



# **Sacred Sexuality: Sexual Health & Self-Care**

With Dr. Seeta Narsai

[www.DrSeeta.com](http://www.DrSeeta.com)

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# WELCOME

- About me, how did I get here?
- Why Sexual Health is important
- My DAD and cancer

# Are You Living with...

- Fatigue, low libido, lack of motivation
- Sexual dysfunction, pain during sex, heavy bleeding, painful cramps, PMS
- Anxiety, doubt, brain fog, heaviness?
- Creative blocks?
- You just want to learn more

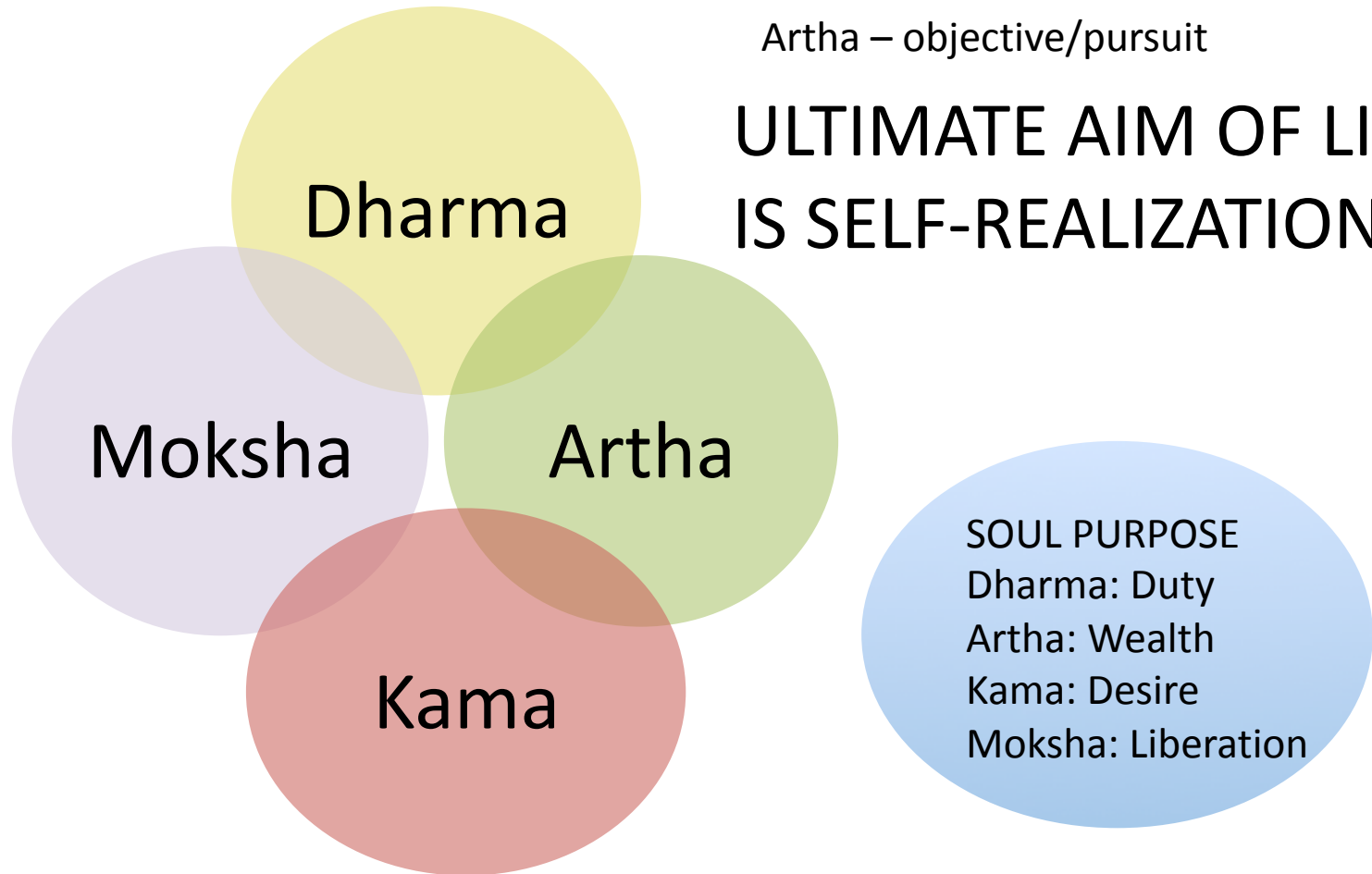
You're in the right place.

