



The Kama Sutra

Vatsyayana

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The Kama Sutra is a collection of ancient Hindu text and is considered by many specialists in different fields as the first, but also most complex manual of sexology and sexual practices, numerous aspects of the intimate relationship between a man and a woman being approached in it.

The most surprising element of the book, especially giving the fact that it was compiled about two millennia ago, is the role the woman plays during the sexual act. She is not seen as an object man uses for satisfying his needs and fantasies, but rather as an equal partner, who responds to challenges with the same, if not with increased intensity.

Another interesting thing about this writing is that the techniques of achieving sexual pleasure are grouped according to the status of the man's partner, the ones reserved to the wife being different by those he uses in the company of the courtesans or when he is involved in an adulterous relationship.

The presentation of the latter aspect, in particular, is a good occasion for the Western reader to find out that extramarital affairs with married women were not as blamed in the ancient Hindu culture as they are in the modern day's Indian society.

However, achieving supreme pleasure through sex is not the only theme of the writing, as many other philosophical considerations about living a virtuous life and following the moral codes both as an individual and as a partner in a couple, are also covered.

Only few facts are known about Vatsyayana, the Vedic philosopher accredited as the author of the Kama Sutra. The 3rd century AD is generally accepted as being the period when he lived, but nothing is known about the exact time of his birth or death.

"When a woman reproaches a man, but at the same time acts affectionately towards him, she should be made love to in every way.

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