

A Translation of the Nepalese Text of the *Suśrutasamhitā*

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Sūtrasthāna

Nidānasthāna

Śārīrasthāna

Śārīrasthāna 2: On Semen and Menstrual Fluid

Literature

Meulenbeld offered an annotated overview of this chapter and a bibliography of earlier scholarship to 2002.¹⁵⁵ Das (2003: chs 6–8) also studied topics of this chapter.

Conceptual background

Das (2003: ch. 13) provides an overview of the conceptual background of ayurveda on the topics discussed in this adhyāya. In brief ...

Translation

- 1 We shall now explain the anatomy that is the purification of sperm (*śukra*) and blood (*śoṇita*).
- 3 Semen (*retas*)¹⁵⁶ is incompetent to produce offspring if it is [characterized by] wind, bile, phlegm, blood (*śoṇita*),¹⁵⁷ decomposition (*kuṇapa*), lumps (*granthi*),¹⁵⁸ stinking pus (*pūtipūya*), low volume (*kṣīṇa*), urine,

¹⁵⁵ [HIML](#): IA, 244–246.

¹⁵⁶ The Nepalese version has -रेतांसि “semen” (in the plural) as the subject of the sentence: “seeds are unable to produce offspring....” In the vulgate, -रेतसः is a masculine bahuvrīhi, making “men whose semen has...” the subject of the sentence.

¹⁵⁷ Note that the list begins with the four entities, wind, bile, phlegm and blood, perhaps hinting at a four-humour system (see Wujastyk 2000: 485–486).

¹⁵⁸ Contemporary medicine understands that normal ejaculate contains coagula which,

JG in the light of your reflections, I removed “women’s fertile”. I’ve put śārīram back in.

JG could you provide a standard citation reference for this information?

or feces.

JG translation

- 4 When the disfunction is caused by wind, there is a colour and a type of pain that typically goes with wind problems; if caused by bile the colour and the pain are typical of bile afflictions; if caused by phlegm the discoloration and suffering are characteristic for phlegm disease; and if caused by some bleeding (*sonita*) there will be a discoloration due to blood and a sensation similar to that when there is a bile affliction. Moreover when caused by blood (*rakta*) there is decomposition, or if the affection is caused by both phlegm and wind disfunction, or when the sperm is characterized by the presence of lumps and clots, and if caused by both bile and female bleeding problems, the sperm becomes foul-smelling; if caused by both bile and wind troubles the volume gets depleted; when there is some episode of despair a smell of urine and faeces will occur. Some of these sperm abnormalities can be treated, e.g. cases of foul-smelling sperm, sperm containing an abnormal amount of clotting lumps, and when it reeks of pus and causes excruciating pain. However, when sperm contains urine or faeces there is no treatment.¹⁵⁹
- 5 Moreover, in the period of about ten days following the onset of the menses - when the woman is receptive to becoming pregnant - the sperm can be vitiated by any of the three pathologies that may occur during the first quarter of the menstrual cycle, either separately or by two or three of them or even all three together but this will not necessarily lead to subfertility. Rather it is the pain caused or the discoloration of the sperm itself that suggest one of these afflictions. Among these, the kind which shows decomposition, or coagula, or putrid pus is incurable. The other types, however, can be treated.
- 6 Such are the facts. A smart professional getting the most out of his professional competence will, normally speaking, be able to treat the first three among these sperm pathologies. What is needed therefore

however, dissolve after about half an hour. But coagula that do not dissolve may sometimes be a sign of an underlying disorder.

¹⁵⁹ Note that the above characterizations presuppose the direct inspection of an ejaculate. The process of collection is not described in the sources.

- can be either lubrication, or making the tissues exude or any other tricks of the trade, such as something like an enemas or an instillation.
- 6A When the sperm is negatively affected by wind disorders, one should applicate an oily enema containing Bengal quince and Indian kudzu.
- 6B One could also consider administering an oily preparation, well-cooked and medicated with simple deodar drenched in honey, in the form of an enema.
- 6C One can also make the patient drink clarified butter finished with pomegranate, citron fruit, rock salt, a caustic (*kṣāra*), and two kinds of salt.
- 6D When sperm disfunction is due to bile issues, one can prescribe application of a preparation based on the milky juice of plants cooked with honey or else sharply tasting betel leaves in milk or curd.
- 6E One could apply also a salve of axlewood and sal into the vagina.
- 6F Or apply externally an oily preparation of well-cooked honey.
- 6G Of course that oily preparation could also be applied in the form of an enema.
- 6H One can also make him swallow a beverage of clarified butter finished with the “five roots”: nightshade, betel, moonseed in honey, dog’s tooth and sugarcane stalks.
- 6I If the sperm is afflicted because disturbances in phlegm, one can consider an oily ghee-based preparation with adstringent leaves of the golden shower tree.
- 6J The oil processed as a medicated decoction of long pepper, honey and false black pepper should be administered as an anointment but similarly also in the form of an enema.
- 6K One should try a solution of cooled-down clarified butter, compounded with the juice of basil, Indian gooseberry, long pepper and stone-breaker plant in case of kidney gravel disease.
- 6L Here are some more verses.
- 7 In case the sperm shows signs of decomposition, one should make the patient drink a medicated fluid containing dhātaki flowers, cutch-tree, pomegranate and arjuna tree bark.
- 8 In case of apparent disintegration of the sperm, he should drink clarified butter with heart of sāl. Moreover in case of lumps and clots, he should even eat a preparation of ashes obtained after burning of a fig-tree.
- 9 In case the sperm appears purulent, a mixture of mangrove canon ball

I have replaced the plant-names with entries from my plant database.

in some food leftovers or anything else should be prepared. When the sperm is depleted, one should perform these instructions straight away as soon as they have been explained.

