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## REVIEW ARTICLE

# KLAIBYA (ERECTILE DYSFUNCTION) - A BIRD EYE VIEW THROUGH AYURVEDA AND MODERN SCIENCE

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### Abstract:

Impotency as a medical and social problem has acquired global dimensions and its incidence is supposed to be gradually increasing by every decade. Despite great advances made by medical science in understanding the actual cause, but still this problem is persist, due to which impotency is still a catastrophe. A great success of married life is hidden in the sexual harmony of the couple. The common cause which always prevents a man from enjoying sexual interplay with his female partner is called as “Klaibya” in Ayurved and in medical term it is called as “erectile dysfunction (E.D.)”. It is commonly known as “Impotency”. It is the worst calamity one can encounter in his life which takes away all the pleasure and bliss of his beautiful youth. The problem of sexual dysfunction are getting more and more common now a days. This review article attempts to explain etio-pathology & diagnostic approach Klaibya mentioned in ayurvedic & modern literature and it's over all effects on human being. This review article calls upon initiating research in this area so that the claims of ancient ayurvedic science could be substantiated and may be utilized by modern science.

**Keywords:** Klaibya, Impotency, Erectile Dysfunction, Shandha, Napumsakatwa, Eunuch, Unmanliness

### Introduction:

The well-known and ancient authoritative text of Indian erotic literature Kama Sutra considers Kama (love and sex) as an art. This literature deals with all the aspects of love and sex, with its personal, social, cultural and medical importance. It has been mentioned about 64 art forms of sex. In Kama Sutra, Acharya Vatsayana has given more importance to fore play, before actual sexual intercourse. The time in which we are living presently is no doubt wonderful due to various useful modern technologies, which exists today. These technologies have given us

so much profits and comforts that no one can imagine to live without them. With the help of computers and machines and other useful instruments, man has been able to achieve great targets of his life, within very short span of time and with less manpower.

Though these things have proved to be a boon to mankind, but they also have a dark side. This technology has involved the man so much in itself that he has no time left for himself. He is very much engaged in competitive life and job responsibilities. The modern day lifestyle consisting of faulty food habits like fast food,

canned food and preserved food, highly irregular meal timings, mental factors like fear, anxiety, stress and tension lead to disturbed physical and mental health status. This type of life style creates tension in the life of the individuals and physical exercises if not done regularly may adversely affect his body. Man is surrounded by various types of diseases as a result of industrialization and modernization. If these conditions coupled with disturbed sleep and habits like cigarette smoking and tobacco chewing are identified as risk factors for sex related disorders and unhealthy conditions which are becoming more and more common now-a-days. It includes disorders like sexual desire disorders, sexual arousal disorders or erectile disorders, orgasm disorders and various sexual dysfunctions are becoming very common among people now-a-days.

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 Ayurved has a hidden treasure to solve the various sex and infertility related problems of mankind.

### **Etymology**

The term Klaibya is derived from the root (klibr adhyastre by applying the sutra 'lgupadheti' and adding the suffix 'ka' prsodaraditvad (halayudha

kosha) literary meaning of the word dhyastrye is discipline, but in the present context the word dhyastrye means masculine offensive nature, boldness or arrogance, where 'a' is applied as prefix then it became lack of masculine offensiveness i.e. The lack of potency for sexual act. Literally the word Klaibya means to be impotent, to behave like a eunuch, impotence, unmanliness, weakness, timidity, cowardice<sup>1</sup>.

Klaibya is represented by the word impotence. Impotence is a Latin word, consisting of im and potence. 'im' denotes lack of and 'potency' denotes power meaning of which are:

- Lack of power.
- Specifically lack of copulative power in the male.

### **Definition of Klaibya**

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<sup>2</sup>. Chakrapani narrows the definition of Klaibya which means erectile dysfunction only<sup>3</sup>.

