



## Understanding the Sapta Dhatu: The Seven Tissues of Ayurveda

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### ABSTRACT-

In the ancient Indian holistic system of medicine, Ayurveda, the concept of the "Sapta Dhatu" forms a foundational aspect of understanding human physiology and pathology. "Sapta" translates to "seven," and "Dhatu" refers to "tissue" or "element." Together, the Sapta Dhatu represent the seven fundamental tissues that constitute the human body according to Ayurvedic principles. Each Dhatu plays a crucial role in maintaining health and vitality. This article delves into each of these seven tissues, their functions, and their interplay within the body.

**KEY WORDS-** Sapta Dhatu, Ayurvedic principles, seven tissues etc.

### INTRODUCTION-

#### 1. Rasa Dhatu (Plasma or Nutrient Fluid):

Rasa Dhatu is the first tissue formed after the digestion of food. It corresponds to plasma or the extracellular fluid. Its main function is to nourish and hydrate the body's cells and tissues. Rasa Dhatu also acts as a medium for transporting nutrients, hormones, and other vital substances throughout the body. When Rasa Dhatu is balanced, it supports overall health and vitality.

#### 2. Rakta Dhatu (Blood):

Rakta Dhatu represents blood, which circulates through the body's blood vessels. It carries oxygen, nutrients, and hormones to various tissues and organs while removing waste products and carbon dioxide. Rakta Dhatu also plays a vital role in maintaining body temperature and pH balance. Imbalances in Rakta Dhatu can lead to various blood disorders and systemic health issues.

#### 3. Mamsa Dhatu (Muscle Tissue):

Mamsa Dhatu comprises the muscular tissue of the body, including skeletal muscles and internal organs' smooth muscles. It provides structure, support, and movement to the body. Mamsa Dhatu also helps in generating heat and energy through muscle contractions. Adequate nourishment and strength of Mamsa Dhatu are essential for overall physical strength and stamina.

#### 4. Meda Dhatu (Adipose Tissue or Fat):

Meda Dhatu refers to adipose tissue or fat, which provides insulation, cushioning, and energy storage in the body. It acts as a reserve fuel source during times of fasting or increased energy demands. Meda Dhatu also plays a role in hormone regulation and thermal insulation. Imbalances in Meda Dhatu can contribute to obesity, metabolic disorders, and hormonal imbalances.

#### 5. Asthi Dhatu (Bone Tissue):

Asthi Dhatu represents bone tissue, which forms the skeletal framework of the body and provides support, protection, and mobility. It also serves as a reservoir for minerals like calcium and phosphorus, essential for bone strength and integrity. Asthi Dhatu is continually undergoing remodeling and repair processes to maintain bone density and structure.

#### 6. Majja Dhatu (Bone Marrow and Nervous Tissue):

Majja Dhatu encompasses bone marrow, which produces blood cells, and nervous tissue, including the spinal cord and brain. It plays a crucial role in hematopoiesis, immune function, and nervous system communication. Majja Dhatu is responsible for maintaining blood cell production and the transmission of sensory and motor signals throughout the body.

### 7. Shukra Dhatu (Reproductive Tissue):

Shukra Dhatu represents reproductive tissue, including semen in males and ovum (ova) in females. It is responsible for fertility, reproduction, and the continuation of the lineage. Shukra Dhatu also influences vitality, libido, and overall reproductive health. In Ayurveda, preserving the integrity of Shukra Dhatu is essential for promoting healthy aging and vitality.

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### Mahabhuta in 7 dhatu-

We know the whole universe is made up of pancha mahabhuta or 5 basic elements. They are jala (water), Agni (fire), pruthvi (earth), akasha (space), and Air (Vayu). 7 tissues are no exception to this. The prominence of 5 basic elements in these tissues is given below.

Rasa (lymph) – Jala +

Rakta (blood) – Jala + Agni ++

Maamsa (muscle) – Pruthvi ++ Jala

Medas (fat) – Jala +++, Pruthvi +

Asthi(bone) – Pruthvi ++ , Aakasha+

Majja (marrow) – Jala +++ Pruthvi +

Sukra (semen) – Jala ++ Pruthvi +

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### Importance of Spata Status:

The sapta dhatus, or seven tissues, are fundamental to Ayurvedic medicine and understanding the body's constitution. They include Rasa (plasma), Rakta (blood), Mamsa (muscle), Meda (fat), Asthi (bone), Majja (marrow), and Shukra (reproductive tissue). Each dhatu plays a vital role in maintaining overall health and balance in the body. They are sequentially formed from the previous one and represent various aspects of physical and physiological functions. Understanding and balancing these dhatus are crucial for maintaining good health and preventing disease in Ayurveda.

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### Inter-relationship of Sapta Dhatu:

According to Ayurveda, the health of each Dhatu depends on the proper functioning and balance of the preceding Dhatu in the sequence. For example, Rasa Dhatu, being the first tissue formed, must be adequately nourished for the subsequent formation of Rakta Dhatu, and so forth. Imbalances or disorders in one Dhatu can affect the others, leading to systemic health issues.

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### Factors Affecting Sapta Dhatu Balance:

Several factors can influence the balance and health of the Sapta Dhatu, including diet, lifestyle, genetics, environmental factors, and emotional well-being. Practices such as proper nutrition, regular exercise, adequate rest, stress management, and mindfulness can help maintain Dhatu balance and promote overall health and well-being.

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### Ayurvedic Approach to Balancing Sapta Dhatu:

Ayurveda offers a holistic approach to balancing the Sapta Dhatu through diet, lifestyle modifications, herbal remedies, detoxification therapies, and rejuvenation practices. Ayurvedic practitioners assess an individual's constitution (Prakriti) and current imbalances (Vikriti) to tailor treatment plans aimed at restoring Dhatu balance and optimizing health.

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### Conclusion:

The concept of Sapta Dhatu in Ayurveda provides a comprehensive framework for understanding the human body's physiological structure and function. Each Dhatu plays a unique yet interconnected role in maintaining health and vitality. By promoting the balance and well-being of the Sapta Dhatu through holistic practices, individuals can strive towards optimal health and longevity in harmony with nature's principles.

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