# 4 Aims of Life - Purusharthas

Purusha – individual

Artha – objective/pursuit

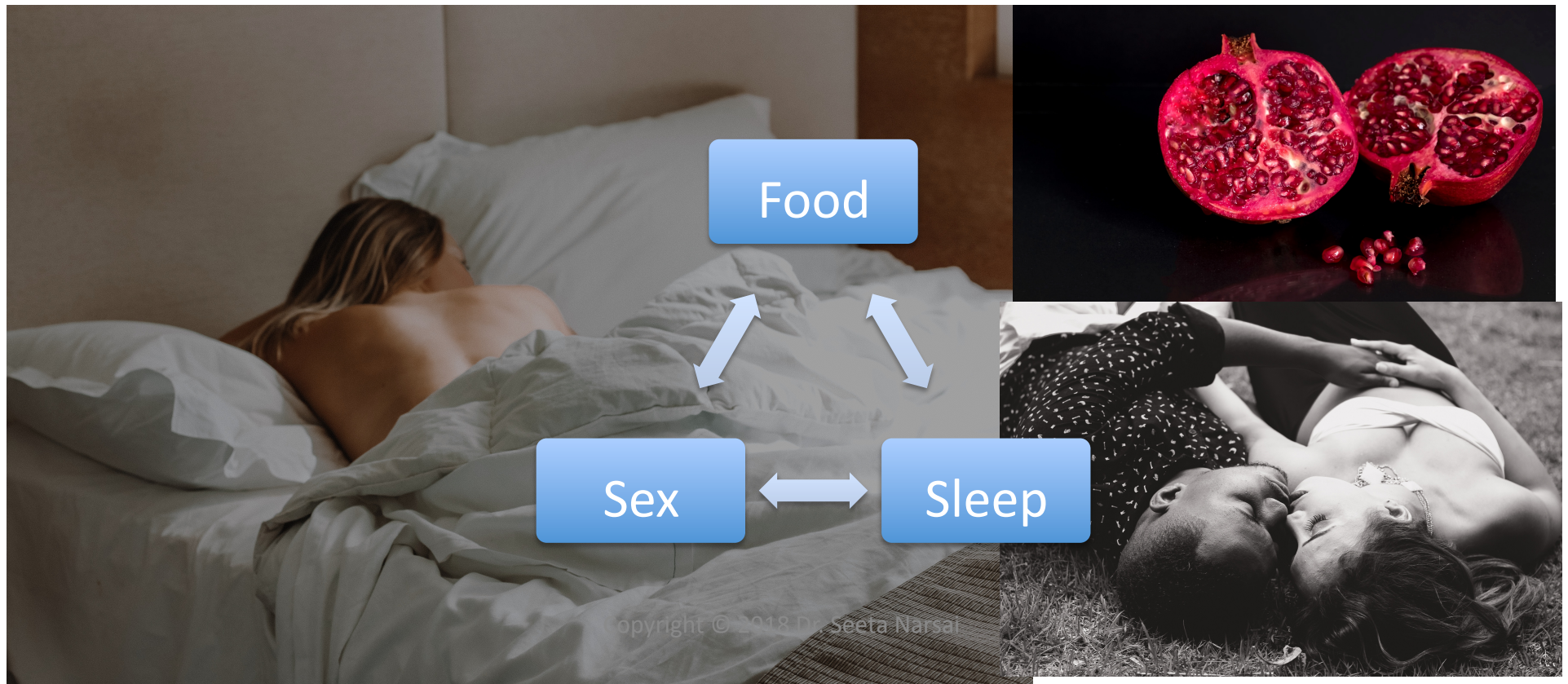
**ULTIMATE AIM OF LIFE  
IS SELF-REALIZATION**





# FOOD, SLEEP & SEX

- Ayurveda is a 5000 year old system of healing, sister science to yoga.
- Three pillars of Health. Why? Longevity



# Ayurveda - Vajikarana

- Vajikarana translates to aphrodisiac or sexual medicine (horse)
- This branch of ayurveda deals with all reproductive issues, infertility, impotence, gynecological disorders, etc
- Vajikarana improves general health & fertility
- Rasayana nourishes all dhatus vs. Vajikarana primarily nourishes shukra

# Sex as Medicine

- Preventative
- Immunity
- Emotional Health
- Sleep
- Hormonal balance
- Spiritual union
- Longevity
- Pain Management



Couples live longer, healthier,  
and more stress free lives.

# REDEFINING S-E-X

- Sacred
- Energy
- X-change
- Exchange of ojas, prana, life-force, and love

# What is Health?

- Health is defined as Svastha in Sanskrit, meaning “established in self”
- True Health is when the mind, body, and spirit are established in harmony with the rhythms of nature
- BALANCE
- HARMONY



# Health is Balance

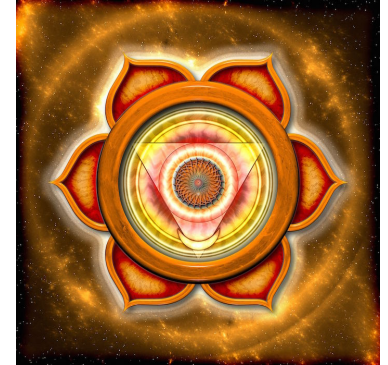
- Balance in all the three Doshas in mind and body (Vata, Pitta, Kapha)
- Balance in all three excretions (sweat, feces, urine)
- Proper balance of all bodily tissues
- Balanced Agni – Good power of digestion
- Healthy sexuality strengthens tissues, enhances digestion, improves sleep, enhances circulation of blood and lymph, supports elimination of wastes.



