

KLAIBYA

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ABSTRACT

Klaibya is defined as sexual dysfunction characterized by the inability of a man to perform the 'sexual act' or incomplete performance which leaves the female partner partially or totally dissatisfied. In other words Klaibya is also defined as inability to attain and keep sufficient rigid (firm) erection which is very essential during sexual intercourse for his sexual needs or the needs of his female partner. 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. It has been found that about seventy percent of males complaining of the incapacity to perform the sexual act suffer's from psychological impotence. They may be suffering from a guilt complex because of having indulged in masturbation in their childhood and adolescence or they may be feeling guilty because they have indulging in unnatural sex. Some of them may be in a perennially excited state due to constant thinking about performing the sexual act, and the moment they get an opportunity, they ejaculate even before their female partners have reached a state of physical readiness, or before the commencement of the actual physical or organic impotence is rather rare.

KEYWORDS: Klaibya, Impotence, Erectile Dysfunction, Male sexual Dysfunction.

INTRODUCTION

Ayurveda, the ancient Indian holistic medical science, practiced since 1500 B.C deals with body, mind and spirit and aims at preservation-promotion of health and prevention-cure of diseases.

Male sexual health is described under 'Vajikarana', one of the eight major specialties of ayurveda.

The objectives of Vajikarana are to enhance fertility and rejuvenate sexual and reproductively energy in men. Also known as 'Vrishya Chikitsa'. Vajikarana is a therapy that makes a man sexually strong like a horse and enables him to copulate satisfactorily with his Partner.

Although Vajikarana focuses mainly on the reproduction of healthy progeny for the creation of better society, it also describes various sexual and reproductive diseases viz. Klaibya Or erectile dysfunction, premature ejaculation and infertility (Bandhyatva).

Klaibya

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 the lovemaking process required for pleasure or fertilization.

Therefore Klaibya is creating problems to males directly and indirectly to female. It is very humiliating for a person to find himself ineffective before his female partner while performing sexual intercourse, since on the other part the female partner expects the male partner to give her immense sexual pleasure and gratification during the full period of sex. 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 a hidden treasure to solve the various sex and infertility related problems of mankind.

General Symptoms of Klaibya

A person's persistent inability to perform sexual act even with the beloved, willing and submissive partner affecting the desire and capacity to perform sexual act due to difficulty in erection, non-erection or flaccidity of penis associated with tachypnoea, perspiration, exhaustion, difficulty and or cessation of ejaculation where the efforts remain to fail is called the general

Symptoms of Klaibya

- A person even on having a strong sexual desire to perform sexual act with a beloved, willing and co-operative partner, he cannot perform coitus with her due to lack of his penis erection or lack of penile rigidity.
- Even if he manages to have an erection, his anxiety will cause attacks of dyspnea (difficulty during breathing) and perspiration (excessive sweating), and his attempts to have sex will result in a tiredness, frustration and due to which his attempt will end in a failure.
- Absence of morning erections
- Semen of this person is thin and odourless
- Erection will not occur at time of the day or night.
- No sexual passion, no erection and even some time no discharge
- Immediate softening of penile erection after seminal emission
- Imperfect or partial erection for a short time and subsides before the main sexual act.
- Premature or early ejaculation.

Sushruta and Charaka have categorized impotent Males according to the perversion that excites them to perform sexual activity. Sushruta has described them as aasekya-those who are excited on licking the semen, Saugandhika-those who get excited when they smell the vagina, Kumbhika-those who get excited only when they are the passive partners in anal sex, and irshyaka-those who are voyeurs and get excited when they watch other performing the sexual act. Charaka has similarly classified impotent males according to their peculiar preferences.

Classification of Klaibya

The classification of Klaibya is based upon the aetiology of the disease.

Charaka has classified Klaibya into 4 types

1. Dhvajabhangaja Klaibya
2. Bijopaghataja Klaibya.
3. Sukra Kshayaja Klaibya.
4. Jaraja Klaibya.

Sushruta and Bhavaprakasha have classified the same into six types via

1. Manasa Klaibya
2. Saumya Klaibya
3. Dhatukshaya/Pittaja Klaibya
4. Sukra Kshayaja Klaibya
5. Medrarogaja Klaibya
6. Sahaja and Sthira Sukranimittaja Klaibya

1. Dhvajabhangaja Klaibya / Medhrarogaja Klaibya

Any change in the structure or integrity of a part or organ is bhanga. Dhvaja is used in the context of Mehana or Penis. Initially Dhvajabhangaja Klaibya produces inflammation and ulcer in the genital organs associated with pain and it affects the sexual intercourse. In due

course of time when the ulcer penetrates into deeper and deeper tissues it destructs the musculature, vessels and nerves leading to permanent erectile dysfunction. It is characterized by involvement of the penile organ suggestive of local affliction of penis, be it infections or wounds and the lakshanas of this type resembles upadamsa (venereal diseases).

