

Differential Diagnostic Methods of *Klaibya* & *Nanpusaka* (Male Sexual Dysfunctions) Ayurvedic View

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Abstracts: *Klaibya* is the most common disease of *Shukravahasrotas*. Person who is unable to do proper sexual intercourse that means inability in aman to achieve an erection or orgasm. It can be physical or psychological in origin, and can have a profound effect on quality of life. It is commonly known as “Male Sexual Dysfunctions”. MSD includes all sorts of disturbances of coital performance and sexual congress in male. It is a medical and social problem has acquired global dimensions and its prevalence is supposed to be gradually increasing by every decade. Number of MSD cases across the world is expected to reach 322 million in the year 2025. *Nanpusaka*- refer to various sexual disorders like disorders of psychology and sexual behavior, congenital and anatomically disorders of genital organ it may be lead as male infertility. *Klaibya*, it doesn't refer to only impotency (Erectile dysfunction) but has a broad consideration under Male Sexual Dysfunction. Basic etio-pathology behind this includes psychological, neurological, vascular insufficiency, drug side effects and diseases. This review article attempts to explain etio-pathology & diagnostic approach of *Klaibya* mentioned in Ayurvedic literature. This review article calls upon initiating research in this area so that the claims of ancient Ayurvedic science could be substantiated and may be utilized by modern science. I hope, this helps us to explore the various types of Male Sexual Dysfunctions under the light of *Klaibya* and *Nanpusaka* according to Ayurveda.

Keywords: *Klaibya*, *Nanpusaka* MSD, Etio-pathology & Diagnostic

1. Introduction

Dharma, *Artha*, *Kama* and *Moksha* are among the four *Purushartha* of life mentioned in *Ayurveda* [1]. The achievement of each of these is the basic need of every individual. The two aspects of *Kama* are reproduction and enjoyment. An apparent disparity between the subjective sense of pleasure and objective performance is always present. Sexuality has enthralled the people in all walks of life from ancient times to present. The performance of sexual act depends upon physical and psychological excitement which is proportional to the strength of the body and mind [2]. Healthy sexual functioning plays essential role in maintaining the harmony and happiness in marital life. It provides a media to express love, which is the base for all sort of creative activities. The absence of which hampers the marital relationship leaving to frustration sometime ends into divorce and causes inadequacy in performing the routine duties. The male sexual dysfunction includes all sorts of disturbances of coital performance and sexual congress in male.

The modern lifestyle consisting of faulty food habits like fast food, canned food and preserved food, highly irregular meal timings, psychological factors like fear, nervousness, worry, stress, tension ect. are lead to disturb physical and mental health status. This type of life style creates stress in the life of the persons. Lack efforts of physical exercises is also produce unfavorably affect on the body. If these conditions together with disturbed sleep and bad habits like cigarette smoking, tobacco chewing, consuming of alcohol ect. are identified risk factors for sex related disorders. It includes disorders like sexual desire disorders, sexual arousal disorders or erectile disorders, orgasm disorders and various

sexual dysfunctions are becoming very common among people now-a-days.

The common cause which prevents man from enjoying the act of sexual interplay with his female partner is referred to as “*Klaibya*”. A male suffering from *Klaibya* is unable to maintain the sufficient rigid erection during intercourse. *Klaibya* can be temporary or permanent and it can be total or partial too. Generally *Klaibya* considered as a disorder of old age but it can also affect men at any age of puberty. In such cases *Ayurveda* is very beneficial because *Ayurveda* has an effective treatment to solve the various sexual and infertility problems of mankind.

Literally the word *Klaibya* means to be impotent, to behave like a eunuch, impotence, unmanliness, weakness, timidity, cowardice [3]. Impotence means lack of power (specifically lack of copulative power in the male).

Definition of *Klaibya*:

“When a person is unable to cohabit with a submissive, beloved partner due to looseness of his penis, although there is constant firm desire to do so, or if sometimes attempts to do sexual act, he feels breathlessness, fainting with profuse perspiration and all attempted ends into failure without ejaculations due to flaccidity of penis, is considered as *Klaibya* [4].

