



CONCEPTUAL STUDY OF SHUKRADHATU

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ABSTRACT -

Shukra Dhatu is one of the seven *Dhatu*s in the body and *Shukra* is white, pure, excellent *Dhatu*, which is considered as best among all seven *Dhatu*s. According to many *Acharyas* of *Ayurveda*, *Gharbhoptadan* (reproduction) is chief function of *Shukra Dhatu* and important fact is *Shukra Dhatu* also shows its effect all over body in the form of *Shukra dhatu Sarata* because *Shukra dhatu* is located in entire body. Refined *Majja Dhatu* was processed further by *Shukra Agni* to form *Shukra Dhatu*. This, it is the most elegant and evolved product of all *Dhatu*s. *Shukra* is the substance that controls all entire body systems, including metabolic activities, and is released during sexual activity. There is a clear description of *Shukra Vaha Srotas* and *Arthva Vaha Srotas*, The *Mul* of *Shukra Vaha Srotas* are *Vrishana* and *Medra*. The *Vrishana* is two in number and is considered source of seeds, in reference of *Dhamani* it has been clearly stated that there are two types of *Dhamani* one type is related to origin of *Shukra* and second one is related to *Visarga*. The physical nature of *Shukra* and *Shonita* are quite different, one is *dhatu* while other is *Up Dhatu*. It is notable that *Shukra* is considered as *Dhatu* which should be maintained by both male and female. There is no any clear concept about *Shukra dhatu* exist in male and female both, *Shonita* is different content which is known as *Agneya* while *Shukra* is *Soumya*. So, the concept of *Shukra* become controversial.

Key Words - *Shukra dhatu* , *Srotas* , *Ayurveda* , *Sharir* , *Utpatti* .

INTRODUCTION :

Ayurveda described seven *Dhatu*s in human body namely; *Rasa*, *Rakta*, *Mamasa*, *Meda*, *Asthi*, *Majja* and *Shukra*. These *Dhatu*s not only forms structural components of body but also performs many functions including nourishment of body, circulation of biomaterials, holding up the organs, reproduction and maintenance of body frame, etc. Functioning of *Srotas* is important for formation and development of *Dhatu*s. *Ayurveda* described concept of *Dhatu Pushti Nyaya* as theories of tissue formation and development, these theories are *Khale Kapota Nyaya*, *Kedar Kulya Nyaya*, *Ek Kala Dhatu Pushti Nyaya* and *ksheer dadhi Nyaya*. *Dhatva Agni* play vital role in the nourishment process from *Rasa* to *Shukra Dhatu*, in this way it divides into three fractions; *Sukshma*, *Sthula* and *Mala Bhaga*¹ When *Vata* makes *Asthi dhatu* porous *Meda* fills this porosity by means of unctuousness. This finally is *Shukra Dhatu* takes its origins from unctuous portion *Majja Dhatu*. *Asthi* gets porosity due to actions of *Vayu* and *Akash*. Unctuous portion of *Majja* exudes out of *Asthi* and is now called *Shukra*². As every *Dhatu* is located in the entire part of the body, *Shukra Dhatu* also occupies the whole body. As fragrance is not manifested in a flower bud, but the same is found after it blossoms, similarly about the *Shukra*. Means, in childhood *Shukra* is present in body in *Avyakta Roopa*, out as young stage is achieved, functions of *Shukra* appears in the body³. According to *Charak acharya* *Shukra* is pervaded all over the sentient body such as juice in sugarcane, ghee in curd and oil in sesame seed⁴. *Acharya Charaka* stated that *Shukra* is composed of all *Bhuta* except *Akash Maha Bhuta* i.e., *Vayu*, *Jala*, *Agni*, and *Prithvi*. However, *Acharya Chakrapani* emphasizes that while *Akash Maha Bhuta* is present in *Shukra*, it is not present in *Shukra* due to its ubiquitous nature during ejaculation, supporting *Acharya Charak*⁵. According to *Acharya Sushrut*, *Shukra* contains all *Maha Bhut*, but it is principally *Soumya*.

AIM AND OBJECTIVES -

AIM – Study the concept of *Shukra Dhatu* in detail .

OBJECTIVE –

1. Collection of all the information related to *Shukra Dhatu* from all *Samhita Granta* for study purpose
2. To study the concept of *Shukra Dhatu* in detail and to compare, evaluate data available on *Shukra Dhatu*.
3. To understand the presence of *Shukra Dhatu* in both the sexes without any sexual discrimination.

MATERIAL AND METHODS :**Material –**

1. Classical textbooks
2. Modern textbook
3. Articles from Internet , journals .
4. Related source of data from Internet .

