

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*. *Dhatu*s are the main which performs the functions of holding together the bodily elements. There are seven *Dhatu* 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 *Dhatu*. *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 *dhatu*s is built out of a previous one and they develop on the nourishment that comes from the digestive system. *Dhatu*s are seven different types work in coordination with one another seven *dhatu*s 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*s. The growth and survival of the human body depends on these *dhatu*s or tissues. *Mamsa* is the muscle which makes up the internal organs of the body and is derived from *rasa* and *rakta 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 *rakta 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 componential factor resembling properties with that of *mamsa dhatu* while this metabolic transformation process in on the way the *rakta dhatu* is converted in to *mamsa dhatu* along with formation of its assesorly *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 upadhatus 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 humours (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, Sthira 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

COCLUSION

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), Arjava (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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