



**UNDERSTANDING OF KLAIBYA W.S.R TO MALE SEXUAL DYSFUNCTION- A
CONCEPTUAL STUDY**

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ABSTRACT

Klaibya is a condition wherein an individual has persistent inability to perform the sexual act even with the beloved, cooperative and submissive partner due to difficulty in erection, non-erection or flaccidity of the penis, associated with tachycardia, perspiration & exhaustion. Acharya *Charaka* has described in detail about general & specific *Nidanas* of *Klaibya*, *shukrapradoshaja vikaras* & various types of *Napumsaka*. WHO defines Sexual Dysfunction as "The various ways in which an individual is unable to participate in a sexual relationship as he or she would wish". The Male Sexual Dysfunctions (MSD) includes all sorts of disturbances of coital performance and sexual congress in male. Male Sexual Dysfunctions are common among men of all ages, it has been recently estimated that in 1995 more than 152 million men worldwide experienced sexual dysfunction and this number will rise, to approximately 322 million by the year 2025. The basic etiology behind this includes psychological, neurological, vascular insufficiency, drug side effects of antihypertensive drugs, anti-depressants drugs and diseases like diabetes mellitus. On analyzing the condition *Klaibya*, it doesn't refer to only impotency but has a broad consideration under Male Sexual Dysfunctions. This helps us to explore the Male Sexual Dysfunctions under the light of *Klaibya* with probable mode of management based on the principles of treatment explained by *Acharya Charaka*.

KEYWORDS: *Klaibya*, *shukrapradoshaja vikaras*, Male Sexual Dysfunction, Impotency.

INTRODUCTION

Vajikarana, branch of Ashtanga Ayurveda deals with fertility, potency and healthy progeny. It incorporates diagnosis and management of infertility and Sexual dysfunction. The male sexual dysfunctions have been elaborately described as *Klaibya* in Ayurvedic classics. The word *Klaibya* in vajikarna refers to impotence i.e., a man who is unable to perform sexual intercourse, being powerless, helpless or the inability to carry out sexual activities.¹ It basically includes sexual desire disorders, sexual arousal disorders or erectile disorders, orgasm disorders and sexual pain disorders. Shukra dhatu is the final tissue element produced from the progressive metabolic transformation of annarasa. It is responsible for Bala (strength), Varna (color) and Upacaya in both male and female and by this it can be presumed that probably the whole endocrine system with special reference to hypothalamo- hypophyseal-gonadal hormones can be included under the term Shukra. Shukra is that substance which is responsible for systemic body activities especially regeneration, reproduction, metabolism and tends to impart vigor and energy, and a part of it comes out of the body at the time of sexual act and performs the specific function of reproduction. Therefore, Shukra is responsible for conception and any

defect in shukra leads to *Klaibya* as *klaibya* is one among the *shukra pradoshaja vikara*. The process of erection and ejaculation is a complex phenomenon which covers both the psychological, behavioral and physical aspects of sexual physiology or expression. Sankalpa (determination) is the mental preparation for the sexual act without this the further stage of sexual responses are not possible. Further sexual acts, Pidana i.e., Specific stimulation of the genital parts are also determined by manas, and then only the acts are proceeded. So any defective determination or masking by manovikaras will not keep the sexual thoughts and feelings intact. This is the first phase, if there is arousal defect then there is difficulty for copulation or ejaculation. After sankalpa, ceta and pidana the sarva sarirasrita shukra and manas are stimulated simultaneously. Therefore, any of the defective co-ordination due to functional deficit of manas also causes sexual dysfunctions. Krodha, Shoka, Bhaya, Moha etc are the manovikaras and alpa sattva are the causes of *Klaibya*. The external injuries, ageing, chronic debilitating disease, alcohol, endocrine abnormalities will directly show their effect on Manas. These are a few examples to show the manas as a cause for *Klaibya* and *Klaibya* will inturn affect the Manas.

Sexual dysfunction affects both men and women. Sexual dysfunction has been considered of psychogenic origin since ancient times; however, it is currently believed to be a disease of organic etiology in the majority of cases. Sexual Dysfunctions represent a major quality of life related health problems. Male Sexual Dysfunction (MSD) can be defined as a “man’s inability to attain or maintain an erection of sufficient strength to perform the act of intercourse”. Patient should seek medical advice if this occurs consistently over a 6-month period and in more than 50% of attempts.

All these conditions are elaborately described by our *Acharyas* under the concept of ‘*Klaibya*’.

