



A Review of *Dhatu Sarata*

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Abstract

Examination of '*Saratva*' indicates '*Bala*' of an individual. One cannot function without '*Bala*'. For both aims of *Ayurveda*, namely, maintenance of health and if diseased, to cure the disease and come back to homeostatic condition, physician needs to know his '*Bala*'. Sara means essence of *Dhatu* or extrme/excellent quality of *Dhatu*. Qualitative, quantitative and functional assessment of tissues or seven *Dhatus* is called *Dhatu Sarata*. *Charaka* has advised to examine *Sara* of every *Dhatu* to understand strength of *Dhatus* as well as strength of mind.

Keywords

Dhatu, Sarata, Dosha, Bala



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INTRODUCTION

Meanings of word ‘Sara’ are essential, most excellent, best, real, genuine, true, and strong.¹

विशुद्धतरो धातुः सारोच्यते । -चक्र.च.वि. ८/१०२

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From above reference we can define ‘Sara’ as; the supreme quality of ‘Dhatu’ and of superb functional aspect is called as ‘Sara’. Therefore, individuals on the basis of ‘Sarata’ have been classified into various categories depending upon predominance of particular ‘Dhatu’ in the body by the virtue of its quantity, quality and functions. We can classify ‘Dhatu Sarata’ as given below:

1) According to strength

Table 1 Description of sarata according to different Acharyas

Sr. no	Charak samhita	Sushrut samhita	Ashtang sangraha	Ashtang hridaya	Kashyap Samhita	Brihat samhita
1	Twaka-Sara	Satva-Sara	Satva-Sara	Satva-Sara	Satva-Sara	Meda-Sara
2	Rakta-Sara	Shukra-Sara	Shukra-Sara	Shukra-Sara	Shukra-Sara	Majja-Sara
3	Mamsa-Sara	Majja-Sara	Majja-Sara	Majja-Sara	Majja-Sara	Twaka-Sara
4	Meda-Sara	Asthi-Sara	Asthi-Sara	Asthi-Sara	Asthi-Sara	Asthi-Sara
5	Asthi-Sara	Meda-Sara	Meda-Sara	Meda-Sara	Meda-Sara	Shukra-Sara
6	Majja-Sara	Mamsa-Sara	Mamsa-Sara	Mamsa-Sara	Mamsa-Sara	Rudhira-Sara
7	Shukra-Sara	Rakta-Sara	Rakta-Sara	Rakta-Sara	Rakta-Sara	Mamsa-Sara
8	Satva-Sara	Twaka-Sara	Twaka-Sara	Twaka-Sara	Oja-Sara	-
9	-	-	-	-	Satva-Sara	-

Importance of Sara Pariksha¹

कथं नु शरीरमात्रदर्शनादेव भिषडनुह्येदयमुपचितत्वात् बलवान्,

अयमल्पबलः इति;दृश्यन्ते ह्यल्पशरीराः कृशाश्चैकेबलवन्तः;तत्र

पिपीलिकाभाहरणवत् सिद्धिः । अतश्च सारतः परिक्षेतेत्युक्तम् ॥ -च.वि.८/११५

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a) Pravara Sara

b) Madhyam Sara

c) Avar Sara / Asara

2) According to site

a) Sharira (eg. Rasa Sara, Rakta Sara, Mamsa Sara etc.)

b) Manas (eg. Satva Sara)

Discription of sarata according to different Samhitas¹⁰

तद्यथात्वग्रक्तमांसमेदोऽस्थिमज्जाशुक्रसत्वानीति । च.वि.८/१०२

अथः सारान् वक्ष्यामः.....प्रधानमायुः सौभाग्ययोरिति । -सु.सू.३५/१८

सारण्यलौ त्वग्रक्तमांसमेदोऽस्थिमज्जाशुक्रसत्वानीति । -अ.सं.शा.८/२९

त्वग्रक्तादीनिसत्वान्तान्यग्राण्यलौ यथोत्तरम् । अ.हृ.शा.३/११७

ओजः सत्त्वं च सर्वं च तत्सारं तु निबोध मे ॥ -का.सू. २८

सप्तभवन्ति च सारा मेदोमज्जात्वगास्थिशुक्राणि ।

It is fallacious to consider an individual to be strong or weak either from his emaciated body or from the large or small size. Some people having small sized and emaciated body are seen to be strong. They are like ants that have a small body and look



emaciated but can carry too heavy a load. Thus one should examine the individual with reference to excellence of his 'Dhatus'.

