A CONCEPT OF MAMSA DHATU W.S.R TO KRIYA SHARIR – REVIEW ARTICLE

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ABSTRACT
In Ayurveda three basic blocks upon which the human body stand, these are Dosha, Dhatu and Mala. Dhatus are the main which performs the functions of holding together the bodily elements. There are seven Dhatus in person, these are Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra. Among these Mamsa Dhatu is very important component in our body. It’s moola sthana are Twacha and Snayu. It is widely accepted by all Ayurveda scholars who named it as Pishit, Taras, Palal, Kravyam, Amish. It helps in formation of mamsa dhatu in the body with its principle site in body as muscles, tendons and skin. Mamsa Dhatu is third one in the sequence of seven Dhatus. Panchabhautik constitution of Mamsa Dhatu is Pruthvi Mahabhut when Mamsa Dhatu (Muscle) produces in excellence condition individuals known as Mamsasara purush. Any kind of deviation in Mamsa dhatu leads to pathogenesis. So it is very important entity for the substance of life.

KEY WORDS: Mamsa Dhatu(Muscle), Twaka, Snayu, Panchmahabhut(element), Mamsasarta.

INTRODUCTION
Dhatu are basically the body tissues which are responsible for functioning of the systems and organs and the structure of body, each of the dhatus is built out of a previous one and they develop on the nourishment that comes from the digestive system. Dhatus are seven different types work in coordination with one another seven dhatus are like rasa, rakta, mamsa, meda, asthi, majja and shukra. Ayurveda is that they follow a very specific method of treatment for disease related to different dhatu. The growth and survival of the human body depends on these dhatus or tissues. Mamsa is the muscle which makes up the internal organs of the body and is derived from rasa and raktta dhatu. They constitute the basic cover of bone and structure of body.

METABOLISM OF MAMSA DHATU
Mamsadhatu (muscle) is produces in his own srotas (channels) i.e. Mamsavaha srotas. Snayu and Twaka are the principle organ plays important role in production of Mamsadhatu. After digestion of diet converted in to two parts, one is Aaharras (essence part) and another is kitta (excreted part). This essence of aahar after being subjected to paka (converted) in to Mamsa Dhatu with the help of Mamsadhatwagni. The formation of mamsa dhatu in body is done by the digestion of forms raka dhatu when it is nourished by more previous rasa dhatu with the help of own dhatwagni viz. Mamsadhatwagni. This agni is responsible for conversion of spontaneously flowing rasa dhatu into own componental factor resembling properties with that of mamsa dhatu while this metabolic transformation process in on the way the raka dhatu is converted in to mamsa dhatu along with formation of its assesory upadhatu vasa and twacha.

PATHOLOGICAL ASPECT OF MAMSA DHATU
Pathological aspect of Mamsa dhatu includes Vridhi (hyper state) and Kshya (hypo state). The vridhi or hyper functioning state of mamsa dhatu in body is manifested following features heaviness and well and extra musculature over trunk, hip, buttocks, face, thighs and lower extremity, thorax and upper extremity which clinically resembles features of extra fat deposition, muscle hypertrophy, muscle flaccidity etc. The kshya or hypo functioning of mamsa dhatu in body manifested by following features loss of fat and protein over above mentioned organs of body, lax of joints due to loosely affirmed muscles and tendons. Loose and lethargic vessels structures in body Muscles wasting and malnutritive disorders with defective protein metabolism.
PHYSICAL AND CHEMICAL PROPERTIES OF MAMSA DHATU
In the physical body, mamsa dhatu refers directly to the muscle and indirectly to the ligaments and skin, which are upadhatu formed as the unstable form of rakta dhatu (poshak rakta) is converted to mamsa dhatu. Muscle is built from earth element then motivate by air. Earth provides the substance which the bulky structure of muscle is made. Muscle is highly metabolic tissue while earth plays their fundamental role in building the tissue; it is air that inspired and initiates its motion.

FUNCTIONS OF MAMSA DHATU
Lepan (binding) – The function of Mamsa dhatu is binding. Muscles are like a gelatinous covering and give strength to the basic body’s frame. Being a dhatu, mamsa dhatu carries a main function of support and nourishment to body organs and ultimately body as well. Also it provides nourishment to next fourth coming dhatu viz. Meda dhatu. Production of kha –mala is also one of the functions of mamsa dhatu.

MAMSA SARA PURUSH LAKSHANA
A person who has well built muscle looks very strong. He will have well defined muscles on chest, abdomen, arms, calf and thighs. The muscles are very well defined on temples, neck, jaws, shoulders and cheeks. The person will be having self control, good health and longevity.

MAMSADHARA KALA
“Mamsadhara kala” is a sheath like structure which covers muscle (masma), ligaments (snayu), and blood vessels (dhamani) running through muscles. The origin and extension of muscles along with its branches, arteries, veins and nerves look like branches of lotus stem which spread in water giving rise to lotus bud.

DISCUSSION
Mamsa being a dhatu is essential for support, nourishment and embankment of life. Thus it is important to protect it from being wasted. The formation, storage and circulation of Mamsa dhatu throughout body are managed by the micro circulating channels of Mamsavaha strotas. The factors having same properties to that of kapha dosha are responsible for increment of Mamsa dhatu due to similar properties. The three biological humour (doshas) are physical entities working at dhatu level to contribute and carry all the activities of body. Proper nutrition and diet is manifested by well-developed musculature which contributes to maintain homeostasis in body. Whereas its abnormal state reflects by lowering the immunity of body. The other aspect of immunity is decided by Oja factor in body. This Oja itself has function of Upachita Mamsata. Where Upchay means proper growth and development of body; Oja is essence of all dhatus but instead upchay of Mamsa dhatu needs etiological factors supporting and promoting the same with Mrudu, Mrutsna, Snigdha, Shhira like properties. Thus the strength, stamina and immunity of body totally depend upon Mamsa dhatu. The extent of Bala can be decided by carrying weight or some sort of physical workout which is possible only due to muscle and tendons viz. Mamsa dhatu. Features of individual with proper Bala and constitution are also mentioned by Acharya as Samamamsa means presence of proper and proportionate Mamsa dhatu in body

CONCLUSION
Mamsa dhatu is one of the important of all seven dhatus in body. Mamsa dhatu viz. Muscle tissue in terms of modern sciences also states the importance of cellular respiration occurring especially in muscle tissue. The amount of glucose in the form of glycogen is stored in muscle tissue which is essential for muscular activities. Well developed musculature shows good nourishment status of an individual. Thus it provides a significant strength and immunity to any individual to combat against any diseased ailment affecting body. Ayurved science explores the Mamsa Dhatu, Oja, Immunity and its very close relation with property wise similar Kapha dosha. It is essential to practice the etiological factors promoting Kapha dosha inside body through which they nourish the similar dhatus, Mamsa dhatu hereby. This ultimately may enhance the immune status of body. The Sthira guna right from Kapha dosha to Mamsa dhatu is also reflected in Mamsa dhatu sara purusha on psychological level too. It is manifested by signs of Kshama (forgiving nature), Dhruiti (well decisive power), Alaulya (not greedy), Arjanya (kindness). The person with Mamsa dhatu sara can flourish his or her career in exercise, physical or sports activities or any similar kind of profession very well. As such persons has qualities of Mamsa dhatu sara, they are also capable for good immune status even after exposure to environment by sport activities. So, as all dhatus support and provide nourishment to body instead Mamsa dhatu carries a very special importance. Mamsa dhatu attains a very special importance due to its role in providing immunity as all the strength, stamina, bala depend on Mamsa dhatu.

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