Definition of *Klaibya* according to various Acharyas

- *Klaibyam* maithune asaamarthyam.^[2]
Inability to perform sexual act.
- *Klaibyam* iti dhwanjanuchrayaha^[3]
Lack of penile erection.
- *Klaibyam* iti shandata^[4]
Impotency.
- Shandata stree gamana ashaktitwam^[5]
Inability to perform sexual act with female partner.

Types of *Klaibya* according to different Acharyas

<i>Charaka</i>	<i>Sushruta</i>	<i>Bhavaprakasha</i>
• <i>Beejopaghata</i>	• <i>Manasika</i>	• <i>Pittaja</i>
• <i>Dhwajabhangaja</i>	• <i>Sowmya dhatu kshayaja</i>	• <i>Manasika</i>
• <i>Jara sambhavaja</i>	• <i>Shukra kshayaja</i>	• <i>Shukra kshayaja</i>
• <i>Shukra kshayaja</i>	• <i>Marma chedana</i>	• <i>Medra rogaja</i>
	• <i>Sahaja</i>	• <i>Veerya vahini sira chediya</i>
	• <i>Khara shukra nimittaja</i>	• <i>Shukra stambha nimittaja</i>
		• <i>Sahaja</i>

Here Let Us Concentrate On Charakoktha *Klaibya* Nidana^[6]

<i>Klaibya</i>	Aharaja Nidana	Viharaja Nidana	Manasika nidana	Anyā nidana
Beejopaghataja	Sheeta (cold), ruksha (ununctuous), alpa (scanty), sanklishta (polluted), viruddha (mutually antagonistic) food items, ajeerna bhojana (intake of food before the previous meal is digested)	Ati-stree sevana (excessive sexual indulgence), shrama (tiredness), abhichara (affliction by black magic)	Avishwasa (no faith), shoka (grief), chinta (worry), bhaya (fear), trasa (terror), naarinaam arasanjnayatwam (disliking for women)	Rasadi kshaya (diminution of tissue elements), vatadi vaishamyā (disharmony among the doshas), panchakarma apachara (improper administration of pancha karma therapies)
Dhwaja bhangaja	Intake of excessive amla (sour), lavana (salt), kshara (alkali), viruddha mutually antagonistic), asatmya (unwholesome), vishama (irregular) food, aanupa mamsa (meat from animals of marshy land), pishtanna (foods with less water in it), guru (heavy) bhojana, ati-ambu pana (excess water intake)	sexual intercourse with Kanya (virgin), ayoni gamana (sexual intercourse in other parts other than vagina), dheerga roga (sexual intercourse with women having chronic illness), chirothrushta (not had sexual intercourse from a long time), chatushpada (sexual intercourse with quadruped animals), rajaswala (sexual intercourse during menstruation) durgandha yoni gamana (offensive vagina), medrasya adhawana (unhygeine), kshatanaakha, danta, sastra (injury to penis by nails, teeth, weapons), vega avarodha (suppression of ejaculation urge)	Moha (delirium), pramada (excitement), kama harshita (desire for sexual intercourse)	
Jara sambhavaja	Avrushya sevana (foods which are non-aphrodisiac), anahara	Shrama (tiredness)	Klama (weak)	Rasadi dhatu kshaya (diminution of tissue elements), bala-veerya

	(fasting)			kshaya(diminution of strength, virility), indriya kshaya (diminution of senses), ayu kshaya (less life span), shukra kshaya (less semen)
Shukra kshayaja	Excess Ruksha-anna pana (ununctuos food), aushada (medicines), nirahara (fasting), asatmya bhojana (unwholesome food)	Ati vyavaya (excess sexual intercourse)	Ati (excess)-Chinta (worry), krodha (anger), shoka(grief), irshya(eny), bhaya (fear), uthkanta (anxiety), mada(intoxication), udweaga(nervousness)	Rasadi dhatu kshaya (diminution of tissue elements), shukra kshaya (diminution of semen)

LAKSHANA^[7]

Beejopaghataja	Dhwajabhangaja	Jaraja	Kshayaja
Pandu varna (pale in color), sudurbala (weak), alpa prana (low vitality), alpa harsha (low excitement), hridroga (heart diseases), tamaka (asthma), pandu (anaemia), kamala (jaundice), shrama piditha (physical exhaustion), chardi(vomiting), atisara (diarrhoea), shula (colic pain), kasa (cough), jwara (fever).	Shopha (swelling), vedana (pain), raga (redness), medra sphota (pustular eruptions), linga paka (suppuration of penis), mamsa vrudhhi vrana (fleshy growth on penis and its ulceration), pulakodaka srava (brownish black exudation), shyava-aruna valaya (blackish red circular induration), jwara (fever), trushna (thirst), bhrama (giddiness), murcha(fainting), chardi (vomiting), srava (exudation which is – rakta(blood), Krishna (black), neela (bluish), avila (turbid), lohita (red), picchila (sticky), pandu (pale yellow). Vedana (pain in)-vrushana (penis), basti (bladder), seevana (perineal sutures), vankshana - Agni dagdhavath- burning sensation as if burnt by fire Krimi (maggots), visheerna medra (sloughing of penis)	Dhatu kshaya (diminution of tissue elements), durbala (weak), vivarna (change in complexion), deena (mentally weak), kshipra vyaditha (gets afflicted by diseases very quickly)	Rasa kshaya (diminution of rasa dhatu), shukra kshaya (diminution of semen), ghora vyadhi (serious illness), marana (death).

