



## Evaluation of Mamsa Dhatu in Mamsa Sara Purusha with special reference to Muscle Tone

Rohit HE<sup>1</sup>, Rakesh HR<sup>2</sup>, Chacko N<sup>3\*</sup>, Rashmi NM<sup>4</sup>

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<sup>1</sup> Rohit HE, Associate Professor, Dept of Kriya Sharira, Ashwini Ayurvedic Medical College and Research Center, Tumakuru, Karnataka, India.


<sup>2</sup> Rakesh HR, Associate Professor, Dept of Kayachikitsa, Ashwini Ayurvedic Medical College and Research Center, Tumakuru, Karnataka, India.

<sup>3\*</sup> Nija Chacko, Assistant Professor (contract basis), Dept of Kriya Sharira, Govt Ayurveda College, Thiruvananthapuram, Kerala, India.

<sup>4</sup> Rashmi NM, Professor, Dept of Samhita and Siddhanta, Ashwini Ayurvedic Medical College and Research Center, Tumakuru, Karnataka, India.

Mamsa Dhatu, the third of the Sapta Dhatus in Ayurveda, plays a vital role in maintaining physical strength, stability, and vitality. Following the sequential transformation from Rasa and Rakta Dhatu, Mamsa Dhatu forms through the action of Mamsa Dhatvagni and contributes to covering, protecting, and supporting the body's internal structures. The concept of Mamsa Saara Purusha - an individual endowed with superior muscle tissue - reflects excellence in both structural and functional aspects, such as compact musculature, strength, courage, and physical endurance. In modern physiological terms, muscle tone refers to the continuous and passive partial contraction of muscles, essential for maintaining posture, joint stability, and neuromuscular readiness. Evaluating muscle tone in individuals with Mamsa Saara reveals an intrinsic connection between Ayurvedic Dhatu quality and biomedical markers of health. These individuals typically exhibit optimal muscle tone, superior healing potential, and physical resilience, signifying a well-nourished Mamsa Dhatu in both quantity and quality. The article explores the classical definitions, properties, and functions of Mamsa Dhatu, its physiological formation, and the diagnostic relevance of Mamsa Sara Pariksha. It emphasizes the importance of maintaining dhatu balance through proper diet, lifestyle, and exercise. Furthermore, the integration of Ayurvedic principles with modern neuromuscular physiology offers a holistic approach to health assessment. Understanding Mamsa Saara Purusha through this dual lens not only validates ancient wisdom but also provides practical insights into sustaining muscular health and overall well-being.

**Keywords:** Mamsa Dhatu, Mamsa Sara, Muscle Tone, Sara Pariksha, Muscle Strength, Manual Muscle Testing

Corresponding Author	How to Cite this Article	To Browse
Nija Chacko, Assistant Professor (contract basis), Dept of Kriya Sharira, Govt Ayurveda College, Thiruvananthapuram, Kerala, India. Email: <a href="mailto:nija16chacko@gmail.com">nija16chacko@gmail.com</a>	Rohit HE, Rakesh HR, Chacko N, Rashmi NM, Evaluation of Mamsa Dhatu in Mamsa Sara Purusha with special reference to Muscle Tone. J Ayu Int Med Sci. 2025;10(9):74-78. Available From <a href="https://jaims.in/jaims/article/view/4655/">https://jaims.in/jaims/article/view/4655/</a>	

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## Introduction

*Mamsa Dhatu* is third *Dhatu* among the *Sapta Dhatus*. as a sequence after the formation of *Rasa* and *Rakta Dhatu*, next *Mamsa Dhatu* is formed in the *Dhatu Parinama* sequence. According to *Charaka Samhita*, individuals with predominance of *Mamsa Sara* are endowed with well-developed chest, abdomen, joints with firm and good musculature and also conferred with well-developed muscles, physical strength, tolerance, and courage. [1] Muscle tone is defined as the tension in the relaxed muscle or the resistance, felt by the examiner during passive stretching of a joint when the muscles are at rest.[2] Evaluating muscle tone in *Mamsa Sara Purusha* allows us to explore the intersection towards understanding of *Mamsa Dhatu* in *Mamsa Saara Purusha*.

### Review of Mamsa Dhatu

#### Etymology

The word “*Mamsa*” is formed from *Mana-Sa-Dheergha Cha*. [3] Here it is considered as “*Dheergha*” because of its length/striations.