# Your Energy Body



# Sexual Energy Body



- Sacral/Second Chakra
- **Location:** Lower abdomen/reproductive organs
- **Color:** Orange
- **Element:** Water
- **Governs:** creativity, sexuality, authenticity, feelings, our emotions, our connection to beauty
- The energetic home of our creative and sexual health



# Creativity is Medicine

- Connection between creativity and sexual health.
- Case study:
  - 50 year old male complaining of pain during ejaculation. Went to 20 doctors, all medical tests were normal.
    - RX: music therapy

# BALANCED SACRAL 2nd CHAKRA

- **Exploration of the LIGHTSIDE:**
- flow, creativity, healthy sexuality
- Healthy creative and sexual expression
- Hormonal balance
- Listening to emotions/emotional health
- Ability to create healthy boundaries
- Ability to Self-Nurture
- Comfortable in your skin
- Giving Nature

# Depression

- 1-4 women are on anti-depressants
- Anti-depressants interfere with hormonal balance, creativity and sex drive.
- Are we an undersexed and creatively blocked society?
- Reasons for depression are multifold and interconnected, from diet to lifestyle and sexual health to emotional wellbeing.
- We are disconnected from feeling emotions, second chakras. Emotions are guideposts.

# SHADOWSIDE OF SECOND CHAKRA

- **Exploration of the SHADOWSIDE:**
- Humanity: sex trafficking (building awareness of global sex chakra issues)

UNDERACTIVE OR DEFICIENCY	OVERACTIVE OR EXCESS
Inability to express emotions Represses sexuality or creativity Feeling of being 'stuck' or in a 'rut' Lacks desire & passion Lacks social skills Denies pleasurable activities Emotionally guarded (icy)	Hypersexuality OCD behaviors Too emotional – sensitive, frustrated, tense, depressed Addiction Co-dependency emotional needy

# Sex as bad medicine

- Sexual Overdose slows healing
  - Danny arm injury
- Sex is like a drug in many ways, and people use it to self-medicate in unhealthy ways
- Addiction
- Depletes life-force

# Healing Second Chakra Trauma

## **Creative:**

- Past Failures, early life experiences and programming: “artist don’t make money,” “Your art sucks” “You are not good enough to be a musician”

## **Sexual**

- Traumas, past life relationship hurts and pains
- Past life traumas, ancestral, religious shame & guilt
- 1 out of 6 women has been sexually assaulted

# Guilt and Shame

- Shame around artistry, sexuality
- Sex is not inherently bad or good, it is how we perceive it that matters
- Guilt around my own art. How tradition/culture influences your belief system and shapes your attitude towards sex and creativity
- Catholics
- Orthodox hindu



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# SEX, ART & NATURE

- Recognize the cyclic nature of things. the cycles of the body-mind (biorhythms).
- Everything is patterns. Your sexuality is cyclical, governed by the waxing and waning moon, the seasonal changes.
- The winter and spring may beckon you to create heat with your beloved. The summer may ask something different.
- Follow the lunar cycles



# Substance Abuse

- Wine and cannabis considered libido increasing in ayurveda
- Shakespeare: “Alcohol increases the desire but takes away the performance
- Alcohol Decreases liver function and increases estrogen levels
- Excess cannabis use shows detrimental effects on spermatogenesis

# Shukra: Sexual Fluids



- In ayurveda, this is the reproductive fluid of both male and female.
- The food and sensory impressions you consume nourish your mind-body-spirit, all your tissues and fluids
- Shukra produces **OJAS**, the fluid that provides strength, stability and nourishments to mind-body, strengthens aura, immunity fluid
- Qualities: white, sweet, gel-like, honey odor, oil and honey-like appearance
- All reproductive fluids, hormones, prostaglandin, seminal fluid, etc.

