CONCEPTUAL ANALYSIS OF MEDA DHATU W.S.R. TO KRIYA SHARIRA

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ABSTRACT

Ayurved is an old ancient medical system which means science of life. Ayurved focuses more on healthy living than treatment of disease. As per Ayurved, human physiology depends on balanced state of Dosha, Dhatu and Mala. Every Function of a living body from birth to death is caused by Dosha, Dhatu and Mala. Dhatus are the seven fundamental principles that support the basic structure and functioning of body. Meda Dhatu is fourth among seven Dhatus. Main function of Meda Dhatu is to provide nourishment to bones and strengthen to the body. Medovaha Srotas plays an important role in the metabolism of Meda Dhatu. When Meda Dhatu is produced in excellence condition individuals are known as Meda Sara Purusha. In modern Meda Dhatu is compared to adipose tissue. Any kind of deviation in Meda Dhatu (Vishuddha Meda) leads to metabolic disorder in the body. This paper seeks to understand the concept of Meda Dhatu for relevance to promote health and disease prevention.

Keywords: Dhatu, Meda Dhatu, Vishuddha Meda, adipose tissue.

INTRODUCTION

Ayurved is an ancient medical science which focuses on healthy living than the treatment of diseases. As per Ayurved, main components of human body are Dosha, Dhatu and Mala. Plant development is dependent upon roots similarly all organs of the body and their functions are based on the activity of the Dosha, Dhatu and Mala. Hence Doshas, Dhatu and Mala are the Mula or root of the body.¹ Dhoshas are the main bio-energies which are responsible for the physiological activities. These activities take place through the media of Dhatu and Mala. Dhatu or tissue can be called as the stabilizing pillars of the body (Dharnat Dhatavah). Dhatus are those constituents which support the body. Well nourished Dhatus give strength to the body and maintain health and immunity. Dhatu is an entity by which substance growth and nourishment of the body takes place. Dhatus are the functional apparatus of the Dosha.² There are seven Dhatus as described by Acharyas; they are Rasa, Rakta, Mansa, Meda, Asthi, Majja and Shukra.

Meda Dhatu is the fourth Dhatu formed and nourished by Ahara Rasa. Word Meda is derived from Sanskrit word meaning oleation or to apply oil. Synonyms of Meda Dhatu are Mamsatejasa, Asthikrit, Vapa, Vasa, Goda and Gautam.³ Rasa, the essence of food, acquire redness from the color of the fire-like Pitta. Pitta
acted upon by Vayu, Ap, Teja and cooked further attains solidity and thus converts into flesh. It is further cooked by its own heat and being predominated by its own heat, Ap and unctuous properties is converted into Medas. Meda Dhatu is formed as, Poshak Mamsa Dhatu flows into the Medodhara Kala and is digested by the Meda Agni. Meda Dhatu is the unctuous Dhatus like Ghee. In the existence of Panchmahabhoota, Meda is Jala (water) and Prithvi (Earth) Mahabhoota predominant Dhatus. In the metabolism of Meda Dhatu, Snayu (ligament) in the form of Updhatu (secondary tissue) while Sweat as Mala (excreted) part is produced. Medovaha Srotas plays an important role in the metabolism of Meda Dhatu. Principle Organs of Medovaha Srotas are Vrikka (kidney) and Vapavahan (omentum). The third Kala is Medodhara Kala (fat supporting). Medas is found in the abdomen and the small bones of all living beings.

When Meda Dhatu is produced in excellence condition individuals are known as Meda Sara Purusha. Those person with essence of Medas have particular unctuous in complexion, voice, eyes, hand, hair, skin, nails, teeth, lips, urine and faeces. Meda Dhatu is distributed throughout the body, deposited under the skin but mainly it is deposited on buttocks, breast and abdomen. As per modern, Meda Dhatu is derived from Ahara Rasa after the nourishment of Mamsa Dhatu. Meda Dhatu is correlated with adipose tissue. Adipose tissue or fat is a loose connective tissue that forms the storage site of fat in the form of triglycerides. Adipose tissue is composed of lipid storing adipose cell and stromal / vascular compartment in which cells including pre-adipocytes and macrophages.

AIM AND OBJECTIVE
To understand the concept of Meda Dhatu.

