

AN OBSERVATIONAL STUDY OF VARIOUS PHYSIOLOGICAL PARAMETERS IN SHUKRASARA PURUSHA

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ABSTRACT

Ayurveda classifies individuals based on their constitutional types, and Shukrasara individuals are considered the epitome of reproductive strength, vitality, and metabolic balance. Although there are extensive traditional descriptions available but limited scientific evidence exists about the metabolic health of Shukrasara individuals. This study focuses on the biochemical Parameters, lipid profile and blood glucose levels in Shukrasara individuals. Several principles from classical Ayurvedic texts provide insight into why Shukrasara individuals may naturally exhibit better glycemic control. Sara examination is for assesment of *dhatu* strength Shukrasara individuals are described as having the most refined essence of all bodily tissues (*Dhatus*), particularly the reproductive tissue known as Shukra Dhatu. The characteristics of Shukrasara persons include a robust physique,

glowing skin, strong immunity, and excellent physical and mental strength.^[1] This superior health profile may be linked to their favourable lipid and glucose metabolism as seen in modern physiological studies.

AIMS AND OBJECTIVES

1. To assess body composition (BMI, fat percentage, muscle mass) in shukrasara persons.
2. To examine metabolic markers, including lipid profile and Blood Glucose levels.

MATERIALS AND METHODS

Literature search strategy

A comprehensive literature search was conducted using electronic databases, including PubMed, Scopus, Google Scholar, AYUSH Research Portal, and DHARA (Digital Helpline for Ayurveda Research Articles). The search covered studies published between 2000 and 2024. The following keywords were used:

Shukrasara.

Lipid metabolism in Prakriti.

Glycemic index and body constitution.

Ayurveda and metabolism.

Prakriti and metabolic disorders.

Study type (Observational study)

Ayurvedic explanation of lipid metabolism

1. Balanced tissue formation (*Dhatu poshana*)

In Ayurveda, each tissue (*Dhatu*) is formed and nourished sequentially from the previous one, starting with *Rasa Dhatu* (plasma) and culminating in *Shukra Dhatu*. Proper formation of *Shukra* indicates an efficient conversion and nourishment process through all intermediary tissues, including *Meda Dhatu* (fat tissue).^[2]

Shukrasara individuals are likely to have an optimized tissue metabolism that prevents the excess accumulation of *Meda Dhatu*, contributing to better lipid profiles.^[3]

2. Optimal functioning of agni (Metabolic fire)

The digestive fire (*Jatharagni*) and metabolic fires (*Dhatu Agni*) play a key role in metabolizing nutrients and maintaining lipid homeostasis.

Shukrasara individuals are believed to have strong digestive and metabolic efficiency, which promotes balanced lipid metabolism and prevents dyslipidemia.^[4]

3. Vata-Kapha Balance

Shukrasara individuals are described as having a balanced Kapha constitution, which contributes to stability and strength without leading to excess fat deposition. While Kapha is anabolic and promotes tissue formation, in Shukrasara persons, this is well-regulated, resulting in lean muscle mass and a healthy lipid profile.^[5]

4. Satmya (Adaptation) and Ojas (Vital energy)

The high Ojas levels in Shukrasara persons reflect strong immunity and metabolic vigor, contributing to their disease-resistant nature. A well-maintained state of Ojas aligns with efficient lipid metabolism and better cardiovascular health markers.^[6]

5. Gunas (Qualities) of shukra dhatu

According to Ayurvedic texts, Shukra Dhatu possesses qualities like smoothness, clarity, and vitality, which symbolise metabolic efficiency and balance.

This may correlate with lower levels of harmful lipids (LDL, triglycerides) and higher levels of protective lipids (HDL) observed in Shukrasara individuals.^[7]

Ayurvedic explanation of glucose metabolism

1. Efficient functioning of agni (Metabolic fire)

Jatharagni (Digestive fire) and *Dhatu Agni* (Tissue-level metabolic fire) govern the digestion, absorption, and metabolism of nutrients, including glucose.