# Semen Retention

- Tantra practices to circulate semen
- Shukra is considered as the soul of Lord Indra
- Explusion of shukra weakens the body
- Perserve Ojas



# The Sex Hormones

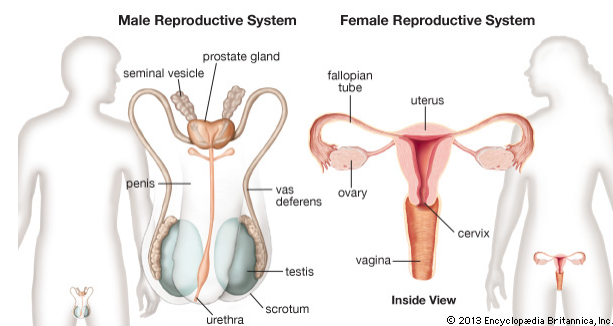
- Sex hormones are a part of shukra
- Estrogens are collectively known as women's hormones, mainly estradiol
- Men's hormones are known as androgens, testosterone, DHT, DHEA
- Precursor to creating steroid hormones is cholesterol (ghee)

# Estrogen

- Created in ovaries, adrenal glands, brain.
- Research shows androgens and estrogen act as neurohormones, improving mood, memory, etc.
- Shukra converts to OJAS (life vigor) ojas enhances immunity, memory, longevity, is life a biological buffer to stressors
- Neurohormones affect nervous system CNS

# Androgens/Testosterone

- Testosterone considered as a male hormone but produced in both men and women
- Produced in testicles, adrenal glands, brain, peripheral tissues (muscles that need androgen)
- Main hormone for arousal/sexual desire
- Hormonal imbalance causes:
  - Head injury (concussion)
  - Sluggish liver
  - Poor diet
  - Low Agni
  - lifestyle
  - Thyroid conditions
  - Tumors (pituitary/adrenal glands)



# Toxins and Hormones

- Environmental pollutants impacts both men and women
- Endocrine disrupting chemicals interfere with the production, release, transportation, metabolism, elimination of body's hormones.
- Toxins disturb conversion of hormones (i.e. testosterone to DHT, a potent androgen)
- Synthetic chemicals like BPA mimic estrogen
- Bind testosterone
- Block receptors

# Substance Abuse

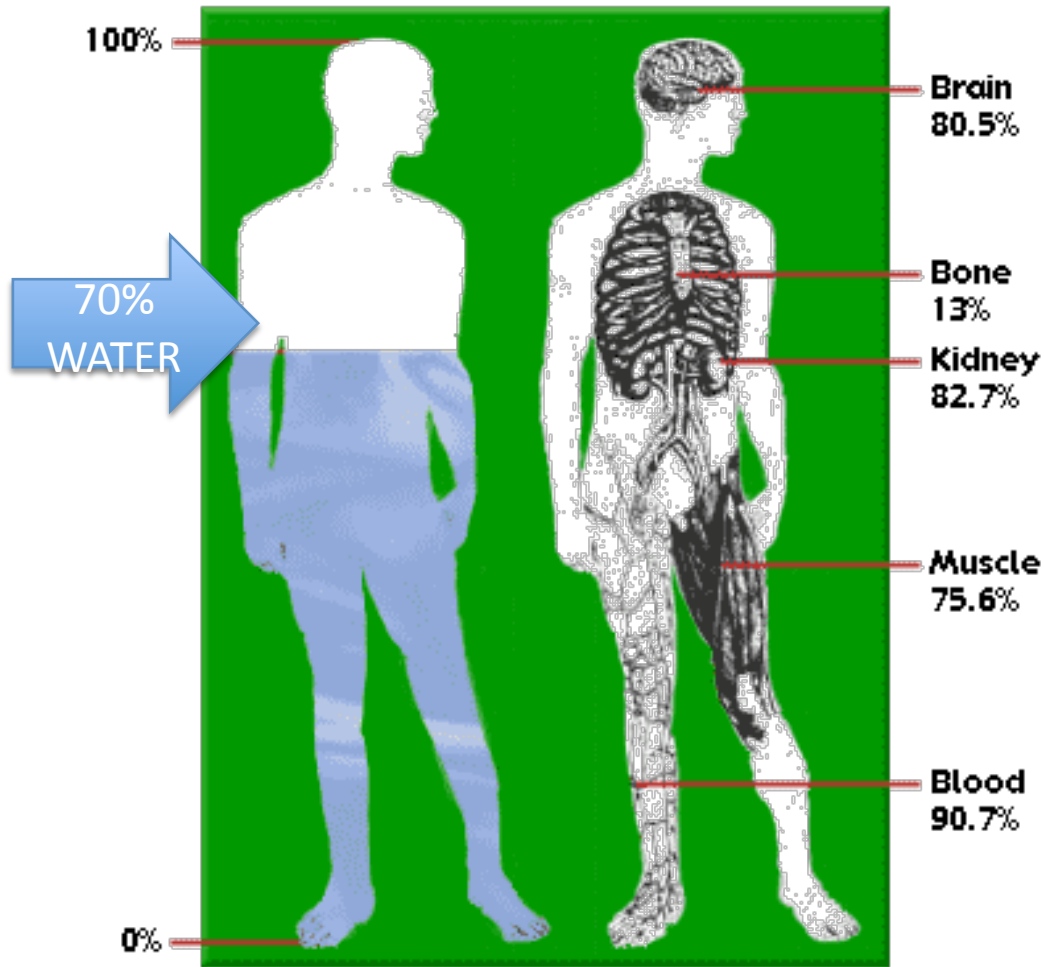
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# Pesticides

