

**CRITICAL STUDY OF KLAIBYA W.S.R. TO ERECTILE DYSFUNCTION**Dr. Naushad Shekh<sup>1\*</sup>, Dr. Ramnihor Tapsi Jaiswal<sup>2</sup>, Dr. Manohar Ram<sup>3</sup> and Dr. Sanjay Prakash<sup>4</sup><sup>1</sup>JR2, Dept. of Samhita & Siddhanta, RAC Varanasi, (U.P.), India.<sup>2</sup>Assistant Professor, Dept. of Samhita & Siddhanta, RAC Varanasi (U.P.), India.<sup>3</sup>Associate Professor, H.O.D., Dept. of Samhita & Siddhanta, RAC Varanasi, (U.P.), India.<sup>4</sup>Assistant Professor, Dept. of Dravyaguna, RAC Varanasi (U.P.), India.**\*Corresponding Author: Dr. Naushad Shekh**

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**ABSTRACT**

Nowadays Klaibya is considered as one of the most common problem among males individual. It is a common disorder of variable severity. Change in lifestyle, food habits, sedentary lifestyle and some psychological causes like Chinta, Shoka, Bhaya, Krodha etc. causes Klaibya. It can be compared with Erectile Dysfunction. Erectile Dysfunction is a highly prevalent condition among men all over the world. It has a significant negative impact on the quality of life of the patients along with their partners. It is projected as a medico-social problem. There is no satisfactory treatment in modern science. Ayurveda has specific branch, Vajikarana for treating these problems.

**KEYWORDS:** Klaibya, Erectile Dysfunction, Vajikarana.**INTRODUCTION**

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 erection which is very essential during sexual intercourse.

According to Chakrapani Klaibya means Erectile Dysfunction.

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.

Klaibya is represented by word impotence. Impotence is a Latin word, consisting of 'im' and 'potence'. 'Im' denotes lack of and 'potency' denotes power.

**Types of Klaibya****According to Acharya Charaka**

- Beejopaghata
- Dhvajopaghata
- Jarajanya
- Sukrakshayaja

**According to Acharya Sushruta**

- Beejopaghataja Klaibya
- Dhvajopaghataja Klaibya
- Sukrakshayaja Klaibya
- Jarasambhavaja Klaibya
- Sahaja Klaibya
- Khara Sukranimittaja

**Symptoms of Klaibya**

According to Acharya Charaka, a person even on having a strong sexual desire to perform sexual act with a beloved, willing and co-operative partner, he can't 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 attack of dyspnoea and perspiration and his attempts to have sex will result in tiredness, frustration and due to which his attempt will end in a failure.

**Causes of Beejopaghataja Klaibya**

- Sorrow, worry and anxiety
- Excessive sexual activity
- Excessive heavy exercise
- Black magic
- Lack of confidence in female partner
- Prolonged abstinence from sexual act

**Symptoms of Beejopaghataja Klaibya**

- Paleness
- Weak

- Low in vitality
- Less excitement with women
- Disease like Hridaya Roga, Tamaka Shwasa, Kamala, Klama, Atisara, Vamana etc.

#### **Causes of Dhvajopaghataja Klaibya**

- Excessive consumption of sour and salty product
- Viruddhanna
- Severe emaciation caused by chronic disease
- Lack of personal hygiene
- Sexual intercourse with girls below age of 16 years
- Trauma caused by teeth and nails
- Intercourse with menstruating women
- Excessive use of Shuka prayoga

#### **Symptoms of Dhvajopaghataja Klaibya**

- Swelling of penis
- Ulceration on penis with severe pain
- Suppuration discharge resembling rice-water Having Aruna or Shyava Varna
- Penis becomes hard and rounded
- Fever, thirst, vomiting etc.
- Burning Sensation in urinary bladder. Scrotum and groin

#### **Causes of Shukrakshayaja Klaibya**

- Worry, Sorrow, Anger
- Severe emaciation due to chronic disease
- Controlling semen at the time of ejaculation
- Suppression of natural urges
- Fasting for long period