2. Bijopaghataja Klaibya: It is caused by the diminution of semen. The semen gets vitiated and diminished in quantity. Chakrapani explain that it is due to prakrita vayu kshaya leading to deficient production of bija thus leading to the presentation of bijopaghatajaklaibya Nidanas such as ruksha (Dry), virudha ahara (Unwholesome, incompatible food), ajirna bhojana (eating before the previous meal is digested), anashana (fasting), ativyayama (Excessive physical activity) all can cause disturbance in vata karma and Shukra Kshaya.

The factors like pancakarma apacara (iatrogenic), physical and mental exertion also aggravate the vata due to cala guna. Mansika karanas such as cinta (worries), soka (grief), krodha (anger) predominant in Rajoguna have an effect not only on the mind but body as well. These psychic factors cause inhibition of sensory impulse coming from brain due to affliction of vata or excess stimulation as in case of sukragata vata. The cumulative effect of all these factors leads to this presentation.

The person may also suffer from other diseases like Pandu, Kamala, Chardi, Atisara, Shula, Kasa and Jvara. All disorders of sexual development can be considered such as Sahaja Klaibya (Congenital erectile dysfunction), Bijadosagarbhaja (Sexual defect in foetal life), Dvireta (Hermaphroditism or intersex), Vatika Sanda (Castrated testis), Pavendriya (Microphallus), Apumana Pumana (Eunuch).

3. Jaraja Klaibya

This is caused due to the depletion of rasadi dhatus which naturally occurs in old age or due to intake of avrishya ahara (an aphrodisiac food). During old age due to decreased levels of serum testosterone, chief androgenic hormone a man can have decreased libido and difficulty in holding erection.

Sexual dysfunction is more commonly observed in persons of above 50 years of age. Due to a drop in testosterone men will experience changes in their sexual function as they age such as fewer sperms are produced, erection takes longer to occur as well as may not be as hard, sexual desire as well as the force of ejaculation also decreases.

4. Ksayaja or Shukra Ksayaja Klaibya

Causes of shukrakshayaja Klaibya 18 It is caused by the diminution of semen. Charaka explains due to nidanas like rukshannapana, anashana, asatmya bhojana, chinta,

shoka, Krodha the rasa dhatu undergoes depletion subsequently there is anuloma kshaya (depletion of tissue elements) of all dhatus until Shukra and Sushruta explains that it occurs when a person does excess sexual acts in parlance with his strength without the intake of vajikarna dravyas (aphrodisiac substances) like milk, ghee etc.

Certain disorders not related with sexual organ influence the level of androgenic hormones like hypogonadism, haemochromatosis, cirrhosis of liver, hypopituitarism, hyperprolactinaemia and primary testicular disease.

5. Sahaja Klaibya

It occurs since very birth, born along with the birth of man and it includes all congenital factors responsible for impotency. The provocation of Vata dosha, particularly vyana and apana occurring due to vishama sthithi assumed during samyoga. This leads to improper samyoga of shukra and shonita, leading to improper development of sexual organs i.e defect in the bija bhaga of mother, father or both together leading to development of Sahaja Klaibya. Sukra-sonita abnormalities can be compared with congenital abnormalities related with chromosomal or genetic inheritance defect in the embryo or foetal life particularly sexual organ development.

6. Manasika Klaibya (Psychological impotence)

Chinta (worry), shoka (grief), bhaya (fear), Krodha (anger), avisrambha (lack of trust towards the female factor) causes sensory inhibition to the brain which leads to the development of psychogenic impotence. This may be due to disinterest towards the female partner mistrust, forced marriage, unattractiveness of the female, due to disease in the female.

Possible psychological and environmental factors, worry about poor sexual performance (performance anxiety), unrealistic expectations about performance, Stress over financial matters and anxiety from work or home, lack of confidence, lack of communication between partners, hurt feelings, unresolved conflicts etc.

7. Saumya Dhatu Kshayaja/Pittaja Klaibya

It is caused by diminution of semen due to excessive intake of diet which has pungent, sour, hot and salty taste.

8. Shukrastambhaja Klaibya

It occurs due to mental agitation and following celibacy which results in not focusing towards sexual gratification that ultimately results in hardness of semen. The research studies have suggested that forced religious pressure such as forced celibacy etc can have impact on individual psychosexuality 20.

