



Kama Sutra: The Erotic Art of Love and Sex (Illustrated) (The Complete Kama Sutra with Sex Positions Pictures Book 1)

By Mallanaga Vatsyayana, Sir Richard Burton, Karene Howie

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The complete Kama Sutra by Mallanaga Vatsyayana with fully illustrated Kama Sutra Sex Positions and an introduction from evolutionary sexologist Karene Howie.

It is clear from evolution that sex and survival are the two most fundamental forces driving our continued existence. The Kama Sutra promotes the cultivation of skills to become a complete individual with healthy, intimate relationships with others - thus enhancing both our survival and our pleasure. As Danielou writes;

"Life necessitates three kinds of activity: to assure its survival, its means of existence, and its nourishment; to realise its reproduction according to forms of activity generally connected with sexuality; and, lastly, to establish rules of behaviour that allow different individuals to perform their roles within the framework of the species. In human society, this is represented as three necessities, three aims of life: material goods (artha) assure survival; erotic practice (kama) assures the transmission of life; and rules of behaviour, a moral nature (dharma), assure the cohesion and duration of the species. (The Complete Kamasutra, translated by Alain Danielou, 1994)

Kama is further defined as;

"... the enjoyment of appropriate objects by the five senses of hearing, feeling, seeing, tasting and smelling, assisted by the mind together with the soul. The ingredient in this is a peculiar contact between the organ of sense and its object, and the consciousness of pleasure which arises from that contact is called Kama. ... Kama is to be learnt from the Kama Sutra (aphorisms on love) and from the practice of citizens. (Kamasutra, 1883)

"The Kama Sutra is not a pornographic work. First and foremost, it is a picture of the art of living for the civilised and refined citizen, completing in the sphere of

love, eroticism and the pleasures of life." (The Complete Kamasutra, Alain Danielou 1994)

Because our evolved sexual instincts are very strong we have likewise evolved strong cultural beliefs and moral standards to regulate our sexual behavior. Unfortunately many societies have evolved sexual customs that are contradictory to our biological sex instincts. e.g. Masturbation and sex before marriage are sinful.

Understanding the evolution of our culture gives us greater perspective and wisdom. As Einstein wrote;

"Somebody who only reads newspapers and at best books of contemporary authors looks to me like an extremely near-sighted person who scorns eyeglasses. He is completely dependent on the prejudices and fashions of his times, since he never gets to see or hear anything else. And what a person thinks on his own without being stimulated by the thoughts and experiences of other people is even in the best case rather paltry and monotonous.

There are only a few enlightened people with a lucid mind and style and with good taste within a century. What has been preserved of their work belongs among the most precious possessions of mankind. We owe it to a few writers of antiquity that the people in the Middle Ages could slowly extricate themselves from the superstitions and ignorance that had darkened life for more than half a millennium." (Albert Einstein, 1954)

The Kama Sutra was written around the 3rd century AD in India. Thus it provides significant wisdom about our cultural sexual evolution largely devoid of more recent social moralities (that tend to have Christian foundations in western societies).

The essay by Karene Howie shows latest science based sex research confirms that many of the sexual behaviors described in the Kama Sutra are perfectly in harmony with our natural evolution.

Finally, we can apply evolution to our own lives and consider our biological and cultural evolution. i.e. As individual we can creatively cultivate both our minds and our bodies to improve our sexual relationships.

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Editorial Review

About the Author

Mallanaga Vatsyayana was a Hindu philosopher who lived in India sometime between the 4th to 6th centuries AD. He is believed to have written the Kama Sutra based upon the ancient Indian text 'Kama Shastra' (one of three ancient Indian texts concerning the aims of life). Kama Shastra should be understood within the context of the Artha Shastra and the Dharma Shastra (which were written in Sanskrit, 7th century BC, composed on the basis of the Vedas).

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