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## CONCEPT OF SHUKRA DHATU W.S.R TO KRIYASHARIR: REVIEW ARTICLE

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### ABSTRACT:

*Shukra is Dhatu which is considered as best among all seven Dhatu & it is meant principally for reproduction. 'Shukra' is word originated from 'Shucha' Dhatu which means pure or excellent. Tej, Ret, Bijam, Virayam, Indriyam are some of the synonyms of Shukradhatu. Shukradhatu is located in entire body but in context to metabolism, Shukravaha Strotas is main location of Shukradhatu. Principle organ of this Dhatu is penis & testis. Shukradhara kala is important structure in context to location of Shukradhatu occupies in whole body. In metabolism of Shukradhatu nutrients essential for Shukradhatu comes in contact with Shukuradhatwagni which is present in Shukravaha Strotas, it produces Shukradhatu. For the formation of Shukradhatu one month is required. Physiological measures of Shukradhatu is half Anjali. Shukradhatu is cool, liquid in nature, white or like oil, or like honey in colour & it is in form of crystalline. Taste of pure Shukra is sweet & smells is like honey. Individuals having the excellence of Shukradhatu are shown physical & psychological characteristics. Any deviation in Shukradhatu (waning or increment) leads to pathogenesis. Vitiation of Shukradhatu shows Shukradhatu dusti (pathology) in the form of Vriddhi (hyper state) Kshaya (waning). This vitiation may leads to infertility. So it is an important entity in context to reproduction.*

**KEYWORDS:** *Reproduction, Shukradhatu, Shukravaha Strotas,*

## INTRODUCTION

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*Dhatu* is defined as an entity by which sustenance, growth, and nourishment of the body takes places. Physiological activities of the body governed by humours known as *Dosha* through the medium of *Dhatu* & *Mala*. *Dhatu* are stabilizing pillars of the body. *Dhatu* are seven in numbers & they are unanimously accepted by all Ayurved Scholars. *Shukradhatu* is one of them. *Shukra* is the word originated from *Shucha Dhatu* which means white & pure excellent *Dhatu* of all. *Shukra* is the best *Dhatu* among all seven *Dhatu*. Synonyms of *Shukradhatu* are *Tej*, *Ret*, *Bijam*, *Virayam*, *Indriyam* <sup>1</sup>. *Shukradhatu* is present in entire part of the body but in context to biotransformation, excretion *Shukravaha Strotas* plays an important role. Principle organ of *Shukravaha Strotas* is testis & penis <sup>2</sup>. As the ghee is in the milk or sugar in the expressed juice of sugarcane the seat of semen is coextensive with whole organism of the man. *Shukradhatu* is an important entity because it takes part in fertilization & produces the same species. By the union of *Shukra* & *Shonita* new zygote is formed. It is essential factor for the *Garbhavkranti*.

## METABOLISM OF SHUKRADHATU

*Shukradhatu* is produced from excel part of *Aaharrasa*. After the digestion of ingested food it converted into two parts. One is essence part while another is excreted part. Essence part gives rise to all types of *Dhatu* in their own *Strotas* (channels). With the help of *Vyanvayu* this excel part is circulated all over the body. When the nutrients which are essential for the production of *Shukradhatu* which is formed during the metabolism of *Majjadhatu* comes in the contact with *Shukravaha Strotas* *Shukradhatu* is produced with the help of their own *Agni* (*Shukradhatvagni*). Along with *Shukradhatu* *Kesh* (hair) is also formed in the form of *Upadhatu*. *Charaksamhita* had a very different view regarding in the nourishment of *Shukradhatu*. The unctuous substance (essence) to that *Majjan* (bone marrow) thereafter gives rise to *Shukradhatu*. Porosity of bone is caused by *Vayu*, *Akash* etc and through these porous holes, exudation *Shukra* takes place. This happens on the analogue of the exudation of water through the porous walls of new earthen pot <sup>3</sup>. In spite of existence of *Panchmahabhuta Shukra* is *Aapya Mahabhut* predominant *Dhatu*.

## PHYSICAL & CHEMICAL PROPERTIES OF SHUKRADHATU

The *Shukra* which is unctuous, dense, slimy, sweet, nonirritating & white (transparent) like a crystal is to be known as pure or normal <sup>4</sup>.

*Sushruta* added some quality of *Shuddha* (pure) *Shukra*. Smell of pure *Shukra* is like honey. Its colour is like oil or honey & it is liquid in nature <sup>5</sup>. Due to soft, slimy and liquid quality it can transverse across the vagina & unite with ovum. Due to coldness it does not produce any burning sensation when it comes in contact with vaginal epithelium.

### FUNCTION & PHYSIOLOGICAL MEASURE OF SHUKRADHATU

Prime function of the *Shukradhatu* is sustenance & nourishment of the body. This *Dhatu* is meant principally for reproduction <sup>6</sup>. Reproduction is not local function of testes to produce the sperm and penis to get erected at sexual act & ejaculation. It is function of entire body, mind & intention towards the sexual act. Therefore support of this *Dhatu Shukradharakala* is present all over the body. *Shukradhatu* gives rise to valour & courageness, makes a man amorously disposed towards female sex, increase his strength and amativeness, is the sole impregnating principle in male organism and is possessed of the of the virtue of being quickly emitted <sup>7</sup>. Physiological measure of *Shukradhatu* is half *Anjali*.