9. Viryavahisira Chedaja/ Marma Chedaja

It occurs due to injury to the sexual organ itself or to the vital structures which have a direct bearing on the functioning of the organ. Any trauma to the Pelvis i.e

injury to the blood vessels and nerves supplying to the Penis, such as Pelvic fracture, Pelvic Surgery such as radical prostatectomy, TURP, Pelvic irradiation for rectal and anal carcinoma, Surgery for Priapism, External sphincterotomy, Long distance bicycle riding may affect the nerves and arteries and it can also cause erectile problems or numbness in the genitals.

The blood vessels or nerves that supply the penis are positioned in the perineum and constant pressure on these can lead to ED.

Shukra krasthambaja Klaibya is due to prolonged sexual abstinence. Sahaja Klaibya (congenital impotence) i.e defect due to various chromosomal abnormalities.

Manasika Klaibya is the (psychogenic impotence) is due to various manasika vikaras and Marmachedaja Klaibya (impotence due to damage to the vital parts) is a result of pelvic fracture, Pelvic surgery etc

Sadhyaasadyata (prognosis) of Klaibya

Acharya Charaka has mentioned that Klaibya occurred due to dhvajabhanga, janmajata and kshayajanya Klaibya are asadhya (incurable). Klaibya occurred due to amputation of penis or testicles are also considered as incurable.

Medicine & treatment-in the case of organic impotence, such as a tight foreskin, surgery is the only recourse. If the failure to perform is psychological, proper explanation of the facts of life to patient would help.

In ayurveda, vajikarana or aphrodisiacs have been developed from the earliest time to deal with cases of impotence. Drugs prescribed for sterility would definitely help. The popular medicines used in the treatment of this condition according to Bhiskharma Siddhi, a popular treatise on Ayurvedic medicine, are: Apatyakara Swarasa, Kamalakshadi churns, Vanari Gutika, shri Madananda Modaka, Mahachandanadi Taila, Mritsanjivani Sura, Virya Stambha vati, chandrodaya Rasa and Makaradhwaya. The medicine must, of course, be taken under the guidance of a qualified Ayurvedic physician as their indiscriminate use may lead to over-indulgence which may, in the final analysis, prove to be more harmful than the condition for which they have been taking a cure. Diet and Other Regimen:- A high protein diet is an essential part of the treatment. Fish, eggs, testicles of a goat, partridge meat eggs of a crocodile, urad dal, butter, and ghee are specially recommended for impotency.

Mental tension should be avoided.

CONCLUSION

Main conclusions are derived from the study are;

1. From this conceptual study can be concluded that root causes of Klaibya is the hectic and stressful life schedule of present times.
2. General health considerations like sleep, appetite, mental tension, worry; excessive exercise and fatigue affect the sexual performance and desire (libido) of a healthy man.
3. Impotence (male sexual dysfunction) is mainly discussed under the heading Klaibya with some scattered references relating to the symptoms in Sukragata Vata, Sukravrita Vata, Sukrakshaya etc.
4. Bijophagataja Klaibya is due to abnormality in the sperms. Dhvajabhangaja Klaibya is due to inflammatory disease of the penis.
5. Sukrakshayaja Klaibya is due to diminution of semen as a result of various Aaharaja, Viharaja and Manasika factors.
6. Jaraja Klaibya is due to decreased levels of serum testosterone in old age.
7. For having good quality of sexual intercourse, erection plays an important role, and erection depends upon physical, emotional and mental health.
8. Real and everlasting success of married life is hidden in the sexual harmony of the couple. Therefore any woman can never love a person who is suffering from Klaibyata. This type of person is not regarded by any woman even though he is very strong in body built, handsome and affluent in wealth.
9. A woman is happier and more contented with a poor and ugly man who is potent and virile than a man devoid of sexual power.
10. Lack of sexual knowledge, fear and anxiety are most common factors of Klaibya.
11. Majority of the patients did not have a reliable source for sexual education and having many misconceptions regarding normal sexual response.
12. Before to start any type of treatment the best approach is to counselling the couples rather than drug therapy. Sex education and reassurance may also be beneficial in the patient of Klaibya.
13. Sleep and impotence are intimately related: hardened arteries will be bad for an erection since nice, flexible, expandable arteries that allow blood to flow into penis.
14. Lack of sleep is also correlated with lower testosterone and testosterone is critical for male libido and the androgen receptors on the pelvic/penile muscles that contract and trap blood in the penis.

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