Aim

To study the *Dhatu Sarata* mentioned in *Charaka Samhita* and *Sushruta Samhita*.

Materials

All the description related to *Dhatu Sarata* available in *Charaka* and *Susruta Samhita* was collected and reviewed.

Features of *Tvaka-Sarata*^{1,2,8,3}-

Table 2 Features of tvaka sarata

No.	features		CHARAKA	SUSHRUTA
1.	<i>Sharirik</i>	1. Skin- soft	+	-
		smooth	+	+
	2. <i>Loma</i> - fine	Sparse	+	+
		deeply rooted	+	-
2.	<i>mansik</i>	1. Happiness	+	-
		2. Wealth	+	-
		3. Health	+	-
		4. Intelligence	+	-
		5. longevity	+	-

Features of *RAKTA-SARATA*^{1,2,8,3}

कर्णाक्षिजिह्वानासौष्ठपादतलंनखललाटमेहनं स्निग्धरक्तवर्णश्रीमत्

भ्राजिष्णु रक्तसारणाम्। सा सारता सुखमुद्धतां मेधां मनस्वित्वं

सौकुमार्यमनतिबलं अक्लेशसहिष्णुत्वमुष्णासहिष्णुत्वं चाचष्टे ॥ -च.वि. ८/१०४
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स्निग्धताम्रनखनयनतालुजिह्वौष्ठ पाणिपादतलं रक्तेन ।-सु.सू. ३५/१८
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तत्र स्निग्धरक्तवर्णमृदुप्रसन्नसूक्ष्माल्पगंभीरसुकुमार लोमा सप्रभेव च त्वक् त्वकसारणाम् ।

सा सारता सुखसौभाग्यैश्वर्योपभोगबुद्धि विद्यारोग्य प्रहर्षणान्यायुष्मत्वं चाचष्टे ॥ च.वि.८/१०३

सुप्रसन्नमृदुत्वकरोमाणां त्वकसारं । सु.सू. ३५

Table 3.(a)
Features of Rakta sarata (Sharirik)-

No.	Features [CHARAKA]	SUSHRUTA
1.	Karna	nakha
2.	Akshi	Nayana
3.	Mukha	Talu
4.	Jivha	Jivha
5.	Nasa	Oshtaha
6.	Oshtaha	Panipadtal
7.	Panipadtal	
8.	Nakha	
9.	Lalata	
10.	Mehana	

Shrimad Rakta bhrajishnu

Snigdha Tamra raktavarna

Table 3.(b)
Features of Rakta sarta (Mansik)-

No.	features	CHARAKA	SUSHRUTA
1.	Sukha	+	-
2.	Udhata medha	+	-
3.	Manasvi	+	-
4.	Ushna ashishnutva	+	-
5.	Klesha ashishnutva	+	-
6.	Antibala	+	-
7.	saukumarya	+	-

(+)- present

(-)- absent

Features of Mamsa sarata^{1,2,8,3} -

शंखललाटकृकाटिकाऽक्षिगण्डहनुग्रीवास्कन्धोदरकक्षवक्षः पाणिपादसन्धयः स्थिरगुरुशुभमांसोपचिता मांससाराणाम् ।

सा सारता क्षमां धृतिमलौल्यम् वित्त विद्या सुखमार्जवं आरोग्य बलमायुष्य दीर्घमाचष्टे ॥ च.वि.८/१०५
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अच्छिद्रगात्रं गूढास्थिसंधिमांसोपचितंच मांसेन । सु.सू.३५

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Table 4.(a)

Features of Mamsa Sarata Sharirik (CHARAKA)

No.	Features
1.	<i>Shankha</i> (temporal region)
2.	<i>Lalat</i> (frontal region)
3.	<i>Krukatika</i>
4.	<i>kukshi</i>
5.	<i>Ganda</i>
6.	<i>Hanu</i> (chin)
7.	<i>Griva</i> (neck)
8.	<i>Skandha</i> (shoulder)
9.	<i>Udara</i> (abdomen)
10.	<i>Kaksha</i>
11.	<i>Vaksha</i> (chest)
12.	<i>Pani-pada sandhi</i> (palm and sole joints)

} *sthira*
guru
shubha
mamsopachit

Table 4.(b)

Features of Mamsa Sarata Sharirik (SUSHRUTA)

No.	Features
1.	<i>achhidragatra</i>
2.	<i>Asti-sandhi</i> - <i>Gudha-,mamsopachita</i>

Table 4.(c)

Features of Mamsa Sarata Mansik (CHARAKA)

