

## AN OBSERVATIONAL STUDY OF SHUKRA (SEMEN) IN DIFFERENT PRAKRUTI

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### ABSTRACT

The concept of *Prakriti* (~body constitution) is a unique contribution of *Ayurveda*. *Prakriti* denotes top individual's natural body constitution. Each individual is unique & differs from others. During the time of intra uterine life due to the influence of dominant *Dosha* (~Humor) of *Shukra* (~Semen) and *Artava* (~Ovum) formation of *Prakriti* takes place. Seven types of *Prakriti* are described in *Ayurveda* viz. three of individual *Dosha-Vata, Pitta* and *Kapha*; three of *Dvandvaja Dosha-Vatapittaja, Vatakaphaja* And *pittakaphaja* and one of *Sama Prakriti*. As per the reference according to *Prakruti* wise he mentioned *Vataja* person is having *Alpa Patya* (~Less number of children), *Pitta* persons will have *alpa sukra* (~Less semen), *alpa vyavaya* (~Less sexual potency), where as *kapha* person is having *atisukra* (~adequate semen), *atiputra* (~more semen) but not the exact *gunas* of *sukra* according to *prakruti* wise. So this present study is an attempt for the analysis of both qualitative & quantitative aspect of this *Sukra* in different *Prakritis*.

**Keywords:** *Shukra, Prakuti, Semen, Vata, Pitta, Kapha*

### INTRODUCTION

In *Ayurvedic* classics the word *Shukra* denotes not only semen, it is present all over the body<sup>1</sup>, It helps for major functions in both male as well as female i.e; appearance of secondary sexual characters.

It has effects all over the body, over both the physical and mental faculties. Physical actions of *shukra* can be seen in proper growth of body and imparts physical fitness as stated in the features of *Sukrasara purusha lakshanas*<sup>2</sup>. *Sukra* is crystalline, fluid, white, smelling honey like, slim and its colour is like oil or honey<sup>3</sup>.

*Shukra* is one of the basic factors required for initiation of life as *Garbha*<sup>4</sup> (~fetus). *Shukra* required for formation of *Garbha* should have specific qualities. These are described in our classics. *Shukra*

is reproductive element in body & decline in sperm count refers to pathology in the concerned system. *Ayurveda* has given many causes responsible for deterioration of reproductive health. One of them is *Prakriti*. Persons of *Kapha Prakriti* will be having *praboota shukra, vyavaya, apatya* and more fertile & sexually more active than persons of other two *pradana prakriti*<sup>5</sup> where as *Pitta pradana prakriti* people are having *alpa shukra, alpa vyavaya* and *alpa apatya*<sup>5</sup> & *Vata pradana prakriti* person is having *alpa bala* as well as *alpa apatya*<sup>5</sup>.

The concept of *Prakriti* is a unique contribution of *Ayurveda*. *Prakriti* denotes a individual's natural body constitution<sup>5</sup>. Each individual is unique & differs from others. During the time of intra uterine life due to the influence of dominant *Dosha* of *Shukra* and *Artava* formation of *Prakriti*

takes place<sup>5</sup>. Seven types of *Prakriti* are described in Ayurveda viz. three of individual *Dosha-Vata, Pitta* and *Kapha*; three of *Dvandvaja Dosha-Vatapittaja, Vatakaphaja* and *Pittakaphaja* and one of *Sama Prakriti*<sup>5</sup>.

As per the reference according to *Prakriti* wise it is mentioned that *Vataja* person is having *Alpa apatya, Pitta* persons will have *alpa sukra, alpa vyavaya*, where as *kapha* person is having *atirasa, atisukra, atiputra* and *rati lalasa* but not the exact gunas of sukra according to *prakriti* wise. The present study was aimed with conceptual concept of *shukra* with keen concentration related to *prakriti*.

### AIMS AND OBJECTIVES

1. Clinical Observational study on the quality of *shukra* (semen) in relation to different *prakriti*
2. To utilize the modern parameters of semen analysis to upgrade the concept *Shukra* with special reference to different *prakriti*.

### MATERIALS AND METHODS

Apparently healthy male volunteers of age between 20-30 yrs were selected for the study. Their *prakriti* will be assessed as per the approved assessment parameters and their semen sample will be collected and studied.

1. Selection of the subjects will be done on the basis of *Prakriti*. 30 individual per *Prakriti* was included in the study. *Vata Pradhana* people were included in Group A, *Pitta Pradhana* people were included in Group B and *Kapha Pradhana* people were included in Group C.
2. Standard approved questionnaire for *Prakriti Pareeksha* was used.
3. Detailed semen analysis was carried out.

