



# “A Survey study Rasa And Shukra Pradoshaj Vyadhi Hetu with special Reference to Klabya”

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## Abstract :

Modern life style changes hamper human life day by day. The diseases we are observing are more and more serious. Some patterns of consumption of Food and preserved food, highly irregular meal timings, mental factors like fear, anxiety, stress and tension lead to disturbed physical and mental health status. This type of life style generates tension in the life of the persons and physical exercises if not done regularly may adversely affect his body. Man is surrounded by various types of diseases as a result of industrialization and modernization. If these conditions coupled with disturbed sleep and habits like cigarette smoking and tobacco chewing are identified as risk factors for sex related disorders and unhealthy conditions which are becoming more and more common now-a-days. It includes disorders like sexual desire disorders, sexual arousal disorders or erectile disorders, orgasm disorders and various sexual dysfunctions are becoming very common among these days. The common cause which prevents man from enjoying the act of sexual interplay with his female partner is referred to as “Klaibya”. A male suffering from Klaibya is unable to maintain the sufficient rigid erection during the lovemaking process required for pleasure or fertilization therefore Klaibya is creating problems to males directly and indirectly to female.

Now days Medical conditions, particularly diabetes or heart problems. , Using tobacco, which restricts blood circulations and that lead to erectile dysfunction. Overweight, and obese, radiation treatment for cancer. , Injuries, particularly damage the nerves that control erections. Medications, including antidepressants, antihistamines and medications to treat high blood pressure, Psychological conditions, such are more and more risk factors in this era in case of klaibya. According to acharya charak and sushrut also Klabya is common in Ras pradoshaj & as well as shukra pradoshaj vyadhi.

**Need of the study:** In modern lifestyle both the hetus causing ras and shukra the vyadhi caused by ras & shukra are commonly seen example Klabya.so study of both and survey regarding shukrapradoshaj hetu plays an important role in study.

In day to day practice it is necessary to distinguish whether klabya is caused due to sevan of ras pradoshaj hetu or directly due to shukra dhatu dushti hetu ,so revalidation & revitalization is essential through research in both fundamental and applied aspects of ayurveda. So survey study for this topic was conducted.

IndexTerms - infertility, klaibya, rasa pradoshaj , shukra dhatu..

## I. INTRODUCTION

Human body is made up of Sapta Dhatus and Shukra Dhatu is seventh among Sapta Dhatu. Among Sapta Dhatu, Shukra Dhatu is considered as the Sara of all other Dhatus. As every Dhatu is located in the entire part of the body, Shukra Dhatu also inhabits the whole body. The seventh one kala is Shukra Dhara Kala, which infiltrates the whole body of all persons, As ghee in milk and juice in sugarcane are invisibly pervasive, Shukra should also be known, means Shukra is present in the entire body of persons . so the mainly shukra and rasa dhatu plays and important role in the shukragat rogas. Shukra is present in body in Avyakta roopa

Also in 28th chapter of sutrasthan while explaining dhatu pradoshaj vyadhi acharya charak has explained 18 ras pradoshaj vyadhi of ras and 5 shukra pradoshaj vyadhi.

Klabya is common in Ras pradoshaj & as well as shukra pradoshaj vyadhi. The nirukti of shukra dhatu is as follows ,

क्लीवः स्यात्सुरताशक्तस्तब्धः क्लैब्यमुच्यते

तच्छ सप्तविधं प्रोक्तं निदानं तत्सकथ्यते || भावप्रकाश उत्तरखंड 27/62

Klabya is explained by Bhavprakash uttarkahand 27/62.Modern day to day dietary habits & life style is the hetu of ras and shukra pradoshaj vyadhi which is responsible for klabya. Need of the study:

In modern lifestyle both the hetus causing ras and shukra the vyadhi caused by ras & shukra are commonly seen example Klabya. these are Regular and excessive consumption of pungent, sour, hot and salty substances in diet. •Sorrow • Worry and

Anxiety • Excessive intercourse at premature age • Excessive heavy exercise • Excessive sexual activities • Lack of confidence in female partner • Black magic • Anuloma and viloma kshaya

Types of Klabhya, 6 Various types of Klabhya are explained in the classical texts based on their causes. Acharya Charaka has explained four types of Klabhya; whereas Sushruta has explained 6 types they are as follows- 1) Beejopaghaataja Klabhya 2) Dhvajopaghaataja Klabhya 3) Shukrakshayaaja Klabhya 4) Jarasambhavaj Klabhya 5) Sahaja Klabhya 6) Khara shukra nimittaja Causes of beejopaghaataja Klabhya 7) among all these shukrashayaaj klabhya very much refer to the rasa pradoshaj and raktpadoshaj vyadhis

Causes of shukrakshayaaja Klabhya11 • Daily intake of dry foods and drink • Consumption of food which is not suitable for body • Worry, sorrow, anger • Sever emaciation due to chronic diseases • Controlling semen at the time of ejaculation12 • Suppression of natural urges • fasting for long period

**Aim:** survey study of Ras & Shukra Pradoshaj Vyadhi Hetu with special Reference to Klabhya.

#### Material and Method:

A) Material:

In this survey diagnosed patient of Klabhya selected by random method in our Hospital.