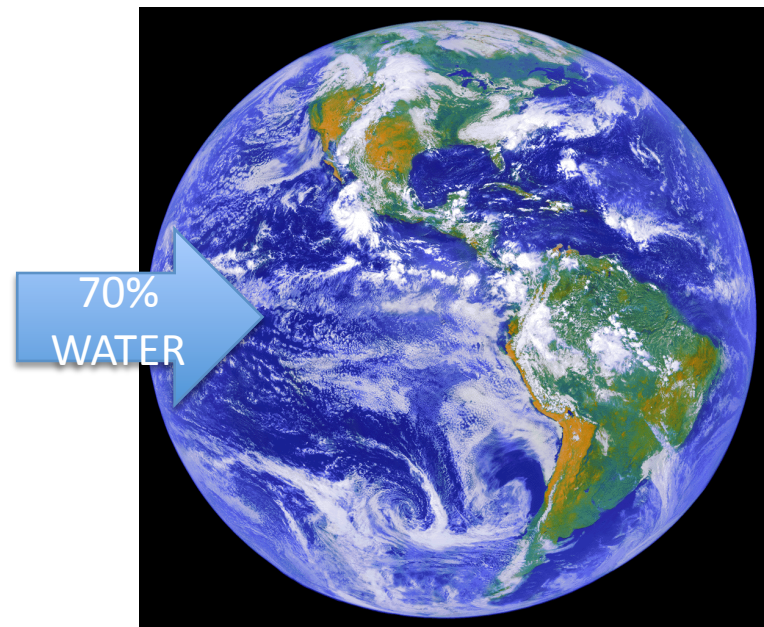
- Meant to kill cells
- DDT in Santa Monica created reproduction crisis with eagles
- Thin egg shells of insects, animals
- Disrupt hormones
- Interfere with communication channels and natural intelligence of body

