

A REVIEW OF DISEASES SECONDARY TO FUNCTIONAL IMPAIRMENT DURING EJACULATION OF SHUKRA

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ABSTRACT

Ayurveda, the science of life mainly aims to maintain health of healthy individual by prevention of disease and curing the diseased ones. Human body is made up of *Tridosas*, *Saptadhatu* & *Trimalas*. *Shukra Dhatu* and *Mutra* are remarkably responsible for causing various diseases. Especially *Mutravah Strotas Vikars* are markedly concerned with ejaculation of *Shukra Dhatu*. In *Ayurvedic* texts, *Mutravaha Strotas Vikar* are explained under the heading of *Mutraghata*, *Mutrakruchha*, *Ashmari* & *Prameh*. The present study explains various *Mutravaha Strotas Vikar* caused due to functional impairment during ejaculation of *Shukra*.

KEYWORDS: *Mutravah Strotas Vikar*, *Shukra*, *Mutra*, *Mutraghata*, *Mutrakruchha*, *Ashmari* etc.

INTRODUCTION

Ayurveda is the science of life and its main aim is to maintain healthy status of healthy living being (prevention) and treatment of disease.^[1] As per *Ayurvedic* science, *Sharir* is made up of *Dosha*, *Dhatu* & *Mala*.^[2] A person is said to be healthy, when there is balance state of *Doshas*, *Dhatu* and *Malas*.^[3] Human body is made up of *Sapta Dhatu* & *Shukra Dhatu* is seventh among *Sapta Dhatu*.^[4] As every *dhatu* is located at entire part of our body, *Shukra Dhatu* also occupies the whole body.^[5] Various pathophysiological aspects of *Shukra Dhatu* are described in *Ayurvedic* classics. *Dhairya* (patience and courage) *Chyavana* (Timely ejaculation), *Harsha* (Sexual desire) *Preeti* (Orgasm) & *Dehabala* (Physical strength) are the main functions of *Shukra Dhatu*.^[6]

For all urinary disorders the *Basti* is the origin; it was described as a *Marma* (vital spot); though having its mouth below, it receives the fluid known as *Mutra* (urine) from the thousand and odd (innumerable) minute channels known as *Mutravaha Nadi* constantly, just like a new mud pot kept immersed in water up to the level of its mouth gets filled from all sides. It is through these channels only, the aggravated (increased) *Vata* and others *Doshas* enter into *Basti* and produce various *Mutravaha Strotas Vikars*.^[7]

“*Mutrasya Kledvahanam*” rightly said by *Acharya Vagbhat* while describing functioning of *Mutra* which means to excrete *Kleda* formed due to dietary intake.^[8] There are some factors which obstruct to flow of *mutra*, among which *Shukra* is one of them. *Acharya Charak* in *Vimanstan* stated that suppressing the urge of micturition and desiring for copulation during urge of micturition; both are causative factors for developing *Mutravaha Strotas Vikara*.^[9] In *Ayurvedic* texts, *Mutravaha Strotas Vikar* are explained under the heading of *Mutraghat*, *Mutrakruchha*, *Ashmari* & *Prameh*. *Mutrashukra*, *Shukraj Mutrakruchha*, *Shukraj Ashmari* & *Shukrameh* are some of types from above *Mutravaha Strotas Vikar* where *Shukra* plays vital role in pathogenesis of disease. The present study explains various *Mutravaha Strotas Vikar* caused due to functional impairment during ejaculation of *Shukra*.

AIM

To study the functional impairment of *Shukra* during ejaculation.

OBJECTIVES

- 1) To study *samprapti* of *Mutrashukra*, *Shukrashmari* & *Shukraj Mutrakruchha*.
- 2) To study *samprapti* of *Shukrameh*, *Siktameh*, *Bhasmameh*, *Sharkrameh*.

MATERIAL AND METHODS

Mutrashukra

In *Ayurvedic* texts *Mutraghat* is defined as “*Mutraghaten Mutravrodh*” which means whenever there is obstruction to flow of urine or micturition, it is called *Mutraghat*.^[10] It is also defined as “*Mutraghate Mutra shoshyate, Pratihanyate Va*” by *Acharya Chakradatta* which means there is either decrease production or obstruction to flow of *mutra*. Under the heading of “*Mutraghat Pratishedh*” *Acharya Sushruta* had explained 12 types of *Mutraghat* among which *Mutrashukra* is one of them.^[11] *Acharya Sushruta* had explained causative factors for causing *Mutrashukra* along with its sign and symptoms.