No.	Features
1.	<i>Kshama</i> (forgiving)
2.	<i>Dhruiti</i> (patience)
3.	<i>Aloulaya</i> (non greedy)
4.	<i>Vitta</i> (wealth)
5.	<i>Vidya</i> (knowledge)
6.	<i>Sukha</i> (happiness)

7.	<i>Aarjava</i> (politeness)
8.	<i>Aarogya</i> (healthy muscular system)
9.	<i>Bala</i> (good strength)
10.	<i>Dirgha-ayushya</i> (longevity)

Features of *Meda sarata*^{1,2,8,3} -

वर्णस्वरनेत्रकेशलोमनखदंतौष्ठमूत्रपुरिषेषु विशेषः स्नेहो मेदः साराणाम् । सा सारता
वितैश्वर्यैसुखोपभोगप्रदानान्यार्जवं सूक्ष्मारोपचारतां चाचष्टे ॥ च.वि.१०८/६
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स्निग्धमूत्रस्वेदस्वरं बृहच्छरीरं आयासासहिष्णुं मेदसा । सु.सू.३५/१६ 35/16

Table 5.(a)

Features of *Meda sarata sharirik* (CHARAKA)

No.	Features
1.	<i>Varna</i> (complexion)
2.	<i>Swara</i> (sweet voice)
3.	<i>Netra</i> (eyes)
4.	<i>Kasha</i> (hairs)
5.	<i>Loma</i> (body hairs)
6.	<i>Nakha</i> (nails)
7.	<i>Danta</i> (teeth)
8.	<i>Oshtha</i> (lips)
9.	<i>Mutra</i> (urine)
10.	<i>Purisha</i> (stool)

Visheshtah sheha
(very unctuous)

Table 5.(b)

Features of *Meda sarata Mansika* (CHARAKA)

No.	Features
1.	<i>Vitta</i> (wealth)

2.	<i>Aishwarya</i> (power)
3.	<i>Sukha</i> (happiness)
4.	<i>Upabhoga</i> (enjoyment)
5.	<i>Pradana</i> (charity)
6.	<i>Aarjav</i> (politeness)
7.	<i>Sukumaropacharata</i>

Table 5.(c)

Features of *Meda sarata* (SUSHRUTA)

No.	Features
1.	<i>Mutra</i>
2.	<i>Netra</i>
3.	<i>Sweda</i>
4.	<i>Swara</i>
5.	<i>Bruhat sharir</i> (fatty)
6.	<i>Aayas asahishnu</i> ((can not withstand hardwork)

} *Snigdha*

Features of *Asthi sarata*^{1,2,8,3}-

पार्श्विगुल्फजानुअरलि जत्रुचिबुकशिरः पर्वस्थूलाः स्थुलास्थिनखदन्ताश्चास्थिसाराः ।

ते महोत्साहाः क्रियावन्तः क्लेशसहाः सारस्थिरशरिरा भवन्त्यायुष्मन्तश्च ॥ च.वि.८/१०७
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माहाशिरस्कन्धं दृढदन्तहन्वस्थिनखमास्थिभिः । सु. सू. ३५/१६ 35/16

Table 6.(a)

Features of *Asthi sarata sharirik* (CHARAKA)

No.	Features
1.	<i>Paarshni</i> (heels)
2.	<i>Gulf</i> (Ankles)
3.	<i>Janu</i> (knee joints)

4.	<i>Aratni</i> (Forearm)	<i>Sihula</i>
5.	<i>Jatru</i> (clavicles)	(broad, large and stronger)
6.	<i>Chibuka</i> (chin)	
7.	<i>Shir</i> (head)	
8.	<i>Parva</i> (phalangeal joints)	
9.	<i>Nakha</i> (nails)	
10.	<i>Danta</i> (teeth)	

Table 6.(b)

Features of *Asthi sarata Mansika (CHARAKA)*

No.	Features
1.	<i>Mahotsaha</i> (enthusiastic)
2.	<i>Kriyavantah</i> (active)
3.	<i>Kleshasaha</i> (can carry out heavy physical work or exercise)
4.	<i>Sara-sthira sharira</i> (stable body)
5.	<i>Aayushmanta</i> (longevity)

Table 6.(c)

Features of *Asthi sarata (SUSHRUTA)*

No.	Features
1.	<i>Shira</i> (head) <i>Maha</i> (big)
2.	<i>Skandha</i> (shoulder)
3.	<i>Danta</i> (teeth) <i>Bruhat</i> (large)
4.	<i>Hanu</i> (jaw)
5.	<i>Asthi</i> (bones)
6.	<i>Nakha</i> (nails)

