

SEXUAL HEALTH AND YOGA; A REVIEW**Dr. Ajay Vinayakrao Nakade***, **Dr. Langote Govind Bhanudasrao****

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Article Received on 18/02/2022

Article Revised on 08/03/2022

Article Accepted on 28/03/2022

ABSTRACT

Globalization had led to throw light and drive attention of peoples to nearly all aspects of life. Increase in per capita income had led to ever increasing desires. Also four *Purushartha - Dharma, Artha, Kama* and *Moksha* gained importance and urge for its fulfilment begun. Sexual health is considered one of the highest value as it has potential for satisfaction of all senses. Also the sense of satisfaction and completion by the virtue of healthy sexual life had gain prime importance. Traditional sciences of Ayurveda and Yoga had address this quench in a highly specialized fashion. Yoga refers to attainment of certain postures in accordance to breadth which leads to desired outcome. As Sexual health is dependent on sound mind and body, this both aspects are well balanced by practicing certain Yoga postures and may enhance its quality.

KEYWORDS - Sexual health, *Dharma, Artha, Kama, Moksha, Yoga*.**INTRODUCTION**

Ayurveda had a very holistic approach towards life. As rightly stated it is a life science and not merely a system of medicine. Each aspect which a life includes is nicely addressed in Ayurveda classics. To gain maximum benefits in this aspects one requires sound mind as well as fit physique. Here Ayurveda provides guideline for maintaining healthy state of body and mind, also it mentions procedures and protocols to be followed if one gets diseased. As a life goal, one confers four *Purushartha - Dharma, Artha, Kama* and *Moksha*. Accomplishing ones responsibilities towards self and society is been directed in this. Fulfilling ones desire for sex by natural and healthy way is also mentioned for its attainment under Kama section. But due to a drastic shift in food habits and overall lifestyle, body had become insensitive and rigid to accomplish the desired goal. Lack of physical activities and absence of through exercise schedule, the muscles are becoming stiff, less flexible and thus results in low performance during any physical activity. Same reflects on ones performance during the act of sex. The sedentary lifestyle had also greater impact over mind. Repeated provoking exposure through social media, virtual display of imaginary sexual life and faulty food habits had led to unhealthy mind related issues.

Here a holistic approach is made which will work on both physical as well as mind health. As stated in Ayurveda as well as Yoga classics, a workout module is designed for serving this purpose.

Sexual health

It is least discussed topic by general masses. Rather it should be considered an important part of one's overall health care routine. There are many aspects included under the term Sexual health. This can be briefed as follows;

- Body type – one has to know his/her body type on the basis of *Prakruti* and understand it's inherit nature and should respect and care it accordingly.
- Know your partner – as it is reciprocated two sided, it becomes utmost important to know ones partner. It implies to know the physic as well as mind emotion setup. This enhances the act to greater extent as it is the emotions which initiates and accomplishes the act.
- Positive outlook – positive approach towards life helps to build a healthy relationship and helps to maintain the healthy life.
- Healthy body and mind – maintaining healthy state of body and mind by adopting right food habits and daily routine – *Dinacharya*.

Here are some selected Yoga postures – *Asanas* and some breathing techniques – *Pranayama* with their procedure and benefits enlisted in tabular form;

