

A STUDY OF ASSOCIATION (SAMYOGVAHITVA) BETWEEN DOSH, DHATU & MALA

Uttam Kashinath Bande*, M.D. (Ayurved Physiology), Ph.D (Ayurved Physiology)

Prof. & HOD Dept. of Kriya Sharir (Ayurved Physiology). Yashwant Ayurved Medical
College, Kodoli Tal: Panhala, Dist: Kolhapur Pin - 416114 (M. S) India.

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*Corresponding Author

Dr. Uttam Kashinath
Bande

Prof. & HOD Dept. of Kriya
Sharir (Ayurved
Physiology). Yashwant
Ayurved Medical College,
Kodoli Tal: Panhala, Dist:
Kolhapur Pin - 416114
(M.S.) India.

INTRODUCTION

In Ayurveda everything is described & explained scientifically in Sanskrit. Various definitions of sharir are given in Sanskrit language. Human body is called sharir. In charak samhita reference no. (ca sha 4/6) sharir is defined very meaning fully.

Accordingly what sharir comprises of

“It is conglomeration (group) of Panch Maha Bhoot (five mega element) & Its various products Dosha (Body humors), Dhatu (Tissues), Oop dhatu (subtissues), Mala (urine, stool, sweat), chetan Dhatu/atma (soul), Mana/satva (mind) & Panchdnyaanendriya (five senses).

In ayurveda

1. Human body is classified into 4 types
2. Sthula sharir (Macro or physical body)
3. Sukshma sharir (Micro or subtle body)
4. Karan sharir (Casual body)
5. Ativahik purush (Super conductive body).

Sthul sharir: Physically appearance or visible morphology of the body is called sthula sharir. It can be nourished by food. Food is responsible for its existence, growth, development. Starvation means without food body can be destroyed. Food is panch bhautic. dosha, dhatu & mala are the basic structural & functional elements of the sthula sharir.

Sukshama sharir: Sukshama sharir is to be considered mana (mind), indriy (senses), buddhi (intellectual power). Sukshama sharir cannot be seen by naked eyes. Sukshama sharir resides in sthula sharir in association. It is proven that there is indirect linkage of sukshama sharir to sthula sharir. In fact there is great impact on sthula sharir in many ways. sthula sharir has ida, pingla & sushumana nadis but Sukshama sharir has millions of its own nadis (channels/nerves). Whenever Sukshama sharir is in sthula sharir then & then sthula sharir has importance. Without Sukshama sharir we can't, do respiration, ingestion of food, any movement, see any thing, any smell, any taste, any touch, any sound.

Karan sharir: Jiva (essence/casual body): The factor which offers aliveness to human body is called karan sharir. At the time of conception jiv/jivatma/essence enters in garbhsharir (embryo) then starts human body's life (intrauterine life). Jiv/essence is responsible for human body & life, hence, it is called karan sharir (casual body) karan sharir acts as a seed (embryo).

Ativahik purush (Superconductive body): Presence of atma (soul) in sthula sharir is called ativahik purush.

Actual existence of everything requires below three omni substances

1. Satva (intellectual existence)
2. Raja (Rational thinking)
3. Tama (Interlinking)

According to (soul, mind, senses) resides in a such body, formed from Panch Mahabhoot (five mega elements) & its various products (vikar) such as Dosha (humors), Dhatu (tissues), Oop dhatu (subtissues) & Mala (waste products).

That's why in such sharir (body) various biological activities occurs. Metabolic (anabolism + catabolism), various sensation such as happiness, sadness, sense of desire, sense of attempt, jealousy etc. knowledge of these various feelings can be realized due to presence of atma (soul) & such human sharir can be called animated or living body.

The contents of human body are classified into three groups according to functional & structural base.

These are as

1. Dosh

2. Dhatu
3. Mala

Dosh (Body humors)

Dosh are defined as these are such human body factors normally conducts various physiological activities, maintains human health, but in abnormal condition these factors do not carry the physiological activities. Disturbs the body health & give rise to diseases in body are called Dosha. Health means equilibrium of Tridoshas & Disease is imbalance of Tridosha. These are very active & powerful factors of body. These are of three types.

1. Vata Dosh (Conducting humor.)

vata Dosh = vayu Mahabhoot + Aakash Mahabhoot = conducting humor.

It is mainly responsible for various movements of body .Vata can be conduct physical, mental, spiritual movements etc. It is initiating & controlling factor. It is called prana of all living organism & correlated with nerve impulse travelled through nerves.

2. Pitta dosh (Analytic humor)

Pitta = Tej Mahabhoot = analytic humor.

