

DESCRIPTION OF SHUKRA IN LAGHU TRAYI: A CRITICAL REVIEW

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ABSTRACT

Shukra is considered as one of the seven dhatus and is assigned with the function of bestowing the progeny. Shukra is correlated with semen and the semen is assessed to find out the pathology for infertility. Shukra is among the seven dhatu which are basic of living body. it is considered as best among all the dhatu. It is located in entire body. Shukra have the characteristics of kapha and jala mahabhuta. In Ayurvedic Classics, Shukra dhatu is described as essence of all the dhatu. Description of shukra is described in details in brihat trayi but in laghu trayi there is also a description of shukra. Laghu trayi Included

three small samhita of ayurveda: Madhav nidana, Sharangdar samhita and bhav prakash. In madhav nidana, there is description of disease along with their causes, symptoms and complications. In shrangdhar samhita, drug manufacturing part is elaborately dealt. In bhav prakash there are mainly the information of plants & herbs which are widely used in ayurvedic formulation. The present article described the description of shukra in laghu trayi.

KEYWORDS: Shukra, laghu trayi, madhav nidana, Sharangdhar samhita, bhav prakash.

INTRODUCTION

Nirukti of Shukra

The word Śhukra is derived as below

- Śuc – Śoka Dhātu + Ran Pratyāya
- Śuc – Kleda + Rajendragravajati.^[1]
- Śuc + Ran – It Ran Pratyāya Siddha (Śhukra)
- Suc+ Raka.^[2]

The word Śhukra is derived from Sanskrit root suc-sau. It means bright, clear, pure, light colour, white.^[3]

It has many other definition of shukra like semen, sperm, the planet Venus, a name of fire, preceptor of daityas, amorbid affection of the Iris of the eye.^[4]

Synonyms of Śhukra

According to Amarsinhā the author of Amarkoṣa.^[5]

Pauruṣam: Virility

Vīrya :Potency

Bala: Power

Indriyam : Factor of life

Ānanda :pleasure

Retas :Ejaculate Semen

Tejas :Shining,

Rūpa Ejaculated part of Śhukra

Rūpadravya :Factor responsible for progeny Sperm

Bīja : Seed Sperm

Pumsatva :Fertility factor Sperm

Majja rasa : Formed from majja

Annavikar : Formed from anna rasa

Rohanam:Power to growing over

Definition of Śhukra

The Factor essential for the formation of embryo is called as shukra. It contains four mahabhuta expect akash mahabhuta in composition. All the mahabhuta in the state of their excellence in Shukra. Shukra is shad rasa also.^[6] Shukra is pittrija bhava.^[7] Shukra Dhatu is counted as a Kapha Vargiya Dravya according to Harivansha Purana.^[8] This main function of Shukra is attributed to spermatozoa.

Location of Śhukradhātu

Āyurveda considers Śhukra as located all over the body by its pervading nature just as the entire sugarcane is pervaded with its juice, the whole curd is contained with Ghee which is available on manthana (churning) and oil is contained in all parts of the sesame seed which can be extracted.^[9]

The sugarcane juice, Ghee and oil are not visible till the process of extraction. Suśruta also expressed the same opinion.^[10]

Importance of Shukra: Śhukra is included under ten Prāṇāyatana.^[11] These Prāṇāyatana maintains the life. Any destruction or vitiation to it leads to either deformity or death.

AIM AND OBJECTIVES

- To study the concept of Shukra Dhatu in detail and to compare, evaluate data available on Shukra Dhatu in laghu trayi.
- To compile description of Shukra Dhatu and different terminology related to Shukra Dhatu in laghu trayi.

MATERIALS

Literary material, i.e., Ayurvedic classical texts (Madhav Nidana, Sharngdhar Samhita, Bhava Prakash) and commentaries were reviewed to collect the data during work.

METHODS

Literary data collected were compared and analysed on classical background to find similarities, dissimilarities.

Description of Shukra in Madhav Nidana: Madhav Nidana is one of the literature of laghu trayi composed on 07th century A.D. It is written by Indian physician madhav. Madhav nidana also known as roga vinischaya. It includes 79 chapters which described the disease along with their causes, symptoms and complication. Acharya madhav in stanya dushti nidana described about.

The location of Shukra: It described that shukra is located in entire body but not visible after dissection of the body.^[12] Shukra is sarva deha ashrita.