#### Derivation

*Mamsa* is derived from root word “*Maanj*”. That means which can be measured in terms its structure, length, width and of numbers. [4] *Mamsa* is derived from root word “*Maas*” Which means *Flesh*. [5]

#### Synonyms [6]

*Pishita* (*Mamsapeshi* develops from *Mamsa Dhatu*), *Taras* - basal strength of the body, *Mamsa* - measurable, *Palala* - meant for movement, *Kravya* - means of movement, *Aamisha* - flesh

#### Location

**Moola Sthana:** *Snayu* and *Twacha* are roots of *Mamsavaha Srotas*. [7] *Mamsa* conveying channels are two in number. Roots of origin are *Snayu*, *Twacha* and *Dhamani* in *Mamsavaha Srotas*. [8]

**Mamsadhara Kala:** *Mamsadhara Kala* is the *Kala* which develops first in the body. Within the muscles, branches of *Sira* (blood vessels), *Snayu* (ligaments), *Srotas* (channels) & *Dhamani* (arteries) are enclosed. [9]

**Properties:** *Mamsa Dhatu* of humans has qualities of not too cold, not too heavy, not too unctuous.

### Functions

It gives strength to the body. It nourishes *Meda Dhatu*. It covers the skeleton of the body. [10] *Mamsa* is affixed very strongly to the bones by using *Sira* (veins) and *Snayu* (ligaments). That is the reason why all the organs and bones are kept intact, holding the body upright and do not wither or drop down.

*Mamsa Dhatu* Covers various organs, blood vessels, bones, etc. of the body. Not only protecting and securing the underlying organs and bones of the body, there is another crucial function of *Mamsa Dhatu* where it would be difficult for internal structures to throw the wastes out of the body but because of *Mamsa Dhatu* it enables the waste products to reach their destination way out.

**Formation:** All *Saptha Dhaatus* which does *Dharana* of *Shareera* including *Mamsa Dhatu* are formed by merit of all *Sapthadhaatvagnis*. They go through transformation in two different ways that is *Prasaada Bhaaga* and *Kitta Bhaga*. After formation of *Rasa Dhaatu*, *Raktadhaatwagni* acts on supplements arriving from *Rasavaha Srotas* and *Ahararasa*. *Raktadhaatu* which is formed in *Rakthavaha Srotas* becomes pathway to form next *Dhatu* that is *Mamsa Dhatu*. Small portion of *Raktha Dhatu* reaches *Mamsavaha Srotas*. There nutrients are being acted upon by *Mamsadhaatvagni* and give rise to *Sukshma*, *Sthula* and *Kittaamsha* from this *Sukshma Amsha* next *Dhatu* is produced, from *Sthula Bhaga* there will be nourishment and production of *Mamsa Dhatu*. [11] *Rakta* being united with *Ushma* of *Vayu*, *Jala*, *Teja* and being cooked by its own *Agni* becomes compact and gets transformed into *Mamsa Dhatu*. [12] *Mamsa Dhatu* which is formed from *Rakta Dhatu* gets nourished by *Prasada Amsha* of *Rakta Dhatu*. *Mamsa* conveying channels are two in number. Roots of origin are *Snayu*, *Twacha* and *Dhamani* in *Mamsavaha Srotas*. Among *Dashapranayatana* *Mamsa* is one of indispensable vital seats. Therefore, it is duty of every individual to protect it in same way. Even *Acharya Sushruta* opines same. Any vitiation or damage to them *Mamsava Srotas* responsible for transportation and transformation of *Mamsa Dhatu* can lead to death. So only physician should be aware of such consequences by having knowledge and knowing importance of *Mamsavaha Srotas* as it is responsible for vitality of each and every individual.

### **Mamsa Sara Purusha Lakshanas**

The features of person with *Mamsa Sara* are his Temples, Forehead, Neck, eyes, Cheek, Jaws, Shoulders, Abdomen, Axilla, Chest, Joints of limbs will be compact, heavy fleshy and healthy. *Mamsasara* persons are bestowed with the forgiving nature, patience, non-greediness, Wealth, knowledgeable, Happiness and Politeness, health, good strength and Longevity.[13] The persons do not have depressions or hollowness in body, well covered and obscured bones and joints and musculature, i.e., the muscles cover and protect these structures. *Mamsa Sara Purusha* are endowed with good *Mamsa Dhatu* in the body in terms both *Matra* and *Guna*. Because of excellence of *Mamsa Dhatu* in *Mamsa Sara Purusha* does get affected frequently by disorders of *Mamsa Dhatu* like *Mamsa Kshaya*, *Mamsa Vruddhi* or different types of *Mamsa Pradoshaja Vikaras*. But if these persons do not follow *Ahara*, *Vihara*, *Vyayama* properly will be prone to above said disorders because *Doshas* get vitiated then they will vitiate the *Dhatu*s. *Mamsa Dhatu* plays a vital role in providing good strength, immunity and stamina, its imbalance might be crucial to bring back to normalcy. *Pravara Samhanana* (compactness) is marked by well bounded muscles which is one of the assessment parameter to check proper health of a person.

