

# The Comprehensive Study Of *Shukra Dhara Kala*

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## ABSTRACT

**Shukradhara Kala**, the seventh of the seven *Kalas* (membranes/layers) described in the *Sushruta Samhita* [1, 3]}, represents a critical concept in Ayurvedic anatomy (*Sharira Rachana*). Defined as the layer that gives **abode and support (Dharana)** to the **Shukra Dhatu** (reproductive tissue/fluid) [1, 4], its classical description as **Sarva Shareera Vyapini** (all-pervading) suggests a role beyond localized anatomy, encompassing the systemic circulation of the essence of reproduction and vitality [2, 5]. This review aims to collate and analyze the classical textual references, explore its potential modern anatomical correlates (such as the **mucous membranes** of the reproductive tract and the function of the **Hypothalamus-Pituitary-Gonadal (HPG) axis**) [6, 7], and highlight its clinical significance in the context of *Vajikarana* (Aphrodisiac Therapy) and reproductive disorders [8, 9].

**Keywords :** *Shukra; Shareera; Kala; Dhatu*

### 1. Introduction: The Concept of Kala in Ayurveda

Ayurveda establishes the human body as a composite of various structural and functional components, of which the **Kalas** are essential limiting structures [3, 10]. The term *Kala* literally means a minute part or membrane, and in the context of *Sharira*, it refers to the thin, subtle membranes that act as interfaces between the seven *Dhatus* (fundamental body tissues) and their respective *Ashayas* (cavities or receptacles) [3, 10].

Acharya Sushruta, the father of surgery, meticulously detailed the seven *Kalas* in the *Sushruta Samhita, Sharira Sthana, Chapter 4/20* [1, 3]. These layers are structures that are covered by *Snayu* (fibrous tissue/ligaments), enveloped by *Jarayu* (serous membrane-like structure), and smeared with *Shleshma* (mucus) [1, 10].

The sequence of the seven *Kalas* culminates with the **Shukradhara Kala**, underscoring the importance of reproductive health as the pinnacle of bodily integrity and essence [2, 4]}\$.

### 2. Classical Description of Shukradhara Kala

#### Definition and Location

**Etymology of Kalaa :** The word **Kalaa** is derived from following roots; Kalyatata Itat Kalaa; Kal Gatao Sankhyayam|| The one which moves and counts and is known as Kalaa. This is functional phenomena as well as structural constitution of the body.[1]

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**Definition of Kala :** *Kala* is defined as internal lining structure (layer) between Dhatu and Ashaya, they are seven in number. The essence part of Dhatu remains in small part as layers, these structures are called as *Kala*.

The commentator Dalhana explained in “*Dhatwashayantara Maryada*” internal limiting layer present between particular Dhatu and its locating place i.e. Ashaya is referred as *Kala*. *Kala* is *Pratyanga* of the body which separates the Dhatu and Ashaya.

The *Shukradhara Kala* is the **seventh and last** of the seven layers [1, 3]. It derives its name from its primary function: to hold and support (*Dharana*) the *Shukra Dhatu* [4, 5]

A key distinctive feature of this *Kala* is its location: it is described as *Sarva Shareera Vyapini* [1, 5, 7]. This signifies two levels of presence [2]

1. **Localized Site:** Anatomically, it is associated with the lining and membranes of the **reproductive organs** (testes, epididymis, seminal vesicles, etc.) [6, 7].
2. **Systemic Presence:** Physiologically, it reflects the fact that the essence of *Shukra Dhatu* (which is the final and most potent *Dhatu*, related to *Ojas* or systemic vitality) permeates the entire body, much like butter is present in milk [2, 5]. The *Kala* facilitates this distribution and collection [4].

### Functions (*Karma*)

The *Shukradhara Kala* is crucial for the functions of the reproductive system. Its main *Karmas* include [5, 7, 8]

- **Dharana (Holding):** Providing structural integrity and the physiological space for the accumulation of *Shukra Dhatu* [4].
- **Poshana (Nourishment/Circulation):** Facilitating the transportation and systemic nourishment derived from the *Shukra Dhatu* essence throughout the body [2, 5].
- **Transformation (*Dhatu Parinama*):** It is the site where the final transformation of *Majja Dhatu* (Bone Marrow/Nervous tissue) into *Shukra Dhatu* occurs [2, 8].

### 3. Anatomical Correlation With Modern Science

Establishing a direct one-to-one correlation between Ayurvedic *Kalas* and modern anatomical structures is challenging due to the functional and subtle nature of the Ayurvedic concepts [7, 10]. However, reviewers suggest several possible correlates for the *Shukradhara Kala* [6, 7, 9]

Ayurvedic Concept	Modern Correlate	Rationale
Localized <i>Shukradhara Kala</i>	Mucous Membrane of the Vas Deferens/Epididymis	These linings are structurally essential for semen storage, maturation, and transport [6, 7].
All-pervading <i>Shukradhara Kala</i>	The HPG Axis (Hypothalamus-Pituitary-Gonadal Axis)	The HPG axis controls the systemic production and circulation of sex hormones, which represents the subtle, circulating <i>Shukra Dhatu</i> essence [2, 9].

<b>General Kala Structure</b>	<b>Tunica Albuginea/Tunica Vaginalis</b>	These fibrous layers surrounding the testes fit the description of a membrane covered by <i>Snayu</i> (fibrous tissue) [7, 10].
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The concept is best understood as a **functional histological boundary** that maintains the integrity of the *Shukra Dhatu* [7].

#### 4. Clinical Significance and Conclusion

The concept of *Shukradhara Kala* is integral to the clinical practice of Ayurveda, particularly in the domain of reproductive health [8, 9].

There is no much difference between the *Shukravaha Srotas* and *Shukradhara Kalaa*; if any deformity occurs to *Shukravaha Srotas* leads to infertility, impotency, and blood with semen; so the condition can be consider under the applied aspect of *Shukradhara Kalaa*

Disorders of the *Shukradhara Kala* or the *Shukra Dhatu* it supports are considered the root cause of many reproductive health issues [8]. *Kala Dushti* (impairment of the layer) can manifest as conditions affecting semen quality, quantity, and overall vitality, leading to **Klaibya** (impotence or sexual dysfunction) and **Vandhyatva** (infertility) [9].

#### 5. Therapeutic Relevance

Therapies aimed at enhancing reproductive health, collectively known as **Vajikarana**, directly target the function and quality of the *Shukra Dhatu* and, by extension, the *Shukradhara Kala* [8, 9]. These treatments utilize potent herbs (*Vajikarana Dravyas*) to nourish the *Dhatus* sequentially, culminating in the strengthening of this final layer and the production of superior *Shukra* [8].

#### 6. Conclusion

The ***Shukradhara Kala*** is a sophisticated Ayurvedic concept that integrates structural anatomy with systemic physiology [2, 7]. It not only describes the physical lining of the reproductive tract but also symbolizes the pervasive influence of reproductive essence on holistic health and vitality (*Ojas*) [5]. Further research is warranted to validate the molecular and histological correlates of this *Kala*, bridging the wisdom of classical Ayurveda with contemporary reproductive science.

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