### CHARACTERSTICS OF SHUKRADHATU OF SARA INDIVIDUALS:

*Vishuddhtara* form *Dhatu* is called as *Saradhatu* (Tissue excellence). It means excellent qualities or superb functional aspect of *Dhatu*. Tissue excellence is quality assessment of that particular *Dhatu* & it is perform to know the strength of person. Individuals having excellence of *Sukradhatu* are characterized by genteelness, gentle look, having eyes as

if filled with milk, cheerfulness, having teeth which are unctuous, round, strong, even, & beautiful, clean & unctuous complexion & voice, dazzling appearance & large buttocks. Such individuals are loved by women, they are strong & endowed with happiness, power, health, wealth, honour & children <sup>8</sup>. A man with glossy, white & close set bones, teeth & nails & who has be gotten a large family of children & shows a marked amative tendency, should be look upon as a man in whom the principle of *Sukra* decidedly preponderates <sup>9</sup>.

### PATHOLOGICAL ASPECT OF SHUKRADHATU

Pathological aspect of *Sukradhatu* includes the *Vridddhi* (hyper) or (*kashya*) hypo state of *Sukradhatu*. It is occurred due to concept of *Samanya* & *Vishesh*. When *Sukradhatu* is increased than the normal volume in body individuals are characterized with an excessive formation of gravels (concretions) in bladder which are known as *Sukrashmari* <sup>10</sup>. Excessive sexual *desireness* symptom added by *Vagbhat*.

The loss or waste of *Sukradhatu* is marked by pain in penis & testis & by incapacity of sexual intercourse. In such cases emission of semen but rarely happens & is them perceptibly deficient in its quantity, the emitted matter consist of small quantity of semen marked with shreds of blood.

### DISSCUSSION

*Shukra* is the *Dhatu* which is best among all seven *Dhatu*. *Etiology* of this word itself explain the importance of this *Dhatu*. This *Dhatu* is pure excellent part of all *Dhatu*. As every

*Dhatu* is located in entire part of the body, *Shukradhatu* is also occupies the whole body. When person gets excited because of sexual erge, determination & amorous mental attitude, the semen comes out from entire body through pores to testical. This ejaculation of semen takes place because of heat that is produced during the physical exercise involved at the time of sexual intercourse. This heat causes melting of semen. This happens on the analogy of the melting of ghee by application of physical heat. From the testical, semen gets ejaculated as water flows from a higher altitude to a place of lower altitude <sup>11</sup>. Every *Dhatu* is produces next *Dhatu* & *Updhatu*. It is one of the criteria to label as *Dhatu*. *Shukra* produces *Garbha* (zygote) from its excel part, therefore it is included under the category of '*Dhatu*'. Reproduction is most important function of *Shukradhatu*. For carried out this function *Shukradhatu* must be in normal / pure form. Pure *Shukradhatu* is dense,

cool, abundant & honey smell entity. It is also in the form of crystalline. Vitiated *Shukradhatu* may be red, yellow or blue in colour. In today's era many people are suffering from sperm problem it includes the low sperm count, decreased motility. Smell of vitiated *Shukradhatu* is also changes. Heavy, unctuous, sweet food promotes the formation of *Shukradhatu*. Milk instantly produces the *Shukradhatu*. Milk, ghee, eggs, black grams, are the *Shukra* promoting food items while *Withania Somneifera*, musk, sufferon are some promoting drug. The individuals having the excellence of *Shukradhatu* enjoy with all qualities described in characteristics of *Shukrasara*. They never face the problem of *Shukradusti* (pathology of *Shukradhatu*). *Shukraasara* (not having excellence of *Shukradhatu*) persons are prone to develop the infertility. These persons should be treated with the *Rasayan Chikitsa* (rejuvenation).

### CONCLUSION

It is an important entity because it directly takes part in reproduction. Deficiency or vitiating of *Shukradhatu* directly affect on the reproduction hence vitiating of *Shukradhatu* should be avoided. In the society most of person with low sperm count are observed as discouragive because in such patients function of *Shukradhatu* is not properly carried out. The measure of *Shukradhatu* is half Anjali so it should be maintained with proper diet. According to *Susrut Shukradhatu* takes one month for the generation but the food like milk, ghee & drug like *Withania Somnifera* are instant produces the

*Shukradhatu* hence these substances are known as Aphrodisiac substances. Pure *Shukra* is soft, slimy & liquid in nature. Smell of this *Dhatu* is like honey. It is also non-irritant. The Individuals having excellence of *Sukradhatu* are popular in women & they have good physical & sexual strength. These persons are endowed with happiness, health, wealth, honour & progeny. It is pure *Dhatu* hence it does not have ant waste product however according to *Ashtang Hrudaya Ojas* is *Mala* of *Shukradhatu*. So it is important entity for the sustenance, nourishment & especially for reproduction.

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