

Research Article

Survey study of causes of Klaibya according to Charak samhinta

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ABSTRACT:

The amount of sexual dysfunction prevalent in the society is difficult to estimate. About half of the married couples experience sexual difficulties in one or the other way at various stages of their married life. In various Ayurvedic texts we can find detail references regarding erectile dysfunction. Acharya Charaka Vividly described the condition Klibya as follows:

संकल्पप्रवणो नित्यं प्रियां वश्यामपि स्त्रियम् । न याति लिंगं शैथिल्यात्कदाचिद्याति वा यदि ॥

श्लासार्तः स्विन्नगात्रश्चः मोघसंकल्पचेष्टितः । म्लानशिशुश्च निर्बीजं स्यादेतत्कलैब्यलक्षणम्॥ (C.Ch.30/155-157)

All the causes established by modern science are in recent era and still they are searching for other causative factors than established causes. But Ayurveda has already mentioned the all the reasons for this disease. Acharya Charak described the etiological factors for Klaibya before thousands of year back as Nidan (Hetu) of Klaibya. So to revalidate the reasons offered in charak samhita for Klaibya the survey study was conduct on total 40 subjects. The disease Klaibya is a multifactorial condition, mainly involving Bahu Doshavastha as a whole and Shukrakshaya in specific, ManoDosh, and Shukravaha Stroto Dushti and Rasavah stroto dushti.

KEY WORDS: Klaibya, Rasavaha strotas, Shukravah strotas.

INTRODUCTION:

The disease Klaibya is mainly involving Shukravaha Stroto Dushti and Rasavah stroto dushti according to Charak.

The reasons offered in this verse are:

1. Premature beginning of sex life
2. Sexual constrain
3. Overindulgence of sex
4. Surgery or injury
5. Kshara
6. Agni
7. Heavy consumption of अति गुरुशीतस्निग्ध food
8. Psychological factors.

Due to this reasons, according to Ayurveda one of the resulting output is 'KLAIBYA.' Ayurveda needs to prove itself in modern era of technology. Etiological thoughts presented in Charak-Era, standing today's

proposals; prove numerically that this compendium is as शाश्वत as it claims itself to be. If a survey is taken for reasons giving rise to 'Klaibya', revalidation of verse in Charaka-Samhita can numerically be done.

Aim:

To evaluate etiological factors for Klaibya according to Charak samhinta.

Objective:

To study literature of Klaibya and its causes in detail.

MATERIALS AND METHODS:

The study is carried out for scientific base of Acharya Charaka's claims about etiological factors of Klaibya. Total 40 patients were taken for study.

Selection Criteria:

The patient suffering from any of the following symptoms of either म्लानशिश्न (erectile dysfunction) or निर्बीज (oligospermia /azoospermia) will be selected as patient of 'Klaibya'.

Inclusion Criteria:

1. The patient of age 18-50 years will be selected.

Exclusion criteria:

