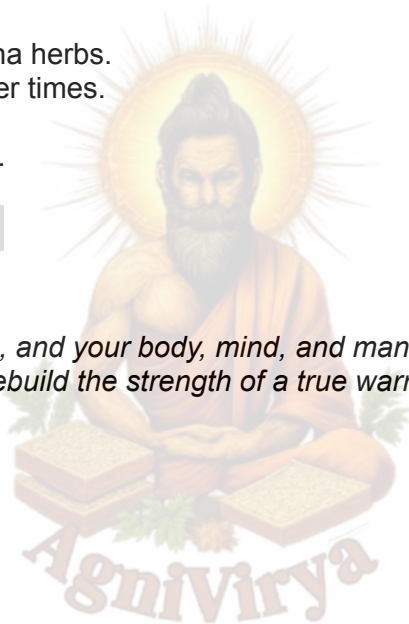
Autumn/Spring (Sharad/Vasant): Detox season. Use Triphala, avoid excess heat.

The AgniVirya Daily Code at a Glance:

-  Wake up early.
-  Yoga + Pranayama.
-  Warm milk + Rasayana herbs.
-  Sattvic meals at proper times.
-  Walk & exercise.
-  Sleep early, rise early.

AgniVirya Promise:

"Follow this code for 6–8 weeks, and your body, mind, and manhood will transform. You will not just solve problems — you will rebuild the strength of a true warrior."



5. Diet for Virility (Do's & Don'ts)

(Fuel Your Manhood with the Right Foods)

Ayurveda teaches: “You are what you digest, not what you eat.”

This means sexual strength (Shukra Dhatu) depends directly on **quality of food + digestive fire (Agni)**.

If digestion is weak or food is impure, semen quality weakens, leading to fatigue, nightfall, or loss of libido.

Modern science agrees — testosterone, sperm health, and erection strength are **highly influenced by nutrition**.

So here is the **AgniVirya Diet Code**:

✓ Foods to Include (Virya-Boosting Superfoods)

Milk & Ghee (A2 Cow Preferred)

Described in *Charaka Samhita* as the base of Vajikarana.

Builds semen, nourishes brain and nerves.

Best taken warm with saffron, nutmeg, or ashwagandha.

Herbs & Roots

Ashwagandha, Safed Musli, Shatavari, Kapikacchu, Shilajit, Gokshura → directly enhance libido, semen, and stamina.

Can be consumed via Rasayana recipes.

Nuts & Seeds

Almonds, Walnuts, Cashews, Pistachios, Sesame, Pumpkin Seeds → rich in zinc, omega-3s, and Vitamin E.

Improve sperm count, motility, and erection quality.

Best soaked overnight or ground into milk.

Fruits

Dates & Figs – boost semen production and energy.

Bananas – high in potassium, regulate testosterone.

Pomegranate – antioxidant-rich, supports erectile function.

Mango & Grapes – classic aphrodisiacs in Ayurveda.

Grains & Legumes

Rice, wheat, moong dal, urad dal → strengthen digestion and semen tissue.

Khichdi with ghee is ideal for night meals.

Honey

A Yogavahi – enhances potency of other foods.

Improves blood flow, energy, and fertility.

Garlic & Onion (in moderation)

Improve blood circulation and stamina.

Mentioned in Rasayana Shastra as nerve-strengthening.

Spices (in moderation)

Saffron: King of aphrodisiacs. Enhances mood & semen quality.

Cardamom, Nutmeg, Cinnamon: Warm, stimulating, improve blood flow.

Foods to Avoid (Virya-Killers)

Alcohol, Smoking, and Drugs

Destroy Ojas, damage sperm, weaken erections.

Cause early ageing and infertility.

Junk Food & Cold Drinks

Processed food = Ama (toxins). Weakens digestion and semen.

Cold drinks extinguish digestive Agni → leading to fatigue.

Excessively Spicy, Oily, Fried Foods

Cause heat, acidity, premature ejaculation, and nightfall.

Excess Caffeine & Sugar

Overstimulates nerves → leads to weakness later.

Sugar reduces testosterone and increases obesity.

zz Stale, Packaged, and Canned Foods

No prana (life force).

Ayurveda considers such food “dead” → weakens Ojas.

The Virya-Friendly Eating Rules

Eat **fresh, warm, home-cooked meals**.

Maintain **fixed meal timings** (breakfast 7–8 am, lunch 12–1 pm, dinner 7–8 pm).

Do not overeat — leave 1/4 stomach empty.

Drink warm water, avoid chilled water.

Include ghee daily (1–2 tsp).

Use Rasayana recipes as part of meals.

Modern Science Agrees

Zinc (in nuts, seeds) → increases sperm count.

Omega-3 (in walnuts, fish alternatives like flaxseeds) → improves erections.