It is mainly responsible for analyze to change or transformation of the body constituents. It is correlated with various digestive enzymes. Digestion, metabolism, heat production done by pitta, it is called Agni.

3. Kaph dosh (Synthesis humor)

Kapha = Prthvi Mahabhoot + Aap Mahabhoot = synthesis humor

It is mainly responsible for the synthesis of various elements. It is also responsible for growth & development of body. It is also responsible for protection, strength, resistance & stability. These three Dosha are opposite to each other but coordinates in maintaining healthy states of body (homeostasis).

Generally Vata correlated nervous control, pitta correlated to endocrine control & Kapha can be correlated to immune control.

Dhatu (Tissues)

Though in modern science four elementary tissues are described (epithelial tissue, connective tissue, muscular tissue & Nerves' tissue) where as in ayurved 7 Dhatu & 7 Oopa dhatus are described.

Dhatu gives support BY doing various functions & provides nourishment to human body.

1. Ras Dhatu (Plasma & lymph) —————> Prinan (Nutrition)
2. Rakta Dhatu (Blood cells) —————> Jeevan (To restoration of life)
3. Mamsa Dhatu (Muscles & connective tissues) —————> Lapan (To cover/coat bones & other structures)
4. Meda Dhatu (fat/lipids/adipose tissues) —————> Snehan (Oileation)
5. Asthi Dhatu (bones) —————> Dharan (To support)
6. Majja Dhatu (bones marrows) —————> Puran (To fill the cavities)
7. Shukra Dhatu (semen) —————> Garbhotpaadan (Reproduction)

Ashthi Dhatu, Mamsa Dhatu & Dhatu Meda Dhatu produce the body frame, Rasa Dhatu, Rakta Dhatu. Majja Dhatu yields nourishment to body & Shukra gives bala (energy) to body & helps in reproduction. Thus balanced state of Dhatu (dhatu samya) is health (homeostasis) & vice versa.

Upa dhatu (Subtissues)

In the process of Dhatu nirman (synthesis) Oop Dhatu (subtissues) are produced & helps in support, nutrition of body less than Dhatu. Hence, these entities are called Oop Dhatu. These are 7 in numbers.

1. Stanya (Brest milk),
2. Raja (menstrual Blood) & artava (ovum),
3. Sira (blood vessels),
4. Kandara (Tendons),
5. Vasa (muscular fat & adipose tissue),
6. Twaka (skin) &
7. Snayu (ligaments)

1. Stanya (Breast milk): Is produced as Updhatu of Rasa Dhatu. Sthanya is responsible for nutrition of children. It is also responsible for proper immunity, growth & developments of the children's body.

2. **Rajh: (Menstrual blood):** It is produced as Oop Dhatu of Rasa Dhatu. At the interval of 28 – 30 days in a rhythmic manner discharged through vagina for 3 to 7 days once a month. It is responsible for purification of uterus & acts as vehicle to pass out unfertilized ovum of female body. Artava is the part of raj: but it is responsible for fertilization (Garbhotpati). It can be correlated with ovum. Rajh: srtrav (Menarch) starts at the pubertic age & caesation (Menopause) takes place at the age of 45 To 55 yrs old.
3. **Sira (Vessels):** It is Oop Dhatu of Rakta Dhatu because it is produced in Rakta Dhatu (Blood) nirman (production) phenomena. It resembles to veins & arteries presents in the body & helps to conduct Rakta (blood) from heart to body tissues .According to structure & function it is important for body.
4. **Kandara (Tendons):** It is produced as Oopa Dhatu of Rakta Dhatu. It helps in binding of joints, to hold various organs in cavities. It can be correlated with tendons.
5. **Vasa (Lipids/Adipose tissues):** It is produced as Oopa Dhatu of Mams Dhatu. It supports to Mams Dhatu (Muscles) & helps in snehan (Oilation of the body). It can be correlated with lipid/cholesterols/adipose tissues.
6. **Twaka (Skin):** It is produced as Oopa Dhatu of Mams Dhatu. It COVERS/COATS ALL OVER THE BODY EXTERNALLY & INTERNALLY (Mucous membrane). It is responsible for protection of whole body from external stimuli, heat, wind, etc. It Maintains body temperature, excretes wastes as sweat (Swed).
It can be correlated with skin
7. **Snayu (Ligaments):** It is produced as Oopadhatu of Meda dhatu. It is used to ligation of internal stractures of Joints & it is correlated with ligaments.

Though these are different sub tissues of the body but to maintain health of body association is present between them.