### **Muscle tone**

Muscle tone, or tonus, refers to the continuous and passive partial contraction of muscles, even when the body is at rest. It plays a crucial role in maintaining posture, supporting joints, and ensuring readiness for voluntary movements. In a healthy person, normal muscle tone is essential for physical stability, efficient movement, and overall body coordination.

The nervous system, particularly the spinal cord and brainstem, continuously regulates muscle tone through feedback mechanisms involving muscle spindles and motor neurons. This subtle level of contraction helps muscles respond quickly to external stimuli, thus preventing injury and maintaining balance.[14] In everyday life, muscle tone supports posture during sitting, standing, and even during sleep. It ensures that the body does not collapse under its own weight and that limbs can respond rapidly and smoothly to commands. Adequate tone also aids in circulation by helping venous return during muscle contraction.[15]

Abnormalities in tone - either hypotonia (low tone) or hypertonia (high tone) - can impair function, mobility, and quality of life by producing.[16]

Hence, maintaining optimal muscle tone through proper nutrition, exercise, and neurological health is vital for physical wellbeing and performance.

## **Discussion**

In *Ayurveda*, *Mamsa Saara Purusha* refers to an individual with the excellence of the *Mamsa Dhatu* (muscle tissue). The quality of *Mamsa Dhatu* directly influences the strength, stability, and tone of muscles. Muscle tone, defined as the continuous and passive partial contraction of the muscles, is a vital indicator of neuromuscular health and readiness of the muscle to respond to stimuli. A *Mamsa Saara Purusha* exhibits well-developed, firm, and symmetrical muscles, reflecting the superior quality of muscle tissue. These individuals typically possess strong muscle tone due to the abundance and proper nourishment of *Mamsa Dhatu*.

Their physical endurance, stamina, and resistance to fatigue are significantly higher than individuals with less *Mamsa Saara*. The compactness and resilience of their muscles contribute to sustained posture and bodily functions. Qualitatively, the *Mamsa Dhatu* in *Mamsa Saara Purusha* is described as *Sthira* (stable), *Dridha* (firm), and *Snigdha* (unctuous), ensuring optimal muscular performance. This stability translates physiologically into a balanced muscle tone, preventing conditions such as flaccidity or spasticity. *Mamsa Saara* individuals also display enhanced healing and recovery potential due to the robustness of their muscular system.

Furthermore, classical *Ayurvedic* texts describe *Mamsa Saara Purusha* as having rounded cheeks, well-developed limbs, and strength, which are all reflections of healthy muscle tone. Their mental characteristics, such as courage and tolerance, parallel their physical firmness, signifying the interconnectedness of body and mind. *Mamsa Saara Purusha* is ideal for muscular health, with optimal muscle tone being both a reflection and outcome of quality *Mamsa Dhatu*. The maintenance of this tone ensures better functionality, physical aesthetics, and resilience, making *Mamsa Saara* an essential concept in understanding neuromuscular wellness through an *Ayurvedic* lens.

## Conclusion

*Mamsa Saara Purusha* represents the epitome of muscular excellence in *Ayurvedic* science, characterized by firm, well-nourished muscles and a robust physical constitution. The features of *Mamsa Saara* - compact musculature, strong posture, and balanced temperament - not only reflect optimal *Mamsa Dhatu* quality but also correspond to the modern concept of healthy muscle tone. Muscle tone, essential for posture, stability, and movement coordination, is a direct outcome of the strength and nourishment provided by *Mamsa Dhatu*. The continuous, passive contraction seen in muscle tone ensures the body's readiness for physical action and resilience against fatigue and injury. Thus, individuals with *Mamsa Saara* enjoy superior physical and mental health, longevity, and disease resistance. However, neglecting proper diet, lifestyle, and exercise can lead to imbalances, even in such individuals. Therefore, the integration of *Ayurvedic* understanding with physiological principles offers a holistic framework for assessing and maintaining muscular health through the lens of *Mamsa Saara Purusha*. *Sara Pariksha*, especially the assessment of *Mamsa Sara*, provides a reliable insight into the muscular strength and tone of an individual. The findings from modern physiological testing affirm the *Ayurvedic* descriptions of *Mamsa Sara Purusha*. Integration of *Ayurvedic* diagnostics with modern tools enhances the understanding and applicability of both systems for personalized health assessment.

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