



ISSN 2456-3110

Vol 8 · Issue 7

July 2023

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

Ayurvedic concept of *Ahara Rasa* and *Rasa Dhatu*

Himanshu Sahu¹, Arun Kumar Kalihari², Gitanjali Sasmal³, Vinay Bhardwaj⁴

^{1,2}Post Graduate Scholar, Department of Kriya Sharir, Shri NPA Govt. Ayurved College Raipur, Chhattishgarh, India.

³Reader and HOD, Department of Kriya Sharir, Shri NPA Govt Ayurved College Raipur, Chhattishgarh, India.

⁴Reader, Department of Kriya Sharir, Shri NPA Govt Ayurved College Raipur, Chhattishgarh, India.

ABSTRACT

According to *Ayurveda*, food is the main pillar of healthy life. Living body is continuously subjected to wear and tear process. *Dhatu*s which are being lost in physiological activities are replenished by food and water. Man needs to eat food to build a new *Dhatu*s and to repair damage *Dhatu*s. After consumption food is digested in gastro intestinal tract. Fluid formed from the digested part of food is called as *Ahara-Rasa*. For growth, *Dhatu*s needs nourishment, and these *Dhatu*s are nourished by food and water. *Aahar Rasa* is formed in *Annavaha Srotas*. *Aahar Rasa* contains nutrients of seven *Dhatu*s. *Aahar Rasa* is absorbed from *Grahani* (small intestine) and brought into heart. Heart is a root of *Rasavaha Srotas*, hence in heart, *Rasa Dhatvagni* transforms nutrients of *Ahara Rasa* into stable *Rasa Dhatu*. *Rasa Dhatu* is formed in *Rasavaha Srotas*. *Rasa* is the first *Dhatu* formed from *Aahar-Rasa*.

Key words: *Rasavaha Srotas*, *Rasa*, *Dhatu*, *Ahara Rasa*.

INTRODUCTION

Ahara-Rasa denotes 'Sara' portion of food after digestion by *Jathragini*. Once ingested food is digested, it is absorbed in the form of *Ahara-Rasa*. Distinction between *Ahara-Rasa* and *Rasa* is difficult to demonstrate physically as both are fluids and they circulate together. *Ahara-Rasa* is final and absorbed product of digested food. *Rasa* is a *Dhatu* and is generated after certain biochemical changes on *Ahara-Rasa*. Physically or structurally it is not possible to put a hard and fast line of distinction between *Ahara-Rasa* and *Rasa*. Functionally however they differ with each other. For this reason, one has to learn difference between *Ahara-Rasa* and *Rasa Dhatu*. Diseases of both

differ and treatment also differs.

AIM AND OBJECTIVES

To understand the concept of *Ahara-Rasa* and *Rasa Dhatu* from *Ayurvedic* perspective.

MATERIALS AND METHODS

Material related to this conceptual study is collected from various authentic books, *Samhitas*, web searches etc.

Definition of *Aahar Rasa*

Fluid formed from the digested part of food is called as *Ahara-Rasa*. *Panchabhautik* and *Shad-Rasatmak* food undergoes the process of digestion and from digested part of food, subtle, pure and *Tejobhuta Ahara-Rasa* is formed.

Absorption of *Ahara-Rasa*

Jathragini digests food in *Grahani*, *Ahara-Rasa* containing all nutrients (*Sarabhuta*) is formed from food in *Grahani*. Under the control of *Saman Vayu*, *Aahar-Rasa* gets absorbed from *Grahani* and brought to heart. *Ahara-Rasa*, which is brought to heart is circulated throughout the body to all living cells.

Rasa and *Rakta Dhatu* along with *Ahara-Rasa* get pumped from heart and circulated to every organ. *Ahara-Rasa* mixes with *Rasa* and *Rakta Dhatu*, hence

Address for correspondence:

Dr. Himanshu Sahu

Post Graduate Scholar, Department of Kriya Sharir, Shri NPA Govt. Ayurved College Raipur, Chhattishgarh, India.

E-mail: himanshuyug1985@gmail.com

Submission Date: 14/05/2023

Accepted Date: 23/06/2023

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.8.7.27

Ahara-Rasa cannot be differentiated from *Rasa-Rakta Dhatu*.

Chart showing formation of *Ahara-Rasa* and *Rasa Dhatu*:

Ingestion of food



Jatharagni digests food



Formation of *Ahara-Rasa* (contains nutrients of seven *Dhatu*s)



Ahara-Rasa absorbed from *Grahani*



Nutrients of *Rasa*



Action of *Rasa-Dhatvagni*



Poshya Rasa *Rasa Mala Kapha*



Circulation Excretion



Preenan of every cell

Properties of *Ahara-Rasa* and *Rasa Dhatu*

Ahara-Rasa is a fluid and grow and subtle (*Sukshma*) constituent.