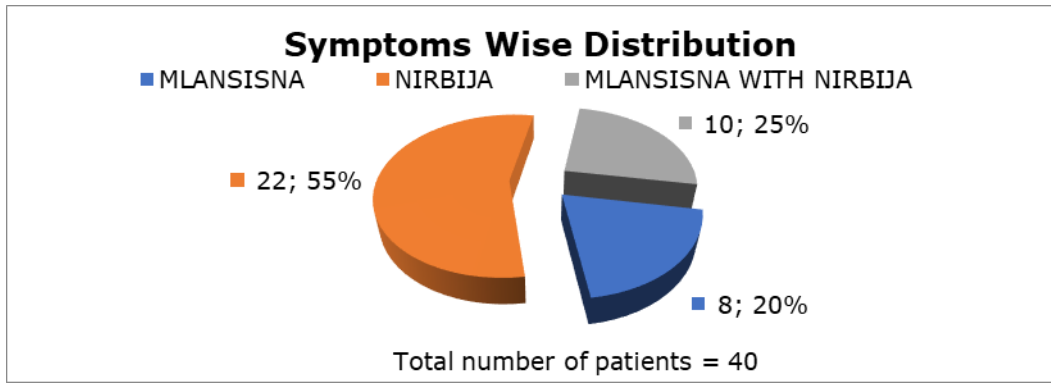
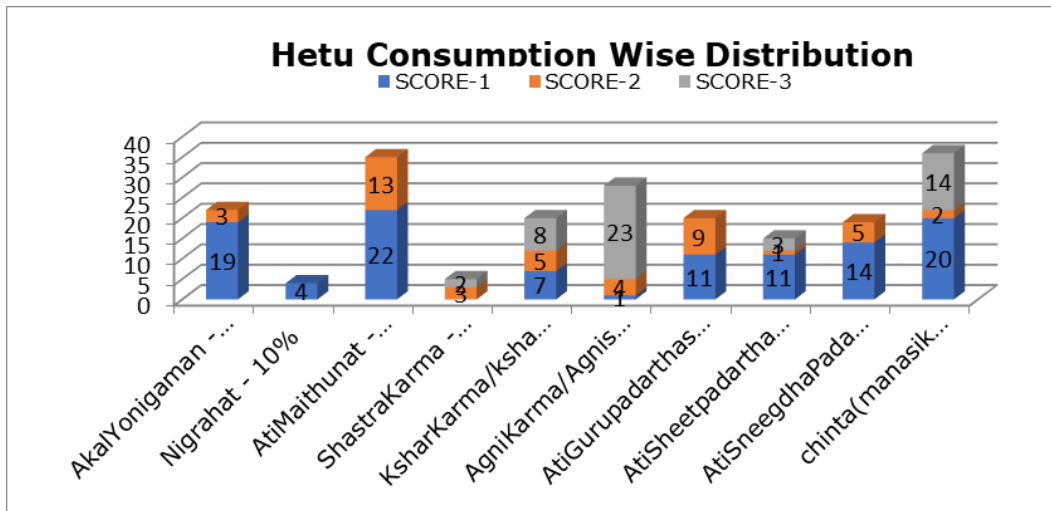
1. The patients of age above 50 and bellow 18 years will be excluded.
2. Patients with major diseases like Hypertension, Diabetes, T.B., H.I.V., etc will be excluded.

Sample size:

Minimum 40 patients of 'Klaibya' will be selected.

OBSERVATIONS:

The different observations observed in the study are given here in graphs.

Graph No. 01: Symptoms wise distribution of Klaibya patients.**Graph No. 02: Hetu Consumption Wise Distribution:****DISCUSSION:**

According to Acharya Charak, Rasavah sroto dushti and Shukravah sroto dusti can cause Klaibya. So the hetus which can cause Rasavah sroto dushti and Shukravah sroto dushti are mainly responsible. अकालयोनिगमन, शुक्रवेगनिग्रह, अतिमैथुन, शस्त्रकर्म, क्षारकर्म/क्षारसेवन, अग्निर्म/अग्निसंपर्क All these are Shukravah sroto dushti hetus and अतिगुरु, अतिशीत, अतिस्निग्ध पदार्थ अतिसेवन, चिंता,(मानसिक हेतु). All these are Rasavah sroto dushti hetus.

It was observed that 55% (22) patient had Akala Yonigamana. According to Chakrapani Akal yonigaman means अकालयोनिगमनादिति अहर्षकालगमनात्; तथाल्लुचित योनिगमनात् । अहर्षण means स्त्रीसेवनेल्लुत्साह, अनुचितयोनिगमन means Homosexuality, Psodomi and Masturbation all these may be consider as Ayoni or Anuchit Yonigaman. Sex after heavy meal or sex with controlling of natural urges such as Hunger, Urination and defecation etc. may be considered as

Ayoni or Anuchit Yonigaman. Sex after heavy meal or sex with controlling of natural urges such as Hunger, Urination and defecation etc. may be consider as AkalYonigaman. Sex during the days of menstruation also considered as Akalyonigaman. It was observed that 10% (4) had Shukraveganigraha. Sushruta says

