

Review on kuchimara tantra

Meena H R

1.PG Scholar, Department of PG
Studies in Prasooti Tantra And
Stree Roga AAMC Moodbidri.

Vandhana

2.Professor and, Head Department
of PG Studies in Prasooti Tantra And
Stree Roga AAMC Moodbidri.

Abstract

Ayurveda consider health and disease both as the products of food and lifestyle. A positive life style and wholesome food promote positive health and prevent diseases . kuchimara tantra is the text convenced us with the significance of the errors of life style in causation of all kinds of diseses , both physical and mental . life style disorders are mainly because of inappropriate relationship of people with their environment.life style disorders often relate to mental or physical conditions like psycosexual disorderds, pcos, infertility , oligospermia, etc.. these diseases may play a pathogenic role in many individuals. we have solution for these kind of rasing epidemics in the world today.the primary goal of this book is to promote positive health of well-being.

KEYWORDS : kuchimara tantra lifestyle disorders ,infertility.

Introduction

Kuchimara tantra is an ancient text dealing mainly on protection and beautification of male and female genitalia along with other approaches like vashikarna etc, .This book also deals with few scientific descriptions relevant to present day needs. Probably this is the ancient work contrive with kanya karanam, dravikarnam etc. There are many prescriptions to promote the better sexual life, maintenance of anatomical and physiological functions of genitalia. Present days people are more conscious about their physical appearance and sexual life. Though the book is containing 164 stanzas more than 200 herbal, mineral and animal products have been used in the formulations. Majority of the drugs are easily available at low cost.1

About The Authors

The information regarding author of the book Muni kuchimara is not available Translator of the book Goli penchala Prasad is research officer at the central council for research in Ayurvedic Sciences, Department of AYUSH, Govt. Of INDIA, National institute if Indian medical heritage. Editor Pammi Uttama Vaidya Sastry is former railway Engineer. Though he has no formal degrees, He earned the title Uttam vaidya. His house is Veritable hub for the research and development of Ayurvedic medical sciences. It has over 3,000 books in six languages. Mr sastry has started digitalising some of valuable books. He has prepared soft copies of almost 1,000 books by himself.

Sailent Features Of The Book

The chapters are named as patalas .There are 9 patalas 1) vriddhikaranam 2) lepanam 3) vasikaranam 4) vajikaranam 5) a)dravanam b)stambhanam 6) kanyakaranam 7) vandhyakaranam 8) a)lomasatanm b)prasava 9) parisista. Each patala consist of various concepts of prasooti stree roga and wide range of medications has been mentioned with its significance. This is the text which insight regarding concepts of streeroga, vajikarana and vashikarna etc.2

About The Book

The First Patala Deals with 32 medications which are used for the augmentation of breasts, arms, penis, ear lobes, shoulder. 2nd patala approaches with Lepana i.e., External application. There are 12 medications and mantra chikitsa has been explained to promote the utmost desire & happiness of a couple throughout the life. 3rd patala is concerned with vashikarana. Vashi means to control someone and karana is a method to apply this therefore vashikarana means to attract a desired person and make him/her act as per your choice. Author explains seven varieties of stree, few characters of those women and also mentions how to subdue the stree with some medications and mantras(27). 4th patala serves with various types of aphrodisiacs for those who are involved in vigorous exercises (atavyayama), person having scanty semen by nature (svabhava ksina retasam); and persons who have alpa shukra due to damage in accidents etc. 5th patala wangles with Dravanam & Sthambanam. Dravanam here states that both orgasm & menstruation. In the context of Sthambana the author propounded few medications for erectile dysfunction & delaying ejaculation. 6th is contrived with kanya karanam i.e., Creating Virginity probably the medications which are explained in this ambience may strengthen the pelvic muscles. 7th patala carried out utterly regarding medications for permanent sterility and abortion. 8th patala approaches towards the elegant aspects of women like Lomashatanam (Depilatories). 9th patala reviews regarding the healing aspects of infertility.3

Certain Medications Of Each Patalas:

Some eminent and easily accessible yogas mentioned in the book which are contributed to the field of prasooti stree roga, cost effective too and are as follows:

