

Concept of Rasa Dhatu W.S.R. to Modern Aspects

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ABSTRACT

In ayurveda origin of the body is from anna. During Digestion and metabolism the food that is digested changed into anna-rasa which helps in the formation of other dhatus of the body. In the Stomach the Jatharagni which plays important role in the formation of rasa & mala. So, two types of Rasa dhatu present in our body i.e. Sthayi dhatu & Poshaka dhatu. In the physical body, rasa refers to the most abundant blood components plasma or noncellular portion making up more than 55% of the blood content interstitial fluid & the lymph.

Key words: *rasa dhatu, rasa vriddhi, rasa kshaya, plasma.*

INTRODUCTION :-

Rasa word derived from the Sanskrit Ras having the meaning of table, to relish, to feel, to desire. Rasa dhatu means juice or liquid of life. Rasa is derived from the root gatau which means moving. Rasa dhatu is more nourishment than fluid, is carrying hormones, nutrients & proteins. As the nutrients fluid is continuously circulated in our body it is called as Rasa. The quality of Rasa dhatu depends on the health of digestion i.e. Agni Rasa is produced by the digestion of food & liquids. We call Ras a Adyadhatu as it is first dhatu in our body .Prasada & Sara are the synonyms of Rasa in the context of ahara Rasa.

Panchabhautika Constitution :- Vayavya element: gases, oxygen, carbon dioxide, etc

PANCHBAHUTIC COMPOSITION OF RASADHATU

- **Apya Mahabuta :-** Body fluid 60% contain Na⁺, Cl⁻, K⁺, H⁺ ion
 - Sneha – Liquids, Phospholipids Cholesterol etc.
- **Prithvi Mahabuta :-** Protein Serum albumin, Globulin, fibrinogen, etc.
 - Glucose, glycogen, Nitrogenous, creatine, urea, uric acid etc.
- **Agneya Element :** Vitamin A, D, E, K, B Complex Niacin
- Enzyme- Amylolytic, Lipolytic, Proteolytic etc
- Elements- Sodium, Potassium, Magnesium, Calcium, Iron etc.
- All endocrine Secretion
- **Vayavya Element :-** Gases, oxygen, carbon dioxide etc

PHYSIOLOGICAL ASPECTS OF RASA DHATU

Rasa dhatu is formed from essence of food. Ahara undergoes through various process from mouth by the process of chewing. Here, the kledak Kapha, Saman Vayu, Pachak Pita acts on food. Saman Vayu resides near Pachakagni & swing around the Kostha, it helps to Engulfing the food & provide bala to Jathragani which helps in proper digestion of food and divided the food into Sara & Kitta Bhaga. Kledak Kapha helps in moistening of the food that enters is the alimentary Canal. Here it helps to make bolus soft. Ahara Rasa is formed by the actions of Jatharagni. Saman Vayu brings the ahara rasa to hridya in its Seat (main place of Rasa to Stay) & thus control the Venous Return. Vyaan Vayu ejects the Rasa from the Ventricle of the heart with appropriate pressure. The rasadhātu then circulate in the whole body always, continuously & simultaneously. From hridya with the help of vyan vaayu it reached to small arteries, arterioles & capillaries and transport to all dhatus & provide nourishment.

Acc to chakrapani, two types of Rasas**Rasah Sthayi Pashakasheheti Dwividho**

Sthayi Rasa – to perform the permanent physiological functions to nourish & maintain the body. Whose concentration is stable at the end of metabolic process. In modern, it can be compared with plasma including its composition e.g. protein, hormones, glucose, amino acids, lipids etc.

Poshak rasa- is carried to nourish the next dhatu as it is rich in nutrients & do nourishment. During the metabolic process the Rasa is transformed into Rakta Dhatu by action of Ranjaka Pitta.

Anjali Pramana of Rasa dhatu :- Rasa dhatu is formed in a time span of 3015 Kala i.e. 5 days nine anjali is the total quantity of Rasa

Rasa Dhatu as Plasma :- Rasa dhatu refers to the primary water of the body. The word Rasa means Juice, Liquid or Sap. In the body, Rasa refers directly to the plasma or non cellular portion of the blood, lymph & Interstitial fluids. As Watery Secretions Ras Dhatu relates indirectly to breast milk & menstrual fluid. Rasa nourishes the body it is more than fluid. Vyana Vayu Carried plasma to all the tissue of the body. So when Rasa dhatu is healthy the person should feel healthier the person should feel healthier physically & psychologically.

Rasa or fluid present in the body contains 60-65% of WATER & 35-40% SOLIDS. Total water present in the body is about 40 liters. It is mainly divided into ICF & ECF. ICF Contains large quantity of K⁺, mg⁺ Po⁻⁴, so⁻⁴ & proteins. ECF contains large quantity of Na⁺, Cl⁻, HCo₃, glucose & Fatty acids, oxygen.

ECF is subdivided into

- Intestinal fluid
- Lymph

Plasma, Fluid in bones, fluid is dense connective tissue like cartilage & trans cellular fluid. So we conclude that Rasa dhatu is very much similar to whole ECF.

CONCEPT OF RASA IN CASE OF HEALTH:-

According to ayurveda the normal Rasadhātu brings skin texture smooth & soft. Persons feel happy with proper function of sensory faculties. The body fluid i.e Rasa maintains homeostasis temperature of the body and nourish all the body tissue. The

purusha depends upon Rasa. Therefore one should protect & maintain the quantity & quality of Rasa dhatu with utmost care. Rasayan therapy deals with the preservation of health. Rasayana therapy boosts our immunity, promotes health & longevity. So one should always take Rasayan therapy for healthy Rasa dhatu.

Importance of Rasadhatu in Diagnosis : If Rasa dhatu gets Kshaya or Vriddhi in person must be soon brought back in Equilibrium state otherwise it may lead to Rasaja vikara or Complication. Vitiating of rasa dhatu may be due to excess consumption of heavy food to digest, cold, over intake of food can upset mental state.

Clinically we diagnose Rasa Kshaya by following symptoms :- Thirst, Dryness of mouth, depletion of other dhatu, emaciation, feeling of emptiness, tiredness, intolerance to sounds, Pain in the heart, tachycardia, palpitation, fatigue, tiredness even after doing a small work. The Symptoms of Rasa Kshaya are very much similar to hypokalaemia, hypocalcaemia, hyponatremia, hypomagnesemia.

Symptoms of Rasa Vriddhi are nausea, salivation, vomiting, heaviness in body, whitish discoloration of body, feeling of abnormal coldness of body. Dyspnea, cough, excessive sleep.

So, as we are considering Rasa as plasma in modern aspects the symptoms that occurs during Rasa Vriddhi is similar to acidosis i.e. H⁺ ions increases in body or Hyperkalemia

CONCLUSION :-

Rasa is the most important dhatu in the body which helps us the formation of other dhatus of the body. Rasa dhatu which is mainly fluid of life is made up of Ahara Rasa. The fluid present in Rasa dhatu is Jala Mahabhuta and can travel to the Sukshma Srotas of the body. Rasa dhatu provides nutrition to the further dhatus. Similarly plasma transports the malas from the tissue as it flows through & permeates the entire body. So Rasa dhatu is compared with plasma as it has three major components solids, water & gases similar to Rasa. So it is important to take balanced diet, so balanced formation of Ahara Rasa leads to balanced formation of Rasa dhatu to nourish our Sharir.

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