# We Mirror Nature

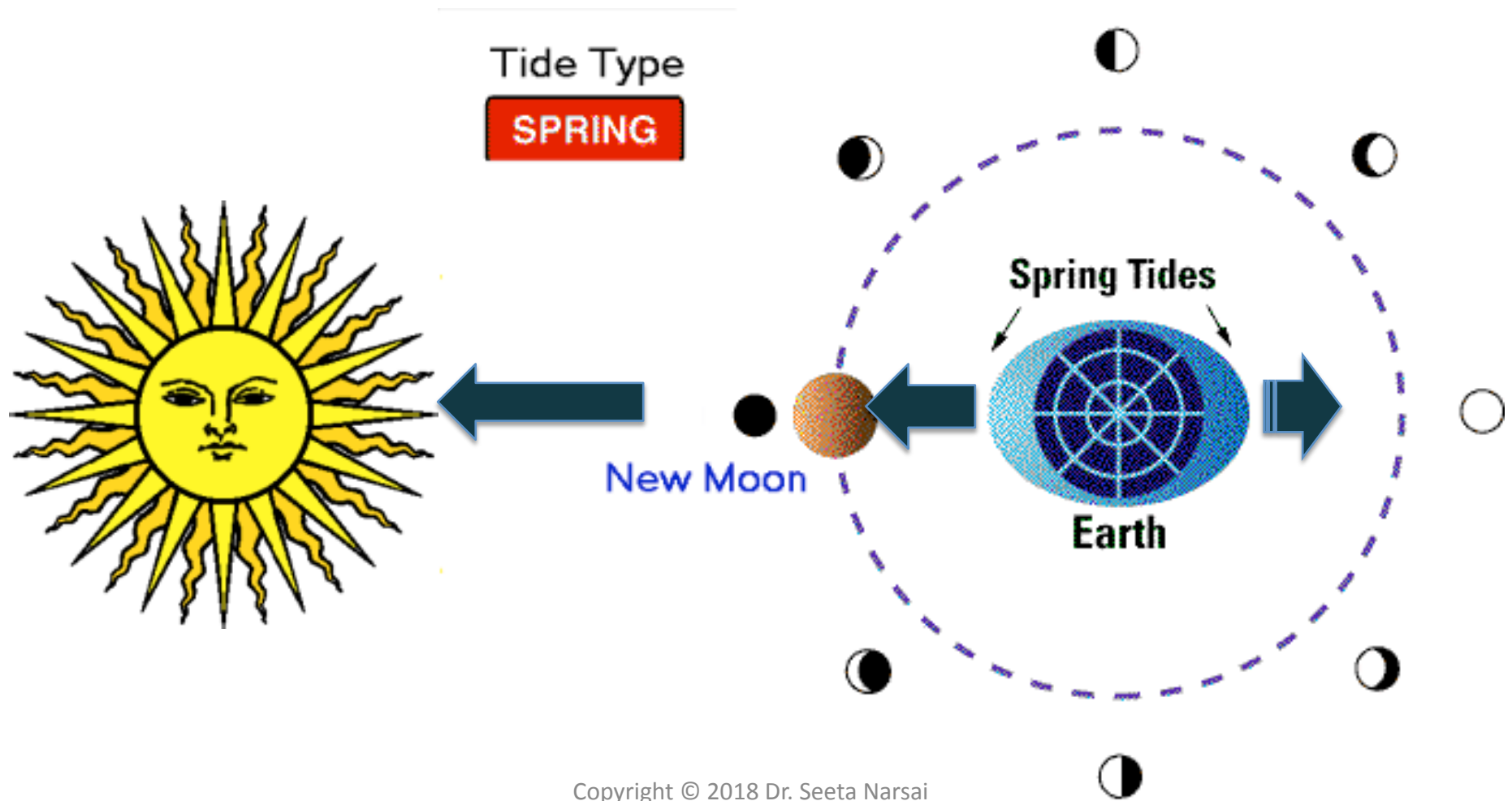


70% of Earth is water.  
70% of man is water

*"How inappropriate to call this planet Earth, when clearly it is Ocean."* Arthur C. Clarke, Author

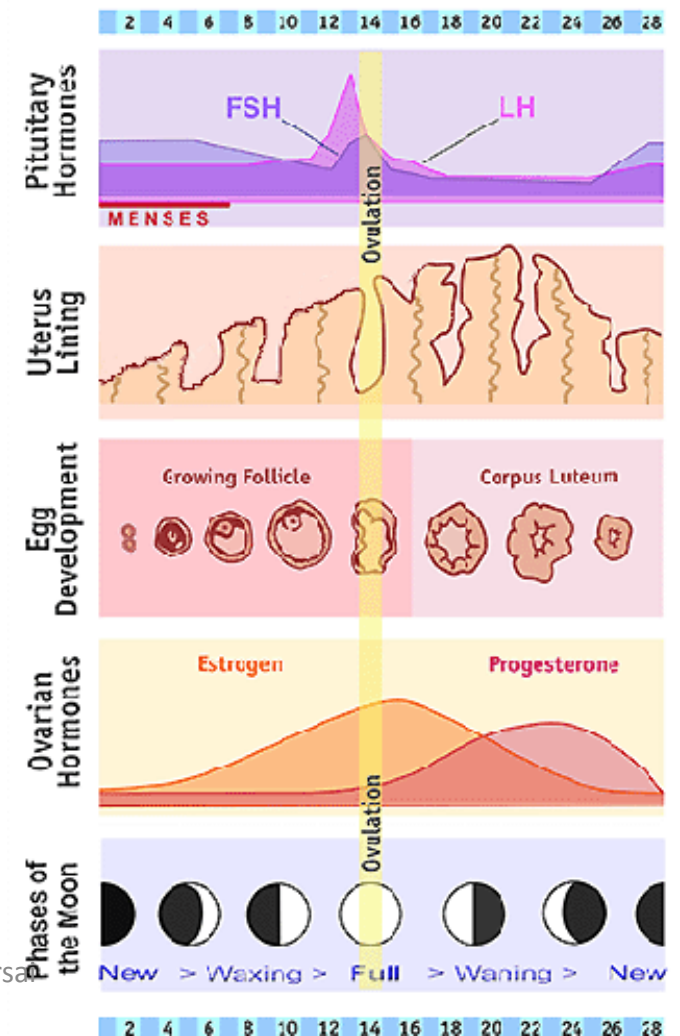


# Lunar Cycle: Seasonal Tides



# Relationship: Lunar and Menstrual Cycle

- ❖ Average menstrual cycle is 28.5 days (depends on VPK)
- ❖ Moon cycle is 29.5 days
- ❖ Women naturally cycle with Nature and the moon