MATERIALS AND METHODS
- Relevant Ayurvedic and modern text books.
- Previous Research Papers.
- Various National or International journals or magazines.
- Internet surfing.

DISCUSSION
Meda Dhatu is very important Dhatus of our body as it helps in the metabolism of the body.

As per Acharya Sushruta, time required for the formation of Meda Dhatu is 15 days. After nourishment of Mamsa Dhatu, Ahara Rasa nourishes Meda Dhatu with the help of Agni of Meda and Medovaha Srotas leads to the formation of Poshya Meda, Poshak Asthi and Updhatu as Snayu and Mala as Sweda.

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<tr>
<th>Nutrients of Meda Dhatu</th>
<th>Medovaha Srotas</th>
<th>Formation of Poshya Meda.</th>
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<td>Agni of Meda</td>
<td>Formation of Poshak Asthi.</td>
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<td>Formation of Updhatu (Snayu) and Mala (Sweda-Sweat).</td>
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Functions of Meda Dhatu are-
- It lubricates every cell of the body which is important function of Meda Dhatu.
- It controls sweat formation.
- It provides strength, energy to the body.
- It controls dryness of Vata.
- Proper nourishment of Meda Dhatu gives proper shape to the body.
- It acts as a shock absorber.
- It protects body from excess cold or hot climate.
- In starvation, energy can be obtained from Meda Dhatu.

When Kapha vitiates the Medovaha Srotas and Medodhara Kala, the Meda Agni becomes low and as a result the qualities of earth and water takes into the body are digested slowly, causing a greater amount of...
fatty tissue formation. When *Pitta* vitiates the *Medovaha Srotas* and *Meda Dhara Kala*, the *Meda Agni* becomes high, qualities of earth and water burned up quickly leading to little *Meda* formation. 

**INCREASE IN MEDA DHATU** -

Aggravate or vitiated *Meda dhatu* leads to tiredness and exertion even on minor physical activity. Buttock, breast and abdominal tissue may be laxed. Overeating of sweet, oily heavy food, lack of body exercise leads to increase in *Meda Dhatu*. As per Acharya Sushruta, excessive increase of Medas (fat, adipose tissue) glistening of the body, an increase in the size of the front and the sides of the abdomen, cough, dyspnoea, etc and foul odor may occur. Acharya Vagbhata states that increase in *Meda* produces all the premonitory symptoms of *Prameha* (diabetes, obesity) and its complications and other symptoms of increase of *Kapha, Rakta* and *Mamsa*. 

**DECREASE IN MEDA DHATU** -

If *Meda dhatu* is decreased there may be numbness of pelvic area, enlargement of spleen and wasting of other bodily organs and tissues. As per Acharya Sushruta, depletion of *Meda Dhatu* results in Spleenomegaly, emptiness of joints, dryness and craving for fatty meat. Any Vitiation of *Meda Dhatu* causes glandular swellings, inguinoscrotal swellings, goiter, tumors, *Medaja* Lip disorders, diabetes mellitus, obesity, excessive perspiration etc. 

In modern *Meda Dhatu* is correlated with adipose tissue because the function of *Meda Dhatu* is similar to that of adipose tissue’s function. Large quantity of fat is stored in two major tissues, the adipose tissue and the liver. Adipose tissue is usually known as fat deposits. The main function of adipose tissue is storage of the triglyceride until they are needed to provide energy elsewhere in the body.

**CONCLUSION**

*Meda Dhatu* refers to the fatty tissues of the body. It is playing an important role as it helps in the metabolic process. It helps in lubricate and insulate the body. This Dhatu collects the energies and stores it to provide strength to the body. *Meda Dhatu* is supported by *Kapha Dosha* due to having Ashrya-Ashrayi Bhav. Hot, light and dry food, heavy exercises reduces *Meda Dhatu* while substances homologues to *Meda Dhatu* that is heavy, oily, sweat food along with proper rest and oil massage is advised in *Meda Kshaya*. *Meda Dhatu* is essential for the existence of *Ashthi* and *Majja*. Adipose tissue is correlated with *Meda dhatu* due to storing fat for body lubrication and supporting bones.

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Source of Support: Nil
Conflict Of Interest: None Declared