A specially prepared survey Questionnaire with informed written consent.

a) **Inclusion :**

Patient coming to opd of our hospital & having diagnosis as Klabhya.

Age group 21-40 yrs

b) **Exclusion :**

Systemic disorder

congenital disorder

#### Method:

##### Literary study.

A specific questionnaire will be prepared according to hetu in Bruhatrayee.

Selected patient will be questioned for the survey study & will be assessed as per the assessment criteria.

#### Research Method:-

1) Study design : survey study and observational study design.

2) Sample Size: 30 patients

3) Sample area: Patient coming to opd of our hospital & having complaints of erectile dysfunction , male patients.

4) Sample Method: Simple random sampling method.

5) Data type: a) primary survey study questionnaire interview

b) Secondary internet ,research article & Journal.

6) Statistical Analysis: Z test

7) Sample Size:30

8) Duration:- 1 month

9)Informed Consent:

Consent of patient before survey study

10) Questioner prepare for the survey .

#### Observation

A) **Observation:**

Observation was noted down as per Ras & Shukra pradoshaj vyadhi hetus from Bruhatrayee and those seen in patient having Klabhya.by these criteria

| Sr no | Rasvah             | Shukravah       |
|-------|--------------------|-----------------|
| 1.    | Guru Bhojan        | Akal Yoni gaman |
| 2.    | Sheet Bhojan       | Anuchit Yoni    |
| 3.    | Ati Snigdha Bhojan | Vegdharan       |
| 4.    | Atibhojan          | Atimathun       |
| 5.    | Chinta             | Shastra         |
| 6.    |                    | Kshar           |
| 7.    |                    | Agni            |

#### Questioner

Shukra Pradoshaj Hetu

1) Akal Yoni Gaman

a. Do you have sexual act

- प्रातःकाल

- अर्धरात्री

- मध्याह्न

b. How Many times do you have sexual act

i. In summer ...../day (interval)

ii. Other season ...../day (interval)

2) Ayoni Gaman

- a. तिर्यगयोनि (पशुयोनी) Yes / No / Occasional  
 b. Oral Sex Yes / No / Occasional  
 c. Anal Sex Yes / No / Occasional  
 3) Nigraha  
 How often you don't have sex.

इच्छा असूनसुद्धा

- 4) Atimaithun  
 a. How many times you have sexual act  
 In summer /wk  
 Other season /wk  
 b. Do you have following symptom after sexual act  
 Y/N

|     |                     |  |
|-----|---------------------|--|
| 1)  | Exhaustion          |  |
| 2)  | Daurbalya           |  |
| 3)  | Asyashosha          |  |
| 4)  | Timira Darshan      |  |
| 5)  | Angamarda           |  |
| 6)  | Pallor              |  |
| 7)  | Sadana              |  |
| 8)  | Pain in the Scrotum |  |
| 9)  | Hotness at penis    |  |
| 10) | Chirat Nishekan     |  |
| 11) | Sarakta Nishekan    |  |
| 12) | Shukra Avisarga     |  |
| 13) | Medhra Vedana       |  |
| 14) | Ashakti maithun     |  |

- 5) Do you have an accidental History  
 a. Accident (trauma) Yes / No  
 b. Any operatives Yes / No  
 6) Do you have Kshar Sewan  
 a. Local Application Yes / No  
 b. Atikshar Bhojan Yes / No  
 7) Do you have burn  
 a. Accident (burn) Yes / No  
 b. Agani Karma Yes / No

**Observations and results :**

with the help of above mentioned questioner observations made as follows

| SR NO | Rasa pradoshaj Hetu | PERCENTAGE | SHUKRA PRADOSHAJ HETU | PERCENTAGE |
|-------|---------------------|------------|-----------------------|------------|
| 1.    | Guru Bhojan         | 60%        | Akal Yoni Gaman       | 60%        |
| 2.    | Sheet Bhojan        | 10%        | Ayoni Gaman           | 50%        |
| 3.    | Ati Snigdha Bhojan  | 40%        | Nigraha               | 10%        |
| 4.    | Atibhojan           | 60%        | Atimaithun            | 70%        |
| 5.    | Chinta              | 30%        | accidental History    | 2%         |
| 6.    |                     |            | Kshar Sewan           | 1%         |
| 7.    |                     |            | burn                  | 00         |

**Conclusion:** From the survey through questioner it can be concluded that root causes of Klaibya is the hectic and stressful life schedule of present times. General health considerations like sleep, appetite, mental tension, worry; excessive exercise and fatigue affect the sexual performance and desire (libido) of a healthy man. Impotence (male sexual dysfunction) is mainly discussed under the heading Klaibya. Atimaithun and guru ahara sevan, obesity due to heavy and unhealthy diet results in Sukragata Vata.

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