- 10 One should make the patient drink ghee with citra, koshira and hingu by way of an antidote. A wise person should then perform one by one the six oleation processes on his own body.

Cikitsāsthāna

Kalpasthāna

Uttaratantra

Todo list

■ Can't be "sedation"	35
■ JG in the light of your reflections, I removed "women's fertile". I've put śārīram back in.	61
■ JG could you provide a standard citation reference for this information?	61
■ I have replaced the plant-names with entries from my plant database.	63
■ This is a change we should make in the edition.	67
■ You need not give all the grammatical details about śrotādi. Assume you are talking to knowledgeable Sanskrit scholars.	68
■ Perhaps <i>kalka</i> here could also mean the <i>Terminalia Bellerica</i> (विभीतक).	70
■ Euphorbia Antiquorum (Antique spurge)	72
■ The webpage https://hindi.shabd.in/vairagya-shatakam-bhagacharya-arjun-tiwari/post/117629 says that this verse belongs to the <i>Nītiratna</i> . I could not find this text.	75
■ The provisional edition should be modified accordingly.	77
■ There, Ḍalhaṇa comments that deliberation on <i>avapīḍa</i> had been done earlier when it was mentioned. Find that description to know more details.	79
■ Search for the section where the treatment of <i>ākṣepaka</i> is described.	80
■ Make the first letter of sentence capital.	80
■ ?	86
■ ?	86
■ ?	86
■ (?)	86
■ Cf. Arthaśāstra 1.21.8.	94
■ I'm still unhappy about this verse.	97

■ Mention this in the introduction as an example of the scribe knowing the vulgate.	97
■ fn about sadyas+	97
■ Bear's bile instead of deer's bile.	98
■ punarṇavā in the N & K MSS	99
■ śrita for śṛta	99
■ explain more	100
■ Medical difference from Sharma.	100
■ example where the vulgate clarifies that these should be used separately; appears to be a gloss inserted into the vulgate text.	100
■ The two uses of prāpta are hard to translate. prāptāḥ → kṣipraṃ is an example of the vulgate banalizing the Sanskrit text to make sense of a difficult passage.	100
■ √ vyadh not √ vedh (also elsewhere and for the ears), causative optative.	100
■ -> ativiṣa	110
■ Look up the ca. reference.	110
■ Come back to the issue of "kalpa". Look up passages in the Kośa.	117
■ write footnote: don't repeat ativiṣā; vulgate similar to H.	121
■ material corresponds to SS.1.45.205ab, where it describes how alcohol affects the body.	123
■ Or "There are 20 phaṇins and 6 maṇḍalins. The same number are known. There are 13 Rājīmats." Or even, "there are 20 Phaṇins and six of them are Maṇḍalins." Are phaṇins really the same as darvīkaras?	127
■ grammar	129
■ ri- ṛ-?	131
■ varṇa means "colour" elsewhere?	132
■ where is cutting with a knife related to removing bile or phlegm.	140
■ maṣi burned charcoal. Find refs.	140
■ find ref.	145
■ Check out these refs.	146
■ meaning of kalpa	146
■ or a dual?	151
■ Footnote here about who is speaking to whom.	143
■ a kind of asthma?	149
■ Not happy with the last part.	149
■ connecting with the previous pāda?	149

■ (atyartha? excessive?)	150
■ for...dvādaśādhikāḥ)? not clear to me, is it dvādaśādhikāḥ?	150
■ (any better medical terms for them?)	150
■ (since the word lagha is not clear to me)	151
■ (Not too happy with it.)	151
■ (not sure about it)	151
■ (Not in vulgate)	151
■ (I am looking for a better translation)	151
■ (I'd need to rework on it).	152
■ (I'd need to rework on it and think about the sequencing of the number).	152
■ (āmadoṣa? Not too sure)	152
■ (2nd hemistich is incomplete)	152
■ (not too sure about the meaning of vyapada)	152
■ not so sure about sodāvarte	152
■ not so sure about it, MW mentions others like Cordia Myxa and Alangium hexapetalum	153
■ not sure about it	153
■ (sāmāhāya- any better word?)	153
■ Not so happy with this translation	154
■ (Not happy with it)	155
■ (the second hemistich is incomplete)	155
■ can śṛta mean here boiled milk? Not happy with the last part . . .	155
■ the rest of the text is unclear to me	155
■ (not so sure about it). [ghṛtābhyaṅgonavasthāsu should it be like ghṛtābhyaṅgo 'navasthāsu?, svedā lepaḥ ghṛtābhyaṅgonavas- thāsu ca yojayet] (Not so happy with the translation)	156
■ See also Ḍalhaṇa at 1.1.1 (vulgate)	165
■ See chapter 40 of Sūtrasthāna.	167
■ vasā / medas / majjan	167
■ Does bhūtādi a compound or it means ahaṅkāra or ego?	167

