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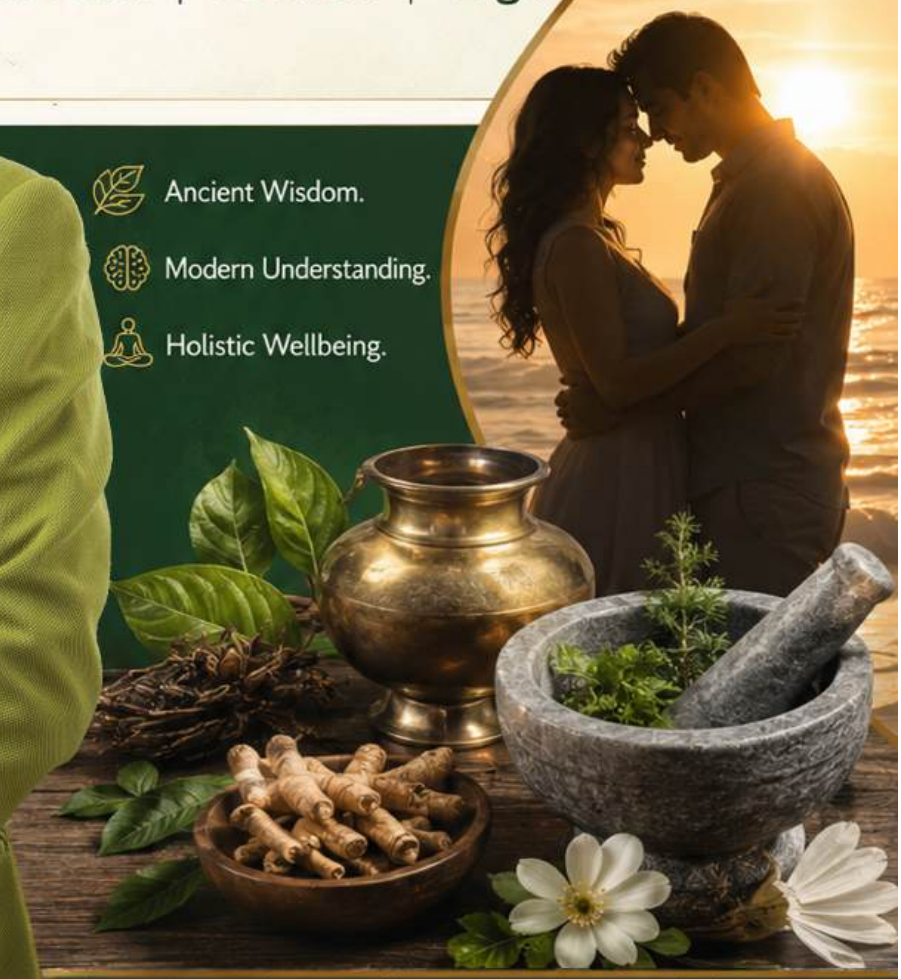
SexoVeda

A Comprehensive Book on Sexual Wellness

Ayurveda | Modern | Yoga



- Ancient Wisdom.
- Modern Understanding.
- Holistic Wellbeing.



RAJVAIDYA DR. SHIIVANAND PAATIL

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Post Graduate Diploma in Sexology
Masters in Sexology
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SexoVeda A Comprehensive Book on Sexual Wellness

First Edition

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Title of the Book: SexoVeda A Comprehensive Book on Sexual Wellness

First Edition – **2026**

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ISBN: 978-81-6774-428-9

MRP Rs. 240/-

Publisher, Printer & Distributor:
Selfypage Developers Pvt Ltd.,
Pushpagiri Complex,
Beside SBI Housing Board,
K.M. Road Chikkamagaluru, Karnataka.
Tel.: +91-8861518868
E-mail: info@iipbooks.com

IMPRINT: IIP Iterative International Publishers
For Sales Enquiries:
Contact: +91- 8861511583
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Preface

Sexual wellness is an important part of human health, yet it is often surrounded by hesitation, myths, and misunderstandings. True sexual wellbeing is not only about physical function but also includes emotional balance, mental health, healthy relationships, confidence, and overall vitality.

This book, **"Human Sexuality, Sexual Disorders & Vajikarana: Modern, Ayurvedic & Holistic Approaches to Sexual Wellness,"** aims to provide a simple, balanced, and comprehensive understanding of sexual health by combining the wisdom of Ayurveda with modern health perspectives.