#### **Symptoms of Shukrakshayaja Klaibya**

- Rasa Kshaya
- SukraKshaya
- GhoraVyadhi
- Marana

#### **Causes of Jarasambhavaja Klaibya**

- Avrishyasevana
- Anahara
- Shrama
- Klama
- Rasadidhatu Kshaya

#### **Symptoms of Jarasambhavaja Klaibya**

- Dhatu Kshaya
- Durbala
- Vivarna
- Deena
- KshipraVyadhita

#### **Sahaja Klaibya**

It occurs since birth. It includes all the congenital factors responsible for impotency. The provocation of Vatadosha, particularly Vyana and Apana occurring due to Vishama Stithi assumed during samyoga. This leads to improper samyoga of Shukra and Shonita, leading to improper development of sexual organ i.e. defect in the

Beejabhaga of mother, father or both together leading to development of Sahaja Klaibya.

#### **Sadhya Asadhyata of Klaibya**

Acharya Charaka has mentioned that Klaibya occurred due to Dhvajabhanga, Sahaja and Kshayajanya Klaibya are Asadhya. Klaibya occurred due to amputation of penis or testicles are also considered as Asadhya.

#### **Modern view**

Erectile Dysfunction is defined as persistent difficulty in achieving and maintaining an erection sufficient to have sex. A man is considered to have Erectile Dysfunction if he regularly finds it difficult getting or keeping a firm enough erection to be able to have sex or if it interferes with other sexual activity. Most men have occasionally experienced some difficulty with their penis becoming hard or staying firm. However, Erectile Dysfunction is only considered a concern if satisfactory sexual performance has been impossible on a number of occasions for some time.

#### **Causes of Erectile Dysfunction**

- Physical cause
- Heart disease
- Atherosclerosis
- High cholesterol
- High blood pressure
- Diabetes
- Obesity
- Parkinson's disease
- Multiple sclerosis
- Low testosterone
- Tobacco use
- Alcoholism
- Surgeries or injuries that affect the pelvic area or spinal cord

#### **Psychological cause**

- Depression
- Anxiety
- Stress
- Relationship problems due to stress, poor communication or other concern

#### **Risk factors**

- Medical condition like diabetes, heart problems
- Using tobacco which restricts blood flow to veins and arteries
- Over weight
- Certain medical treatment such as prostate surgery or radiation treatment for cancer Injuries
- Medication including antidepressant, antihistamines and medication to treat high blood pressure, pain or prostate cancer
- Psychological conditions such as stress, anxiety or depression
- Drug and alcohol use
- Prolonged bicycling

**Complications**

- ❖ An unsatisfactory sexual life
- ❖ Stress or anxiety
- ❖ Embarrassment or low self-esteem
- ❖ Marital or relationship problems
- ❖ The inability to get your partner pregnant.

**DISCUSSION**

Sex is the means by which a person achieves maximum pleasure, which no other costly thing can provide him. Successful intercourse relieves a person from all day tension and helps him to relax physically and mentally. But when a man suffer from insufficiency of having normal sex, the tension generated tends to increase not only in him but also in his partner.

Klaibya or male sexual dysfunction, denoting the inability of a man to achieve a satisfactory sexual relationship, may involve inadequacy of erection or problem with emission, ejaculation, retarded ejaculation and retrograde ejaculation. These wide range of disorder 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 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 the one who looks weak by physical may be sexually strong.

According to modern, the erectile impotence is defined when a person has a problem to achieve and maintain a firm erection consistently over a six month period and in more than 50% of his coitus attempts.

**CONCLUSION**

From this review article it can be concluded that root causes of Klaibya is the hectic and stressful life schedule of present times. General health consideration likes sleep, appetite, stress, worry, excessive exercise and fatigue affect the sexual performances.

Beejopaghataja Klaibya is due to abnormality in sperm. Dhvajopaghataja Klaibya is due to inflammatory disease of the penis. Sukrakshayaja Klaibya is due to diminution of semen. Jaraja Klaibya is due to decreased level of serum testosterone in old age.

Lack of sexual knowledge, fear and anxiety are most common factors of Klaibya. Majority of the patients did not have a reliable source for sex education and having many misconceptions regarding normal sexual response. Before to start any type of treatment the best approach is to give counseling for couples rather than drug therapy. Sex education and reassurance may also be beneficial in the patient of Klaibya.

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