### **Common symptoms of Klaibya according to Acharya Charaka<sup>4</sup>**

- 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 dyspnoea (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 odorless
- 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)

### **Types of Klaibya<sup>5,6</sup>**

Various types of Klaibya are explained in the classical texts based on their causes. Acharya Charaka has explained four types of Klaibya; whereas Sushruta has explained 6 types they are as follows-

- 1) Beejopaghaataja Klaibya
- 2) Dhvajopaghataja Klaibya
- 3) Shukrakshayaja Klaibya
- 4) Jarasambhavaj Klaibya
- 5) Sahaja Klaibya
- 6) Khara shukra nimittaja

### **Causes of beejopaghaataja Klaibya<sup>7</sup>**

- Regular and excessive consumption of pungent, sour, hot and salty substances in diet.
- Sorrow
- Worry and Anxiety
- Excessive intercourse at premature age
- Excessive heavy exercise
- Excessive sexual activities
- Lack of confidence in female partner
- Black magic
- Anuloma and viloma kshaya of all rasadi dhatus
- Sex with a woman who is having lack of sex interest

- Prolonged abstinence from sexual act

Due to above causes aggravated vata dosha vitiated the shukra dhatu and diminished in quantity which causes beejopaghaataja Klaibya.

### **Symptoms of beejopaghaataja Klaibya<sup>8</sup>**

The person suffering from this type of Klaibya is paleness, weak, low in vitality, less excitement with women, hridya roga (heart diseases), tamaka shawasa (asthma), kamla roga (jaundice), klama (exhaustion), vaman (vomiting), atisara (loose motion), shool (colic pain) and fever.

### **Causes of dhvajopaghataja Klaibya<sup>9</sup>**

- This type of Klaibya is caused by excessive consumption of sour & salty products
- Viruddhanna (incompatible food)
- Severe emaciation caused by chronic diseases
- Intercourse with wife of enemies.
- Due to lack of personal hygiene
- Sexual intercourse with very young girls
- Trauma caused by teeth and nails
- Injury to genital organ or nerve
- Sexual intercourse with a menstruating woman
- Sexual intercourse with a woman who is suffering from chronic disease
- Lack of sex interest in the sexual partner
- Finding fault with partner
- Intercourse with animals like
- Intercourse with women who is in menstrual cycle
- Intercourse with female who is having infected vagina
- Excessive use of shuka prayoga (a procedure which is used to increase length of penis)

- Intercourse with female who is not maintaining proper cleanliness of her sex organs.
- Ayonigamana<sup>9</sup> (other than vagina e.g. Anal sex, oral sex and masturbation)

#### **Symptoms of dhvajopaghataja Klaibya<sup>10</sup>**

- Swelling of penis
- Ulceration on penis with severe pain.
- The ulcers start oozing with a red or turbid colored discharge.
- Suppuration discharge resembling rice-water having aruna or shyava varna.
- The penis becomes hard and rounded.
- Other symptoms like fever, thirst, vomiting etc. are found.
- There is a burning sensation in the urinary bladder, scrotum and groin.
- The ulcers on the penis sometimes emit foul smelling with whitish and viscous discharge.
- Sometimes ulcers will heal quickly and sometimes persist for a long time and will be infested with maggots and worms.

#### **Causes of shukrakshayaja Klaibya<sup>11</sup>**

- Daily intake of dry foods and drink
- Consumption of food which is not suitable for body
- Worry, sorrow, anger
- Sever emaciation due to chronic diseases
- Controlling semen at the time of ejaculation<sup>12</sup>
- Suppression of natural urges
- fasting for long period

Due to this the rasa dhatu which is located in the heart becomes depleted. Due to the decrease of rasa, the subsequent tissues from rakta and mamsa till shukra will get depleted. Even after

the decrease of shukra, if the person still indulges more in sexual acts in parlance with his strength without taking vajikarana preparations (aphrodisiac drug) his shukra will quickly get exhausted and he falls prey to serious disease and even may prove fatal. Therefore abstinence or regulated sex should be maintained till the lost shukra regains its normal capacity.

#### **Jarasambhavaj Klaibya<sup>13</sup>**

This type of Klaibya occurs naturally in old age. Because in old age, all the rasadi dhatus under gone the dhatu kshaya (process of depletion). Moreover, there is depletion of shukra dhatu also and ultimately it resulted in shukra-kashya. During this period if that person does not consume any vrishya aahara (aphrodisiac diet) in his daily routine diet, then there will no nourishment of shukra dhatu. It results in balakshaya (weakness), veeryakshaya and indriya balakshaya (loss of strength of the sense organs). In this state if he is performing strenuous activity & fast, which will cause jarajanya Klaibya. The person becomes despicable and looks malnourished and also loses its complexion.