Vitamin C & antioxidants (fruits) → protect sperm from DNA damage.

Protein + good fats (milk, ghee, legumes) → build testosterone.

✨ AgniVirya Promise:

"Change your food, change your manhood. In 6–8 weeks of following the AgniVirya Diet Code, you will feel lighter, stronger, and more virile than ever before."

6. Habits & Lifestyle for Long-Term Sexual Health

(The Code of the Strong Man)

Herbs, diet, and recipes are powerful — but without the **right habits**, their effect will always remain limited. Ayurveda is clear: *“Man’s strength depends as much on his conduct as on his food.”*

Modern science echoes the same — testosterone levels, erection quality, and semen production are shaped not only by nutrition but also by **stress, sleep, physical activity, and discipline**.

Here is the **AgniVirya Lifestyle Code** every man should live by:

🌙 1. Master Your Sleep (Nidra Shakti)

Sleep is the **natural builder of Ojas and testosterone**.

Men who sleep less than 6 hours/night have **20–30% lower testosterone** than those with proper rest.

Ayurveda recommends:

Sleep between **10 pm – 5 am**.

Avoid late-night screen addiction.

Sleep on your left side to improve circulation.

🛏️ **Rule: Minimum 7–8 hours of deep sleep daily.**

🧘 2. Manage Stress (Manas Shakti)

Stress = the #1 enemy of erections and libido.

Anxiety increases cortisol → reduces testosterone.

Ancient practices:

Meditation (10–15 mins daily).

Pranayama (Anulom Vilom, Bhramari).

Gratitude journaling or evening prayer.

Modern science shows meditation increases **dopamine & serotonin** → improves mood and sexual confidence.

3. Stay Physically Active

Sedentary lifestyle = weak circulation, low testosterone.

Exercise improves blood flow to the pelvic region and boosts testosterone.

Ayurveda encouraged **vyayam (daily exercise)** until a light sweat appears.

Ideal practices:

Strength training (3–4 days/week).

Yoga asanas: Vajrasana, Pawanmuktasana, Dhanurasana.

Daily walking (at least 5,000–10,000 steps).

4. Avoid Energy Drains

Excess alcohol, smoking, drugs → destroy Ojas & sperm quality.

Overindulgence in sex or masturbation → weakens Shukra Dhatu.

Porn addiction → overstimulates dopamine → reduces real-life sexual performance.

Rule: Control, don't suppress. Moderation builds strength, excess destroys it.

5. Cultivate Healthy Sexual Practices

Ayurveda recommends sex only when body and mind are strong, not when tired, hungry, or sick.

Healthy frequency:

Young men (18–30): 2–3 times/week.

Men 30–45: 1–2 times/week.

Men 45+: as per energy, but avoid overexertion.

Intimacy should be loving, not mechanical. Emotional connection enhances Ojas.

6. Connect with Nature

Early sunlight exposure → boosts Vitamin D & testosterone.

Walking barefoot on grass → calms nerves, balances energy.

Gardening or spending time in nature → lowers stress, improves confidence.

7. Mental & Spiritual Strength

Read inspirational texts (*Bhagavad Gita*, *Yoga Sutras*, *biographies*).

Avoid toxic social media consumption.

Build self-discipline: wake up early, set goals, avoid laziness.

Sexual strength = **mental strength + physical energy** combined.

The AgniVirya Lifestyle Mantras

Sleep early, rise early.

Exercise and pranayama daily.

Eat fresh, sattvic food.

Avoid excess, follow moderation.

Keep mind calm and positive.

AgniVirya Promise:

"Habits create men. Pills create dependence. In 8 weeks of following the AgniVirya Lifestyle Code, you will not just fix problems — you will transform into a man of strength, discipline, and confidence."

7.FAQs – Answers Every Man Wants to Know

(Your Questions, Answered by AgniVirya)

? Q1. How long before I see results?

- ✓ Most men notice changes in **3–4 weeks** — better stamina, less fatigue, improved control.
- ✓ Full transformation (erection strength, semen quality, confidence) usually happens in **6–8 weeks** of consistent use.

👉 Remember: This is not a quick pill. It's a **lifestyle + Ayurvedic system** that rebuilds you from the roots.

? Q2. Are there any side effects?

- ✓ No. These recipes are from authentic Ayurvedic texts, using natural herbs and household ingredients.
- ✓ Unlike allopathic pills, they **do not harm the liver, kidneys, or heart**.
- ⚠️ Only precaution: Use correct dosages, avoid during indigestion/fever, and consult a doctor if you have a serious chronic illness.

? Q3. Can healthy men use this guide?

- ✓ Absolutely. Even if you don't have sexual problems, these recipes:

Increase stamina & confidence.

Improve sleep and stress levels.

Build stronger immunity and digestion.

Enhance mental clarity and productivity.

