A Review Paper on *Jima* (Sexual Intercourse) - in the Light of Legend Greek-Arab Philosophers with Special References

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ABSTRACT

*Jima* (intercourse) is a natural phenomenon of elimination to maintain the harmony, like defecation, urination etc, but coitus is a process of eradication of seminal fluid. According to Greek-Arab philosophers *Mizaj of Mani* (Temperament of semen) is Hot and Moist. *Jima* affects the health of human being according to *Mizaj* (temperament) and seasons etc. Greek-Arab philosophers have elaborated the great intellections about coitus. They described the benefits and harms of *Jima*. Hadith books also had a lesson regarding *Jima* as taught by Prophet “*Hazrat Mohamad*” (PBUH). Greek philosophers have said that, frequent *Jima* causes dryness and weakness in the body. They had also described the drugs, in relation of it as *Moqawi-e-Bah* (aphrodisiac), *Mumsik-e-Mani* (semen avaricious) and *Mowallid-e-Mani* (semen producing) etc.

Keywords: Aphrodisiac, Tib Nabwi, Sexual intercourse, Canon of Medicine.

INTRODUCTION

*Jima* (coitus) is act by which, Semen is to be expelled out of the body because; it retains in the body for long period, will lead to fatal diseases. Its elimination is a natural process through the natural act. Greek philosophers said that the *Jima* affects the body according to temperament of being. Some directives, advantages and disadvantages about *Jima* have been delivered by renowned Unani physicians thousands of year back.

**ALLAMA IBN-UL-QAIEM AL JOZI- (TIB NABVI)**

Aim of *jima*- There are three aims of *Jima*  
First- For existence of humanity.  
Second- Elimination of semen, because it retains more, causes disease.  
Third- To overcome of sexual desire and feeling of well fullness. [1]

Retention of semen leads to fatal diseases like *Janun* and *Mirgi* (epilepsy) etc. To avert these problems, Tabiyat (natural power of the body) eliminates semen with the help of *Ehtelam* (night fall). Mohd Bin Zakaria Razi stated that away from *Jima* for long time, is the leading cause for weakness of nervous system, *Suddah* (blockage) develops in the seminal passages, coldness
of body and movement restricted, loss of sexual desire and disturbed digestion.

- After *Jima* we should take Wazu or Taharat or bath, which increases the pleasure with the heart because Hazrat Mohammad (PBUH) takes Taharat (bath) between two Jima.
- Best time for *Jima* is after proper digestion of food.
- *Jima* with old women, premature girl, women having loss of libido and diseased women leads to weakness of physical strength in man. [1,2]
- Best position for *Jima* is that, man should be on top. [1,2]
- The worst position is that, the Women on top. [1,2]
- Hazrat Mohammad (PBUH) stated that:

  "بُنِيَ النَّاسُ حَتَّى يُدخِل النَّارَ حُشْرُ يَوْمِ الْقِيَامَةِ وَرَيْحَةُ اِنْتِنْ مِنَ الْحَيْفَةِ يُدْخَلُ مِنَ نَكْحُ اِمْرَأَةٍ فِي دِرْهَمًا أَوْ رُجْلًا أَوْ صُبْيَا"

  Meaning of statement- Do not do anal intercourse (*Jima* fil Dubur).
- *Jima* during menstrual bleeding may cause Leprosy.
- Haris Bin Kaldah stated that: on full stomach and *Jima* with senile women annihilate the health. 

### IBN SINA (Avicenna)- AL QANOON FIL TIB (Canon of Medicine)

**Advantages-**
- Feeling of lightness.
- Enhances the growth of body.
- It releases the stress.
- Sensation of valour and youthfulness.
- Decreases the rage. [3,2]
- Melancholic patients find relief. [3,4]
- Beneficial in black bile (Sauda) diseases. [3,2]
- Gives relief in hyperemic renal pain.
- Phlegmatic diseases become sluggish. [3,2]
- It acts as an appetizer.
- It minimizes the testicular inflammatory substances.
- Beneficial for aversion, headache and blackout.
- It releases the inflammation of hip joint.

