



[Best time for sex](#) and best position according to Ayurveda

According to Ayurveda, what is the best time for sex?

In Ayurveda, different meanings of sex at different times and their disadvantages and advantage have been described. The best time for sex, season and position of sex are also described in Indian Ayurveda.



Apart from sex pleasure in Ayurveda, it is also considered as a means of nourishing the body. To strengthen the relationship between a partner, it is very important to improve their physical relationship.

Sex is not only a means of increasing generation, but it also improves mutual relations and synergy between a couple.

In Ayurveda, it is said that 'the second function of sex is to nourish us deeply'. In Ayurveda, different meanings of having sex at different times and their advantages and disadvantages have been described. Let's know.

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