

**MANAGEMENT OF DHAT SYNDROME BY AYURVEDIC  
THERAPEUTICS -A SINGLE CASE STUDY****Dr. Ranjit Rajendra Jadhav<sup>\*1</sup> and Dr. Hiranman Warungase<sup>2</sup>**

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**ABSTRACT**

The word Dhat is derived from a Sanskrit word '*Dhatu*' means "metal, " "elixir" or "constituent of the body" which is the most concentrated, perfect and powerful body substance, and its preservation guarantees health and longevity. The disorder related to this *dhatu*, i.e., semen, is mentioned in ancient treatise in "*Susruta Samhita*" as *Shukrameha* (*Shukra* = sperm; + *Meha* = passage in urine) as a subtype of *Kaphaj Prameha*. Dhat syndrome ("semen loss"-related psychological distress) is a culture-bound syndrome seen in the Indian subcontinent, but it is present in other cultures also. This syndrome involves vague and multiple somatic and psychological complaints such as fatigue, listlessness, loss of appetite, lack of physical strength, poor concentration, forgetfulness and other somatic troubles. These symptoms are usually associated with an anxious and dysphoric mood

state. These patients may also present with or without psychosexual dysfunction. The management of Dhat syndrome needed curious attention. The understanding & management of this condition by Modern Medicine fails to treat & manage most of the patients.

**KEYWORDS:** Dhat Syndrome, *Ayurveda*, *Shukrameha*.

**INTRODUCTION**

The common myth is present among people of the Indian subcontinent is "It takes 40 days for 40 drops of food to converted to one drop of blood, 40 drops of blood to make one drop of bone marrow and 40 drops of bone marrow form one drop of semen. In Ayurvedic texts the

Acharyas explain the *Parinaman Kala* i.e. the formulation period of Shukra Dhatu is a month from consumption of *Aahar* i.e. Meal. It is important to understand that the anxiety of seminal loss is not only present in the Indian subcontinent but also in the Western world. From the times of Hippocrates and Aristotle, semen is considered an most valuable content of the body. "Sperms are the excretion of our food; or to put it more clearly, the most perfected component of food" (Aristotle, 384-322 B.C.). Andrew Tissot (1728-97) commented in his treatise on the disease produced by onanism that "losing one ounce of sperm is more debilitating than losing 40 ounces of blood." His statement is quite similar to the Indian myth. In many Western European cultures, masturbation was prohibited by religion. Henry Maudsley (1835-1918) even considered that semen loss, especially if it occurs through masturbation, results in serious mental illness.

Wig coined the term "Dhat syndrome," characterized by somatic symptoms such as of fatigue, weakness, anxiety, loss of appetite and guilt attributed to semen loss through nocturnal emissions, urine and masturbation though there is no evidence of loss of semen. Thus, in this syndrome, hypochondriacal, anxiety and depressive symptoms. This syndrome involves vague and multiple somatic and psychological complaints such as fatigue, listlessness, loss of appetite, lack of physical strength, poor concentration, forgetfulness and other somatic troubles. These symptoms are usually associated with an anxious and dysphoric mood state. These patients may also present with or without psychosexual dysfunction.

### Patient Information

A 32-year-old male, Farmer by profession, with H/O financial losses -1 year ago, No H/O HTN/DM/IHD/Thyroids, having complained of fatigue, anorexia, generalized weakness, depressed mood, insomnia, feeling of secretion of semen in urine & failure to perform sexual activity from 9 to 10 months was seen, then he came to Kayachikitsa OPD for Ayurvedic treatment. There was no congenital & genetic disorder history in family members.

Clinical Finding – On examination, wt-56 kg & ht- 5ft 10".His vitals were within normal limits.

### MATERIALS AND METHODS

A patient was selected for single case study for OPD of Dept of *Kayachikitsa* in Hospital. Patient was treated with *Ashwagandha Ghan Vati* (*Ashwagandha 1 part*+ *Vidhara* (*Argyreia speciosa*) *1 part*) 2 tablets (500 mg) at night with warm milk, *Jatiphal churna* + *Bramhi*

*churna* + *Bala churna* each same part 1 gm two times after meal with warm water, *Samshamani vati* (*Guduchi ghan*+*Loha bhasma*+*Abhrak bhasma* +*Swarnamakshik bhasma*) 250 mg 2 tab for two times & *Ashwathan chikitsa*. In this time duration patient kept on normal healthy diet with plenty of water intake.

Duration of treatment- The duration of the treatment was 3 months.

Assessment of treatment- The patient was clinically assessed before and after treatment

	Before treatment (0 day)	After Treatment (90 <sup>th</sup> day)
Fatigue	2 +	No fatigue 0
Anorexia	1+	Increased appetite
Insomnia	Unable to sleep more than 3 hours	Able to sleep 5 to 6 hours
Generalized weakness	2+	Absent
Depressed mood	Less excitement during routine work	Nil
Feeling of secretion of semen in urine	Present	Less
Failure to perform sexual activity	Present	Performs well sexual activity

## RESULT AND DISCUSSION

According to Ayurveda Dhat Syndrome can be compare with disorders of *Shukravaha strotas* & *Manovaha strotas*. There is involvement of all three *doshas* in this disease. There is also involvement of Raja & Tamas gunas. *kapha dosha* is responsible for blocking of microvessels i.e *strotorodha* by its *guru, picchil gunas*, *vata dosha* is responsible for *kshaya* i.e by is *sukshma, ruksha gunas*. Here the blockages by *kapha* is removed by the *lekhan* drugs.

Here *Ashwagandha ghan vati* contents the drug which did *Brihana karma* and eliminates *Vaat dosha* by its *Madhur ras, Madhur vipak & Snigdha gunas*. *Ashwagandha* also helpful to address the symptoms like insomnia by its *Nidrajanan* activity, it also reduces Fatigue & G. weakness by its *balya guna* & it also helpful for restore normal sexual activity. The *Anupana* milk also shows *Balya, Jivniya guna*. The *Jatiphal churna* shows *Stambhan* activity for sperm & also corrects Erectile dysfunction & helpful in normal sexual activity. *Bramhi churna* also helpful in depressed mood & insomnia. *Bala Churna* do *balya* action. The contents of *Samshamani vati* like *Abhrak & Swarnamakshik bhasma* helps to *Manovaha*

*strotas* for elimination of psychological symptoms & also does *Balya* action. *Aashwasan chikitsa* is useful for increase *satva guna* & decreases *Raja* & *Tamas gunas*.

## CONCLUSION

The Dhat syndrome is a psychosexual disorder. Thus the result attributed to the disease modifying effect of therapy by its action of Shukravaha & Manovaha Strotas; which is better & safe therapeutic modality for the management of Dhat Syndrome. There is need for more research in this neglected area to find its right place in nosology.

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