### Inclusion Criteria:

1. An apparently healthy male volunteer of age group of 20-30 years.

### Exclusion criteria

1. Persons consuming tobacco, having habit of alcohol drinking are excluded.
2. Those having past history of major illness and illness related with reproductive system are excluded.
3. Persons with history of vasectomy are excluded.

### Assessment Criteria:

Assessing of apparently healthy male individuals enrolled in the study

1. Assessing of *prakriti* by using the standard approved questionnaire
2. Out of which 90 volunteer were selected.
3. 30 individual *Prakriti*, of *Vata, Pitta, Kapha* predominant were selected and grouped into Group A, Group B and Group C respectively.
4. Semen analysis was done as per the guide lines of WHO Manual of Semen Analysis (1993)

### Plan of the Study

1. Selection of apparently healthy volunteers
2. Assessing the *Prakriti*
3. Selection of 30 individual from each category for the study

**Place of research:** The study was conducted in SDM Ayurveda College & Hospital, Hassan, Karnataka, India.

**Methodology:** The volunteers were included in the study after their written consent to participate in the study. All the basic information was obtained through interrogation. *Shukravaha Strotas Parikshan* was done. Information regarding *Strotasparikshan* was done also with help of *Trividha Pariksha*. *Prakriti* was assessed with help of Prototype *Prakriti Analysis Tool*<sup>6</sup>. Semen analysis was carried out according to modern methods of investigations given by WHO.

**OBSERVATIONS**

Table 1: Showing Relations between Shareerika Prakruti & Average Liquefaction Time of Semen

Liquefaction Time		Group A	Group B	Group C
	20-30min	24	18	10
	30-40min	5	4	4
	40-50min	1	8	16
Total		30	30	30

Table 2: Showing Relations between Shareerika Prakruti & Volume of Semen

Volume		Group A	Group B	Group C
	1-3	10	10	5
	3-6	12	7	10
	6-9	8	13	15
Total		30	30	30

Table 3: Showing Relations between Shareerika Prakruti & Viscosity of Semen

Viscosity		Group A	Group B	Group C
	Decreased	1	0	0
	Normal	26	27	14
	Increased	3	3	16
Total		30	30	30

Table 4: Showing Relations between Shareerika Prakruti & Motility (Rapid Linear Progressive)

Rapid Linear Progressive	In percentage	Group A	Group B	Group C
	0-10	3	5	5
	10-20	4	15	22
	20-30	9	10	3
	30-40	16	--	--
Total		30	30	30

Table 4: Showing Relations between Shareerika Prakruti & Motility (Slow Linear Progressive)

Slow Linear Progressive	In percentage	Group A	Group B	Group C
	0-10	4	8	6
	10-20	12	2	8
	20-30	4	20	16
	30-40	10	--	--
Total		30	30	30

Table 5: Showing Relation between Shareerika Prakruti & Motility (Nill Progressive)

Nill Progressive	In percentage	Group A	Group B	Group C
	0-10	6	10	8
	10-20	10	8	10
	20-30	14	12	12
	30-40	-	-	-
Total		30	30	30

Table 6: Showing Relation between Shareerika Prakruti & Motility (Non Motile)

Non Motile	In percentage	Group A	Group B	Group C
	0-10	9	8	4
	10-20	11	8	8
	20-30	10	4	10
	30-40	-	10	8
Total		30	30	30

Table 7: Showing Relations between Shareerika Prakruti & Head Defect in Sperm

Head Defect	In percentage	Group A	Group B	Group C
	0-10	6	10	14
	10-20	4	8	8
	20-30	8	12	8
	30-40	12	-	-
Total		30	30	30

Table 8: Showing Relations between Shareerika Prakruti & Mid Piece Defect in Sperm

Mid Piece Defect	In percentage	Group A	Group B	Group C
	0-10		8	7
10-20		10	3	12
20-30		6	10	2
30-40		6	10	6
Total		30	30	30

Table 9: Showing Relations between Shareerika Prakruti & Tail Defect in Sperm

Tail Defect	In percentage	Group A	Group B	Group C
	0-10		10	10
10-20		8	3	6
20-30		6	10	8
30-40		6	7	6
Total		30	30	30

