



## SEX AND YOGA IN THE LIGHT OF ANCIENT INDIAN SOURCES

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### ABSTRACT

*Sexual activity is a combination of feelings, physical attraction, intimacy, behaviour and thoughts towards each other. It also deals with procreation. Male and female are the two wheels of the creation of the world. The instinct of creation considers as Kama purushartha. The Sanskrit word Kama means desire or sexual desire, the chief element, made to complete sexual urge and achieving goals as love, peace of mind and physical satisfaction. The process of procreation is incomplete without the balance equation of male and female. Yoga provides the physical fitness, emotional balance and spiritual wellbeing. These qualities are also important for healthy married and sexual life. The role of the body and mind is majorly essential in both Yoga and act of sex. Balance and comfortable bodily movements are the keys of Yoga and Sex. In Yoga it is called Asana and in sexual activity it is called as Sambhoga asana. From thousands of years several Indian Sanskrit texts have not only spoken but also discuss respectfully and evidently about the culture of Sambhoga asana. This paper sets out to discuss what has been described in Yoga, Vatsyayana's Kamasutra and Anangaranga about Sex and Sambhoga - asana for joyful sexual activity.*

**Key words:** Sex, Yoga, Sex postures, Sambhoga asana, Kamasutra, sexual wellbeing.

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## INTRODUCTION:

Desire of sex is a natural instinct of human beings. In the 21<sup>st</sup> century we have seen the many challenges related to sexual health which leads physical and sexual discomfort, unhappy sex life, mental - physical disorders, extra marital affairs, and monotonous sexual life in married couples. In the act of sex slow and rapid movements, touch of the spouse, rhythmic movements, breathing, balance of the body are necessary. Regular practice of Yogasana could enhance these qualities. On this background we should understand:

i) What is sex ii) Yoga Asana and Sambhoga Asana for joyful sexual activity

The concept of Sex by Maharshi Vatsyayana -

In Hinduism, Kama is one of the four major Purusharthas. The word Kama reflects its various dimensions as desire or sexual desire. Vatsyayana's Kamasutra is a worldly famous text for the art of sex. He describes sex, several patterns of sexual act, sexual disorders as well as some remedies to get rid of sexual problems. Sex is not only bodily act; it is a mindful act. In present times man is suffering from physical, mental and emotional hinderances. It seems that physical, mental and emotional imbalances create sexual disorders and incompleteness in the life. In Kamasutra Maharshi Vatsyayana gives two-fold definition of sex –

श्रोत्रत्वक्चक्षुर्जिह्वाघ्राणानामात्मसंयुक्तेन मनसाऽधिष्ठितानां स्वेषु स्वेषु विषयेष्वानुकूल्यतः प्रवृत्ति कामः

स्पर्शविषयविशेषात् तस्याभिमानिकी सुखनुविध्दा फलवत्यर्थप्रतीतिः प्राधान्यात् कामः (I.II. 11,12)

आहारसार्धमर्माणो हि कामाः फलभूताश्च धर्मार्थयोः (I.II .37)

When five sense organs – the ear, the skin, the eyes, the tongue and the nose- presided over the mind which is enjoined with the soul, are inclined towards the objects suited to each; this pravritti or inclination is called Kama. The experience of joy by touch (of the beloved) leading to a fruition is mainly kama.

In Vatsyayana's Kamasutra Sex is referred as essential as food for the maintenance of body. Sex is a basic need of human life. Sex is physical as well as emotional thing. It is not simply Physical pleasure; it is fulfilment of life at psychological, emotional and spiritual level. Vatsyayana concept of sex has wide scope, Sex is real sense of the term is imbued with desire for creativity, enormous pleasure, to make life beautiful as well as meaningful. Sex is not



confined to bedroom activity only, Vatsyayana views it in the perspective of its social functions and kinetic relationships between individual and society. Sex is one of the means to achieve Moksha, and not less important than Dharma and Artha.

In the above verse Maharshi Vatsyayana supplies preliminary guidelines to make healthy sexual life. Everyone has different needs. Attachment, feelings of love, sensual feelings, affection these are preparatory feelings. It should be done secretly, without any disturbance. Mesmerism, love, sexual union or copulation and sexual ecstasy are the products of sexual activity. Trust, two-way open communication with partner, sharing success, failures, giving appreciation, enthusiasm, knowing physical needs of the partner, discussion about physical and sexual problems these are the key points of healthy sexual life. This knowledge of sex will enhance the understanding and quality of sexual life and wellbeing. Hundred years back Maharshi Vatsyayana conveyed this message, but even today this message is relevant for the universe.

The understanding between the sexual partners is plays an important role during actual intercourse. Foreplay and the after play are two ways to complete sexual activity. The interest towards the sexual partner could increase with the proper sexual understanding, sexual adjustment and mental harmony. Our body is a mean to achieve sexual as well as spiritual pleasure. Yogi Chetanananda in his book Sex and Yoga says, Sex is the key to good health and health is the key to good sex, but Yoga is the key to good health as well as to good sex. Incomplete urge of Sex and being unhealthy are the two most important problems of life. Sex and health are interdependent and they are hidden treasures. Yoga is the open sesame to let you into those secret chambers.

Yoga has many dimensions. Asana is the very important and worldly popular branch of Yoga. Asana is also known as physical exercise. Maharshi Patanjali defines Asana in Patanjali Yoga Sutra 2.46 in Sanskrit as स्थिर सुखं आसनं | meaning - stable state of the mind and comfortable as well as effortless posture of the body. In the classical text Anangaranga, author Kallyan Malla describes the Sambhoga asana.

