



**SHUKRADHATU; AYURVEDA AND MODERN PERSPECTIVE W.S.R. TO
PHYSIOLOGICAL ASPECT AND CORRELATION WITH INTERNAL CONSTITUTION
(PRAKRITI)**

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ABSTRACT

Ayurveda the science of health described that there are seven *Dhatus* resides in body to perform specific biological activities, these are *Rasa, Rakta, Mamsa, Meda, Ashti, Majja* and *Shukra*. *Shukra* is one of the important *Dhatus* of human body considered as *Sara* of other *Dhatus*. *Shukradhatu* is produced by *Majjadhatu* and *Shukravaha srota* facilitate flow of *Shukradhatu* during *Shukradharakala*, it is stated that *Shukragni* helps in formation of *Shukradhatu*. Ayurveda described term *Shukra* for both male semen and female egg. The person having balanced state of *Doshas, Agni* and *Dhatus* possesses optimum quantity and functioning of *Shukradhatu*. Therefore state and functioning of *Shukradhatu* greatly influences internal constitution (*Prakriti*) of an individual. Present article emphasizes physiological aspects of *Shukradhatu* and its correlation with internal constitution of an individual.

KEYWORDS: *Ayurveda, Shukradhatu, Sperm, Egg, Semen.*

INTRODUCTION

Shukra is very important biological entity since it contains essence of other *Dhatus*. *Shukra* not only responsible for reproductive activities but it also involved in metabolic functioning, boosts *Bala* and contributes towards physical built-up of body. Characteristically *Shukra* is pure, white and radiant, it is also termed as *Reta, Teja, Bijam* and *Virayam*, etc. Person possesses good state of *Shukradhatu* represents good physical & psychological features, while vitiation of *Shukradhatu* leads *Shukradhatu dusti* and many pathological consequences including infertility. *Shukradhatu* provides *Dhairyam, Dehabalam* and *Ojoposaka* properties.

Shukradhatu is considered as final *Dhatu* amongst other *Dhatus* and its nourishment depends upon the ingested food, *Ahara-Vihara* and physiological conditions of individual. It is believed that ingested food first transformed into *Rasa Dhatu* to nourishes *Rakta* & finally contributes towards the formation of *Shukradhatu*. *Majjadhatu* involved in the production of *Shukradhatu* since essence of *Ahararasa* and *Majjavahastrotas* metabolized by *Shukradhatwagni* to forms *Shukradhatu*.

Physiological aspects of *Shukradhatu*

- Reproduction is major function of *Shukradhatu* since it helps in fertilization and contributes towards the healthy progeny.
- *Shukradhatu* helps in nourishment of body.
- It imparts mental softness.
- *Shukradhatu* gives strength to body and boost immune power.
- It contributes towards complexion, luster and physical appearance of an individual.
- *Shukradhatu* gives courage, enhances sexual attraction and boosts level of confidence.
- Development of sexual organs and muscular body parts govern through *Shukradhatu*.
- Helps to maintain balances between anabolic and catabolic process.

General ayurveda properties of *Shukradhatu*

- ✚ *Shukra* derived from *Jala Mahabhuta* therefore possesses flow properties.
- ✚ *Shukradhatu* is considered as *Kapha Vargiya Dravya*, possesses *Shadrasa*.
- ✚ *Shukra Dhatu* present in *Ardha Anjali* quantity in human body.
- ✚ *Harsa, Tarsa, Prvanattva* and *Sarattva* properties.
- ✚ Unctuous, slimy, sweet and dense, etc.
- ✚ Smell like honey, cold and viscous.

Shukradhatu Sarta Lakshana

- ❖ Person having good state of *Shukra* possesses attractive personality with luster and vigor.
- ❖ Physical fitness depends upon optimal level of *Shukradhatu*.
- ❖ Person with optimum level of *Shukradhatu* possess *Bhrajisnuta*, *Stripriya*, *Arogya* and *Saumya* personalities.
- ❖ Balancing state of *Shukradhatu* imparts good sexual health, compactness in body and muscular tonicity.
- ❖ Obese person generally persisted imbalanced state of *Shukradhatu*.
- ❖ Person having loud voice, attractive skin texture, good height and health resembling good state of *Shukradhatu*.
- ❖ *Shukradhatu* imparts courage, dare and confidence in persona.
- ❖ It is believed that person with normal mental and physical state involved in spiritual conduct possesses pure soul rich in all *Dhatu*s.

Dosha Prakriti and Shukradhatu

Person possess vitiation of *Vata dosha* deprived *Shukra* and this types of person becomes unable to produces

healthy progeny. The vitiation of *Vata dosha* can leads loss of libido due to the improper flow of *Shukradhatu*.

Pitta dosha essential for metabolic and digestive process, imbalance state of *Pitta dosha* can affects activities related to *Shukradhatu*. Low level of *Pitta* leads insufficient or weak *Shukra* due to the lack of digestive and metabolic activities which govern production of *Shukradhatu* from *Ahar-Rasa* while accumulation of excessive *Pitta* can induces excess heat in body resulting destruction of overheated *Shukra* or ejaculation of sperm without sexual intercourse.

Women predominant with *Kapha dosha* considered as fertile one but imbalanced state of *Kapha Dosha* results stagnation in female reproductive system leading to the infertility.

Pathological conditions associated with Shukradhatu

Vridhhi (hyper) or (*kashya*) hypo state of *Sukradhatu* can leads some pathological events inside the body. Ayurveda mentioned some approaches for the management of sexual health as depicted in **Figure 1**.



Figure 1: Ayurveda management of vitiation of Sukradhatu.

The symptoms of both conditions *Vridhhi* and *Kashya* are as follows:

Symptoms of Shukra vridhhi

- ✓ Premature orgasm
- ✓ Premature ejaculation
- ✓ Excessive desire of sex
- ✓ Semen becomes hard
- ✓ Psychological disturbances and mental instability
- ✓ Loss of concentration, anger and anxiety, etc.

Symptoms of Shukra kshaya

- ✓ Body ache, fatigue and physical weakness
- ✓ Difficulty in semen ejaculation or erectile dysfunction
- ✓ Dry mouth and anorexia
- ✓ Impotency and exhaustion
- ✓ Painful coitus/loss of libido and lack of luster
- ✓ *Pandutva*, *Medhravedana* and *Vrishanvedana*
- ✓ Emanciation of Body
- ✓ Lack of enthusiasm, black spot around eye and loss of body compactness, etc.

CONCLUSION

Shukra is important *Dhatu* of human body produced by *Majjadhatu* and digested by *Shukragni*. Good quality and quantity of *Shukradhatu* resembles balanced state of *Doshas*, *Agni* and *Dhatu*. *Shukradhatu* influences internal constitution (*Prakriti*) of an individual since *Shukra dhatu* resembles quality of eggs and sperm involved in fertilization. *Dosha Prakriti* associated with potency of sperm; *Vata* or *Pitta Dosha* affects fertilization capacity of *Shukra* while *Kapha Dosha* influence quality of *Shukra* and balancing state of *Kapha* produces strong *Shukra*. Physiologically *Shukradhatu* involved in reproduction and contributes healthy progeny; *Shukradhatu* nourishes body, imparts mental softness, gives strength, boost immune power, and contributes towards complexion, luster and physical appearance of an individual. *Shukradhatu* imparts courage, empowered sexual attraction and gives confidence.

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