Acharya Sushruta stated that, when the person who is under the urge of urination does not get relieved of it; instead he gets sexual intercourse then *Vata Dosha* getting aggravated makes the semen to expelled from its normal site and to ejaculate either before or after micturition. This makes the urine resemble to solution of ash (*Bhasmodak*).^[12] The same *Lakshanas* stated above are also explained by *Acharya Charak* under the heading of “*Mutrakruchha*” in 13 types of *Mutra vikruti*.^[13] *Acharya Vagbhat* and *Acharya Madhav* had also explained *Mutrashukra* under the heading of *Mutraghat* as suppressing the urge of micturition and instead of voiding it, if person gets sexual intercourse, it results into *Mutrashukra*.^[14]

Shukrashmari

Ashmari mainly caused by *Kapha Dosha*. It is characterized by Punctured and torn like pain in *Basti* along with burning and difficulty in micturition. *Acharya Sushruta* had explained 4 types of *Ashmari* i.e. *kaphaj*, *Pittaj*, *Vataj* & *Shukraj*. The main causative factor for *Shukrashmari* is *Shukra Vegdharan* due to which vitiated *Vata Dosha* causes *Vimarggaman* of *Shukra*. Then *shukra* gets collected in between *Medhra* and *Vrushan* where it gets dried up by *Vata Dosha* & *Shukrashmari* is formed. The resulting *Ashmari* create obstruction to flow of *Mutra* which causes painful micturition (*Mutrakruchha*), pain in bladder (*Basti Vedana*) & testicular swelling (*Vrushan Swayathu*).^[15] *Shukraj Ashmari* is also being causative factor for *Sharkameh*, *Sikatameh* & *Bhasmameh*. Each of these possess same sign and symptoms as that of *Ashmari*.^[16]

Shukraj Mutrakruchha

Acharya Charak had explained 8 types of *Mutrakruchha* in *Chikitsasthan* namely *Vataj*, *Pittaj*, *Kaphaj*, *Sanipataj*, *Sharkaraj*, *Ashmarij*, *Shukraj* & *Raktaj*.^[17] Out of these 8 types of *Mutrakruchha*, *Shukraj Mutrakruchha* is caused due to suppression of *Shukra* from being ejaculate which is expelled out from its normal site. It results into excessive pain in testicles (*Vrushan Ativedana*) along with pain in *Vankashan*, *Basti* and *Medhra*. The expelled *Shukra* from its normal site causes obstruction to flow of urine resulting into painful micturition. *Acharya Charak* further explains that, *Tridoshas* i.e. *Vata*, *Pitta* & *Kapha*, obstructed the passage of *shukra* either individually or by combination which results into pain in *Basti* and *Medhra* along with voiding of urine mixed with *shukra*. This condition causes pricking type of pain and swelling in *Basti* & *Vrushan*.^[18] *Acharya Madhav* had also explained 8 types of *Mutrakruchha*. *Shukraj Mutrakruchha* is one of them which possesses same causative factors & symptoms as explained by *Acharya Charak* i.e. expelled *Shukra* from its normal site gets

obstructed by vitiated *Doshas* and causing obstruction to flow of urine resulting into painful *Shukra* mixed micturition along with pain in *Basti* and *Medhra*.^[19]

Shukrameh

In *Ayurvedic* texts, 20 types of *Prameh* are explained; among which 10 are *Kaphaj Prameh*, 6 are *Pittaj Prameh* and 4 are *Vataj Prameh*. *Shukrameh* is one of *Kaphaj Prameh*.^[20] The cause for *prameh* is indulgence in *Aahar* and *Vihar* which increases production of *Kapha*, *Meda*, *Mutra* followed by *Vata*, *Pitta*, *Kled*, *Mamsa*, *Shukra*, *Rasa* & getting localized in *Basti* producing *Prameh*.^[21] According to Acharya *Sushruta*, *Shurkrameh* is the condition when person passes urine which is exactly resembles to *Shukra*.^[22] Acharya *Charak* had stated that when person passes urine which is *Sweth* and *Snigdh* in nature as like of *Shukra*, it is called as *Shukrameh*.^[23] Acharya *Vagbhata* in *Ashtang Sangrah* had explained the same condition as that when person passes urine which resembles to *Shukra* or even mixed with it, it is called as *Shukrameh*.^[24]

DISCUSSION

From the above literature, it can be concluded that *Shukra* dhatu plays very important role in pathogenesis of *Mutravah Strotas Vikar* either by creating obstruction to flow of *mutra* or being ejaculate itself along with *mutra*. When *Shukra Dhatu* itself get vitiated, it acts as *Dushya* in Pathogenesis (*Samprapti*) of Disease due to which *Shukra Dhatu* itself get excreted outside body along with *Mutra*.^[23] Among the above four diseases, in *Mutrashukra*, *Shukraj Mutrakruchha* & *Shukrashmari*, there is obstruction to flow of urine created by *Shukra* which gets dislodged from its normal site. But in *Shukrameh*, *Siktameh*, *Sharkaramesh* & *Bhasmameh*; *Shukra* itself acts as a *Dushya* due to which person passes urine mixed with it.^[16]

CONCLUSION

From the above discussion it can be concluded that; *Shukrashmari*, *Mutrashukra* & *Shukraj Mutrakruchha* are the diseases which occurs due to functional impairment during ejaculation of *Shukra* while *Shukrameh*, *Siktameh*, *Sharkaramesh* & *Bhasmameh* are the diseases where *Shukra* get vitiated by *Doshas* & takes as vital part in pathogenesis of disease. Hence, the person must not suppress the ejaculation of *Shukra*. Because, once *Shukra* gets dislodged from its normal site, it is better to get ejaculate it out. As avoiding to do so, may leads to cause for *Shukrashmari*. Before getting sexual intercourse, person must not suppress the urge of micturition (*Mutravegdharan*), as doing so may leads to *Mutrashukra*. Each of these

conditions require conservative or surgical treatment.

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