The ingredients of the Sambhoga asana are: nudity, intimacy, rapid movements of the body especially penis and waist, duality or partnership, sensuality, touch and physical support of the partner, dependency to have physical satisfaction and emotional fulfilment. Following are the few Sambhoga asana from the classical text of Kallyan Malla's Anangaranga. Theses asanas equally good for men and women. Asana practice should be done in peaceful and clean place with empty stomach.



**Fig. 1**



**Fig. 2**

The name of the above Sambhoga asana is Vyomapada-uttana-bandha. Basically, this is fexas far back as her hair. The husband, then sitting close to her, places both hands upon her breasts and enjoys her.

Steps:

- i) The husband and wife with desire for the sex lying on the ground or on there the favourite place
- ii) Wife lying on the ground
- iii) Slowly raise both the legs in 30, 60 and then 90 degrees as Fog 2
- iv) Slowly raise both hands, with hand support slowly pull both legs towards the head
- v) Slightly open the thighs and vaginal path shown as Fig. 3
- vi) Opens legs allows easy penetration
- vii) Close the legs again little inside and start the movement of sexual activity
- viii) In this posture the couple could experience the close movement of the penis inside the vagina
- ix) Husband with sexual desire could enjoy the penetration and massage of the breasts

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This asana also known as half plough pose or Uttana Padasana in Yoga. In the above posture we could see the both legs are lifted, and there is a little curve in lower back. This asana allows easy penetration. The narrow path of the vagina creates tight grip of the penis. This asana needs flexibility in the legs, balance capacity, flexible and strong muscles of the lower back.

The regular practice of Uttan Padasana improves elasticity of the backbone and thighs which is very important to have easy movement during the act of sex. It tones up the spinal cord, improves function of the thyroid gland which helps to control body weight of the couple. The muscle of abdomen and thighs are get toned and nourished. It provides an attractive shape of the hips, thighs and the legs which is essential for the sexual attraction during sexual activity. In the sexual act flexible body and control body weight helps easy movements of the body.



Fig. 3

### Dhanurvrikshasana

The name of Sambhoga asana is Hari-vikrama-utthita-bandha; in this form the husband raises only one leg of his wife, who with the other stands upon the ground.

Steps:

- i) Choose your favourite and comfortable place for the act of sex

- ii) Stand straight, facing towards the wall
- iii) Head and neck in a straight line
- iv) Raise one leg as much as possible and catch the ankle of the leg
- v) Raise another hand and take wall support
- vi) Lift the leg and try to open vagina as much as possible easy penetration
- vii) Take a deep breath
- viii) Support your sexual partner to enjoy sexual pleasure

This position delightful to young woman, who thereby soon find themselves in gloria. In Yoga this asana is known as Dhanurvrikshasana. This is advance standing asana. This balancing asana could improve concentration, and attention towards the sexual partner. This could be helpful for those who are willing to perform Sambhoga in standing. This asana maintains the place of the spine in a natural curve and also stretches lower body, thighs and hips. During the sexual activity it can be done with wall support, female facing towards the wall with raised hand and lifted one leg in the direction to her partner. Male partner could squeeze the breast of her and support her leg with another hand. Long breathing can improve with the regular practice of this asana. It will enhance coordination and adjustment with the spouse and make sexual life and married life more interesting.



**Fig. 4 - Bed Yoga**

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In the above figure 5, a woman practicing asana on the soft surface of the bed. This asana is a version of Uttana Padasana with wall support. In the case when a wife has stiffness in the thighs, this Asana could help to relax the muscles and stretches hamstrings.

Steps:

- i) Lie down on the bed with empty stomach
- ii) Slowly pull yourself near to the wall
- iii) Back, shoulders, head and buttocks on the bed
- iv) Slowly lift your legs and keep on the wall
- v) Legs apart
- vi) Relax the both hand and place palms on the abdomen
- vii) Slowly close your eyes
- viii) Chest, breast, neck vagina in a relax state
- ix) Slowly deeply inhale and exhale and try to concentrate on abdomen
- x) Open your legs as much as possible and feel stretch in the inner thighs, caught muscles, knees
- xi) It will give you gentle stretch in the vaginal cavity and lower region of the abdomen

This bed posture with wall support increases blood circulation in the vaginal region, abdomen, uterus and urinary system. It gives strength in the lower part of the body. This asana is made for both husband and wife. During the practice of this asana, one should try to feel the presence of the sexual partner on the bed. It increases passion for the sexual act and gives comfort and confidence to perform Sambhoga - asana.

One could practice these asana individually to improve sexual performance and overall health. Sambhoga asana should be done with the support of husband and wife. Bedroom is the best place and bed is the good



## CONCLUSION:

It could be said on the authority of the three scholars - Maharshi Patanjali, Vatsyayana Maharshi and Kallyan Malla that the bodily movements and the alignment between the couple during sexual act is the most essential part. Sambhoga- asana includes more fun in the sex, also it allows break from routine and monotonous sexual positions. The practice of asana on individual level provides concentration towards the body and approach of self- care. The asana during the sex improves level of the adjustment, comfort level and devotion towards the spouse and emotional and sexual fulfilment. In present times we are suffering from tremendous stress in sexual and marital life. This kind of Sambhoga - asana could provide satisfactory sexual life in the relationship of married couple.

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