

CLINICAL SIGNIFICANCE OF DHATU SARATA PARIKSHA IN THE EVALUATION OF SAPTA DHATU

DR. NISHA MOR^{1*}, DR. DARSHANA²

¹PH.D. SCHOLAR, DEPARTMENT OF KRIYA SHARIR, DESH BHAGAT UNIVERSITY, MANDI GOBINDGARH PUNJAB.

²GUIDE & ASSOCIATE PROFESSOR, DEPARTMENT OF KAYACHIKITSA, DESH BHAGAT UNIVERSITY, MANDI GOBINDGARH PUNJAB EMAIL ID - dahiya.darshana222@yahoo.com

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ABSTRACT

Dhatu Sarata Pariksha is an important clinical examination method described in Ayurveda for assessing the functional excellence and strength of the Sapta Dhatu. The seven Dhatu, namely Rasa, Rakta, Mamsa, Meda, Asthi, Majja, and Shukra, form the structural and nutritional basis of the body. Their proper formation and nourishment reflect good health, immunity, strength, complexion, mental stability, and disease resistance. Sarata indicates the best quality or excellence of a particular Dhatu, and its assessment helps the physician to understand the physical, physiological, and psychological status of an individual. The clinical significance of Dhatu Sarata Pariksha lies in its ability to evaluate the internal strength of the body through external features. Each Dhatu Sara shows specific signs such as softness of skin in Twak Sara, brightness and vitality in Rakta Sara, muscular strength in Mamsa Sara, unctuousness in Meda Sara, strong bones in Asthi Sara, mental steadiness in Majja Sara, and reproductive strength in Shukra Sara. This examination is useful for assessing Bala, prognosis of disease, treatment planning, selection of Rasayana, dietary advice, and preventive health care. In present clinical practice, Dhatu Sarata Pariksha can also support personalized assessment of constitution, nutritional status, immunity, and overall health condition. Hence, it serves as a practical and holistic tool for evaluating the status of Sapta Dhatu and planning individualized management in Ayurveda.

Keywords: Dhatu Sarata Pariksha, Sapta Dhatu, Sarata, Bala, Ayurveda, Clinical Assessment.

INTRODUCTION

Ayurveda explains health as a balanced state of Dosha, Dhatu, Mala, Agni, Atma, Indriya, and Manas. Among these, Dhatu are the main structural and functional components of the body. The seven Dhatu, known as Sapta Dhatu, include Rasa, Rakta, Mamsa, Meda, Asthi, Majja, and Shukra.¹ These Dhatu nourish the body, maintain strength, support immunity, and help in proper physiological functioning. Any weakness or improper formation of Dhatu may lead to reduced strength, poor nourishment, low immunity, and increased susceptibility to disease. Dhatu Sarata Pariksha is an important clinical examination described in Ayurveda to assess the excellence or best quality of each Dhatu. The word Sara means essence or superior quality. It reflects the strength, purity, and functional capacity of a particular Dhatu. This examination helps to understand the internal condition of the body through visible and observable features such as skin quality, complexion, muscle strength, bone strength, mental stability, voice, eyes, hair, nails, and reproductive capacity. Thus, Dhatu Sarata Pariksha is not only a physical assessment but also gives an idea about mental strength, immunity, endurance, and overall health status.² In clinical practice, Dhatu Sarata Pariksha has great importance in the evaluation of Sapta Dhatu. It helps the physician to assess Bala, disease prognosis, treatment tolerance, and the need for specific dietary, lifestyle, and Rasayana measures. A person with good Dhatu Sarata usually shows better resistance against diseases, faster recovery, and better response to treatment. Therefore, assessment of Dhatu Sarata can be considered a useful tool for personalized health evaluation, preventive care, and planning of suitable treatment according to the individual condition.³

Aim and Objectives

Aim

To study the clinical significance of Dhatu Sarata Pariksha in the evaluation of Sapta Dhatu.

Objectives

- To understand the concept of Sapta Dhatu according to Ayurveda.
- To study the concept of Dhatu Sarata Pariksha.
- To assess the role of Dhatu Sarata Pariksha in evaluating the strength and quality of each Dhatu.

- To understand its clinical importance in assessing Bala, health status, disease prognosis, and treatment planning.
- To highlight the usefulness of Dhatu Sarata Pariksha in preventive and personalized healthcare.

MATERIAL AND METHODS

The present study was designed as a conceptual and literary review study based on classical Ayurvedic texts and relevant modern literature. The concept of Dhatu Sarata Pariksha and Sapta Dhatu was studied mainly from classical texts such as Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya, and their available commentaries. Related information was also collected from published books, research articles, journals, and academic sources to understand its clinical significance in the assessment of Bala, health status, disease prognosis, and treatment planning. The collected material was reviewed, analyzed, and arranged systematically to explain the role of Dhatu Sarata Pariksha in the evaluation of the functional and structural status of Sapta Dhatu.

