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Review Article on *Mamsa Dhatu* - Ayurveda and Modern view

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ABSTRACT

In Ayurveda, there are three basic blocks upon which the human body stands, these are *Dosha*, *Dhatu* and *Mala*. *Dhatu*s are the main which perform the function of holding together the bodily elements. There are seven *Dhatu* in person; these are *Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja* and *Shukra*. As *Mamsa Dhatu* is very important component of our body and its *Moola Sthana* are *Twacha* and *Snayu*. *Mamsa* is one of the seven constructive build icons of body namely *Dhatu*s. It is widely accepted by all the Ayurvedic scholars who named it as *Pishit*, *Taras*, *Palal*, *Raktateja*, *Medaskruta*, *Kravyam*, *Aamisha* and so on. It helps in formation of *Mamsa Dhatu* in the body with its principle site in body as muscles, tendons and skin. According to Ayurveda, there are seven *Dhatu* in person; these are *Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja* and *Shukra*. These *Dhatu* are defined as per their function. These are important for healthy state of the body. *Mamsa Dhatu* is third one in the sequence of seven *Dhatu*.

Key words: *Mamsa Dhatu*, *Muscular tissue*, *Mamsadhatwagni*, *Mamsadhara Kala*, *Immunity*.

INTRODUCTION

From the ancient time Ayurveda is the most powerful and old system of healing and provides service to mankind in which body physiology is too much emphasized to understand the aetiology and pathogenesis of a disease, so that the best treatment can be searched out for the benefit of humanity. It is very well said that in Ayurveda - *Dosha*, *Dhatu* and *Mala* are the basic blocks upon which the body stands.

Mamsa Dhatu is very essential *Dhatu* in body responsible for manifestation of proper nourishment

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signs and well and proportionate development of organs of body. *Mamsa Dhatu* is whole and sole responsible for the strength, stamina and power of body. Also well developed musculature is necessary for fulfilment and performance of any action inside and by the organs of body.

Mamsa Dhatu can be compared to Muscular tissue in modern science but Ayurvedic texts reveal that *Mamsa Dhatu* has much broader concept than Muscular tissue. It maintains the metabolism of *Mamsa Dhatu* in body by *Mamsadhara Kala* which is also concerned with the same. Irrespective of *Panchabhautik* origin, *Mamsa Dhatu* has *Prithvi Mahabhuta* in its dominance, *Vasa* (Omentum) and *Tvacha* (skin and its layers) as its *Updhatu* (Accessory tissue) and *Kha Mala* as its excretory product. The well build musculature of a person indicates good and proper nourishment of the individual. This excellence of a *Mamsa Dhatu* seen in such a person is resembled by *Mamsa Sara Purusha* with its specific symptoms. *Mamsa Dhatu* is formed by the metabolic process over *Rakta Dhatu* by the respective *Dhatwagni* viz., *Mamsadhatwagni*. Thus any kind of abnormality or deviation in this process leads to disorders oriented

with *Mamsa Dhatu* and certainly having an impact over upcoming *Dhatu*s in series. Abnormality of *Mamsa Dhatu* prominently shows emaciation, muscle wasting type disorders impairing overall health of human health, thus leading to lack of immunity and surrendering to any disease easily. So it carries an important role for sustenance and longevity of life.

MATERIALS AND METHODS

References related to proposed title are collected from classical texts of Ayurveda. Various publications, internet, books, research papers and proceedings of seminars related to the topic are collected.

Synonyms of Mamsa

Pishit, Taras, Palal, Raktateja, Medaskruta, Kravyam, Aamisha.

Importance of Mamsa Dhatu

Only when the *Doshas* are in a healthy state of balance is it possible to utilize the *Mamsa Dhatu* at the highest level. A healthy body allows for the complete fulfillment of *Dharma*. Doshic disturbances of the body, disturbing the *Mamsa Dhatu*, interfere with one's ability to serve.

Healing the *Mamsa Dhatu* means restoring the proper quantity and quality of earth and fire in the body and mind. The proper quantity is based upon the constitutional tendency of the individual. Those with more *Kapha* in their constitution will naturally have more *Mamsa Dhatu*. This makes depletion less likely and excess more likely. Those with more of a *Vata* constitution tend to have a naturally lower amount of *Mamsa Dhatu*, and are the most susceptible to depletion. Those with a *Pitta* nature tend to have a moderate quantity of *Mamsa Dhatu* and are prone to depletion secondary to excessive fire.

In order to evaluate the health of the *Mamsa Dhatu*, the muscles, ligaments and skin should be evaluated. Visual inspection allows for a quick assessment of muscular development. Palpation of the muscles provides an indicator of tone. Palpation of the ligaments and the joint capsule may reveal tenderness due to either *Vata* or *Pitta* vitiation. *Vata* vitiation

within the *Mamsa Dhatu* results a low pain threshold and high pain sensitivity. This tissue surrounding the pain will feel cool to the touch. *Pitta* vitiation within the *Mamsa Dhatu* produces pain as well but the tissue surrounding the pain will feel warm and may appear reddened. *Kapha* vitiation rarely produces pain, but the muscles will be taught and motion will be limited. The tissue may feel fluidic or boggy. The skin should be evaluated for excessive dryness, red rashes and fluidity reflecting *Vata, Pitta* and *Kapha Doshas* respectively.