Table 10: Showing Relations between Shareerika Prakruti & Total Defect in Sperm

Total Defect	In percentage	Group A	Group B	Group C
	0-10		1	10
10-20		8	2	10
20-30		12	10	6
30-40		9	8	4
Total		30	30	30

Table 11: Showing Relations between Shareerika Prakruti & Normal in Sperm

Normal Forms	In percentage	Group A	Group B	Group C
	0-10		10	8
10-20		6	10	4
20-30		12	10	16
30-40		2	2	9
Total		30	30	30

Table 12: Showing Relations between Shareerika Prakruti & Total Count of Sperm In Millions

Sperm Count	In Millions	Group A	Group B	Group C
	0-20		1	3
20-40		16	22	2
40-60		7	3	11
60-80		6	2	10
Total		30	30	30

## DISCUSSION

The research intended at Ayurvedic and modern analysis of Shukra with reference to Prakritis. In this study following things were observed and are discussed below: The observations of semen seen in these Vatapradhana, Pitta pradhana and Kaphapradhana Prakritis are analysed.

Vata Prakriti people were having lesser diameter of drop of semen in Ghana state. This may be due to lesser volume of drop of Vata Prakriti as Tanutva is the property of Vata Dosha.

Color of semen observed in Vata Prakriti was grayish, Pitta Prakriti- yellowish white, and Kapha Prakriti –

milky white. Acharyas have described a characteristic color to each dosha. The present study found that color of semen in the different subjects matched with the dominant dosha of the subject.

Volume of semen was observed slightly higher in kapha Prakriti. Here period of abstinence was same in case of all the cases. Therefore this correlates with the description regarding kapha prakriti as kapha prakriti has characteristics of Prabhoota shukra.

Viscosity in case of kapha Prakriti was higher than Pitta and Vata Prakriti. Viscosity can be correlated with Pichhilata as increased quantity of it is observed

along with there is dominancy of *Prithvi Mahabhuta* in *Kapha dosha*.

Sperm count was higher in *Kapha Prakriti* person. This increased sperm count can be attributed to the *prabhoota shukrata* of *kapha* and the similarity of *gunas* between *kapha* and *shukra*.

Abnormal sperm morphology was higher in *Vata Prakriti* than in *Kapha* and *Pitta*. We can find significant difference in sperm morphology in different human populations. The increased abnormal sperm morphology seen in *vata prakriti* can be compared to the classical feature of *Alpa shukrata*. Where the quality of *shukra* in *vata prakriti* is said to be inferior in comparison to other prakritis.

Motility was higher in *vata prakriti* than in *kapha* and *Pitta Prakriti*. This correlates with the classical literature and this can be attributed to the *chalatva* feature associated with *vata dosha*. Amongst the individual parameters associated with the motility slow linear progressive found equal in both *vata* and *pitta* and rapid linear progressive found more in *vata prakriti*.

While analyzing the appearance of semen it was found that appearance was normal in *Vata prakriti*, mucoid in *Pitta prakriti*, gelatinous was also found more in *pitta prakriti*.

*Pitta* semen was found to be of musky odor, Offensive odor was found in *kapha prakriti* and normal seminal odor observed in *vata prakriti*.

Sperm count was found to be significantly high in *kapha prakriti* people. The count was found to be less in *vata prakriti* and *pitta prakriti* people. *Alpa shukrata*, *apla apatya*, *alpa vyavaya* said in *vata prakriti* can be contributory factor for this. From the observations of the semen analysis it can be clearly said that the semen belonging to different *prakritis*

can be clearly distinguished from each other based on their characteristics. The different characteristics of semen are due to the *gunas* belonging to the *dosha* of that particular *prakriti*.

## CONCLUSION

After studying and discussing the results, following conclusions can be drawn from this current research work. The characteristics of semen vary significantly from person to person. *Prakriti* of a person plays a clear role in determining the features of semen in a person. The semen in *Kapha Prakriti* showed significantly raised count, volume than that of other two *Prakritis*. The motility of sperms was relatively higher in *Vata Prakriti* people, but the count was less and morphological defects too were more in *Vata Prakriti* individuals. Liquefaction time is significantly delayed in people of *Kapha Prakriti* in comparison to other *Prakritis*. The conceptual study reveals that the characters relating to *Shukra* will be comparatively better in a *Kapha Prakriti* individual due to similarities of *Gunas* regarding *Kapha* and *Shukra*. The semen examination is an effective tool in understanding the concept of *Shukra* and is a useful tool in analyzing the *Prakriti* of a person.

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