**Disadvantages-**
- Elimination of nutritional substances.
- Leads to general weakness. [3,4]
- Produces the coldness and dryness in the body. [3,4]
- Decreases the Hararat-e-Gharizia (innate energy). [3,4]
- Leads to tinnitus, weakness of eyesight and hearing. [3,2]
- Feeling of weakness and pain in calf muscle area.
- Sometime leads to epilepsy.
- Vertigo develops.
- Acute hyperemic fever occurs.
- Tremor and insomnia have been also seen. [3,2]
- Baldness and dandruff appear.
- Pain in kidney and urinary bladder get increase.
- Constipation and colic pain are also observed.
- Complaint of bad smell from mouth and gums.
- Increases the thoracic pain and stomachache if exist previously. [3]

### ZAKARIA RAZI (Razes)- KITAB-UL-MURSHID

**Advantages-**
- It is beneficial if headache is due to avoidance of *Jima* (intercourse).
- Inflamed testes and ureter because of retention of semen get relief.

**Disadvantages-**
- The condition of asthmatic patient becomes worst.
Harmful for Har Mizaj (hot temperament) persons.
- It hurts to those who feel weakness after coitus.
- Away from coitus in very hot season.

ALLAMA BURHANUDDIN NAFIS BIN AUZ KIRMANI - KULLIYAT NAFISI

Timing for jima-
- Jima after digestion of food is useful. [7,2]
- Body should be on moderate condition. [7,2]
- With full desire of sex.

Advantages-
- Jima provides happiness and activeness. [7]
- It uplifts the innate energy.
- Makes the organs able to receive the proper nutrition.
- It reduces the anxiety. [7]
- Minimizes the anger and anguish.
- It is beneficial for melancholic and phlegmatic patients.
- Appropriate coitus prevents the vertigo, vision disturbances, inflammation of testicles and ureter also. [7]

Disadvantages-
- Coitus on full stomach leads to digestive problems and formation of impure Akhlat. [7]
- Over Jimal/frequent coitus produces weakness in the body. [7]
- Due to over activity during coitus dryness and weakness develop. [7]
- Multiple coitus may develop Rasha (tremors), Faliij (paralysis) and tetanic condition. [7]

ZAKARIA RAZI (Razes)- KITAB UL MANSURI

Timing for jima and other instructions
- Don’t coitus on empty stomach.

One should away from Jima (coitus) just after Is-hal (loose motion), Fasad (Venesection), Hijamat (cupping) and Qay (vomiting).
- Take semen producing diet.
- Drinking of concentrated sweet substances after Jima (coitus).
- Take proper sleep also.

Advantages-
- Jima (coitus) makes the body healthy.
- Decreases the obesity.
- Feeling of well fullness.
- Releases the tension.
- It cures the melancholia.
- It also prevents the psychosomatic disorders.
- Disadvantages-
- Excess coitus leads to sunken eyes and loss of libido.
- It may cause Diq (tuberculosis) in the hot temperament persons.
- Atypical Jima produces slimness of the body. [8]

IBN HUBEL BAGHDADI- AL-MUKHTARAT FIL TIB

Best timing for jima and other instructions-
- After proper digestion of food.
- Before appetite and before empty of stomach.
- Best seasons are Rabi (spring) and Sarma (winter).
- Do not perform Jima during anger, stress and fear.
- Away from Jima (coitus) after Hammam (hot bath), profound work out and long time illnesses.
- Desist from Jima in case of Jiryan-ud-dam (hemorrhage), Bawasir (piles), bleeding diarrhea and Naksir (Epistaxis).

Advantages-
- Feeling of lightness and wellness.
Buqrat stated that Jima is principle for deterrence of health.

Proper Jima (coitus) provides strength to the testes and seminal vesicle.

Produces Harat-e-Gharizia (innate energy) in the body.

Refrain from Jima leads to formation of impure semen and vapour which goes to brain and leads to Janun (insanity).

Harart-e-Gharizia (Innate energy) becomes strong.

Releases the sadness and despair.

Disadvantages-

- Frequent Jima causes removal of Johar-e-Saleha (useful substances) from body and leads to Laghri (thinness).
- In Barid Yabis (cold dry) Mizaj having persons-
- Jima decreases the Hararat-e-Gharizia (innate energy).
- Laxity of organs.
- Palpitation.
- Pain in thorax and lungs.

- Arthralgia, colic pain and vertigo become most awful. [9]

DRUGS WHICH ARE USED BY THESE EMINENT GREEK-ARAB PHILOSOPHERS

Different types of herbs they were used related to Jima, semen production; sexual desires etc. These are Mughalliz-e-Mani (semen viscositive), Muwallid-e-Mani (semen producing drugs), Mumsik-e-Mani (semen avaricious) or ejaculation delaying drugs and sexual excitatory drugs.