Features of Mamsa Sara individual

Sara is basically term indicating the excellent features of any particular *Dhatu* which are manifested throughout body physical as well as psychological level. *Mamsa Dhatu Sara* reflects the excellent and superior state of *Mamsa Dhatu* and which eventually states that the individual with *Mamsa Dhatu Sara* has good immunity against some disorders specially related to muscle tissue. *Mamsa Dhatu Sara* individual has physical features of well proportionate, heavy, stable and well limped joints with muscle tissue and tendons specially joints - Temporal, Skull sutures, Vertebral, Orbital, Facial and Maxillary, Shoulder, Thorax, Joints of Upper and Lower extremity. While psychological features as - forgiving nature, well decisive power, satisfying nature, full of wisdom, intellect, enjoys physical exercise, sports as well; kindness, nobleness, health, good strength, immunity and stamina with long life.

Functions of Mamsa Dhatu

Being a *Dhatu*, *Mamsa Dhatu* carries a main function of support and nourishment to body organs and ultimately body as well. Thus it sustains the immunity, strength of an individual along with providing longevity of life. *Mamsa Dhatu* specifically performs the function of *Lepana*^[9] means coating. Muscle tissue coats the blind bony skeleton in body where as the same musculature in the form of epithelial tissue and muscle tissue coats whole body in the form of skin and its layers. Bones and joints inside body are well proportionately limped and coated by muscle tissue as well as tendons supporting them for healthy

movements of the same. The Omentum (*Vasa*) also performs the function of coating over abdominal organs such as stomach and intestine. Which surrounds those organs and protects them provides support as well. Also it provides nourishment to next forthcoming *Dhatu* viz. *Meda Dhatu*. Production of *Kha-Mala* is also one of the functions of *Mamsa Dhatu*.

Mamsa Dhatu - Muscle Tissue

Mamsa, or as pronounced in *Sanskrit Mansa* (Nasal M), is the third tissue in Ayurveda, the muscle tissue.

Mula Sthana - Skin and sinews.

Upa Dhatus - Skin, *Vasa* - A layer of fat under the skin.

Mala - *Khamada* - External pathways (Eyes, Ears, Nose) discharges.

Time for creation - 11 days since eating.

Mamsa Dhatu is in charge of covering the body's organs and give strength.

In Ayurveda there are 4 types of muscles;

1. *Pratana* - Rectus muscles.
2. *Prathu* - Round muscles.
3. *Kasandara* - Sinews.
4. *Sushira* - with the ability to flex and relax.

The Skin (Upa-Dhatu)

In addition to covering the body and protecting the internal organs, the skin is in charge of temperature and complexion with help from *Bhrajaka Pitta* (which in addition, in charge of the sense of touch along with *Vyana Vata*).

Charaka describes six layers of skin, in contrary *Sushruta* describes seven layers. Both described diseases for each layer, and its treatment.

Mamsa Dhatu Sara

- Stable joints.
- Solid and dense look.
- Forgiving person.
- Relaxation and steadiness of mind.

- Straight forwardness.
- Long life.
- Patience, happiness, and giving nature.

Mamsa Dhatu Vriddhi

- Lips, cheeks, arms and chest extremely large.
- Difficulty in movement.
- Heaviness in the body.
- Benign tumours.

Treatment

- Fasting
- Stop of exercise
- Light diet, without meat or heavy foods.

Mamsa Dhatu Kshaya

- Tiny waist
- Sunken cheeks
- Lips, chest, legs and arms small and dry.
- Very painful movement
- Craving towards meat
- Joint pain
- Exhaustion

Treatment

- Exercise
- Cooked meat
- Wheat
- Lentils
- Nuts
- Meat of meat eating animals

DISCUSSION

Mamsa being a *Dhatu* is essential for support, nourishment and sustenance of life. Thus it is important to protect it from being emaciated or wasted. The formation, storage and circulation of *Mamsa Dhatu* throughout body are managed by the

micro circulating channels of *Mamsavaha Strotas*.^[16] The factors which having same properties as that of *Kapha Dosha* are responsible for increases of *Mamsa Dhatu* due to similar properties. The three biological humours (*Doshas*) are body. Providing proper nutrition and diet to an individual is manifested by well-developed musculature which help to maintain homeostasis in body which is a very important feature in human body. Whereas when it is in abnormal state it reflects by lowering the immunity of body and surrendering your body to multiple disorders specially related to muscle tissue. The other aspect of immunity is decided by *Oja* factor in body. This *Oja* itself has function of *Upachita Mamsata*.^[17] Where *Upchaya* means proper growth and development of body; *Oja* is essence of all *Dhatus* but instead *Upchaya* of *Mamsa Dhatu* needs etiological factors supporting and promoting the same with *Mrudu*, *Mrutsna*, *Snigdha*, *Sthira* like properties.^[18] 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*^[19] 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 most of amount of glucose in the form of glycogen is stored in muscle tissue which is essential for muscular activities and used later when it is needed. Well developed musculature shows good nourishment status of an individual. Thus it provides a significant strength and immunity to any individual and also provides the resistance against any diseased ailment affecting body. Ayurveda science explain and explores the *Mamsa Dhatu*, *Oja*, Immunity and its very close relation property with similar to *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. Finally this may increases the immune status of body. Simultaneously, the factors encouraging *Agni* and its subtle components as *Dhatwagni* should also be enhanced and must be managed in proportion so as to keep the body and its constituents consistent. The *Sthira Guna* which is also present in *Kapha Dosha* to *Mamsa Dhatu* is also reflected in *Mamsa Dhatu Sara Purusha* on psychological level also. It is manifested by signs of *Kshama* (forgiving nature), *Dhruiti* (well decisive power), *Alaulya* (not greedy), *Arjava* (kindness). A person with *Mamsa Dhatu Sara* can make 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 having the capability making of good immune status even after joining the environment of sport activities. So, as all *Dhatus* which support and provide nourishment to the body instead *Mamsa Dhatu* having a very special importance in any individual. *Mamsa Dhatu* play a very special importance function due to its role in providing immunity as all the strength, stamina, *Bala* depend on *Mamsa Dhatu*.

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