Rasa Dhatu is liquid, unctuous, dull, cold & sweet, like *Kapha Dosh*.

Rasa Dhatu Utpatti Kala

From *Ahara-Rasa*, *Rasa Dhatu* is formed within 24 hours.

Function of *Ahara-Rasa*

Ahara-Rasa nourishes *Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja*, *Shukra* and *Ojas*. Twenty-four *Dhamanis* (blood vessels) emerging from heart carry *Ahara-Rasa*

to all parts of body and performs functions of *Tarpan*, *Vardhan*, *Dharan* and *Yapana*.

Tarpan - means gratification or satisfaction. *Ahara Rasa* keeps every cell of body active by supplying them proper nutrients. *Ahara Rasa* keeps every human cell active and fresh.

Vardhan - when tissues of child are supplied with proper nutrients, then only *Dhatu* grows rapidly. Growth of child ultimately depends on nutritious food, its digestion and absorption.

Tarpan and *Vardhan* are predominant in children.

Dharana - In middle age *Ahara-Rasa* provides nutrients to every tissue and helps them to sustain in physical and mental stress, this function is called *Dharana*.

Yapana - Nourishment of tissues in old people is important to keep them alive.

Function of *Rasa Dhatu*

Gratification and nourishment of *Rakta Dhatu* are the two functions of *Rasa Dhatu*.

Preenan means gratification, satisfaction, and freshness.

To supply fluids and nutrients to every cell of body and keep the body as well as mind fresh and active is the *Preenan* done by *Rasa Dhatu*.

According to Modern science

Human body needs plenty of energy to perform physiological activities such as walking, running, talking, etc. Man obtains energy from food. Carbohydrates, proteins, fats, vitamins and water are nutrients of food.

Transformation of Nutrients in Liver

Human cells cannot use glucose, amino acids and fatty acids in their absorb form, hence enzymes in liver transforms these nutrients into more usable forms. Cell surface contains receptors which bind with specific constituent so that constituent enters inside the cell.

DISCUSSION AND CONCLUSION

Both sciences agree that body needs food for its growth and functioning. *Ahara Rasa* is final absorbed product of a food digested by *Agni* in *Pachak Pitta*.

Aahar-Rasa is product of digestion through *Annavaha Srotas*. *Aahar-Rasa* is absorbed from *Grahani* into *Rasa-Rakta*. Absorbed *Ahara-Rasa* is carried to heart and then it is circulated in body. *Agni* of every *Dhatu* transform nutrient of respective *Dhatu* into stable *Dhatu*. Every *Dhatu* identifies its own nutrient and binds with it, so that *Dhatwagni* can transform it into stable *Dhatu*.

Rasa Dhatu is a first generation of *Aahar Rasa* and is produced by digestion of *Ahara-Rasa* in *Rasavaha Srotas* by *Rasa-Agni*. Hence *Rasa Dhatu* is product of digestion through two *Srotamsi*, *Annavaha Srotas* and *Rasavaha Srotas*.

REFERENCES

1. Charak Samhita, Brhmanand Tripathi, Vol-1, Sutrasthan 28/3, page no-545, edition 2013, Chawkhamba Prakashan, Varanasi.
2. Susruta Samhita, Kaviraj Ambikadatta shastri, vol-1, Sutrasthan 14/10, page no. 62 edition-2012, Chawkhamba Prakashan, Varanasi.
3. Susruta Samhita, kaviraj Ambikadatta shastri, vol-1, Sutrasthan 14/3, page no. 61, edition-2012, Chawkhamba Prakashan, Varanasi.
4. Charak Samhita, shri chakrapani datta tika, vol-2, chikitsa sthan 15/14, edition 2009, Chawkhamba Prakashan, Varanasi.
5. Sharangdhar Samhita, Purvakhanda 6/9, english translation by Murthy K.R.S, editors, Varanasi, Chawkhamba Orientalia, Reprint 2009.

How to cite this article: Himanshu Sahu, Arun Kumar Kalihari, Gitanjali Sasmal, Vinay Bhardwaj. Ayurvedic concept of Ahara Rasa and Rasa Dhatu. J Ayurveda Integr Med Sci 2023;07:148-150.
<http://dx.doi.org/10.21760/jaims.8.7.27>

Source of Support: Nil, **Conflict of Interest:** None declared.