Ayurveda has always recognized sexual vitality as an important aspect of life. The concept of **Vajikarana** focuses on strengthening reproductive health, improving vitality, maintaining balance, and promoting overall wellbeing through proper nutrition, herbal support, lifestyle practices, and rejuvenation therapies. Concepts such as **Shukra Dhatu, Ojas, Agni, and Rasayana** provide valuable insights into maintaining strength and harmony in the body.

Along with Ayurvedic approaches, this book discusses the modern understanding of sexuality, including anatomy, physiology, sexual disorders, psychological factors, hormonal balance, nutrition, exercise, yoga, meditation, and healthy lifestyle practices. It also highlights the importance of consent, respect, emotional connection, and responsible sexual behaviour.

The purpose of this book is not only to discuss sexual disorders but also to promote awareness and preventive wellness. A healthy sexual life is built through balanced living, proper understanding of the body, emotional stability, and positive relationships. The various chapters explore herbal therapies, Ayurvedic formulations, Panchakarma procedures, dietary principles, yoga practices, and holistic approaches that support sexual wellness. These approaches should always be followed with proper professional guidance according to individual health conditions.

Sexual health is a natural and essential part of human life. When physical health, emotional wellbeing, and mental harmony are maintained together, sexuality becomes a positive expression of confidence, connection, and vitality.

It is my sincere hope that this book provides useful knowledge, removes misconceptions, and encourages a healthier and more balanced approach toward sexual wellness.

- DR. SHIIVANAND PAATIL

About the Author

Rajvaidya Dr. Shiivanand Paatil is one of India's distinguished Ayurvedic physicians, academician, researcher, author, entrepreneur, and mentor, widely recognized for his pioneering contributions to **Ayurvedic Dermatology, Trichology, Cosmetology, Andrology, Sexual Medicine, and Male Infertility Management**. His unique combination of extensive academic qualifications, clinical excellence, research expertise, and entrepreneurial vision has established him as a leading authority in these specialized fields of Ayurveda.

An exceptionally talented student from the very beginning of his academic journey, **Rajvaidya Dr. Shiivanand Paatil** secured **First Rank in his college and Second Rank in Karnataka University** during his Bachelor of Ayurvedic Medicine and Surgery (BAMS). His outstanding academic performance earned him the prestigious **Kamalanai Dandinmath Award** for securing the highest marks in the final year of BAMS, laying the foundation for a remarkable career in Ayurvedic education, research, and clinical practice.

He completed his **BAMS** from **KLE Society, Belgaum**, followed by his **Doctor of Medicine (M.D.)** from the **Rajiv Gandhi University of Health Sciences (RGUHS), Bengaluru**, where his postgraduate research focused extensively on **Ayurvedic Dermatology and Trichology**, particularly the scientific management of skin and hair disorders. This specialized research became the cornerstone of his lifelong clinical practice in dermatology and trichology.

Driven by his passion for advancing Ayurvedic management of reproductive and sexual health, he further pursued a **Ph.D. from Pune University**, where his doctoral research specialized in **Sexual Disorders and Male Infertility**. This research strengthened his expertise as a **Sexologist and Male Infertility Consultant**, enabling him to integrate evidence-based Ayurvedic principles with modern scientific understanding in the management of sexual dysfunctions and infertility.

To broaden his multidisciplinary expertise, Rajvaidya Dr. Shiivanand Paatil has earned numerous advanced qualifications, including:

- **Post Graduate Diploma in Trichology (PGDMT)** from the **Institute of Laser and Aesthetic Medicine, India**, recognized by and affiliated with the **University of Greifswald, Germany**.
- **Post Graduate Diploma in Cosmetology (PGDMC)** from the **Institute of Laser and Aesthetic Medicine, India**, recognized by and affiliated with the **University of Greifswald, Germany**.
- **Diploma in Cosmetology** from **Clara International**.

- **Diploma in Trichology** from **Clara International**.
- **Certificate Course in Nutrition and Dietetics** from **Shivaji University**.
- **Masters Class in Sexual Medicine** from **Clinevomedvidya**, under the guidance of **Dr. Narayan Reddy**.
- **Masters in Male Infertility** from **Masters Health Pro Inc. (MHPRO), USA**.
- **Post Graduate Diploma in Sexology and Psychosexual Counseling** from the **WNHO Institute of Sexology**.
- **Art of Infertility Management in Ayurveda – Prajananeeyam** from **Pratignja Institute**.
- Participation in the specialized **Workshop on Common Sexual Problems** conducted by **Padmashree Dr. Prakash Kothari**.
- Membership in the **International Academy of Ayurveda**.