Shukrasara persons are believed to have a strong and balanced *Agni*, which promotes efficient digestion and metabolism, preventing the buildup of excess glucose in the bloodstream. Balanced *Agni* prevents metabolic disorders like Prameha (A condition that includes diabetes mellitus). A well-functioning *Agni* ensures stable blood sugar levels.

The glycemic index (GI) is a measure that ranks carbohydrate-containing foods based on how quickly they raise blood glucose levels after consumption. Foods are classified as low (GI < 55), medium (GI 56-69), or high (GI >70) glycemic index. Consuming low-GI foods leads to a slower and more gradual increase in blood sugar levels, which is beneficial for maintaining energy levels and managing conditions like diabetes.^[8]

In Ayurveda, shukrasara refers to individuals who are believed to have a predominance of the reproductive tissue (Shukra Dhatu), characterised by qualities such as strength, vitality, and a well-nourished physique. While Ayurveda emphasises personalised dietary recommendations based on individual constitution (Prakriti) and imbalances (Doshas), it does not specifically correlate the concept of Shukrasara with the glycemic index of foods.^[9]

However, integrating the modern understanding of the glycemic index with Ayurvedic principles can be beneficial. For individuals aiming to maintain balanced energy levels and

support overall health, including reproductive health, it is advisable to consume a diet rich in low to medium GI foods. These foods promote stable blood sugar levels and sustained energy release.

Some low to medium GI foods which can be consumed are

Whole grains: Barley (GI 28), whole grain pasta (GI 48-55), and rolled oats (GI 55).

Legumes: Chickpeas (GI 28), lentils (GI 32), and kidney beans (GI 24).

Fruits: Apples (GI 36), oranges (GI 43), and mangoes (GI 51).

Dairy products: Skim milk (GI 37) and yogurt with fruit (GI 41). Incorporating these foods aligns with both Ayurvedic dietary practices and modern nutritional science, supporting overall vitality and health.^[9]

2. Balanced *Kapha* and *Meda Dhatu* (Fat tissue)

Shukrasara individuals have an optimal balance of *Meda Dhatu* without excessive fat accumulation. This balance ensures proper insulin sensitivity and glucose metabolism. Unlike *Kapha*-dominant individuals prone to fat accumulation and insulin resistance, Shukrasara persons maintain lean muscle mass and low fat, contributing to better glycemic control.

Imbalances in *Kapha* and *Meda* are associated with *Prameha* and metabolic dysfunctions. Shukrasara persons regulated *Kapha* prevents this tendency.^[10]

3. Strong tissue formation (*Dhatu poshana*)

In Ayurveda, proper nourishment of all tissues (*Dhatu*s) results in efficient metabolic functioning. Shukrasara individuals represent the highest state of tissue refinement, especially in the formation of *Meda* and *Shukra Dhatu*, contributing to metabolic stability and efficient glucose utilization. The well-formed *Shukra Dhatu* is a sign of overall metabolic excellence and balance across *Dhatu*s, including glucose-regulating tissues.

4. High levels of *ojas* (Vital energy)

Ojas, the essence of all *Dhatu*s, is described as a protective force that sustains immunity and metabolic efficiency. Shukrasara individuals are said to possess abundant *Ojas*, which supports homeostasis, including glucose metabolism. High *Ojas* levels protect against diseases like *Prameha* and contribute to a state of metabolic harmony.

5. Psychological Balance and Stress Management (*Manasika sthiti*)

Shukrasara individuals are described as having a stable mind, positive outlook, and emotional resilience. Lower stress levels contribute to better hormonal balance, including optimal insulin function. Ayurveda links mental health directly with physical health. Stress is recognised as a contributing factor to metabolic disorders.^[11]

DISCUSSION

In Ayurveda, *Shukra Sara* individuals are characterized by a predominance of well-nourished reproductive tissue (*Shukra Dhatu*), manifesting as vitality and strength. Maintaining the health of *Shukra Dhatu* is essential for overall well-being and reproductive health. Modern nutritional concepts, such as lipid metabolism and the glycemic index (GI), can be integrated with Ayurvedic principles to support the vitality of *Shukra Saar* individuals.

