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, Eto-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]:
Ativyayaya: (Excessive sexual activity or excessive loss of semen) Ativyayama (Excessive physical work (exercise) Akale Cha Avyapa Yoni ( Sexual intercourse in improper time and improper genital tract.) Tikta Kshaya,Ativyavaha,Ushna and Ama/ta. Over consumption of Spicy bitter, astringent, salty and hot Excessive consumption

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of unsuitable things), Methunaharsa(Sex without desire) Narinama rasajanamagamajitai (No previous experience of sex and sexual intercourse with old women) Chinta shoka,bhayha and kroda (Worry, grief, anxiety, anger.), Vyapada caused by Shastraka shara and agni karma .Vega avarodha (Suppression of natural urges), Dhautu 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 Bhavprakasha have described seven types of Klaibya. They are as follows:-

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<tr>
<th>Charaka</th>
<th>Sushruta</th>
<th>Bhavprakasha</th>
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<tr>
<td>Bijopaghataja</td>
<td>Manasa</td>
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<td>Dhvajabhanga</td>
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<td>Jarasambhavas</td>
<td>Pumsatava</td>
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<td>Sahaja</td>
<td>Virya Vahini Sira Chedja</td>
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<td>Khara Shukrakshita</td>
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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 Sathyiha (Flaccidity of the penis even after psychic or physical stimulation), Mhana Sishnata (Lack of rigidity), Nirbija Or Nirviryaa (Absence of erections or Lack of ejaculation), Mogha Samkalpa Chesta (unsuccessful sexual activity), Dhvajamuccraya (Lack of erection), Suratsakata: Incapability to perform sexual activity, Svasattha (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.

1) Bijopaghataja [9]:- Due to abnormalities in Bija the person suffers from Durba (sexually), Pandavarna, Alpaprana (low vitality), Alpaharshaa (lack of excitement or attraction for partner), Pandu, Hridroga, Tamak Svasa, Kamla, Srama, Chardi, and Jvraa.

2) Dhvajabhanga [10]:- Based on the dominance of Doshaa five subtypes of Dhavaajha Bhanga have been assessed. The symptoms of each subtype are as follows:

   a) Vataaja Dhvajabhanga Madhira Vedana (pain in the penis), Svayathu (Swelling of the penis), Raaga (Redness of the penis).

   b) Pittaja Dhvajabhanga : Tivra Sphota (rashes on penis), Linga paka (Acute inflammation).

   c) Kaphaja Dhvajabhanga: Mamsa Vriddhi (Abnormal growth), Vrana (Ulcera formation), Pulakodaka (Rice water like discharge), Syavarunasrava (Blackish and Reddish coloured discharge), Kathina Valay (circular hard constriction formed just above the glans penis).

   d) Raktaaja Dhvajabhanga: Jvraa (fever), Trishna (thirst), Bhrama (giddiness), Chardi (Vomiting), Raktkirasasrava (Reddish - blackish discharge), Nilavalohitama (Blue, turbid or sanguineous discharge).

   e) Sannipataja Dhvajabhanga: Savedana - Basti, Vrishana, Sivani, Vankshana (intense pain in pelvic region particularly hypogastric area, testicles, perineum and groins), Agnidaagadhita 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).

3) Kshayaja [11]:- Dourbalya (general debility), Muhkasosha (dryness in mouth), Pandu (Anaemia), Sadana (Lethargy), Shrama (exhaustion), Shukravisarga, Vrisana Medhirota (pain in genital organ), Dhunayana (feeling of smoke coming out of penis), Shukra Shonita (semen mixed with blood).

4) 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 vaginal 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 viz. Dvireta, Pavanendriya, Samskaravahi, Narashanda, Narishanda, Vakri, Irshyabhirati, Vatika Shanda.

1) **Dvireta**: 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) **Pavanendriya**: In the Pavanendriya 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 jealously 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 scopophilia.

8) **Vatika 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 Klabiya:**

**Mathunashakti?**

- **No**
  - Refuse further assessment
- **Yes**
  - Evaluate for other sexual problems

**Dhvaanjamchirga?**

- **No**
  - Not a single history of previous erection and ejaculation.
- **Yes**
  - Evaluate for other sexual problems

**Yoshidarmragab**

- **No**
  - Evaluate for other sexual problems
- **Yes**
  - Evaluate for other sexual problems

**Vaya**

- **Pruddha (old age)**
  - Evaluate for other sexual problems
- **Medhyam (mid age)**
  - Evaluate for other sexual problems

**Vyanam**

- **History of Abhigheea, Nakha, Danta, Kastha Kshata**
  - Evaluate for other sexual problems
- **Kanya-Rajswala- Ayon Gaman, Dhirgha Roga**
  - Evaluate for other sexual problems

**History of infertility, Pandu, Hiruda Roga, Tanaka swaas etc.**

- **No**
  - Evaluate for other sexual problems
- **Yes**
  - Excessive coitus

**Bijoupghataja/Shakra Kshaya Janya Klabiya**

- **Yes**
  - Evaluate for other sexual problems
- **No**
  - Evaluate for other sexual problems

**Saha Janya Klabiya**

- **Yes**
  - Dhvajabhangaja Klabiya
- **No**
  - Evaluate for other sexual problems

**Jasa Janya Klabiya**

- **Yes**
  - Dhvajabhangaja Klabiya
- **No**
  - Evaluate for other sexual problems

**Vata-Sotha, Vata, Pitta-Sphota, Paka etc.**

**Kapha- Mantsavridhi etc.**

**Rakta- Jvara, Trishna etc.**

**Sanniapata-Agriulya Daha**

**2. Discussion**

**Klabiya** 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 Klabiya. 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 on 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 Aseyka, Saugandhika, Kumbhika and Irysaka 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 uncurable male infertility [17].

Acharya Charaka has mentioned eight types of Napumsaka 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 uncurable male sterility and Irshyabhirati same as Irysaka 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 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. Bipohagataja Klaibya is due to abnormality in the sperms. Dhvajabhanga 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. Aseyka, Saugandhika, Kumbhika and Irysaka Nanpusaka can treat with the help of behavior and psycho therapy

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