His excellence in academics, research, and clinical innovation has been recognized through several prestigious honors and awards, including the **Kamalanai Dandinmath Award**, **Sadhak Vaishisthya Award**, **Young Researchers Award**, **Dhanvantari Award**, **Ayurved Ratna Award**, **AIMA Ratna Award**, and the distinguished **Adhunik Vatsayan Award** for his outstanding contributions to sexual medicine and Ayurveda.

With a vision to make specialized Ayurvedic healthcare accessible to people across India, Rajvaidya Dr. Shiivanand Paatil established several successful healthcare franchise models.

His flagship venture, **TWAKK Ayurveda**, India's **first superspeciality Ayurvedic Skin and Hair Clinic**, has expanded to **80 clinics across five Indian states, Maharashtra, Karnataka, Madhya Pradesh, Gujarat, and Uttar Pradesh**, providing specialized Ayurvedic care for skin and hair disorders.

He also founded **ANDROOVEDA**, a **Pan-India superspeciality Ayurvedic Andrology Clinic** dedicated exclusively to the management of **Male Infertility and Sexual Disorders**, addressing one of the most neglected areas of men's healthcare through evidence-based Ayurvedic interventions.

In addition, he established the **Dr. Shiivanand Ayurvedic Multispecialty Clinic**, offering comprehensive Ayurvedic treatment for **Hair Disorders, Skin Disorders, Sexual Disorders, Infertility, Joint Disorders, and Psychiatry**, reflecting his holistic approach to patient care.

Rajvaidya Dr. Shiivanand Paatil is also a prolific author whose publications have significantly enriched Ayurvedic education and clinical practice. His notable books include:

- **Ayurvedic Dermatology** – A comprehensive reference on the diagnosis and management of skin disorders.
- **Ayurvedic Trichology** – A detailed guide to hair disorders and their Ayurvedic management.
- **Dravyaguna Charts** – An illustrated reference book on medicinal plants.
- **Dravyaguna Sloka Sangraha** – A detailed explanation of classical Ayurvedic verses (Slokas) related to medicinal plants.
- **Dravyaguna MCQ** – A multiple-choice question book on medicinal plants for students and competitive examinations.
- **Anandi Jivanacha Kam-Mantra (Marathi)** – A Marathi book dedicated to sex education and awareness.
- **Sexual Disorders and Management** – A comprehensive book covering the principles, diagnosis, and Ayurvedic management of sexual disorders.

Committed to developing future healthcare professionals, he has designed and conducts several specialized institutional training programs, including:

- Ayurvedic Dermatology
- Ayurvedic Trichology
- Ayurvedic Cosmetology
- Ayurvedic Andrology
- Keralian Panchakarma – Three-Day Intensive Workshop

He also contributes to higher education through the **Nutrition and Dietetics** programme conducted under **Shivaji University**.

Expanding his commitment to healthcare education, Rajvaidya Dr. Shiivanand Paatil established the **Dr. Shiivanand Paatil Group of Institutions**, which includes:

- College of Nutrition and Dietetics
- College of Paramedical Sciences
- College of Hotel Management

Throughout his professional journey, he has held several prestigious leadership positions. He has served as a **Senate Member of Shivaji University** and has actively contributed to professional organizations as **President of NIMA (National Integrated Medical Association), Karveer–Kolhapur**, **National**

President of the NIMA Dermatology Society, and **Deputy Cell Head of the Saturday Club, Maharashtra**.

Today, Rajvaidya Dr. Shiivanand Paatil continues to dedicate his life to advancing Ayurveda through clinical excellence, scientific research, education, authorship, and institutional development. His work seamlessly integrates traditional Ayurvedic wisdom with modern scientific research, particularly in **Dermatology, Trichology, Cosmetology, Sexual Medicine, Male Infertility, and Andrology**, making him one of the most respected and influential figures in contemporary Ayurvedic healthcare. His unwavering commitment to patient care, innovation, research, and academic excellence continues to inspire healthcare professionals and students across India and beyond.

