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MY SEX DOCTOR

sexual dysfunctions treatment

sex . brahmacharya . beliefs . facts

All you wanted to know about

Sex: Brahmacharya Virya Dhatu Semen

WRONG BELIEFS

What are the ill effects of loss of semen according to popular belief?

Teenagers complain, "I am addicted to masturbation. I began hastamaithun at very young age. Due to nightfall I have lost excess loss of semen. Drops of dhat are lost in urine or straining at stools."

WRONG BELIEFS

Even today such loss of semen by masturbation and wet dreams (nightfall, swapnadosh, loss of dhat in urine/stools) is wrongly believed by over 60 % people to be responsible for wide gamut of illnesses both mental and physical rendering a person weak and meek. Due to excess nightfall or masturbation addiction lot of precious semen is lost, hence they won't be able to bear children. *Dhat semen patla hota hai*. Quality & quantity of semen becomes poor.

They will become impotent. They won't be able to do sexual intercourse.

Other beliefs are loss of memory, lack of concentration, thin built (others tease me), loss of weight, dark patches under eyes, backache, hair fall, premature ejaculation, small penis size, even paralysis and becoming mad.

FACT

Teenagers don't know that physical loss of semen as on masturbation, wet dreams or sexual intercourse does not lead to weakness, backache, infertility, insanity, paralysis or any other health problem in the present or in future.

Note:

Neither in the textbooks of Ayurveda, nor in the science of modern medicine is it said that loss of semen as during masturbation causes weakness or preservation of semen by abstinence brings vigour, good health or power.

Loss of Virya Dhatu Brahmacharya

These wrong beliefs are perpetuated & reinforced by quacks (including Swamis, Babas, Bappus and God men who are in the business of selling medicines). They allude to loss of Virya, Dhatu, Semen and violation of Brahmacharya .

Quacks frighten the scared teenagers even more by telling them the grave harmful effects of nightfall, masturbation or loss of semen in any form. Quacks then extort money promising them a cure, "Your masturbation and wet dreams (nightfall, swapnadosh) will stop", which never happens. Teenager loses money, sinks into depression and now even more desperately seeks medicines, which takes him to another quack.

Let us go deeper.

- *There is a common belief that loss of dhatu/semen depletes man's energy. Hence, one ought to conserve semen/virya so that you do not lose strength, man power and capacity for sex. Not doing so is going against scriptures, which emphasize Brahmacharya. So masturbation is a grave sin.*
- *40 drops (some say 80 drops) of blood make one drop of semen.*

What is virya?

What is dhatu?

What is brahmacharya?

What is semen?

What is the importance of celibacy, continence or sexual abstinence?

FACTS

Is dhatu the same as virya?

Dhatu is not virya, virya is not dhatu. Both words have different sources and different meanings.

Is semen the same as virya?

Semen is not virya, virya is not semen.

Is virya the same as dhatu?

virya is not the same as dhatu.

Dhatu is a Sanskrit word that comes from Ayurveda.

Virya is a Sanskrit word with its origin in Rig-Veda.

What is dhatu?

According to the science of Ayurveda human body is made up of 7 basic elements, each element is called dhatu.

Thus

Dhātu (Ayurveda) — Sanskrit word, plural Dhātus: the seven body tissues, or fundamental elements of the body.

What is virya?

Virya is a term used for heroism, lustre, strength in Rig-Veda.

Vīrya (Sanskrit) literally means “state of a strong man or “manliness.”

In Hindu Vedic literature, the term is often associated with heroism and virility.

The hymns of Rig Veda (RV) .referring to the word “virya” are given at the bottom.

What is Rig-Veda?

Rig-Veda is one of the Vedas (scriptures of ancient India) and much older than Ayurveda.

Why semen is also called as dhatu?

Ayurveda defines the seventh element as the Shukra dhatu. The term Shukra dhatu is not restricted to semen alone. Shukra dhatu denotes essential reproductive elements of both male and female.

Thus Shukra dhatu is a word, which is also used for the ovulatory function. Artav is another term used for the ovum.

Why is loss of semen considered as loss of strength?

Semen is called shukra dhatu.

Shukra means ‘bright’ as well as ‘the essence’ .

Loss of semen would mean loss of brightness and loss of essence.

Semen is not virya. So loss of semen is not loss of virya (strength, heroism).

Contenance Celibacy Sexual Abstinence

This is part of Brahmacharya to be followed by all seekers of soul or the Supreme Reality or God.

What is brahmacharya?

Brahmacharya is the path towards Brahm (the supreme, non dual self).

Brahmacharya is a Sanskrit word derived from 'brahmani charatii' iti 'brahmacharya'.

(Charya is as in acharan. Example: 'Dincharya')

Brahmachari is the spiritual seeker who is on the path of Brahm, the Supreme.

Celibacy is abstaining from all voluntary sexual acts (night fall/wet dreams is excluded).

Brahmacharya is not only celibacy, but it includes restrain of all the five sense organs and the five organs of action. Thus the spiritual seeker cannot indulge in watching movies and eating delicacies like chaat masala.

Conclusion

FACT: Loss of semen does not cause weakness or ill health

Must read

- [Masturbation](#)
- [Sanskrit Shloka Khajraho Hastamaithun](#)
- [About Dr. Ashok Koparday](#)

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