



Original Article

CONCEPT OF SHUKRA DHATU W.S.R KRIYA SHARIR

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Abstract

Ayurveda is the 'Science of Life' and its main aim is to maintain healthy status of healthy living being, i.e., prevention of disease and treatment of disease. As per Ayurvedic Science, Sharir is made up of three Dosha, seven Dhatu and three Mala which are the primary basic of living body. Shukra Dhatu is considered as best among all seven Dhatus. Human body is made up of Sapta Dhatus and Shukra Dhatu is seventh among Sapta Dhatu. Among Sapta Dhatu, Shukra Dhatu is considered as the Sara of all other Dhatus. As every Dhatu is located in the entire part of the body, Shukra Dhatu also occupies the whole body. Vitiating of Shukradhatu shows Shukradhatudusti (pathology) in the form of Vriddhi (hyper state) Kshaya (waning). This vitiation may lead to male infertility. Therefore, this study was taken into consideration which has main objective to review the concept of presence of Shukra Dhatu in the body to understand different terminology explained in different Ayurvedic classical texts such as Shukra Dhatu, Shukra, Stree Shukra etc.

Keywords: Shukradhatu, shukra, sperm.

Introduction

Shukra dhatu which is responsible for all systemic body activities including metabolic functions and part of which comes out of the body at the time of sexual act and performs specific functions of reproduction. Shukra is white, pure, excellent Dhatu which is located in entire body. Shuddha Shukra Lakshanas resembles the physical properties of the seminal fluid. Shukra is Saumya¹ which is derived from Jala Mahabhuta and counted as a Kapha Vargiya Dravya. Shukra is pittarij bhava². It possesses Shadrasa³. Quantity of the Shukra

Dhatu is Ardha ($\frac{1}{2}$) Anjali in human body as per Acharya Charaka and Acharya Bhela stated that quantity of Shukra is Eka Anjali⁴. Nearly one month is required for metamorphosis of Ahara Rasa into Shukra Dhatu. Main function of Shukra Dhatu is Garbhotpadana (reproduction).

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Vitiation of Shukradhatu shows Shukradhatudusti (pathology) in the form of Vriddhi (hyper state). Shukra is one and ultimate dhatu of body.

AIMS AND OBJECTIVES:

1. To study the production of Shukra Dhatu.
2. To study the normal physiological function of Shukra Dhatu.

MATERIAL & METHOD:

- Literature reviews from all the sciences are taken.
- Methodology review study.

DISCUSSION:

PRODUCTION OF SHUKRA FROM SOMA: Bhautiksagathan of Shukra is considered to be Soma or Jalamahabhuta. As Soma or JalaMahabhuta is the predominant basic element from which Kapha is derived. So it can be said that Shukra has originated from Jala or SomaMahabhuta.

PRODUCTION OF SHUKRA FROM AHARA RASA:

Starting from Rasa Dhatu upto Shukra all the Dhatu are produced in a fashion of progressive evolutive metamorphosis. Rasa Dhatu is basically produced from Ahara Rasa which is

ingested by the action of Jatharagni. Rasa Dhatu gets converted into Rakta Dhatu and so on. So from Majja Dhatu, Shukra Dhatu is produced⁵.

PRODUCTION OF SHUKRA FROM MAJJA DHATU:

The highest stage to which food attains is the semen. Shukra is the seventh and final Dhatu as a Sara (essence) of all Dhatu and produced in a progressive evolutive metamorphosis. Shukra Dhatu derives from Prasada Bhaga of Majja Dhatu by the action of Shukra Dhatvagni.⁶ Vayu and Akasha Mahabhuta produce porosity in Asthi Dhatu. From this pores, Shukra oozes out like water from a new earthen pot and spreads all over the body.⁷ On the basis of Dalhana Acharya's commentary on Sushruta it is stated that Mastiska or Mastulunga is Majja. The production of Shukra and secondary hair growth at particular age can be understood in this way. (Purushvichaya).