Mala (Waste productus)

These are such waste elements of human body produced during various biological activities. On excretion keeps body clean& maintains human health. On retention causes body unclean & unhealthy.

a. Aahar Mala (originated from diet)

1. Mutra (Urine - liquid bi product)
2. Purisha (Stool - solid bi product)
3. Adhovayu (Gases - gaseous bi product)

b. Dhatu mala (Originated from body tissues)

1. Kapha → Rasa Dhatu.
2. Pitta → Rakta Dhatu
3. Sweda → Meda Dhatu
4. Khamala → Mams Dhatu
5. Akshi, vita, twaka sneha (oileation in eyes, stool, skin) →Majja Dhatu,
6. Nakha (Nail), kesha (Hairs) →Asthi Dhtu

Sharir panch bhautiktva (Physical composition)

Every element of universe is composed from punch Mahabhoota (Five mega elements). Similarly human body is an element of universe. It is also composed from five mega elements (Panch Mahabhoot). It is as

1. Prithvi (Solid): Solid state of matter is called solid. Solids are considered as Prithvi Mahabhoot. Following body entities are belonging to Prithvi Mahabhoot

- a. Asthi (bones),
- b. Various organs such as yakrut (Liver), pleeha (Spleen), vrikka (Kidney),
- c. Kandara (Tendons),
- d. Snayu (Ligaments) etc. Morphology (Size, Shape)/ appearance depends upon Prithvi Mahabhoot.

2. Aap mahabhoot (Liquids/Fluids)

The liquid state of matter is called liquid. In Sanskrit liquids are called Aap (jala). following entities of our body are belonging to Aap/Jala Mahabhoot.

- a. Ras dhatu (Plasma)
- b. Rakta dhatu (Blood)
- c. Lasika (Lymph)
- d. Lalaras (Saliva)
- e. Mutra (Urine)
- f. Shukra (Semen)
- g. Stanya (Breast Milk)

- h. Bharamaras (C.S.F. - Cerebrospinal fluid)
- i. Sweda (Sweat)
- j. Various body secretions etc

3. Vayu (Gaseous) livingness by pranvayu

The gaseous state of matter is called Gases & in Sanskrit it is called Vayu Maha bhoot. Following body entities are produced from various gases.

4. Tej mahabhoot (Heat & Lights)

Heat & light present in universe acts as energy in Sanskrit it is called Agni (Tej Mahabhoot). From this Mahabhoot Agni (heat) present in our body as a representative part of Tej Mahabhoot & it is responsible for digestion of food in digestive system level as well as at cellular level. It is also responsible for the regulation of body temperature.

Agni part of Tej Mahabhoot we can correlate with the digestive enzymes, various hormones, because they are responsible for changes in our body.

5. Akash mahabhoot (Space)

In between two cell, tissue or any structure gap/ empty space in Sanskrit called Akash Mahabhoot.

1. Lumen of intestine, veins, Arteries, lymph vessels, various form of ducts.
2. Hollow cavity present in lung, heart, stomach, mouth, eye orbit, head (cranial cavity), bones, etc.

In this way five mega elements (Panch Mahabhoot takes participation in the formation of human body. Hence, human Body is Pancha bhautik.

Samyogvahitva (Association)

When two or more than two things are living together without harmful to each other is called samyogvahitva (association).

As per ayurveda human body is conglomerated of sthulsharir (macro body) & suskham sharir (micro body).

In human sthul sharir (macro body) macro entities ie Dosha, Dhatu & Mala & In suksham sharir (micro body) micro entities such as atma (soul), mana (mind), Mahtatva /Buddhi

(intellectual power & cognition), Panch indriya (five senses) are present. These are having different structural, functional nature but they are living in association.

1. Vata, Pitta & Kapha are antagonistic (opposite) to each other but they are living together in body in a association. That's why body's is present in homeostatic condition.
2. Dhatus are different in structure & function from each other but helps in built up of body & maintenance of body that's why body's homeostatic condition is maintained .It means there is a association between them.
3. Mala's are also different in nature, but helps in the maintenance of health of body by retention for some time & by getting elimination time to time through the body.
4. Atma (soul), Mind (Mana), Indriya (five senses) Budhi (intellectual power) are also have different role but helps in the maintenance of normal homeostasis of body by keeping collaboration/coordination with each other. Without soul body is nothing. Without mind no thinking, no knowledge. Without senses no perception of particular knowledge. In this way in our body chetan tatva (soul) resides in body composed from five mahabhoota's & its various products. In between them there is samyogvahitva (association) & hence, the definition of body given by Charak in (Cha. sha 4/6) is in past, in present & in future is complete.

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