- Asvagandha, apamarga, brihati, sveta sarsapa, kusta, tagara, pippali, marica taken in equal quantities and ground in goats milk. By applying this paste externally it causes increase in the size of breast and penis.
- Powder of human teeth, saindhava and maksikam are mixed with honey & this paste is applied externally after chanting the mantra “APSARASCA VIMANASCA THAH THAH” for 108 times to promote the utmost desire & happiness of a couple throughout the life.
- Collyrium is to be prepared with sahadevi, leaves of lotus plant of punarnava and sari are applied to the eyes of girl she gets subdued.
- Dhatri powder is impregnated with juice of the same amalaki repeatedly several times. This is licked after mixing with sugar candy and honey. Along with this milk is taken as anupana. This increases semen for those who are having scanty semen (alpa shukrata) & for those who desire children.
- Application of tankanam alone externally or chincham mixed with honey & jaggery on the penis, the female partner gets the orgasm quickly.
- Ghee of brown colored cow and sesame oil are taken in equal quantity. Sesame oil is impregnated in brown cow's ghee and this mixture is applied in vagina. This causes contraction and makes vagina clean and free from diseases.
- Female becomes sterile by eating a piece of turmeric rhizome for six days after starting of Menstruation i.e., three days during menstruation and 3 days after menstruation.
- Lead bhasma is kept in mustard oil and exposed to sunlight for 7 days. External application of this oil causes hair fall.
- A sterile woman will also conceive by intake of powder of gopichandana, utapala, visnukramta, krtanjali.
- Latex of Snuhi, goat's milk, root of Lajjalu are ground together and this paste is applied externally on the soles of foot. This external application delays ejaculation.

- Katutumbi should be taken along with its seeds. It is ground in water and made paste. External application of this paste inside vagina causes immediate abortion.

Specifications of the book.

Edition : 2007

ISBN : 81-218-0228-8

Publisher : chowkhamba Krishnadas Acadamy ,Varanasi.

Printer : chowkhamba Press.

Pages : 56

Price : 150 /-

Weight : 90gms

Size : 8.3" x5.3"

Specifications : Dr. Goli panechala Prasad &Uttam Vaidya Pammi Satyanarayana Sastry.

Improtance Of Book

In India, present scenario many suffer from infertility , sexual dysfunction , and lifestyle ailments. It is about four percent greater than people from other nationalities.4 Because of this burning issues many are going for surgical procedures and success rate is very less. This text book encompass some of the formulations which might be behooveful in certain afflictions.This book enlightens not only regarding healthy sexual life also regarding many treatment aspects of obstetrics gynaecology.

•Dscussion

In present scenario survey says that over a population in India 30 million couples suffer from infertility .This is a huge number both men and women are equally responsible for this. Because of this burning issue many are going for ART procedures and success rate is 2% .5 In this text we have some formulations. by doing preclinical research of these formulations which have been explained in this text will be beneficial to those who are in need . To check the authenticity of this text research is needed. Usually we refer bruhat traies and laghu traies this is the text which has been least explored though having many concepts of prasooti streeroga, vajikarana vashikarna etc. Here I made an attempt to explain some of the formulations which are mentioned in the text which we can do research and imbibe in our practices.

Scientific View Of Few Formulations

1.Female becomes sterile by eating a piece of turmeric rhizome for six days after starting of Menstruation i.e., three days during menstruation and 3 days after menstruation.

Explanation

Fertility health: many research articles opine that turmeric is traditionally used as a contraceptive tool to prevent pregnancy. Sperm were collected and incubated with curcumin to examine the effect on motility , capacitation/ acrosome reaction, and in vitro fertilization .the effect on in vivo fertility using the mouse model was also examined. Incubation of sperm with curcumin caused a concentration dependent decrease in sperm forward motility, at higher concentrations there was a complete block of sperm motility and function within 5 -15 min. administration of curcumin, especially intravaginally, caused a significant reduction in fertility. Curcumin is proven to have a concentration dependent spermicidal effect and when administered intravaginally it can reduce fertility .the antifertility effect is reversible. Thus turmeric can be used to block conception.

There is evidence that curcumin has antioovulatory effect probably by its antioestrogenic activity through suppression of negative feedback effect of oestrogen on pituitary . 5

2. Ghee of brown colored cow and sesame oil are taken in equal quantity. Sesame oil is impregnated in brown cow's ghee and this mixture is applied in vagina. This causes contraction and makes vagina clean and free from diseases

Explanation

Sesame oil is found to be effective in the treatment of inflammation and in wounded skin. It is having anti microbial and anti inflammatory property that fight against the bacterial infections. As the oil penetrates deep into the skin, they will produce a detoxifying effect which will keep the vagina in healthy condition. Which is also used in certain treatment conditions like eczema, psoriasis, because of its snigdha and usna guna it does not allow bacteria to grow and it has been extensively used as a healing oil since many years. And it is vatasamaka, which is having vranaropana property which cleanses the vagina by interfering with the natural flora and decreases the infections. ,artavajanana which regulate the menses. 6grita is having good source of vitamins which is having mainly vitamin A which is lacking in other edible oils, is nicknamed the medicine of the immune system, since it helps to keep our mucous membrane and skin cells healthy there by guarding from cell damage . 7

3. Lead bhasma is kept in mustard oil and exposed to sunlight for 7 days. External application of this oil causes hair fall.