Conceptual Study

Sapta Dhatu

In Ayurveda, Dhatu are considered the basic supporting and nourishing tissues of the body. The word Dhatu means that which holds, supports, and maintains the body. These Dhatu provide structure, strength, immunity, nourishment, complexion, reproductive capacity, and proper physiological functioning. Proper formation of Dhatu depends mainly on balanced Agni, proper digestion, healthy Ahara, and normal functioning of Srotas. When Dhatu are properly nourished, the body remains strong and disease resistance becomes better.⁴

Classification of Sapta Dhatu

Ayurveda explains seven important Dhatu, known as Sapta Dhatu. These are Rasa Dhatu, Rakta Dhatu, Mamsa Dhatu, Meda Dhatu, Asthi Dhatu, Majja Dhatu, and Shukra Dhatu. These seven Dhatu are arranged in a sequential manner, where each previous Dhatu nourishes the next one. This process of nourishment helps in maintaining the continuity of physical and functional strength of the body.

1. Rasa Dhatu⁵

Rasa Dhatu is the first Dhatu formed after digestion of food. It mainly performs nourishment of the body. It circulates throughout the body and provides nutrition to all other Dhatu. Proper Rasa Dhatu maintains freshness, satisfaction, complexion, softness, and strength. Disturbance in Rasa Dhatu may lead to weakness, tiredness, dryness, poor nourishment, and reduced immunity.

2. Rakta Dhatu⁶

Rakta Dhatu is responsible for life support, complexion, vitality, and oxygenation-like functions in modern understanding. It gives natural color and energy to the body. Proper Rakta Dhatu maintains healthy skin, bright complexion, enthusiasm, and normal physiological activity. Vitiating of Rakta Dhatu may cause skin diseases, bleeding disorders, burning sensation, discoloration, and inflammatory conditions.

3. Mamsa Dhatu⁷

Mamsa Dhatu forms the muscular system of the body. It gives shape, covering, firmness, and physical strength. Proper Mamsa Dhatu supports body movements, stability, and endurance. When Mamsa Dhatu is weak, the person may show muscle wasting, fatigue, poor physical strength, and lack of firmness in body parts.

4. Meda Dhatu⁸

Meda Dhatu represents fatty tissue and lubrication in the body. It provides unctuousness, softness, energy storage, and lubrication to different structures. Proper Meda Dhatu supports strength, smoothness, and nourishment. Excessive Meda Dhatu may lead to obesity, heaviness, lethargy, metabolic disturbance, and reduced physical activity.

5. Asthi Dhatu⁹

Asthi Dhatu forms bones, teeth, nails, and hard structures of the body. It provides support, stability, body frame, and protection to internal organs. Proper Asthi Dhatu gives strength to bones and joints. Weakness or depletion of Asthi Dhatu may cause bone pain, joint weakness, hair fall, nail brittleness, dental problems, and degenerative changes.

6. Majja Dhatu¹⁰

Majja Dhatu fills the cavities of bones and is related to marrow and nervous tissue-like functions. It provides strength, nourishment, smoothness, and mental stability. Proper Majja Dhatu supports clarity, endurance, immunity, and neurological strength. Vitiating or depletion of Majja Dhatu may lead to weakness, dizziness, joint pain, neurological problems, and reduced mental stability.

7. Shukra Dhatu¹¹

Shukra Dhatu is the final and most refined Dhatu. It is responsible for reproduction, vitality, strength, enthusiasm, and continuity of life. Proper Shukra Dhatu maintains fertility, physical vigor, confidence, and healthy reproductive function. Weakness of Shukra Dhatu may lead to infertility, low vitality, weakness, reduced enthusiasm, and poor reproductive health.

Importance of Dhatu Sarata Pariksha¹²

Dhatu Sarata Pariksha is used to assess the excellence of each Dhatu. Sara means the best or purest quality of a tissue. This examination helps to understand whether a particular Dhatu is well developed and functionally strong. It is assessed through external features such as skin texture, complexion, muscular strength, body stability, bone strength, mental steadiness, voice, eyes, hair, nails, and reproductive capacity. Clinically, it helps in assessing Bala, immunity, treatment tolerance, prognosis, and need for Rasayana therapy.

Clinical Significance of Sapta Dhatu

The assessment of Sapta Dhatu is useful in both healthy and diseased individuals. In healthy persons, it helps to understand body strength, immunity, and constitution. In patients, it helps to assess the level of tissue involvement, chronicity of disease, prognosis, and treatment planning. If Dhatu are strong, disease recovery is usually better. If Dhatu are weak, the disease may become chronic, difficult to treat, and may require nourishing, strengthening, and rejuvenating measures.