TYPES OF SEXUAL DISORDERS^[8]

According to DSM-IV criteria

Sexual disorders are divided into 4

1. Sexual Dysfunction
2. Paraphilias
3. Gender Identity Disorders
4. Others

MALE SEXUAL DYSFUNCTION

It is defined as the chronic inability to respond sexually in a satisfying way the one finds, the word chronic being a consistent long-term inability to respond.

The essential feature of sexual dysfunction is inhibition in one or more of the phases of sexual response cycle [4 phases- Desire, Excitement, Orgasm, Resolution].

Types of Sexual Dysfunction

There are 6 types of Sexual Dysfunction

- Sexual Desire Dysfunction - Hypoactive sexual desire disorder.

- Sexual Arousal Dysfunction - inability to respond normally during sex (prevention of satisfaction).
- Sexual Orgasmic Dysfunction - inability to achieve orgasm even after lengthy sexual contact.
- Sexual Pain Dysfunction -pain in pelvic region during or after sex.
- Sexual Disorders related to general medical condition(Secondary)- Diabetes mellitus, Hypertension, High cholesterol level.
- Substance induced Sexual Dysfunction- Alcohol, opioids, cannabis.

By comparing the lakshanas of *Klaibya* with symptoms of sexual dysfunctions we can understand that.

Type of <i>Klaibya</i>	Type of Sexual Dysfunction
<i>Beejopaghata</i>	Sexual desire Dysfunction, medicine induced sexual Dysfunction
<i>Dhwajabhangaja</i>	Sexual Arousal Dysfunction, Sexual Pain Dysfunction, Substance induced Sexual Dysfunction
<i>Jaraja</i>	Sexual Arousal Dysfunction, systemic disorders related sexual Dysfunction
<i>Kshayaja</i>	Sexual desire Dysfunction

TREATMENT IN MODERN^[9]

1. Patient and partner education.
2. Oral agents: PDE-5 (Phospho-Di-Esterase) inhibitors like Sildenafil, Tadalafil, Vardenafil, Avanafil which will inhibit the relaxation of smooth muscles.

Side effects: Headache, Facial flushing, Dyspnoea, Nasal congestion, Myalgia.

3. Androgen therapy: replacement of testosterone by transdermal patches and gels, parenteral administration of Enanthate and Cypionate, oral preparations like 17 α - alkylated derivatives.

Side effects: Hepatotoxicity, Gynecomastia, Sleep apnoea, Urinary Tract Infection, Benign Prostatic Hypertrophy, Prostate Cancer.

4. Vacuum constriction devices: They draw venous blood to penis and a constriction ring to restrict venous return to maintain erection.

Side effects: Pain, Numbness, Bruising, Altered ejaculation.

5. Intra urethral Alprostadil: It is a semi-solid pellet of Prostaglandin-E₁ (125-1000 μ g).
6. Intra Cavernal injection: Alprostadil injection (1-40 μ g).

Side effects: Prolonged erection, pain, fibrosis with chronic use.

7. Surgery: penile prosthesis
8. Sex therapy.

CHIKITSA in AYURVEDA

By carefully examining the Deha bala, Dosha bala, Agni bala we have to plan the treatment

- *Beejopaghata Klaibya*: *Vajikaranokta Yogas* like *Brumani Gutika*, *Vajikarana Ghrta*, *Vrushya Rasa*, *Vrushya Mamsa-Kshira-Ghrta-Dadhisara-Pupalika*, *Vrushya Kukkuta Mamsa Prayoga*, *Apatyakara Swarasa*, *Vrushya Shatavari Ghrta* etc.
- *Dhwajabhangaja Klaibya*:
 - *Pradeha- Panchavalkala Kalka*
 - *Parisheka- Rasnadi Ksheera Paka*, *Guduchyadi Kwatha*
 - *Raktamokshana- Jalaukavacharana* or *Siravyadha* can be adopted.
 - *Snehapana- Brihath Shatavaryadi Ghrta*
 - *Sneha Yukta Virechana- Eranda Taila*, *Trivruth mixed with honey*
 - *Anuvasana Basti- Guduchyadi Taila*, *Udumbaradi Taila*, *Dhatakyadi Taila*, *Ashwagandhadya Taila*, *Kethakyadi Taila*.