#### **Sadhyaasadhyata (prognosis) of Klaibya<sup>14</sup>**

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

#### **Modern view**

Erectile dysfunction (impotence) occurs when a man can no longer get or keep an erection firm enough for sexual intercourse. Having erection trouble from time to time isn't necessarily a cause for concern. But if erectile dysfunction is an ongoing problem, it may cause stress, cause relationship problems or affect your self-confidence.<sup>15</sup>

Even though it may seem awkward to talk with your doctor about erectile dysfunction, go in for an evaluation. Problems getting or keeping an erection can be a sign of a health condition that

needs treatment, such as heart disease or poorly controlled diabetes. Treating an underlying problem may be enough to reverse your erectile dysfunction.

If treating an underlying condition doesn't help your erectile dysfunction, medications or other direct treatments may work.

### Causes

Male sexual arousal is a complex process that involves the brain, hormones, emotions, nerves, muscles and blood vessels. Erectile dysfunction can result from a problem with any of these. Likewise, stress and mental health problems can cause or worsen erectile dysfunction. Sometimes a combination of physical and psychological issues causes erectile dysfunction. For instance, a minor physical problem that slows your sexual response may cause anxiety about maintaining an erection. The resulting anxiety can lead to or worsen erectile dysfunction.

### Physical causes of erectile dysfunction<sup>15</sup>

In most cases, erectile dysfunction is caused by something physical. Common causes include

- Heart disease
- Clogged blood vessels (atherosclerosis)
- High cholesterol
- High blood pressure
- Diabetes
- Obesity
- Metabolic syndrome, a condition involving increased blood pressure, high insulin levels, body fat around the waist and high cholesterol
- Parkinson's disease
- Multiple sclerosis
- Low testosterone
- Peyronie's disease, development of scar tissue inside the penis
- Certain prescription medications
- Tobacco use

- Alcoholism and other forms of substance abuse
- Treatments for prostate cancer or enlarged prostate
- Surgeries or injuries that affect the pelvic area or spinal cord

### Psychological causes of erectile dysfunction

The brain plays a key role in triggering the series of physical events that cause an erection, starting with feelings of sexual excitement. A number of things can interfere with sexual feelings and cause or worsen erectile dysfunction. These include

- Depression, anxiety or other mental health conditions
- Stress
- Relationship problems due to stress, poor communication or other concerns

### Risk factors

A variety of risk factors can contribute to erectile dysfunction.<sup>16</sup> They include:

- **Medical conditions**, particularly diabetes or heart problems.
- **Using tobacco**, which restricts blood flow to veins and arteries. Over time tobacco use can cause chronic health problems that lead to erectile dysfunction.
- **Being overweight**, especially if you're very overweight (obese).
- **Certain medical treatments**, such as prostate surgery or radiation treatment for cancer.
- **Injuries**, particularly if they damage the nerves that control erections.
- **Medications**, including antidepressants, antihistamines and medications to treat high blood pressure, pain or prostate cancer.
- **Psychological conditions**, such as stress, anxiety or depression.

- **Drug and alcohol use**, especially if you're a long-term drug user or heavy drinker.
- **Prolonged bicycling**, which may compress nerves and affect blood flow to the penis, can lead to temporary erectile dysfunction.

### Complications

Complications resulting from erectile dysfunction can include <sup>17</sup>

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

### Diagnostic techniques/tools

#### Subjective techniques

International index of erectile function (IIEF) <sup>18</sup>

DSM-IV TR diagnostic criteria for ED <sup>19</sup>

#### Objective techniques

Audio-visual reaction time (AVRT) <sup>20, 21</sup>

Galvanic skin resistance (GSR) <sup>22, 23</sup>

Duplex USG <sup>24, 25, 26</sup>

Penile nerve function <sup>27</sup>

Dynamic infusion Cavernosometry <sup>24, 26, 28</sup>

Penile biothesiometry <sup>24, 26, 27, 28</sup>

Nocturnal penile tumescence [NPT] testing <sup>24, 26, 28</sup>

### 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 tensions and helps him to relax physically and mentally. But when a man suffers from inefficiency of having normal sex, the tensions generated tend to increase not only in himself 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 problems with emission, ejaculation; retarded ejaculation and retrograde ejaculation. These a wide range of disorders pertaining to the male sexual response ultimately converts into male sterility also.