विशंस्तेष्वपि गात्रेषु यथा शुक्रं नदृश्यते

सर्वदेहाश्रितत्वाच्च शुक्रलक्षणमुच्यते ॥१॥(M.N.67/01)

शुक्रवत्समस्तशरीराश्रितत्वात्. (M.N.Atanka Darpan 67/1)

Factor Responsible for Appearance of Shukra^[13]

Darshan : After seeing

Samarana : After remembering

Sabda shravan : After listening voice

Sparsha : After Touch

Because of all these factor harsh (Passionate desire for enjoyment) is produced which pervades shukra from all over the body as ejaculatory part. For production of harsha presence of suprasanna mana is important. so for the production of shukra, presence of healthy body (sharira) and healthy psyche (mana) is important.

शुक्रमाहाररसयोन्यपि संहर्षात्कारणात्प्रवर्तते (M.N.Atanka Darpan 67/4)

Production of Shukra^[14]

आहाररसयोनित्वादेवं स्तन्यमपि स्त्रियाः ॥३॥ (M.N.69/3)

Stanya is produced from aahara rasa as shukra and sarva deha vyapi.

Acharya vachspati in atanka darpan commentary described shukra as

शुक्रमाहाररसयोनित्वात्प्रवर्तते (M.N.Atanka Darpan 67/3)

Description of Shukra in Sharangdhar Samhita

Sharangdhar samhita is written by acharya sharangdhar in 12th century A.D. It consist of 32 chapter having 2600 verses and divided into three khanda.

Acharya sharngadhar described different drugs which are having effect on shukra like.

Shukral –Shukra Janaka and Shukra Rechaka Aushadhi^[15]

Shukral: The drugs which increase the shukra is called as shukral drugs like ashwagandha, musli, shatavari and shakra.

Shukra rechaka and janaka: Milk, masha, Bhallatak Phal Majja and aamalaki are shukra janaka and rechaka drugs.

Shukra pravatani : Stri is shukra pravatani.

Shukra rechana :Brihati phala.

Shukra shoshani : Haritaki.

Shukra stambhaka^[16] : Jati phala.

All these drugs having different action on shukra.

Retodhara Kala (Shukra Dhara Kala)

It is the last kala out of seven kala and it is located in whole body, The seventh kala in the body is called Shukradhara Kala^[17] (semen bearing), which extends throughout the body of all living creatures. Like fat (sarpi) in the milk, sugar in the expressed juice of sugar-cane, the (seat of) semen(Shukra) is coextensive with the whole body (sharir)of a man (or animal).

According to Ayurved, Shukradhara Kala is Sarvasharirvyapee (spread in whole body).

Shukra Dhatu: Shukra is out of seven and ultimate dhatu. It is produced from majja dhatu. Purush or sharir is consists of three Dosha, seven Dhatu and three Mala which are the primary basic of living body.^[18] Shukra Dhatu is considered as best among all seven Dhatus. Shukra is white, pure, excellent Dhatu which is lacated in entirebody.

Upa-Dhatu of Shukra

Acharya Sharngdhara has mentioned Ojas as the Upa Dhatu of the Shukra.^[19]

Mala of the Shukra Dhatu: Vaktra Snigdhatta (sebum of the face) and Yuavana Pidaka (Acne) are Mala of Shukra according to Acharya Sharngdhara.^[20]

Time Required for Production of Shukra Dhatu: According to Acharya Sharngdhar s nearly one month is required for metamorphosis of Ahara Rasa into Shukra Dhatu. The conversion of ahara rasa into shukra dhatu occur due to piita ushma. Growth of shukra shatu occurs just like other dhatu from the ahara or food. Food after digestion converted into rasa dhatu which nourishes or transformed into rakta dhatu and ultimately leads to shukra dhatu. This process takes a month to complete. This shows the importance of shukra for the formation of shukra dhatu.^[21]

Shukra As Factor for Production of Garbha: After the desire of copulation (maithun), Union of shudha shukra (semen) and shonita (Ovum) produce “garbha” in stri which is called as “bala” after expulsion into external environment.^[22]

Shukra As A Determing Factor for Male or Female Baby: During intercourse(Garbhadhan), if the raja is in excess then girl(Kanya) child is produced and if shukra is in excess then male(Putra) child is produced. if both are in equal quantity then eunuch(Napunsak) is produced.^[23]

Loss of Shukra: Ayurvedic literature gives a detailed description of the biological aspects of Ageing including growth, puberty and senility. Acharya Sharngdhar Described decade wise loss of tissue which are as follow.

Decade	Loss of tissue
01	Balya (Childhood)
02	Vridhi (Growth)
03	Chhavi (Complexion)
04	Medha(Intellect)
05	Twak (Skin)
06	Drishti (Vision)
07	Shukra
08	Vikrama (Velour)
09	Buddhi (Knowledge)
10	Karmendriya (Motor organs)

So acharya sharngadhar described loss of shukra in 7th decade of life in total life span.^[24]

Description of Shukra in Bhav Prakash: Bhav prakash in the minor ayurvedic treatise written by acharya bhav mishra in 16th century A.D. It mainly contains the description of herbs, theirs properties and actions. It contains small description of shukra which are as follow.