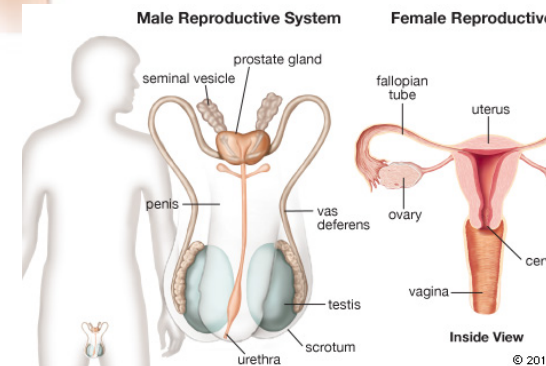
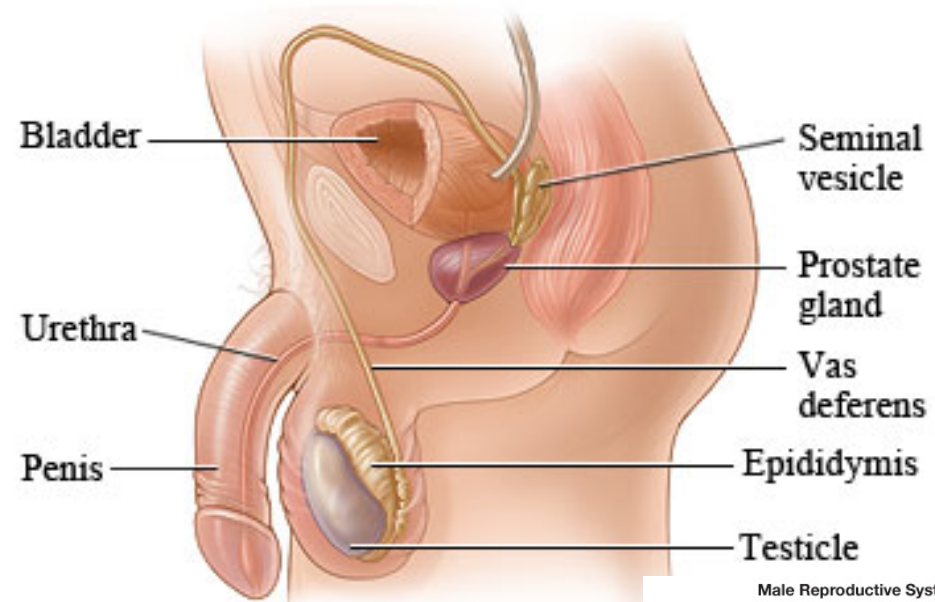


# Men's Reproductive Health

- Sperm counts declining worldwide
- Sperm swim slower
- Testicular cancer is growing
- Increase penile deformities
- Infertile men have high levels of chemicals in body

In Animals: similar reproductive problems are being seen

Less male fish in lakes, oceans



# Physical Expressions of Imbalance

- Reproductive health challenges
- Menstrual flow: painful, scanty, excessive
- Fertility issues: ovulation, low sperm count
- Sexual dysfunctions: impotence, vaginal atrophy, premature ejaculation
- Cancer: Ovarian, prostate, breast
- Dull sense organs: visual impairments, inability to taste, etc.
- Urinary tract system – frequent UTI's, incontinence

# STD's

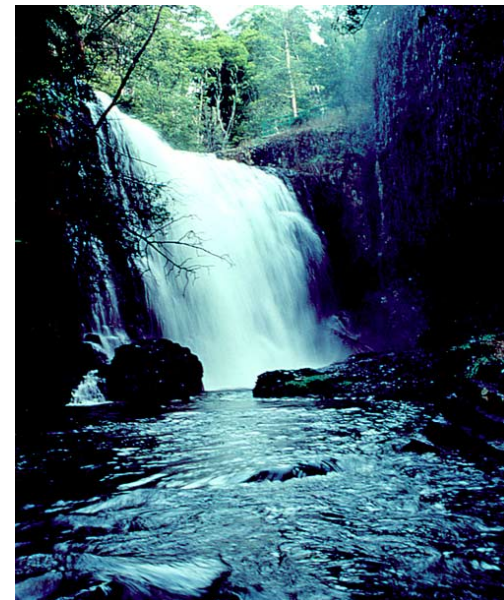
- Immunity plays a big role in transmission
- Most of inflammatory disease which affect mucous membrane
- Can spread easily through the body



# DOSHAS & SEXUALITY

DOSHA is both a mind-body type and bio energy

- VATA – air/ether
- PITTA – fire/water
- KAPHA – water/earth





# Prakruti: Our Blueprint to Health and Beauty

- Everyone is made up of the five elements in different proportions.
- Each individual is a unique manifestation of Mother Nature
- One woman's medicine, is another woman's poison

# Vata Physical Characteristics:

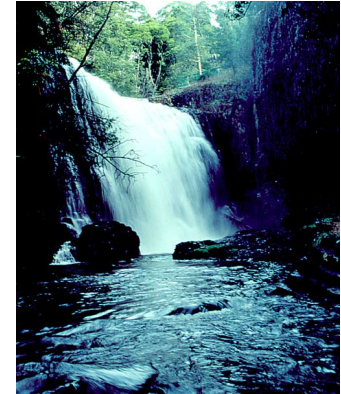
- Thin, light frame and excellent agility.
- Their energy comes in bursts, and they are likely to experience sudden bouts of fatigue.
- Vatas typically have dry skin and hair and cold hands and feet.
- They sleep lightly and their digestion can be sensitive.
- Vata imbalance: weight loss, constipation, hypertension, arthritis, weakness, loss of libido, restlessness, and digestive challenges.