Nidana of *Klaibya*(Basic aetiology) [5] :

Ativyavaya: (Excessive sexual activity or excessive loss of semen) *Ativyayama* (Excessive physical work (exercise) *Akale Cha Aavyapa Yoni* (Sexual intercourse in improper time and improper genital tract.) *Tikta Kshaya*, *Atilavna*, *Ushna* and *Amla*(Over consumption of Spicy bitter, astringent, salty and hot Excessive consumption

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of unsuitable things), *Methunaharsa*(Sex without desire) *Narinama rasajanamagammajjata* (No previous experience of sex and sexual intercourse with old women) *Chinta* ,*shoka*,*bhaya* and *kroda* (Worry, grief, anxiety, anger.), *Vyapada* caused by *Shastra* ,*kshara* and *agni karma* ,*Vega avaroda* (Suppression of natural urges), *Dhatu sampradushanat* (Vitiation of various tissues.) and *Krashita* (Malnourishment).

Classification of *Klaibya*:

There are two major division of *Klaibya* described in *Charaka* and *Sushruta Samhita* i.e. *Sahaja* and *Uttarkalaja*.

Sahaja Klaibya[6]:

There are lots of congenital disorders described in Ayurvedic classics. *Acharya Charaka* has described that when specific *Beej* or *Beej bhag* of any organ or part gets contaminated, it produces deformity in that organ or part.

Uttarkalaja Klaibya:

There are different subtypes of *Uttarkalaja* (acquired) *Klaibya* are described in *Ayurveda*. These sub- types of *Klaibya* are explained in the classical texts based on their etio-pathogenesis.

Charaka has explained four types of *Klaibya* in detail along with their management and further two more types are mentioned as incurable while explaining the prognosis, while *Sushruta* explained six types of *Klaibya* and *Bhavprakash* have described seven types of *Klaibya*. They are as follows:-

Table Showing Classification of *Klaibya* [7]

	<i>Charaka</i>	<i>Sushruta</i>	<i>Bhavprakash</i>
1	<i>Bijopaghataja</i>	<i>Manasa</i>	<i>Manasa</i>
2	<i>Dhvjabhangaa</i>	<i>Aharaja</i>	<i>Pittaja</i>
3	<i>Shukrakhsayaja</i>	<i>Shukrakshaya</i>	<i>Shukrakshaya</i>
4	<i>Jarasambhavaa</i>	<i>Pumsatva Upaghataja</i>	<i>Medhra Rogaja</i>
5		<i>Sahaja</i>	<i>Virya Vahini Sira Chedja</i>
6		<i>Khara Shukranimita</i>	<i>Shukrastambha nimittaja</i>
7			<i>Sahaja</i>

The symptoms of *Klaibya* can be classified into two types (A) *Samanya laksana* (Common symptoms of all *Klaibya*) and (B) *Vishesa laksana* (Specific Symptoms of each type of *Klaibya*).

(A) *Samanya Laksana* (Common symptoms of all *Klaibya*) [8]

The *Samanya Laksana* of *Klaibya* which are found in all type of *Klaibya* are *Linga Saitihilya* (Flaccidity of the penis even after psychic or physical stimulation), *Mlana Sishnata* (Lack of rigidity), *Nirbija Or Nirvirya* (Absence of sperms or Lack of ejaculation), *Mogha Samkalpa Chesta* (unsuccessful sexual activity), *Dhvajanucchraya* (Lack of erection), *Suratasaktata*: Incapability to perform sexual activity, *Svasatrha* (Breathlessness), *Svinn Gatrata* (Profuse sweating) ,Absence of froth formation in the urine and Sinking of faeces in water .

(B) *Vishistha Rupa* (specific symptoms)

The specific symptoms of *Klaibya* according to their cause and types are described as below.