- *Aasthapana Basti-Mustadi Yapana Basti*, *Eradamuladi Yapana Basti*
- *Vranavath Chikitsa*- whenever there is formation of vrana we will have to adopt any *Lepa*, *Avachurnana*, *Dhupana* etc.
 - *Jaraja* and *Kshayaja Klaibya*^[11]
- *Abhyanga- Bala Taila*, *Chandana Bala Lakshadi Taila*, *Ashwagandadhya Taila*.
- *Swedana- Mrudu Bashpa Sweda* and *Nadi Sweda*
- *Yapana Basti- Mustadi Yapana Basti*, *Eradamuladi Yapana Basti*
- *Snehapana-- Brihath Shatavaryadi Ghrta*
- *Snehayukta Virechana- Eranda Taila*, *Trivruth mixed with honey*
- *Vrushya Yogas- Brumani Gutika*, *Vajikarana Ghrta*, *Vrushya Rasa*, *Vrushya Mamsa-Kshira-Ghrta-Dadhisara-Pupalika*, *Vrushya Kukkuta Mamsa Prayoga*, *Apatyakara Swarasa*, *Vrushya Shatavari Ghrta* etc. as told in charaka chikitsa second chapter
According to *Charaka*,^[12] he has mentioned *Shukra janana* and *Shukra shodana mahakashaya gana* in sutra sthana.
 - a) *Shukra janana- Jeevaka*, *Vrushaka*, *Kakoli*, *Ksheera kakoli*, *Mudgaparni*, *Mashaparni*, *Medha*, *Vruddharuha*, *Jatila*, *Kulinga*.
 - b) *Shukra shodana- Kusta*, *Elavaluka*, *Katphala*, *Samudraphena*, *Kadamba niryasa*, *Ikshu*, *Kandekshu*, *Ikshuraka*, *Vasuka*, *Ushira*.

DISCUSSION

Most of the *lakshanas* mentioned by *Acharya Charaka* can be correlated to Male Sexual Dysfunction, based on the symptoms presented the various types of sexual dysfunctions can be understood under the headings of- *Beejopaghata klaibya* is caused by the any abnormalities of semen of an individual.

Dhwajabhangaja klaibya is caused due to any change in the structure or integrity of a part or organ is *bhanga* or damaged. *Dhwaja* is used in the context of *Mehana* or Penis. In this there is inflammation and ulcer in the genital organs associated with pain and inturn affects the sexual intercourse. In due course of time due to unhygienic conditions or any infection there is ulcer formation and when the ulcer penetrates into deeper and deeper tissues it destructs the musculature, vessels and nerves leading to permanent erectile dysfunction.

Jaraja klaibya- as there is *dhatu kshaya* in *jara avastha* and it will lead to *vata vruddhi* and there is *bala*, *veerya*, *indriya hani* and also considering another angle due to decreased levels of testosterone, the chief androgenic

hormone a man can have decreased libido and difficulty in holding erection. Sexual dysfunction is more commonly observed in persons of above 50 years of age. Due to a drop-in testosterone levels, men will experience changes in their sexual activity and as they age fewer sperms are produced, erection takes longer to occur as well as may not be as hard, sexual desire as well as the force of ejaculation also decreases.

Kshayaja klaibya- the quantity of semen produced is *alpa*.

CONCLUSION

Male Sexual Dysfunction(MSD) can be identified under various types of *Klaibya* explained in *Charaka Samhita*. *Dhwajabhanga Klaibya* is due to inflammatory disease of the Penis. *Beejophagataja Klaibya* is due to abnormality in the sperms. *Jaraja Klaibya* is due to decreased levels of testosterone levels in old age. *Kshayaja Klaibya* is due diminution of quantity of semen as a result of various *aharaja*, *viharaja* and *Manasika* factors. Based on the analysis done specific *vajeeekarana* treatment modalities can be adopted to correct the underlying *samprapthi*. The *vajeeekarana yogas* can be incorporated as *ahara* itself and ensure that *shukra kshaya* can be prevented. And also, the *manasika* factors like *smarana* (remembrance), *keerthana* (to praise), *kheli* (to play), *prekshana* (to see), *guhya bhashana* (talking in private), *sankalpa* (determination), *adhyavasaya* (intimacy), *kriya nivrutti* (sexual act) will be helpful in treatment of *klaibya*.

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