In Ayurveda explains these disorders under the heading of Klaibya. The capacity to have sexual intercourse with a woman is not constant throughout life. It differs from man to man and also in the same individual at different times and phases of life. Some men can have repeated sexual acts, some men have less number of sexual acts, and some men are virile by nature. Ayurveda recognizes this aspect of sexuality and explains it by giving examples of deferent animals like the horse, sparrow, bull, elephant etc. Sexual potency and attitudes vary from person to person. A person looking strong in physical growth may be weak in sexual activities and one who looks weak by physique may be sexually strong, potent and possess many offspring.

According to modern, the erectile impotence is defined when a person has a problem to achieve and maintain a firm erection, consistently over a 6 month period and in more than 50% of his coitus attempts.

Klaibya is also found as an associated condition in many diseases, which can be taken as nidanarthkara diseases for Klaibya. e.g. Grahani (~Sprue), Arsha (~Piles), Halimaka (a type of jaundice), etc. which will lead to problems of sexual performance and person suffers from alpa-maithuna and Klaibya. Even improper sleeps, lack of sleep also cause of general deterioration in sexual performance and potency. Acharya Charaka says that virility of a man depends much on proper sleep & lack of proper sleep will lead to impotence. Ayurveda explains clearly the role of mind in the sexual response of man. So it is natural that Ayurveda considers the

mental factors as one of the prime etiologies of Klaibya.

Ayurveda texts explain about Jarasambhavaja Klaibya which can be established by a recent study. Chandra Nikhil et al shown in his study that male Sexual dysfunctions are the most common of the psychosexual disorders in clinical practice. The incidence of sexual dysfunctions increases with age. About 5% of 40 year old men and between 15% and 25% of 60 year old men experience sexual dysfunctions.<sup>29</sup> Many studies have been conducted to treat Klaibya and its associated conditions. Manjunatha et al has discussed about role of Gokshuradi Yoga in the management of Klaibya (~ED). It was revealed that there is improvement of patients of Klaibya with said preparation.<sup>30</sup> Mishra Amit Kumar et al concluded in his review that if we see the etiology behind the Klaibya or erectile dysfunction, we find that the causes of Klaibya are of various kinds viz. psychological, organic, metabolic etc. Based on the causes the different investigative / diagnostic techniques are developed; although their clinical use may be limited on certain instances; but it helps a lot to know the inherent cause of the disease and to plan the appropriate management accordingly.<sup>31</sup>

Kulkarni H et al in his study on drug *Putranjiva roxburghii* has found highly significant effect upon all the Sexual Parameters. The sexual desire, penile erection, penile rigidity, ejaculation, orgasm, frequency of coitus, and duration of coitus all were found to increase at a highly significant level in the trial drug administered group. The placebo administered group showed a significant increase in all the parameters except orgasmic score and sexual desire. However no significant changes in the biochemical and hematological values were recorded.<sup>32</sup>

Bhatt Santosh et al in his study concluded that Akarkarabhadi Yapan Basti is highly useful in reducing symptoms of Klaibya such as lack of erection & lack of rigidity, desire, ejaculation

disorder, post act exhaustion. In other group with Akarkarabhadi churna administered orally, shows moderately significant changes than Basti group. The placebo group has shown insignificant results. The study denotes Basti is imperative in treatment of disorders caused by Apana Vayu such as Klaibya.<sup>33</sup>

In another study, it was found that patients of erectile dysfunction (klaibya) along with diabetes when treated with powder of *F. religiosa* Linn. shown moderate significant results where as highly significant results in non diabetic subjects. Which clearly indicates DM plays major role in pathology of erectile dysfunction which interfere in its management.<sup>34</sup>

### 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 considerations like sleep, appetite, mental tension, worry; excessive exercise and fatigue affect the sexual performance and desire (libido) of a healthy man. 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. Bijophagataja Klaibya is due to abnormality in the sperms. Dhvajabhangaja Klaibya is due to inflammatory disease of the penis. Sukrakshayaja Klaibya is due to diminution of semen as a result of various Aaharaja, Viharaja and Manasika factors. Jaraja Klaibya is due to decreased levels of serum testosterone in old age.

For having good quality of sexual intercourse, erection plays an important role, and erection depends upon physical, emotional and mental health. 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 Klaibya. This type of person is not regarded by any woman even though he is very strong in body built, handsome and affluent in wealth. 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.

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

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