- Bijopaghataja*** [9]:- Due to abnormalities in *Bija* the person suffers from *Durbalta* (sexually), *Panduvarna*, *Alpaprana* (low vitality), *Alpaharsha* (lack of excitement or attraction for partner), *Pandu*, *Hridroga*, *Tamak Svasa*, *Kamla*, *Srama*, *Chardi*, and *Jvara*.
- Dhvjabhangaja*** [10]:- Based on the dominance of *Dosha* five subtypes of *Dhavaja Bhanga* have been assessed. The symptoms of each subtype are as follows
 - Vataja Dhvajabhang*** :*Medhra Vedana* (pain in the penis), *Svayathu* (Swelling of the penis), *Raga* (Redness of the penis).
 - Pittaja Dhvajabhang*** : *Tivra Sphota* (rashes on penis), *Linga paka* (Acute inflammation).
 - Kaphaja Dhvajabhang***: *Mamsa Vriddhi* (Abnormal growth), *Vrana* (Ulcer formation), *Pulakodaka* (Rice water like discharge), *Syavarunasrava* (Blackish and Reddish coloured discharge), *Kathina Valaya* (circular hard constriction formed just above the glans penis).
 - Raktaja Dhvajabhang***: *Jvara* (fever), *Trishna* (thirst), *Bhrama* (giddiness), *Chardi* (Vomiting), *Raktakrisnasrava* (Reddish - blackish discharge), *Nilavilalohitama* (Blue, turbid or sanguineous discharge).
 - Sannipataja Dhvajabhang***: *Savedana - Basti*, *Vrishana*, *Sivani*, *Vankshana* (intensive pain in pelvic region particularly hypogastric area, testicles, perineum and groins), *Agnidagdha Tivra Daha* (Intensive burning sensation like burns), *Picchila Pandu Srava* (slimy - pale discharge), *Manda Svayathu* (delayed mild swelling), *Stimita - Alpasrava* (Feeling of wetness with scanty discharge), *Chirata Paka* (delayed suppuration), *Shighra Pramuchyate* (quick recovery), *Krimi* (appearance of maggots), *Kleda Putigandha* (Moist, foul smell), *Mani - Mushka - Medhra - Visirna* (Necrosis of glans penis, testicles and scrotum and penis).
- Kshayaja*** [11]:- *Dourbalya* (general debility), *Mukhasosha* (dryness in mouth), *Pandu* (Anaemia), *Sadana* (Lethargy), *Shrama* (exhaustion), *Shukravisarga*, *Vrisana Medhratoda* (pain in genital organ), *Dhumayana* (feeling of smoke coming out of penis), *Shukra Shonita* (semen mixed with blood).
- Jarasambhava*** [12]:- *Bala*, *Virya*, *Indriya Kshaya* (gradual loss of strength,energy, and impairment of sensory motor function), *Srama* (mental and physical exhaustion), *Kshina Dhatu* (decaying of *Dhatu*), *Daurbalya*, *Vivarna* (devoid of normal complexion), *Dina* (poor expression).

Nanpusaka: The term of *Nanpusaka* in *Ayurveda* is refers various types of Male Sexual Dysfunctions including Male infertility.

Acharya Sushruta have classified five type of *Nanpusaka* [13]