👉 Healthy men using these formulas become **stronger, more energetic, and more youthful**.

? Q4. Are these recipes scientifically proven?

- ✓ Yes. Modern research confirms what Ayurveda said thousands of years ago:

Ashwagandha boosts testosterone & sperm count (PubMed clinical trial, 2015).

Kapikacchu improves semen volume & motility (Journal of Ethnopharmacology).

Shilajit increases stamina and energy markers (International Journal of Andrology).

Triphala improves digestion and absorption (AYU Journal).

👉 Science is only catching up to the wisdom our Rishis already knew.

? Q5. Can I take these recipes along with modern medicines?

✅ Generally safe. These are food-based formulations.

⚠️ But if you are on **long-term medication (diabetes, hypertension, heart issues)**, consult your physician first.

? Q6. How much money will I need for these recipes?

💰 Just **₹99 for this guide** + the cost of ingredients.

✅ Most ingredients are easily available at a **pansari shop or online** (Amazon, Flipkart).

✅ Average monthly cost of ingredients = **₹300–₹500 only**.

Compare this to ₹2000–₹5000/month for chemical pills.

? Q7. How is this different from expensive market products?

💊 Market Pills: Temporary effect, high cost, side effects, dependency.

🌿 AgniVirya: Permanent strengthening, natural, affordable, side-effect free.

👉 This guide is not selling capsules — it gives you **knowledge** so you can make your own remedies at home.

? Q8. I suffer from nightfall (swapandosh). Will this help?

✅ Yes. Several recipes (Garlic–Honey Rasayana, Ashwagandha Rasayana) + lifestyle changes (sleep discipline, pranayama) specifically target **nightfall and semen weakness**.

👉 Results appear in **3–4 weeks** with regular use.

? Q9. Can this guide cure infertility?

✅ If infertility is due to **weak semen, low sperm count, or stress**, these recipes + lifestyle can help significantly.

⚠️ But if there is a **structural or genetic issue**, medical help is required.

? Q10. Is there an age limit?

18–25 years: Builds stamina, prevents weakness, balances excess.

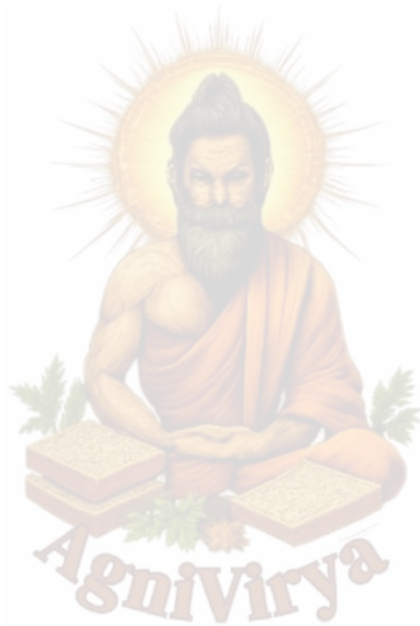
25–40 years: Best age for improvement, fertility, and long-lasting strength.

40–50 years: Slows ageing, restores vigor, prevents decline.

👉 Beyond 50, many recipes are still safe but dosage must be reduced.

🔥 AgniVirya Promise:

"Every man has doubts. This guide has answers. No more confusion, no more wasting money — just clarity, confidence, and natural results."



8. Conclusion – The Beginning of Your Transformation

(Your Journey Back to Strength, Confidence & Manhood)

For too long, Indian men have suffered in silence.

For too long, companies have looted men with **fake promises and expensive pills**.

For too long, shame and stigma have stopped men from talking about sexual health openly.

But not anymore.

★ The Truth You Now Hold

With this guide, you now have in your hands the **timeless wisdom of Ayurveda** — recipes, daily routines, and lifestyle codes that:

Rebuild strength and stamina.

Improve semen quality and fertility.

Stop nightfall, weakness, and premature ejaculation.

Boost confidence, mental clarity, and vigor.

Enhance overall health and longevity.

And all of this comes not from chemicals or shortcuts, but from the **voice of our Rishis**, preserved for thousands of years.

💪 Why AgniVirya is Different

It does not sell you pills.

It does not promise overnight miracles.

It gives you **knowledge + tools** that make you independent for life.

It works not only for weak men, but also for **healthy men who want to stay strong, youthful, and sexually fit for decades**.

⚡ Your Next Step

The recipes and routines are simple, affordable, and effective — but only if you follow them.
Knowledge is useless without action.
Every day you delay, you lose strength. Every day you act, you rebuild it.

👉 **Follow the code for 6–8 weeks and witness your transformation.**

🔥 AgniVirya Promise

"This is not the end of your struggle, it is the beginning of your transformation.

No more weakness, no more shame.

Just confidence, strength, and the true power of manhood — naturally, safely, permanently."