CHARACTERS OF SHUKRA: There are two important features of Shukra namely:

1. Sarvasariragata Shukra
2. Functions of Ejaculatory or Rupadravya

FEATURES OF SARVASARIRAGATA SHUKRA: The attributes of Shukra Sara individual can be considered as Sarvasariragata Shukra

- Saumya (Gentleman)

- Saumyapreksinaha (Gentle look)
- Ksirapurnalochana (eyes appearing filled with milk)
- Praharshabahula (cheerfulness)
- Snigdha-vrittasamhata- Dasanaha (teeth which are unctuous, round, strong, dense, even)
- Prasanna - Snigdha-varnasara (pleasant unctuous voice and complexion)
- Bhrajisnuta (dazzling appearance)
- Mahaspica (large buttocks)
- Stripriya (loved by women)
- Upabhogabalavana (virile)
- Sukha (endowed with happiness)
- Aishwarya (prosperity)
- Arogya (health)
- Vitta (money)
- Sammana (honour)
- Apatyabahula (many offspring)⁸

CHARACTERS REPRESENTING SPERM:

Some characters of Shukra point to the sperm which forms a part of Retas.

1) Phalavata, a main character may be attributed to viability, motility, count and normal morphology of sperms. The sperm endowed with normalcy of all these is able to fertilize the ovum i.e., Garbhakara.

2) Anutva indicates the minuteness and sperm is a microscopic structure.

CHARACTERISTIC FEATURE OF RETAS

(EJACULATORY PART): Shukra is the representative principle of (Roopadravya) of Visvarupa (Atma) in human body⁹. To achieve this Visvarupa (sarirarupa), Shukra is principal cause for it. As Atma is invisible to bare human eyes and also nirguna¹⁰, similarly Sarvasariragata Shukra is also in covert form. But this Shukra trickles down during copulation between a man and woman, caused by Chesta (physical stimulus), Sankalpa (desire), and Pidana (stimulation of erogenous area of body). As a result of Harsa (stimulation), Tarsa (longing for women) Sarattva (fluidity), Picchilata (slimness), Gaurava (heaviness), Anuttva (automicity), Prvanattva (tendency to flow out) and Drutattva Marutasya ((pace of motion of Vata) covert Shukra is ejaculated out of body as Roopadravya or Semen¹¹. This overt tangible Shukra or Roopadravya or Semen has physical characteristics that can be attributed to semen as well as sperm.

FUNCTIONS OF RETAS OR FUNCTIONS OF SEMEN:

The main function of Shukra besides other important functions is Garbhajanana. Sushrutaacharya says that main function of Shukra is Bejatham, means for production of offspring¹². It is the

RupraDravyawhich comes out of man along with subtle sperms as a result of sexual intercourse¹³ which is Phalvat meaning - its potential for reproduction, when it combines with Rajas (ovum) in female uterus under favourable condition, can develop as a foetus¹⁴.

GENERAL BODY FUNCTIONS: Shukra dhatu imports physical power to the individual. Dalhana explains that the dehabala is provided by Shukra in two ways.

1] Utsahalakshanam

2] Upachayalakshanam Utsaha- The stimulation to perform any activity or enthusiasm to perform any activity is dependent on Shukra Dhatu¹⁵ and can be explained as a physical as well as mental attribute. Upachaya- Physical fitness is characterised by the maintenance of optimal level and all Dhatus which imports Bala to individual. Shukra is also responsible for production of Ojas.¹

UPA-DHATU OF SHUKRA: Acharya Sharngdhara has mentioned Ojas as the Upa Dhatu of the Shukra.¹⁷ Also Acharya Bhavmishra supports the opinion regard Upa Dhatu.¹⁸

MALA OF THE SHUKRA DHATU: Acharya Vagbhata stated Ojas while some Acharya indicate Smashru as the Mala of Shukra.¹⁹ VaktraSnigdhata (sebum of the face) and YuavanaPidaka (Acne) are Mala of Shukra according to Acharya Sharngdhara.²⁰ But Acharya Chakrapani mentioned that Shukra has no Mala.²¹

CONCLUSION: Shukradhatu is produced from aaharras through Majjadhatu it is somya or Jalamahabhutapradhana. Shukra is situated entire body. There are so many functions of Shukradhatu but main function of Shukra Dhatu is reproduction.

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