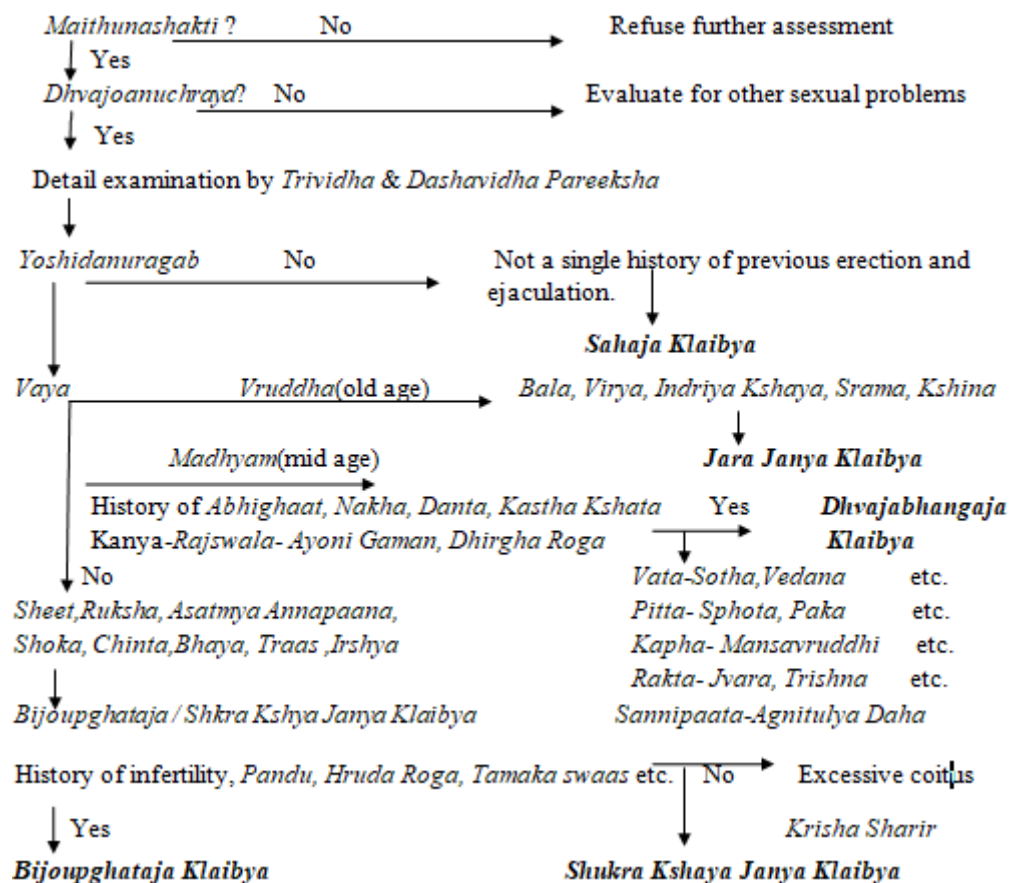
- 1) **Aaseek-** When, a person who is born very less amount (quantity) of seed from his father. He obtains erection of his penis surely, only after licking the semen.
- 2) **Saugandhika:** He who is born from the woman having vagina with offensive smell. Gets erection of his penis after inhaling the smell of either the vagina or penis.
- 3) **Kumbhika:** He who after himself getting coitus through his rectum by another person first and then becomes capable of copulation with the woman is known as *Kumbhika*.
- 4) **Irsyaka:** He who becomes capable of copulation after witnessing the copulation of other.
- 5) **Sandhaka :** He who copulates with the woman out of fertile period overcome by sexual desire and him behaves like a woman in copulation.

Acharya Charaka has mentioned eight types of *Napumsaka* [14] viz. *Dvireta*, *Pawanendriya*, *Samskaravahi*, *Narashanda*, *Narishanda*, *Vakri*, *Irshyabhirati*, *Vatika Shanda*.

- 1) **Dwiveta:-**When the portion of the sperm and ovum of parents which is responsible for the creation of the genital cells of the foetus is vitiated and this sperm and ovum undergo as equal division, then the offspring becomes a hermaphrodite. Such an offspring will have the characteristic features of both the sex.
- 2) **Pawanendriya:-**In the *Pawanendriya* the testicles of the

- individual are without any sperm. During the time of coitus only air is ejaculated in the place of semen.
- 3) **Samskaravahi:-**In the case of *Samskaravahi*, the channels for the ejaculation of semen are obstructed by *Vata*..
- 4) **NaraShandha:-**The congenital lack of strength and passion results in the impairment and insufficiency of sperm which in turn gives rise to male infertility.
- 5) **NariShandha:-**This condition is produced in female offspring when the germs (ovum) of the mother is weak or meager and the sexual urge of the mother is either weak or absent.
- 6) **Vakri:-**When a weak sperms male partner creates abnormal posture during coitus without desire of female partner does not have desire abnormal posture during coitus. In this condition the person has penile curvature associated with lack of rigidity (*Indu*).
- 7) **Irshyabhirati:-**This condition is produced in the offspring when the parents have reduced passion along with jealousy during sexual intercourse. The person gets stimulus for the sexual intercourse after watching another sexual act. The same condition is mentioned by *Sushruta* as *Irsyaka*. It refers to be scotophilia .
- 8) **Vatik Shandha:-** Being affected with *vayu* and *agni*, if the testicles get destroyed. It refers to the condition of castrated testis.