बलिनःक्षुब्धमनसो निरोधाद् ब्रम्हचर्यतः।

षष्ठ क्लैब्यं मतं तत्त खरशुकुनिमित्तजम् ॥

If a person controls sukravega then Vata dosha vitiate specially Apan & his Shukra become Khara(Kathina) causes Klaibya. It was observed that 87.5% (35) people had Ati Maithun. Ati Maithun causes Shukraksaya and Vataprakopa which leads to Klaibya. The history of Shastra karma was positive in 15.2% (5) patients. Out of 5 patients 3 Patients had Haemorrhoidectomy, 1 patient had Circumcision, 1 patient had operative for Hypospadias. The history of Kshar Karma and Agni Karma was not reported in any of the patient but Kshar Sevan and Agnisampark was repoted in 50% (20)patients and 70%(28) respectively. According to Charak, क्षारं नात्युपयुज्जीत, क्षारःपुंस्त्वघ्नानां श्रेष्ठः । Agnisampark also causes Pitta-Prakopa According to basic sidhant of Ayurveda सर्वदा सर्व भावानां सामान्यं वृद्धिकारणम् । न्हासहेतुर्विशेश्व प्रवृत्तिरुभयस्य तु ॥-C.su.1/43 so excessive sevan of kshar and excessive exposed to Agni causes Shukradusti or Shukrskshaya.

शुकुस्य दोषात् क्लैब्यमहर्षणम्ङ्ङङ्ङङ्ङ ॥ -C.Su.28/18

so shukradushti/shukrakshaya may cause Klaibya.

It was observed that Ati Guru padarth sevan in excess in 50%(20)patients, Ati Sheet padarth sevan in excess in 37.5%(15)patients, Ati Snigdha padartha sevan in excess in 47.5%(19)patients.

अभोजनादजीर्णतिभोजनाद्विषमाशनात्।

असात्म्यगुरुशीतातिरुक्षसंदुष्टभोजनात्।.....दुष्यत्यग्निः।

So from above sutras we can says that Ati guru, Ati sheeta padartha causes Agnimandya and hence Ama formation. Ama dosha causes srotorodh which causes Rasavah sroto dushti first and hamper the Gati of Vayu which causes Vata Prakopa. Rasovaha srotodushti leading to improper formation of 'rasa' and subsequently irregular Dhatu metamorphosis. And hence it will cause Dhatukshaya. Which again aggravate Vata Prakopa, Vataprakopa causes Dhatukshaya again and the cycle goes on.

Lakshana of Vataprakopa:

.....बलनिर्देन्द्रियभ्रंशप्रलापभ्रमदीनता ॥ -A.H.Su.11/3

So Vata prakopa can cause Indriya bhransh i.e. Indriya vaikalya. Upastha is also karmendrya. So we can say it may cause erectile dysfunction.

It was observed that majority of patient i.e.90% (36) patient had chinta(manasik hetu).In Ashtang Sangrah it is mentioned that these mansik hetu can cause Vataprakopa.

.....साहसभयशोकात्कण्ठादिभिरतिसेवित.....च वायुः प्रकोपमापद्यते । -A.S.Ni.

Because of chinta, shoka etc.manasik bhava, Agnimandya and then Ama Nirmiti take place. Then as explain above Rasovahasrotodusti, Dhatukshaya, Vataprakopa, Dhatukshaya leads to Shukrakshaya and Shukravah sroto dusti and finally it causes Klaibya.

CONCLUSION:

From the etiological survey and study of Klaibya, we can say Rasovaha Srotodushti, Shukravaha Srotodushti and Vata Prakopa Hetus are the main causative factors.

In the Rasovaha Srotodushti chinta and other manasik hetus are the major causative factor contributing 90% of patients. Followed by AtiGuru, AtiSnigdha and AtiSheet padartha Atisevan, these hetu contributing 50%, 47.5%, and 37.5% respectively.

In the Shukravaha Srotodushti Ati Maithun and AgniSampark are the major causative factors contributing 87.5% and 70% respectively. Followed by Akal Yonigaman and KsharSevan found causative factor in 55% and 50% patients respectively. This is followed by Shukraveg Nigrah and Shastrakarma contributing 10% and 12.5% respectively.

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