Lipid Metabolism and Shukra Saar

Lipid metabolism involves the processing of fats in the body, encompassing their digestion, absorption, transport, and utilization. Balanced lipid metabolism is crucial for maintaining healthy body tissues, including *Shukra Dhatu*. Imbalances, such as hyperlipidemia (elevated levels of lipids in the blood), can lead to health issues like cardiovascular diseases and metabolic disorders. Ayurveda correlates such lipid imbalances with conditions like *Meda Roga*, which pertains to disorders of fat tissue.

For *Shukra Sara* individuals, it is important to maintain optimal lipid metabolism to ensure the nourishment of *Shukra Dhatu*. This can be achieved through dietary and lifestyle practices that promote healthy fat metabolism. Incorporating regular physical activity, such as yoga, has been shown to effectively regulate lipid metabolism. A study on industrial workers demonstrated that yoga practices can improve lipid profiles, suggesting benefits for individuals with specific constitutional types (*Prakriti*).

Glycemic Index and Shukra Sara

The glycemic index measures how quickly carbohydrate-containing foods raise blood glucose levels. Foods with a low GI (55 or less) cause a gradual increase in blood sugar, while high GI foods (70 or more) lead to rapid spikes. Consuming low-GI foods helps maintain stable blood sugar levels, which is beneficial for overall health.

For *Shukra Sara* individuals, a diet emphasizing low-GI foods can support sustained energy levels and prevent metabolic disturbances that may affect *Shukra Dhatu*. Research indicates that a low-GI diet can decrease total fat mass and improve plasma lipid profiles, contributing to better metabolic health.^[12]

Integrating Ayurvedic and Modern Perspectives

Ayurveda emphasises individualised dietary recommendations based on constitution (Prakriti) and current state of health. For *Shukra Sara* individuals, integrating modern nutritional concepts like lipid metabolism and the glycemic index can enhance the traditional Ayurvedic approach.

This includes

Diet: Incorporate foods that promote healthy lipid levels and have a low glycemic index, such as whole grains, legumes, fresh fruits, and vegetables.

Lifestyle: Engage in regular physical activity, including yoga, to support lipid metabolism and overall vitality.

Mind-Body practices: Adopt stress management techniques, such as meditation, to maintain hormonal balance and support reproductive health.

By harmonising Ayurvedic principles with modern nutritional insights, *Shukra Sara* individuals can maintain the health of their *Shukra Dhatu*, leading to enhanced vitality and well-being.

CONCLUSION

This review highlights the correlation between *Shukrasara* constitution, lipid metabolism, and glycemic index, bridging Ayurvedic principles with modern metabolic science. The analysis of existing literature suggests that *Shukrasara* individuals exhibit a balanced lipid profile with higher HDL levels and optimal glucose metabolism, indicating better insulin sensitivity and a lower risk of metabolic disorders like dyslipidemia and diabetes. These findings align with Ayurvedic descriptions of *Shukrasara* individuals as possessing superior vitality, immunity, and overall health.

Integrating Ayurvedic constitutional assessment with modern diagnostic tools could enhance personalised healthcare approaches, promoting preventive and therapeutic strategies for metabolic health. Further clinical studies with larger sample sizes and biochemical markers

are needed to validate these findings and deepen our understanding of the metabolic advantages associated with *Shukrasara* individuals.

Better Glycemic control in *Shukrasara* persons can be attributed to their strong metabolic fire (Agni), balanced *Kapha* and *Meda Dhatu*, refined tissue metabolism, high Ojas, and stable psychological state. These factors collectively contribute to efficient glucose metabolism, low blood sugar levels, and a reduced risk of metabolic disorders, aligning with traditional Ayurvedic concepts of health and well-being.

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