

**A CRITICAL UNDERSTANDING OF LOKA PURUSHA SAMYA VADA
IN MAINTAINING THE INTEGRITY OF SUKRAVAHA SROTAS****Rajan Amritha***

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ABSTRACT

Vajikarana tantra, the science which deals with the male reproductive system has a very crucial place in the present life scenario. In the fast life of present day, most of the people adopt to junk foods which lack many essential elements required for the nourishment of the body. Infertility is a burning problem at present. Male sexual problems have a major role in causing infertility with a prevalence rate of 1 in 44 men suffering from infertility. Our Acharyas since time immemorial have described the importance of specific diets for men to achieve

good progeny. Ayurveda believes in the principle of loka – purusha samyatha which tells that whatever is present in the universe is found in the human body also. This concept throws light on the importance of certain dravyas like maasha, kapikachu which have a major role in enhancing the sexual potency of men. The details of the same will be discussed in the presentation.

KEYWORDS: vajikarana, loka – purusha samya vada, male sexual potency.

INTRODUCTION

Fertility has been the main stay of civilization since time immemorial. Even today, the idea of procreation is the basic desire of mankind. In the present life scenario, infertility has become a global problem related with reproductive health. Infertility is accompanied with substantial stress and disappointment to the couple.

The spectrum of infertility ranges from reduced conception rates or the need for medical intervention to irreversible causes of infertility. Although the stigma is attached mainly to the female partner, male partner is also responsible in causing infertility. Studies reveal that 1 in 136 males suffer from infertility.

CONCEPT OF LOKA PURUSHA SAMYA VADA

Man is a tiny replica of the universe.

- यत् पिण्डे तत् ब्रह्माण्डे यत् ब्रह्माण्डे तत् पिण्डे

According to Acharya Charaka,

- पुरुषो अयं लोकसंमितः

यावन्तो हि लोके भावविशेषास्तावन्तःपुरुषे, यावन्तः पुरुषे तावन्ते लोके;

Loka purusha samya vada is one of the basic principles of Ayurveda. As per this theory, all that exist in the universe also exist in an individual in minute dimensions. Therefore, Acharya Charaka states that all the panchabhautika constituents of our food provide nutrition to panchabhautika constituents of our body by their properties. Deficiency of any of these constituents of food causes diseases concerned with those components and it should be treated by consuming the foods and medicines having that component. Even on the basis of loka purusha samya vada we can understand that similar padartha always helps in maintaining the integrity of the corresponding avayava.

EXAMPLES OF DIFFERENT ASPECTS OF LOKA AND AVAYAVA

1. MAASHA AND KAPIKACCHU

Large number of recipes and formulations have classically been incorporated in the context of vajikarana compounds by Charaka and Susruta followed by other therapeutic texts. They appreciate and recommend the use of maasha and kapikacchu as effective aphrodisiac drugs in various forms and modes of administration including unique type of aphrodisiac therapy explained in Charaka Samhita Chikitsa Sthana, Maashaparnabhriteeya Adhyaya.

Formulations

- Maasha yusha consumed with shashtikodana, more quantity of ghrita and ksheera as anupana helps in maintaining the sexual potency for the whole night.

- Kapikacchu and kokilaksha choorna added with sharkara consumed along with dhaaroshna paya is an effective medicine in sukra kshaya.

Researches done

1. A proton NMR study of the effect of *Mucuna pruriens* on seminal plasma metabolites of infertile males.

M. pruriens seed powder not only reactivates the enzymatic activity of metabolic pathways and energy metabolism but also rejuvenates the harmonic balance of male reproductive hormones in infertile men.

2. *Mucuna pruriens* improves male fertility by its action on the hypothalamus-pituitary-gonadal axis.

M. pruriens significantly improved Testosterone, Leutinising Hormone, Dopamine, Adrenaline, and Noradrenaline levels in infertile men and reduce levels of FSH and PRL. Sperm count and motility were significantly recovered in infertile men after treatment.

2. KADALI

In kaiyadeva nighantu, the pakwa phala of kadali owing to its madhura rasa, guru sheeta gunas and madhura vipaka is considered as a good vrishya drug.

Researches done

- Beneficial effects of low dose *Musa paradisiaca* on the semen quality of male Wistar rats.

Consumption of *Musa paradisiaca* at a low dose led to improvement in the quantity and quality of spermatozoa in adult Wistar rats. Sperm motility was improved, with a very significant increase in life/death ratio of spermatozoa. Like wise many other drugs can be identified on the basis of this concept.

CONCLUSION

From the time of birth till death every individual lives in close relation with the universe. Therefore, Dravya prayoga as per the concept of Loka purusha samya, as ahara or oushadhi, helps in strengthening the avayavas and maintaining its integrity.

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