Table -1 Dhatu Sarata Pariksha

Sr. No.	Type of Dhatu Sara	Main Features for Assessment	Grade 0	Grade 1	Grade 2	Grade 3
1	Rasa Sara	Soft, smooth, unctuous, pleasant and healthy skin; freshness and satisfaction	Features absent	Mild features present	Moderate features present	Well-marked features present
2	Rakta Sara	Bright complexion, reddish appearance of eyes, lips, tongue, palms, soles and nails; enthusiasm	Features absent	Mild features present	Moderate features present	Well-marked features present
3	Mamsa Sara	Well-developed muscles, firm body parts, good strength and stability	Features absent	Mild features present	Moderate features present	Well-marked features present
4	Meda Sara	Softness, unctuousness, smooth voice, oily skin, hair and nails	Features absent	Mild features present	Moderate features present	Well-marked features present
5	Asthi Sara	Strong bones, teeth, nails, joints and prominent bony structures	Features absent	Mild features present	Moderate features present	Well-marked features present
6	Majja Sara	Well-built body, strength, smoothness, pleasant voice, mental stability and good endurance	Features absent	Mild features present	Moderate features present	Well-marked features present
7	Shukra Sara	Pleasant appearance, vitality, reproductive strength, confidence, charm and good physical strength	Features absent	Mild features present	Moderate features present	Well-marked features present
8	Satva Sara	Mental strength, courage, memory, devotion, patience, confidence and emotional stability	Features absent	Mild features present	Moderate features present	Well-marked features present

Table -2 Grading Interpretation

Grade	Score	Interpretation
Grade 0	0	Feature absent
Grade 1	1	Mildly present
Grade 2	2	Moderately present
Grade 3	3	Clearly present or well-marked

Table -3 Overall Assessment of Dhatu Sarata

Total Score Percentage	Assessment	Interpretation

0–25%	Avara Sara	Poor tissue strength
26–50%	Madhyama Sara	Moderate tissue strength
51–75%	Pravara Sara	Good tissue strength
76–100%	Ati Pravara Sara	Excellent tissue strength

Findings of Study

- Sapta Dhatu are the main structural and functional components of the body.
- Proper nourishment of each Dhatu depends on normal Agni, suitable Ahara, and unobstructed Srotas.
- Dhatu Sarata Pariksha helps in assessing the excellence and functional capacity of each Dhatu.
- Rasa Dhatu reflects nourishment, freshness, and general wellbeing.
- Rakta Dhatu reflects complexion, vitality, and life-supporting function.
- Mamsa Dhatu reflects muscular strength, firmness, and body stability.
- Meda Dhatu reflects lubrication, softness, and nutritional reserve.
- Asthi Dhatu reflects skeletal strength, firmness, and structural support.
- Majja Dhatu reflects inner strength, nervous stability, and nourishment of bone cavities.
- Shukra Dhatu reflects reproductive strength, vitality, and overall vigor.
- Assessment of Dhatu Sarata is helpful in judging Bala, immunity, prognosis, and treatment tolerance.
- Persons with good Dhatu Sarata usually show better disease resistance and recovery.
- Persons with poor Dhatu Sarata may require strengthening, nourishing, and Rasayana measures.
- Dhatu Sarata Pariksha supports individualized treatment planning in clinical practice.

DISCUSSION

Dhatu Sarata Pariksha is a very important clinical tool in Ayurveda because it helps in understanding the actual strength of body tissues. General physical appearance alone cannot explain the internal strength of a person. A person may look healthy externally, but weakness of a particular Dhatu may reduce immunity, endurance, and treatment response. Therefore, assessment of Dhatu Sarata gives a deeper idea about the structural, physiological, and psychological strength of an individual.¹³

The concept of Sapta Dhatu shows that the body is nourished in a systematic sequence. Food, after proper digestion, first nourishes Rasa Dhatu, and then gradually supports the formation of other Dhatu. If Agni is weak or Srotas are obstructed, proper nourishment does not occur. This may lead to Dhatu Kshaya, Dhatu Vriddhi, or qualitative disturbance of tissues. In this way, many diseases can be understood through the disturbance of Dhatu and their nourishment process.¹⁴

Clinically, Dhatu Sarata Pariksha is useful for prevention, diagnosis, prognosis, and treatment planning. It helps the physician to decide whether the patient needs Langhana, Brimhana, Shodhana, Shamana, or Rasayana therapy. It is also useful in assessing the patient's capacity to tolerate disease and treatment. In the present era, this examination can be correlated with assessment of nutrition, immunity, tissue strength, reproductive health, and overall quality of life. Thus, Dhatu Sarata Pariksha remains highly relevant in modern clinical practice.¹⁵

CONCLUSION

Dhatu Sarata Pariksha is a practical and clinically significant method for evaluating the status of Sapta Dhatu. It helps in understanding the strength, quality, nourishment, immunity, and functional capacity of the body. By assessing the excellence of each Dhatu, the physician can judge Bala, prognosis, disease susceptibility, and treatment response. Therefore, Dhatu Sarata Pariksha is not only useful for diagnosis but also important for preventive care, personalized treatment planning, and promotion of health through proper Ahara, Vihara, and Rasayana measures.

Conflict of Interest - Nil.

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