REVIEW OF LITERATURE :

Origin of *Shukra Dhatu* – According to *Charak* – from *Pitruj Bhav*⁶

Rasa of *Shukra Dhatu* – *Charak* – *shadrasa*⁷

Dosha predominance of *Shukra Dhatu* – *Vagbhat* - *Shukra Ashray Sthan* of *Kapha dosha*⁸

Location of *Shukra Dhatu* - All over body , *Shukra Vaha Strotas* - testes ,penis, breasts and bone marrow⁹

Function of *Shukra Dhatu* –

1. Reproduction
2. *Dhairya* (courage)
3. *Chayvanam* (ejaculation)
4. *Priti* (affection)
5. *Dehabal* (body strength)
6. *Harsh* (exhilaration)
7. *Beejarth* (procreation).¹⁰

Shuddha *Shukra* and semen -

Sphatikabha (crystalline), *Ghrita- Ksaudra-Taila- Nibha* (colour that of ghee, honey, oil) *Madhugandhi* (smelling like honey) *Drava* (liquid), *Picchila Bahu* (abundant), *Bahala* (thick) *Avisra* (no bad smell), *Shukla* (white) *Kapha Varga Madhura* (sweet), *Snigdha* (unctuous).¹¹

Existence of *Shukra* in different age –

Bal- *Avyakta Roopa*

Yuva - Functions of *Shukra* appears in the body

Old- Testosterone also progressively decreasing after 70-80 years of age¹²

***Asta Shukra Dosha* –**

Fenilam (frothy), *Tanu* (slender), *Ruksham* (arid), *Vivarnam* (discoloured), *Puti* (putrid), *Pichhilam* (slimy), afflicted with other *Dhatu* & precipitant are the eight (*Shukra disorders*)¹³

***Shukra Dhatu* and Spermatogenesis :**

Shukra Dhatu derives from the *Prasad Bhag* of *Majja Dhatu* by the action of *Shukra Dhatvagni*. *Shukra* seeps out like water from a fresh clay pot, spreading all throughout the body, owing to *Akash* and *Vayu* creating pores in *Asthi Dhatu*. Similarly, during embryo development, germ cells migrate to the testis and become spermatogonia, which remains present on the inner surface of the testis, which further undergoes mitosis during puberty and differentiates into sperm.¹⁴

Mental health and *Shukra* :

Shukra is also affected by mind which will also affect its byproduct *Ojas*. A mental disturbance can destroy , *Ojas*. *Majja* is the analysis on *Sushrut Mastishka* or *Mastulunga* by Acharya *Dalhana*.^[10] The brain and pituitary gland can be taken as functional representatives of *Majja* as *Shukra* is produced from *Majja Dhatu*, so any disturbance at the site of *Majja Dhatu* will disturb its metamorphosis into *Shukra* and further will affect its byproduct *Ojas*. Thus, a balanced mind is required for the proper formation of *Shukra*.¹⁵

RELATION OF SHUKRA DHATU WITH HORMONE :

feature of *Sarva dehika Shukra* which are described by Ayurvedic *Granth* and features of male and female sex Hormones which are described in Modern science, these two are almost same. Because *Shukra Vaha Srotas Mul Sthan Majja*. *Majja* means brain .hypothalamus situated in brain which control Pituitary gland hypothalamus secrete GnRH and hypothalamus -hypo physical portal . GnRH secrete

FSH and LH into the blood stream. These hormones then circulates all over the body and stimulate ovaries and testicle to secrete their own Hormones. Oozing out of *Shukra* may just indicates the entry of Hormones from the general circulation ¹⁶

DISCUSSION :

Stree Shukra and *Shukra* both are very different because *Shukra* is responsible for fertilization but *Stree Shukra* is useless for it as quoted by *Acharya Vagbhata* in *Astang Sangraha* . *Sushrut Acharya* describes *Moola Sthana* of *Shukra Vaha Srotas* as *Stanya* and *Vrishana*. Here term *Stanya* can be considered as Ejaculatory duct having ejection function. same as that of breast . *Stree Shukra*: *Shukra* excreted during coitus is nothing but the secretion of Bartholin's, cervical and endometrial glands emergence at the end of orgasm. *Acharya Sushruta* has described the possibility of formation of foetus without bones after sexual act of two female; does not have any scientific support. *SHUKRADHATU* – Childhood *Shukra* present *Avyakta Rup* in young stage *Shukra* appear in body .the seventh kala is *Shukra Dhara kala* *Shukra Dhatu* is present in every cell of the body. Every cell has capacity to divide itself, thus we can interpret the *Garbhotpadana* function of *Shukra Dhatu*. function of *Shukra Dhatu* can be described as follows: (1) *Sarvadaihika*, i.e., Systemic Function; (2) *Maithunagata*, i.e., related with sexual act; (3) *Rupa Dravyagata*, i.e., functions related to seminal fluid.

CONCLUSION –

1. The *Shukra* consider as and SEVENTH dhatu of human being. It has been not differentiated about male and female.
2. According to *Sapta dhatu*, dhatu *Rupa Shukra* exist in both male and female.
3. *Shukra dhatu* exist in all over body in both male and female In Different features because example as honey in a flower.
4. *Shukra dhatu* as contents of embryo is related with *Vrishana* and *Medra* in male .there is two form of *Shukra dhatu* first which sustain the body and one is which take part in reproduction.

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