Explanation

Naga bhasma possesses madhura and tikta rasa , snigdha, usna , guru lekhana and sara guna .sarsapahoil katu tikta ushna virya tiksna ruksha snigdha kaphavatasamaka. Taila is used for tvakroga kandughna, 8

The reason why lead can cause people to lose hair is because it sufficiently "shocks" the body for a condition named Telogen Effluvium to ensue. People who experience this often see their hair suddenly looking dull and malnourished, and thinning hair appears fairly quickly – a result of numerous hairs prematurely entering the telogen (resting) phase of the hair growth cycle and then cause shedding.

4. Application of tankanam alone externally or chinchu mixed with honey & jaggery on the penis, the female partner gets the orgasm quickly.

Explanation.

tankana is kashya rasa ,ushna virya , and acts as a vasodilator by which there will be increased blood flow to the penis there by the female partner gets orgasm quickly. and chinchu is amla rasa guru , ruksa, guna. Ushna virya kapha vata shamaka. guda is having guru snigdha , vataghna, vrsya , mutrasodhana, , kaphaghna, krimighna, and balya. shukra shodhaka. 9. Honey and jaggery are binding agents. Which will stick to penis for long time which also acts as lubricant during coitus. during the sexual response cycle, resulting in rhythmic muscular contractions in the pelvic region characterized by sexual pleasure the drug help in resulting rhythmic contraction pelvic muscle. By there action.

5. Latex of Snuhi, goat's milk, root of Lajjalu are ground together and this paste is applied externally on the soles of foot. This external application delays ejaculation.

Explanation

pada is considered as tala hridaya the paste of this is applied to soles which reaches the respected site and brings the desired effect . snuhi is having katu rasa laghu tikishna snigdha guna , ushna veerya .because of its kapha vatahara property it is best used in vaginal disorders .10 goats milk

is kashya madhura rasa, laghu guna, sita virya . lajjalu its tikta kashya rasa laghu ruksha guna sheeta virya katu vipaka kapha pitta hara grahi it is used in yoni rogas and it is used in infertility. Goats milk is shukra janaka . kashya rasa is having stambana effect because of its stambana property it prevent premature ejaculation. For early ejaculation mental stress is the cause the drugs were help to reduces the stress by that the ejaculation time is increases .11

6. Katutumbi should be taken along with its seeds. It is ground in water and made paste. External application of this paste inside vagina causes immediate abortion

Explanation;

katu thumbi is having tikta katu rasa ,laghu ruksa guna sita virya, katu vipaka, kapha pitta samaka , bedhana. When it is administered as suppository , causes the uterus to contract much . According to rajanighantu katuthumbhi is shodini so it's help in yoni and Gharbashaya shodana so causes abortion.12

Aknowledgement

The author is thankful to Dr.Sujana vs, Dr.Sathish Jalihal and library of Alva's Ayurveda Medical College for providing books for the study.

Reference

1. <https://exoticindiaart.com/m/book/details/book/kuchimara-tantram-for-better-sexual-life-idj561>.
2. www.manuscripts.com/myth/2011/08/11/kuchimaratantra.
3. kuchimaratantra dr.goli pnechala Prasad, uttam vaidya pammi satyanarayana sastry edition 2007
4. <http://www.indianmba.com/faculty-column/FC1049/fc1049.html>.
5. <https://natural-fertility-info.com/fertility-info.com/fertility-health-clearing-up-confusion-about-turmeric-as-birth-control.html>.
6. <https://www.goodhealthacademy.com/health-benefits/sesame-oil-for-skin>.
7. <https://www.care2.com/greenliving/15-amazing-benefits-of-ghee.html>.
8. A text book of rasashastra, chaukhamba orientalia Varanasi ,edition 2011 page no 319 -320.
9. A text book of rasashastra , chaukhambha orientalia Varanasi ,edition 2011 page no 397.
10. Dravyaguna-vijnana, chaukhambhavisvabharati, Varanasi. Prof D.shanth kumara lucas page no 646
11. <https://www.globalhealingcenter.com/natural-health/goat-milk-benefits>.
12. Raja nighantu sri narhari pandit, chaukhamba orientalia by dr satish chandrasankhyadhara page no-167-168.