

## Concept Of Stri Shukra: A Review In Ayurveda

Swapnil Patil<sup>1</sup>, Jai Kini<sup>2</sup>

<sup>1</sup>Department of Rognidan avum Vikrutividnyan, Vasnatdada Patil Ayurvedic Medical College, Sangli.

<sup>2</sup>Department of Rognidan avum Vikrutividnyan, YMTAMC, Member of Scientific Advisory Group CCRAS, Ministry Of AYUSH.

### Corresponding Author

Swapnil Patil

Email ID : -vdswapnilpatil@gmail.com

### Abstract

Dosha, dhatu and mala three basic physiological constituents of human body has described by Ayurveda. There are seven dhatus in Human body. Shukra is last and seventh dhatu it's also called pure dhatu. It is present in whole body. After the age of sixteen years, even though it is present from birth it becomes active. According to Sushruta, Concept of stri-shukra has mentioned as formation of foetus without bones. Vagbhata explained shukra secrete through woman at time of coitus, it is useless for fertilization. To understand the garbhpadana function of shukra dhatu in male and female. During coitus is the secretion from bartholins, cervical and endometrial glands emergence at the end of orgasm excreted is Stri-shukra.

**Keywords:** Ayurveda, stri-shukra,

### Introduction

According to Ayurveda Dosha, Dhatu and Mala have three basic functional constituents of human body. These three constituents are necessary for human's health and they are compared with roots of tree, as tree roots are important for its health.<sup>(1)</sup> Human body is composed of Dhatus, i.e., basic forms of body tissues. Dhatus are seven respectively Rasa, Rakta, Mamsa, Meda, Asthi, Majja and Shukra. Shukra. Hence all seven dhatu called as Saptadhatu. Dhatu is present in all over body.

### STREE SHUKRA

Shukra is present in all body and represented mainly male shukra in all Samhita. But the concept of STREE SHUKRA which is not clearly unspoken and not still fully explore in all samihats, Therefore there is a need to search this concept for understand the concept of stree shukra. Stree Shukra and Aartya Sharir which is made up of Dosha, Dhatu and Mala and the function of shukra is garbhoutpadan<sup>(2)</sup>, which is referenced as Aartva having garbhoutpadan function<sup>(3)</sup>. Without shukra or aartva, there is no garbha formation. The union of shukra & Aartva, outcome is Garbha<sup>(4)</sup>. stree shukra is not capable of garbhoutpadan but aartva plays important role in producing garbha, and the main function of shukra dhatu is said that Garbhoutpadan<sup>(5)</sup>. In classics, a secretion from female genitalia at the time of orgasm & it is not capable of producing fetus this fluid called as stree shukra is called<sup>(6)</sup>.

### Artava and Raja

Upadhatu of Rasa are Raja or aartva<sup>(7)</sup>. Artava is used to menstruation discharge only and Raja is synonyms of this, menstruation flows every month 3-4 days from female genital tract. In menstruation discharge asudhaa raja and flow stop stree became shuddha. It means it is clear that this

secretion of menstruation discharge or aartva are waste products and not useful to body. Shushurata explained, when two females come together and involves in indulgence, then Anasthi garbha is formed<sup>(8)</sup>. Anasthigarbha means, asthirahit or undeveloped asthiyukta garbha. Because of Patrik bhava, Asthi or kathin bhava is produced in garbha<sup>(9)</sup> When there is no involvement of Purush, Purush bhava not come in garbha, hence anasthi garbha is formed. This condition described is very difficult to interpret. So it is said that when there is shukra dominance then male child is born & when there is aartva dominance then female child is born<sup>(10)</sup>. This aartva dominance is nothing but the stree shukra dominance.

According to modern science, there is union of XY chromosome then male child will born & for female child XX chromosome is essential, but union of male and female is important. In a similar manner when stree shukra dominates there is XX combination giving birth to female child. Further, widespread research is required regarding this theory.

### Stanya and Shukra

Sushruta has explained that Stanya is present in entire female body similarly like Shukrain males, but Stanya is an Upa-Dhatu of Rasa Dhatu<sup>(11)</sup>. On the other side Shukra is seventh Dhatu and it is formed subsequent to Majja Dhatu.

### Discussion

Stree shukra is a very broad concept having different functions not a visible fluid secretion occurring from female genital tract at the time of orgasm, is not fully acceptable. A secretion from genital tract, secretion from Bartholian glands and cervical glands at the time of orgasm is Stree shukra.

Shukradhara kala is present all over the body by good quality of Shukradhatu.<sup>(12)</sup> Shukradhara kala is present in male and females also.

In female body, Stree shukra resides with help of shukradhara kala. Female not have vrushan, But there is dimbgranthi in female represents beeja essential for Garbha formation. In Ayurved, vrushan is called "Fala", so shukra becomes "Beeja". in the same way, dimbgranthi is called "aanthargat fala"<sup>(13)</sup> So, stree "beeja" becomes stree shukra.

Interpretation of Shukra dhatu with Modern Context Considering the significance of shukra dhatu for survival, its previously discussed functions and its occurrence in both genders, it seems alike description of endocrine group especially hypothalamic- pituitary axis. As shukra dhatu is present in each cell of body as well as it plays imperative function in reproduction, it is analogues with prostaglandins.<sup>(14)</sup>

Vagbhata say that, when vitiation of tridosha in (purush) shukra, then it becomes Abeeja<sup>(15)</sup>. There are many patients having normal seminal parameters with vitiation of dosha in shukra. This abeeja concept is very important because except no sperma i.e. azoospermia. In female, vitiated dosha affect aartva (stree shukra) and stree shukra becomes abeeja.<sup>(16)</sup> With abeeja stree shukra female is unable to produce garbha. It means that garbha is not only union of (purush) shukra & stree shukra (aartva) but union of beejabhag of both shukra & aartva. This means stree shukra (beeja) is essential role in formation of Garbha and Stree shukra entirely different from aartva (raja).

When there is beejadushti in purush & stree shukra then pathological conditions are seen in garbha and new born baby<sup>(17)</sup>. Means it indicates towards genetical & congenital disorders form because of Beejadushti. So, stree shukra is also responsible for different congenital disorders. So, while treating different congenital disorders, emphasis on stree shukra should be given. Therefore concept of stree shukra is important in chikitsa point of view in all samhitas.

### Conclusion

Shukra found in both male and female. Stree shukra is still unknown and neglected concept. Stri-shukra excreted during coitus is nothing but the secretions of bartholins, cervical and endometrial glands emergence at the end of orgasm. For production of normal & healthy child, Stree shukra is essential contain as prakrut beejabhag.

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