Yoga posture – <i>Asana</i>	Procedure	Benefits
<i>Surya namaskara</i> – Sun salutation	A set of 12 postures which acts mainly on spine	Increases flexibility of body, improves energy levels, reduces excessive body fats
<i>Bhujangasana</i> – Cobra pose	Lying on stomach palms are placed besides shoulder and straighten the arms making a curve of back	Enhances tone of lower back and pelvic muscles, gives strength to thigh, abdominal and buttock muscles
<i>Setubandhasana</i> – Bridge pose	Lying on the back, knees are folded and foot is placed neat to buttock and hip is raised while touching the heels by both hands	Strengthens pelvic muscles and core of body, increase blood flow to the genitals, build thigh and buttock muscles, beneficial for females in loss of libido
<i>Marjaryasana</i> – Cat pose	Knees and hands are placed perpendicular to the ground, while in haling arch of back is made towards the ground, on exhalation arch of back is made away from ground	Relaxing for back muscles, corrects the posture, helps in stimulation of genitals
<i>Dhanurasana</i> – Bow pose	Lying on stomach one has to hold the ankles with hand and make an arch resembling a bow	Strengthens thigh and pelvic muscles. Helps in premature ejaculation and erectile dysfunction.
<i>Badhakonasan</i> – butterfly pose	Siting with back straight, bring the feet together and try to touch the pelvic base, press the knees to the floor and stretch slowly	Opens up the hip, increases flexibility of groin region, strengthens inner thigh muscles, beneficial for females to sustain the act
<i>Paschimotanasan</i> – seated forward bend	Siting erect with legs stretched toes pointing to the ceiling, breathing out bend forward to touch the big toe of feet with index finger	Releases stress in body, gives strength to pelvic flower and genitals, helps in erectile dysfunction
<i>Uttanpadasan</i> – raised leg pose	Laying on back and hands beside the body palms facing downwards, raise the legs without bending in knees perpendicular to the ground, can be done with support of wall	Increases blood flow to the pelvic floor, relaxes lower back and thigh muscles, beneficial in loss of libido and erectile dysfunction
<i>Naukasana</i> – boat pose	Lying on back, legs raised without folding at knees till 30 degree and chest also raised in such a way that eyes hands stretched and toes are in one plane	Strengthen abdominal muscles, lowers blood pressure and implies calming effect
<i>Shavasana</i> – corpse pose	Lying on back touching spine fully to the ground, legs and hands apart 1 feet from body in relaxed pose	Relaxes body and calms the mind, is rejuvenating after an exhaustive day

Breath and mind has a close relation. Our emotional ups and downs has an effect on depth and pace of breath. Inversely we can practice some breathing techniques – *Pranayama* for balancing this emotions. This can be

practiced for attaining sound sexual health also. Here some breathing techniques are described which can have beneficial effect on one's sexual health.

Breathing technique – <i>Pranayama</i>	Procedure	Benefits
<i>Anulom vilom Pranayama</i> – alternate nostril breathing	Sitting in <i>Padmasana</i> or <i>Sukhasana</i> , thumb of right hand is placed on right nostril and ring finger along with little finger on left nostril, inhalation is done from left nostril by closing right nostril by thumb and exhaled by right nostril by closing left nostril by ring finger, thus procedure is repeated vice versa	Stabilized mind and emotions, refreshes body and inculcate sense of positivity, helps to communicate well and grow the relations
<i>Kapalbhati Pranayama</i> – forced exhalations	Siting in <i>Vajrasana</i> or <i>Sukhasana</i> , one has to breath in gently and then breath out completely with force	Improves blood circulation, energizes nervous system, calms mind, increase body mind endurance

<i>Bhramari Pranayama</i> – humming bee breath	Sit in a comfortable position, after inhalation thumb is placed in both respective ears, index finger just above eyebrows, and remaining fingers slightly touching the edges of nose, humming sound is made while exhalation	Have soothing and relaxing effect on brain cells, calms and refreshes body and mind, have effect on endocrine secretions
<i>Bhastika Pranayama</i> – rapid exhalation and inhalations	Sitting in <i>Vajrasana</i> , one has to place closed fist besides the shoulders, now forceful inhalation is done by strengthening of both hands and unlocking of fists, immediately forced exhalation is done by bringing back the fists again to previous position besides the shoulder fists closed	Helps to improve oxygen supply all over the body, increases the <i>Prana</i> level, eliminates toxins from the body via breath, calming effect on mind and nervous system

Inference

Regular practice of above given postures and breathing techniques can improve the conditions and boost the sexual health in both males and females. One can design the schedule by allotting stipulated time for each pose and practicing of breathing technique according to desired improvement in sexual health.

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