

CONCEPTUAL STUDY OF DHATUPOSHAN NYAYA W.S.R. TO METABOLISM

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ABSTRACT

Carbohydrate, protein, fats are the essential elements of the body. For formation of gene proteins are essential, for energy to living hood carbohydrates are essential for formation of bulk fats are essential. Making of this really essential element from food is really a complex process. But in Ayurveda it has been simplified in terms of *nyaya*. These *nyaya* gives us a simple and clear view about how the *dhatu* formed. And how the conversion of *ahar rasa* takes place in *sapta dhatus*. The metabolism of carbohydrate fat and protein are closely related to these *dhatu poshana nyaya* and this relation is discussed in

this article.

KEYWORDS: *Dhatuposhan nyaya*, metabolism.

INTRODUCTION

In Ayurveda *ahara* has utmost important *sthana* among three *upasthambhas* i.e. *ahara*, *nidra*, *bramhacharya*. The type of *ahara* we take reflects on our physical as well as mental health. *Ahara* gets converted into *ahar rasa* with the help of *jatharagni*. This *ahar rasa* gets converted into *sapta dhatus* with the help of *dhatvagnis*. Ayurved *Acharyas* describe this whole process beautifully with the help of *dhatuposhan nyaya*. The metabolism of fat protein and carbohydrate from food is also same as that of *sapta dhatu poshan*. This article aims at studying relation of *dhatuposhan nyaya* with metabolic processes.

1.1 Aims –To study the concept of *Dhsatuposhan Nyay* w.s.r. to metasbolism

1.2 Objectives

1. To collect and analyze the literature review of *Dhsatuposhan Nyay*.

Article Received on
26 July 2018,

Revised on 16 August 2018,
Accepted on 06 Sept. 2018

DOI: 10.20959/wjpr201817-13300

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2. To collect and analyze literature of metabolism.
3. To understand the metabolism with help of *Dhatuposhan Nyaya*.

1.3 Methodology

To fulfill the aims and objectives of the study this work has been carried out in the following phase wise manner.

- 1) Conceptual study
- 2) Comparative study
- 3) Discussion
- 4) Conclusion and summary

2.0 Conceptual study

Concept of *Dhatuposhan Nyaya*

There are prime 4 *dhatu poshan nyaya*'s described by acharya's. they are as follows;

1. *Ksheerdadhi nyaya*
2. *Kedarkulya nyaya*
3. *Khalekapot nyaya*
4. *Ek kaal dhatuposhan nyaya*

1. *Ksheerdadhi nyaya*

According to this *nyaya*, as a whole *ksheer* (milk) gets converted into *dadhi*(yogurt) like wise the *dhatu*s gets converted to one preceding to other succeeding. The *karma* of *dhatu*s are as follows; *rasa*, *rakta*, *mansa*, *meda*, *asthi*, *majja*, *shukra*. As being *rasa* (preceding) as first *dhatu* it totally gets converted into *rakta* (succeeding). Like wise *rakta* (preceding here) gets converted into *mansa*(succeeding) and so on.

2. *Kedarkulya nyaay*

According to this *nyaya*, process of *dhatuposhan* is like water irrigation of fields. That means *dhatuposhan* of *rasa dhatu* will be done earlier than *rakta*., as *rasa* is nearest *dhatu* after *ahar rasa*, while *shukra* will take longer time to have *poshana* rather than any other *sapta dhatu*s.

3. *Khalekapot nyaya*

According to *khalekapot nyaya*, the *Prasad ansha* of *ahara* will get converted to respective *dhatu*s nourishment of *dhatu*s by selection. Different *dhatu*s get nourished by nourishing fluids at different stages. Thus the nourishment of tissues takes place through different

channels. Like *kapota*(pigeon) takes his *ahara* to his place by flying. Like wise *deha dhatus* will get their nourishment by their channel directly from *ahara*.

4. Ek kaal dhatu poshan nyaya

This *nyaya* is proposed by arundatta. according to this *nyaya*, *ahar rasa* nourishes all *dhatus* at the same time by their *dhatuvaha strotasa*. According to this law, if *agni* is good then *dhatuposhan* will occur early, if it is decreased then *dhatuposhan* will be slow. *rasa dhatu* transporting nutrient stays in each *dhatu* for period of 3015 *kala*. Total time require for conversion of *rasa* into seven *dhatu* will be 18090 *kala*. Till *shukra* nourished it will take one month to complete the process.

Concept of metabolism

Metabolism is consist of mainly two things. First is anabolism that is constructive metabolism. Second one is catabolism that is destructive metabolism. When anabolic process in body is more than catabolic process the body tends to grow faster. In other way if catabolism is more than anabolism, the shrinkage of growth occur.

Comparative analysis

In each *dhatuposhan nyaya* there is formation of *ahar rasa* then from *ahar rasa prasad paak* and *kitta paak* forms. This *Prasad paak* resemble the anabolism. As it will help to form the body elements. Where as the *kitta bhaga* which can be compared with catabolic process will decrease the bodies normal growth. Both processes are essential for a healthy life.

DISCUSSION

This article basically focus on *dhatu poshan nyaya*, and its relation to metabolic processes such as catabolism anabolism. This processes are much of important to have healthy life. The process of making of *dhatus* from *ahar rasa* following *prasadbhaga* and *kitta bhaga* is one of its kind. And explains how the *poshan* happens of all *dhatus*. *Prasad bhaga* formation we can relate to anabolic process and *kitta bhag* formation we can relate it with catabolism.

CONCLUSION

From this article we can conclude that the text written about nutrition process long time ago by *Ayurved Acharyas*, *ahar dosh dhatu vichar*, *dhatvagni vichar*, and *dhatuposhan nyay* are unique and immortal. And we can relate them with metabolic of body. This *dhatuposhan nyaya* are self explanatory and they very well explain the process of metabolism.

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