# Vata's in bed

- Vatas are naturally excited, enjoy new experiences, change,
- Aroused by touch (massage) and sound. Set mood with music
- They also take initiative and are lively conversationalists. They get things going.
- When unbalanced, they are prone to worry and anxiety and often suffer from insomnia even after sex.
- Skin to skin contact is grounding, nourishing, cuddling is supportive.



## Pitta = Sun



- The Pitta dosha controls digestion, metabolism, and energy production.
- The primary function of Pitta is transformation.
- Qualities of Pitta: Hot, light, intense, penetrating, pungent, sharp, acidic.
- Those with a predominance of the Pitta principle have a fiery nature that manifests in both body and mind.

# Pitta Physical Characteristics:

- medium size and weight.
- bright red hair, or baldness/thinning hair
- excellent digestion
- warm body temperature
- When in balance, Pittas have a lustrous complexion, perfect digestion, abundant energy, and a strong appetite.
- When out of balance, Pittas may suffer from skin rashes, burning sensations, peptic ulcers, excessive body heat, heartburn, and indigestion.

# Pitta's in bed



- Strong sex drive, sensual
- Aroused by beautiful appearances and scents
- Sex is a healthy outlet to express inner heat
- Can be overheated, need space in bed after sex
- Pittas have a powerful intellect and a strong ability to concentrate. Good listeners.
- When they're in balance, they're good teachers in bed, witty, direct, and often outspoken.
- Out-of-balance Pittas can be short-tempered and argumentative.

# Kapha = moon/earth

- Kapha governs the structure of the body.
- It is the principle that holds the cells together and forms the muscle, fat, connective tissue.
- The primary function of Kapha is structural stability and lubrication.
- Qualities of Kapha: Heavy, slow, steady, solid, cold, soft, sticky, oily.



# Kapha's in bed

- Strong build and excellent stamina.
- Enjoy cuddling, napping
- Regular digestion, sometimes sluggish.
- Excess Kapha results in weight gain, fluid retention, and allergies manifest in the body.
- Kaphas are naturally calm, thoughtful, and loving
- Comfortable with routine, strong, loyal, patient, steady, and supportive.
- Excess Kapha - holds onto hurts/relationships long after they are no longer nourishing or necessary.
- Excess K manifests as resistance to change and stubbornness, prone for depression. Lack of libido



# HEALING PRACTICES



# Building Awareness of your Second Chakra

- **Self-Examination:**
- how do you feel about art, creativity, sexuality?
- Are there any projects you want to start and haven't? Why haven't you started? Do you have any fears?
- Are you complacent in a relationship?
- Are you seeking relationships?
- Do you enjoy sexuality? Do you carry guilt or shame? Low libido, balanced or hypersexual?

# Enhance AGNI – Digestive Fire

- Digest is the heart of health in Ayurveda
- Healthy digest bestows clear mind, clear channels, healthy immune function, and superior Shukra (sexual fluids)
- Digestion enhances pheromones and hormonal balance
- Poor digestion blocks channels, weakens *Shukra* and damages *Ojas*

# Agni: Your Digestive Health

- You are not only what you eat, but what you digest
- Digestion influences on cycles within the body, including menses.
- Digestive Recipes at end of presentation:
  - Go to [DrSeeta.com/cleanse](http://DrSeeta.com/cleanse)

# Concept of AMA

- Literally – Raw, Unripe, Uncooked, Immature
- Low AGNI causes incomplete metabolism. Metabolites undergo abnormal transformation and become a toxic byproduct. The byproducts of poor metabolism can't be absorbed into the body, so they are improperly stored or block channels of the body resulting in disease such as:
  - Inflammation
  - Hypertension
  - constipation
  - Sluggish liver
  - heart disease
  - Sleep apnea respiratory problems



# Causes for AMA

- CHARAKA –
  - » Abstinence from food (diminishes agni)
  - » Improper detoxification
  - » Indigestion
  - » Over eating
  - » Irregular food habits (out of rhythm with nature)
  - » Incompatible food articles (milk and fish)
  - » Cold or Stale foods (puts out agni)
  - » Change in Climate and season (homeostasis)
  - » Suppression of natural urges

# MEDITATIVE EATING & LOVE MAKING

- Food, sex and art originate at second chakra
- Slowing down eating (no pun intended) enhances the sensory perception.
- It's a more full experience. You are satiated from even a small meal.