Differential Diagnostic Procedures employed in *Klaibya*:



2. Discussion

Klaibya or male sexual dysfunction, denoting the inability of a man to achieve a satisfactory sexual relationship, may involve inadequacy of erection or problems with emission,

ejaculation; retarded ejaculation and retrograde ejaculation. These a wide range of disorders pertaining to the male sexual response ultimately converts into male sterility also. In *Ayurveda* explains these disorders under the heading of *Klaibya*. The capacity of sexual intercourse is vary from

man to man and also in the same individual at different times and phases of life. A person looking strong in physical augmentation may be weak in sexual performance and one who looks weak by physical may be sexually strong, potent and possess many offspring. According to modern, the erectile impotence is defined when a person has a problem to achieve and maintain a firm erection, consistently over a 6 month period and in more than 50% of his coitus attempts.

Improper sleeps, lack of sleep also cause of general deterioration in sexual performance and potency. *Acharya Charaka* says that virility of a man depends much or proper sleep & lack of proper sleep will lead to impotence [15]. *Ayurveda* explains clearly the role of mind in the sexual response of man. So we can say that *Ayurveda* considers the mental factors as one of the prime etiologies of *Klaibya* [16].

Nanpusaka: The term of *Nanpusaka* in *Ayurveda* is refers to various types of Male Sexual Dysfunctions including Male infertility. *Acharya Sushruta* has classified five types and *Acharya Charaka* has mentioned eight types. *Acharya Sushruta* has given the concluding remarks that *Asekyā, Saugandhika, Kumbhika* and *Irsyaka* are have *Shukra* but they require some stimulation or medication to erection for good coitus. These four types of *Nanpusaka* can be classified as the disorders of sexual behavior. While the *Shandha* is completely devoid of *Shukra*, so *Shandha* represent congenital and incurable male infertility [17].

Acharya Charaka has mentioned eight types of *Nanpusaka* viz. *Dvireta, Pavanendriya, Samskaravahi, Narashanda, Narishanda, Vakri, Irshyabhirati, Vatika Shanda*. *Dvireta, Pavanendriya and Vatika Shanda* can include disorders of sexual development. *Samskaravahi* it is a disorder of *shukra* that required medicine. *Narashanda, Narishanda, Vakri* are congenital and incurable male sterility and *Irshyabhirati* same as *Irsyaka* is the disorders of sexual behavior.

Ayurveda texts explain about *Jarasambhavaja Klaibya* which can be established by a recent study. The incidence of sexual dysfunctions increases with age about 5% of 40 year old men and between 15% and 25% of 60 year old men experience sexual dysfunctions [18]. Mishra Amit Kumar et al concluded in his review that if we see the etiology behind the *Klaibya* or erectile dysfunction, we find that the causes of *Klaibya* are of various kinds viz. psychological, organic, metabolic etc. Based on the causes the different investigative / diagnostic techniques are developed; although their clinical use may be limited on certain instances; but it helps a lot to know the inherent cause of the disease and to plan the appropriate management accordingly [19]. Bagde a. B et al concluded in his review that that roots causes of *Klaibya* is the hectic and stressful life schedule of present times. Appetite, mental tension, worry; excessive exercise and fatigue affect the sexual performance and desire (libido) [20].

3. Conclusion

From this review article it can be concluded that root causes of *Sahaj Klaibya* is hereditary and *Uttarkalaja Klaibya* are *apatya ahara-vihar* and stressful life in present times. Male sexual dysfunctions are discussed under the heading of

Klaibya. Bijophagataja Klaibya is due to abnormality in the sperms. *Dhvajabhangaja Klaibya* is due to inflammatory disease of the copulatory organ. *Sukrakshayaja Klaibya* is due to reduction of semen. *Jaraja Klaibya* is due to decreased levels of serum testosterone in elderly age. *Asekyā, Saugandhika, Kumbhika* and *Irsyaka Nanpusaka* can treated with the help of behavior and psycho therapy

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