**Mughalliz-e-Mani - (semen viscositive)**

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Botanical name</th>
<th>Temperament</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aqar Qarha</td>
<td>Anacyclus pyreherum</td>
<td>Har Yabis (Hot dry)</td>
<td>10</td>
</tr>
<tr>
<td>Mocharas</td>
<td>Bombax malabaricum</td>
<td>Barid Yabis (Cold dry)</td>
<td>11</td>
</tr>
<tr>
<td>Utangan</td>
<td>Blepharis edulis</td>
<td>Har Yabis (Hot dry)</td>
<td>10</td>
</tr>
</tbody>
</table>

**Muwallid-e-Mani - (semen producing) and exciting**

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Botanical name</th>
<th>Temperament</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zangabeel</td>
<td>Zingiber officinalis</td>
<td>Har Yabis (Hot dry)</td>
<td>[10, 23]</td>
</tr>
<tr>
<td>Piaz (onion)</td>
<td>Alium cepa</td>
<td>Har Yabis (Hot dry)</td>
<td>[10, 23, 33]</td>
</tr>
<tr>
<td>Mesaz (banana)</td>
<td>Musa paradisiacal</td>
<td>Har Ratab (Hot wet)</td>
<td>15</td>
</tr>
<tr>
<td>Ghana (gram)</td>
<td></td>
<td>Har Ratab (Hot wet)</td>
<td>10, 13, 14</td>
</tr>
<tr>
<td>Tukhm-e-Khashkhash (poppy seed)</td>
<td>Hyoscyamus niger</td>
<td>Barid Yabis (Cold dry)</td>
<td>10, 14</td>
</tr>
<tr>
<td>Aywain Khurasan</td>
<td>Asparagus racemosus</td>
<td>Barid Yabis (Cold dry)</td>
<td>10, 14</td>
</tr>
<tr>
<td>Shalgam (Turnip)</td>
<td>Brassica compestris</td>
<td>Har Ratab (Hot wet)</td>
<td>10, 13, 14</td>
</tr>
<tr>
<td>Carrot</td>
<td>Daucus carota</td>
<td>Har Ratab (Hot wet)</td>
<td>10, 13, 23, 34, 35</td>
</tr>
</tbody>
</table>

**Muqawwi-e-Bah (sexual desire invigorative) aphrodisiac**

<table>
<thead>
<tr>
<th>Drugs</th>
<th>Botanical name</th>
<th>Temperament</th>
<th>Reference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harf</td>
<td>Lepidium sativum</td>
<td>HarYabis (Hot Dry)</td>
<td>[12, 23]</td>
</tr>
<tr>
<td>Hulba</td>
<td>Trigonella foemum-graecum</td>
<td>Har Yabis (Hot dry)</td>
<td>[12, 23, 33, 34]</td>
</tr>
<tr>
<td>Ratab- Fresh Dates</td>
<td>Punica granatum</td>
<td>Har Ratab (Hot moist)</td>
<td>30</td>
</tr>
<tr>
<td>Rumman (Pomegranate)</td>
<td>Saccharum officinarum</td>
<td>Har Ratab (Hot moist)</td>
<td>[11, 18]</td>
</tr>
<tr>
<td>Qabus sackar- (Sugar cane)</td>
<td>Asphodelus Fistu Eosus</td>
<td>Har Yabis (Hot dry)</td>
<td>[11, 18]</td>
</tr>
<tr>
<td>Kurus- Gandana</td>
<td>Apium graveolens var.dulce</td>
<td>Har Yabis (Hot dry)</td>
<td>[11, 19]</td>
</tr>
<tr>
<td>Kurfus- Ahmud</td>
<td></td>
<td>Har Yabis (Hot dry)</td>
<td>[11, 19]</td>
</tr>
<tr>
<td>Nar jeel (coconut)</td>
<td></td>
<td>Har Ratab (Hot wet)</td>
<td>[10, 13]</td>
</tr>
<tr>
<td>Labub-e-kabeer</td>
<td></td>
<td>5 grams (compound drugs)</td>
<td>10, 21</td>
</tr>
<tr>
<td>Darchini</td>
<td>Cinnamomum zeylanicum</td>
<td></td>
<td>10, 22</td>
</tr>
<tr>
<td>Satawar</td>
<td>Asparagus racemosus</td>
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<td>10, 24</td>
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CONCLUSION
The payment of Legend Greek-Arab Philosophers to the medical world about the concept of Jima (coitus) cannot be derelict. They discussed the reimbursement, troubles and advice about Jima very earnestly. Instead of these philosophers our prophet Hazrat Mohammad (PBUH) affirmed very comprehensively regarding Jima (coitus) to all humankind to save the health and well fullness. So we can hoard our healthy life by these useful annotations.

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REFERENCES