Production of Shukra: Acharya bhav mishra described that anna rasa is coneverted into shukra as per kshir dadhi nyaya. According to this hypothesis, prior Dhatu is completely transformed into the next Dhatu like the milk is completely transformed into curd, then curd into butter and then butter into ghee. It is called Krama-Parinam Paksha also because the formation of next Dhatu up to Shukra Dhatu goes step by step and because the prior Dhatu transforms completely into the next Dhatu so it is called Sarvaatma-Parinam Paksha also. After acting the Agni, ahara is divided into two parts- Prasad Bhag and Kitta Bhag. Firstly the Jatharagni acts on Ahara and forms Anna Rasa as the Prasad Bhag and Purisha and Mutra as the Kitta Bhag. This Anna Rasa is processed by Rasa Dhatvagni and forms the Prasada and Kitta Bhag. Now this Prasad Bhag is divided into Sthula and Sukhsma Prasadansh. SthulaPrasadansh nourishes the respective Dhatu - Rasa. Sukshma Prasadansh nourishes the Upadhatu and forms the next Dhatu by its part resembling to that next Dhatu – Rakta. The same process is going on till shukra dhatu production.^[25]

Shukra Dhatu derives from Prasada Bhaga of Majja Dhatu by the action of Shukra Dhatvagni.^[26]

Mala of Shukra: Shukra is the last and purest Dhatu of our body so only Prasad Bhaga is formed which totally transforms into Shukra Dhatu and no Kitta Bhaga is formed here.^[27]

Dushta Retas Lakshana: Retas or shukra vitiated by vatadi dosha are incapable to produce progeny or produce progeny suffered from disease.^[28]

Shukra as a Determining Factor for Male or Female Baby: Same as Acharya sharngdhar.^[29]

Shukra as Eight Dhatu: Acharya bhav mishra described shukra as eight dhatu in women (stri) and artva as seventh dhatu.^[30]

Function of Shukra in Women: Shukra increase bala, varna and pusti in women.^[31]

Updhatu of Shukra: Acharya Bhavmishra supports the opinion of acharya sharngdhar regarding Upa Dhatu.^[32]

Swarup of Shukra: Shukra is saumya, sweta varna, snigdha and gives bala and pusti. it is also called as garbha beeja. it is the sara of sharira and uttam ashya of jivatma.^[33]

Garbhoutpadak Shukra Lakshana

स्फटिकाभं द्रवं स्निग्धं मधुरं मधुगन्धि च ॥

शुक्रमिच्छन्ति, केचित्तु तैलक्षौद्रनिभं तथा | १२ (B.P.Purva.3/199)

Site of Shukra: Just like fat is present in milk, sugar in the sugar cane, shukra is present in whole body and show its presence at the time of maithun (Intercourse).^[34] At the time of ejaculation the Shukra is coming out through the ducts situated about two-finger breadth on either side and just below the neck of the Basti (Bladder) and finally flows out through the urinary meatus.^[35]

Factor Responsible for Ejaculation of Shukra: Harsha and chitta prasannata are the factors responsible for ejaculation of semen (shukra) at the time of maithun.^[36]

Darshanat, sparshanat, sabda sravanat, dhyananat and sanyogat with the desire of maithun are responsible factor for ejaculation of semen (shukra).

Shukradhara Kala: Acharya bhavmishra also describe the shukradhara kala as seventh kala.

Action of Vajikaran Dravya on Shukra: Vajikarana dravya or drugs acts by their prabhav and guna and acts as shukra rechaka.^[37]

Shukra Vardhak Drugs: Dugdha(milk), masha, bhalatak phal majja, amalaki are shukra vardhak and shukra rechaka in actions.^[38]

DISCUSSION

The above study, result from review of madhav nidana, sharngdhar samhita and bhav prakash indicates that there are sufficient description of shukra dhatu in three minor ayurvedic treatise from production of shukra to action and properties of shukra. There is also the description of stri shukra in bhav parkas and updhatu and mala of shukra in laghu trayi which are missing in brihat trayi. There is description of astha dhatu in bhav prakash.

CONCLUSION

Ahara is the ultimate source for the production of each and every dhatu. Shukra is produced from majja dhatu as per kshir dadhi nyaya. Its saumya and jala mahabhuta pradhan. It is located in entire body and appear at time of maithun. The main function of shukra is reproduction.

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