Acknowledgement

I express my heartfelt gratitude to my beloved parents, **Dr. Shrikant Patil** and **Mrs. Drakshayani Patil**, for their unconditional love, blessings, and constant encouragement. I am deeply thankful to my beloved wife, **SAKHI Dr. Sanjeewani Patil**, my son, **Aaradhya Patil**, my daughter, **Tanvi Patil**, and all my well-wishers for their unwavering support, faith, motivation, and encouragement throughout this journey. Their love, blessings, and belief in me have been a constant source of strength and inspiration, enabling me to successfully complete this book.

I also extend my sincere appreciation to all the **TWAKK Ayurveda** franchise associates for motivating and encouraging me to work in the field of **Andrology**. My heartfelt thanks also go to everyone who has directly or indirectly contributed to this work in various ways. Their guidance, assistance, cooperation, and goodwill have played a vital role in bringing this book to fruition.

Above all, I remain profoundly grateful to the **Almighty** for blessing me with the wisdom, knowledge, strength, and inspiration to write this book on **Sexual Wellness**.

Finally, I offer my heartfelt gratitude to the **Universe** for believing in me, guiding me in the right direction, and illuminating my path throughout this journey.

Thank You. Thank You. Thank You, Universe!

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About The AUTHOR

Rajvaidya Dr. Shiivanand Paatil

Rajvaidya Dr. Shiivanand Paatil is a distinguished Ayurvedic physician, academician, researcher, author, entrepreneur, and mentor, renowned for his pioneering contributions to Ayurvedic Dermatology, Trichology, Cosmetology, Andrology, Sexual Medicine, and Male Infertility Management. An outstanding scholar, he secured First Rank in his college and Second Rank in Karnataka University during his BAMS, earning the prestigious Kamalanai Dandinmath Award for academic excellence.

He completed his BAMS from KLE Society, Belgaum, followed by an M.D. from Rajiv Gandhi University of Health Sciences, Bengaluru, specializing in Ayurvedic Dermatology and Trichology, and later earned a Ph.D. from Pune University with research focused on Sexual Disorders and Male Infertility.

To further strengthen his multidisciplinary experties, he pursued several advanced national and international qualifications in trichology, cosmetology, nutrition, sexual medicine, infertility, and psychosexual counseling. His exceptional contributions have been recognized with numerous honors, including the Dhanvantari Award, Ayurved Ratna Award, Young Researchers Award, AIMA Ratna Award, and Adhunik Vatsayam Award.

Dr. Paatil is the founder of TWAKK Ayurveda, India's first superspeciality Ayurvedic Skin and Hair Clinic with an extensive multi-state presence, ANDROOVEDA, a dedicated Ayurvedic Andrology Clinic for male infertility and sexual disorders, and the Dr. Shiivanand Ayurvedic Multispecialty Clinic.

A prolific author, he has published several acclaimed books on dermatology, trichology, medicinal plants, and sexual medicine that have become valuable resources for students and practitioners. He also conducts specialized training programmes in Ayurvedic Dermatology, Trichology, Cosmetology, Andrology, and Panchakarma while contributing to higher education through nutrition and dietetics programmes.

As the founder of the Dr. Shiivanand Paatil Group of Institutions, he has established colleges dedicated to Nutrition and Dietetics, Paramedical Sciences, and Hotel Management. Throughout his career, he has held several prestigious leadership positions, including Senate Member of Shivaji University, President of NIMA Karveer–Kolhapur, National President of the NIMA Dermatology Society, and Deputy Cell Head of the Saturday Club, Maharashtra. Through his unwavering commitment to clinical excellence, research, education, and innovation, Dr. Shiivanand Paatil continues to integrate classical Ayurvedic wisdom with modern scientific approaches, making him one of the most respected leaders in contemporary Ayurvedic healthcare.

HIGHLIGHTS

- Gold Medalist
  1 st Rank in College
  Second in University
- MD - Research in Ayurvedic Dermatology & Trichology
- PhD - Research in Sexual Disorders & Infertility
- 24 Years of Clinical Experience
- Recipient of Prestigious Awards Dhanvantari ,Ayurveda Ratn, Adhunik Vatsayan etc
- Founder of Franchises Twakk Ayurveda, Androoveda, Dr Shiivanand Ayurvedic Multispeciality Clinic

E-ISBN : 978-81-6774-428-9
9 788167 744289
MRP Rs. 240/-

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