Features of *Majja Sarata*^{1,2,8,3}-

मृद्धाङ्गा बलवन्तः स्निग्धवर्णस्वराः स्थूलदीर्घवृत्तसन्धयश्च मज्जासाराः । ते दीर्घायुषो बलवन्तः
श्रुतवित्तविज्ञानापत्यभजश्च भवन्ति । – च.वि.८/११०
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अकृश उत्तमबलं स्निग्धगम्भीरस्वरं सौभग्योपपन्नं महानेत्रं च मज्जा । – सु. सू. ३५/१६

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Table 6.(a)

Features of Majja Sarata Sharirik (CHARAKA)

No.	Features
1.	<i>Mrudu-anga</i>
2.	<i>Balwanta</i> (good physical strength)
3.	<i>snigdha</i> <i>Varna-swara</i>
4.	<i>Sihula, dirgha</i> and <i>vrutta</i> <i>sandhi</i>

Table 6.(b)

Features of Majja Sarata Mansik (CHARAKA)

No.	Features
1.	<i>Dirgha aayusha</i> (longevity)
2.	<i>Balwanta</i> (good mental strength)
3.	<i>Shruta</i> (good listener)
4.	<i>Vitta</i> (wealthy)
5.	<i>Vigyana</i> (intelligence)
6.	<i>Apatya</i> (high fertility)
7.	<i>Sammana</i> (respectable person in society)

Table 7.(c)

Features of Majja Sarata (SUSHRUTA)

No.	Features
1.	<i>Akrusha</i> (not thin)
2.	<i>Uttamabala</i> (good strength)
3.	<i>Snigdha-gambhir swara</i> (sweet and deep voice)
4.	<i>Soubhagyopapanna</i> (lucky)
5.	<i>Mahanetra</i> (big eyes)

Features of *Shukra Sarata*^{1,2,8,3} -

सौम्याः सौम्यप्रेक्षिणः क्षीरपूर्णलोचना इव प्रहर्षबहुलाः स्निग्धवृत्तसारसमसंहतशिखरदशनाः

प्रसन्नस्निग्धवर्णस्वरा भ्राजैष्णवो महास्फिकश्च शुक्रसाराः । ते स्त्रीप्रियोपभोगा बलवन्तः सुखैश्वर्योपभोगा

वित्तसंमानापत्यभाजश्च भवन्ति ॥ च.वि.८/१०९

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स्निग्धसंहतश्चेतास्थिदन्तनखं बहुलकामप्रजंशुक्रेण । सु.सू.३५ 35

Table 8.(a)

Features of *Shukra Sarata Sharirik (CHARAKA)*

No.	Features
1.	<i>Saumyaha</i> (attractive)
2.	<i>Saumyaprekshinah</i> (assuring)
3.	<i>Kshirapurna lochana</i> (eyes attractive and seem to be filled with milk)
4.	<i>Praharshabahula</i> (good sexual stamina)
5.	<i>Dashana</i> (Teeth)- <i>Snigdha, vritta, sara, sama, samhata</i>
6.	<i>Varna and swara</i> - <i>Prasanna and snigdha</i>
7.	<i>Bhrajishnu</i> (radiant)
8.	<i>Mahasphika</i> (broad pelvis)

Table 8.(b)

Features of *Shukra Sarata Mansik (CHARAKA)*

No.	Features
1.	<i>Stri-priyopbhoga</i> (popular in women)
2.	<i>Balwanta</i> (good physical and sexual strength)
3.	<i>Sukha</i> (happiness)
4.	<i>Aishwarya</i> (power)
5.	<i>Vitta</i> (wealth)
6.	<i>Sammana</i> (honour)
7.	<i>Apatya</i> (progeny)

Table 8.(c)

Features of Shukra Sarata (SUSHRUTA)

No.	Features
1.	<i>Snigdha-samhata-shweta-asthi,nakha,danta</i> (Teeth, bones and nails- smooth,white and strong)
2.	<i>Bahul-kama-praja</i> (good sexual capacity and have many childrens)

Sattva sarata^{1,2,8,3} -

स्मृतिमन्तो भक्तिमन्तः कृतज्ञाः प्रज्ञाः शुचयो महोत्साहा दक्षा धीराः समरविक्रान्तयोधिन स्त्यक्तविषादाः
 सुव्यवस्थितगतिगंभीरबुद्धिचेष्टाः कल्याणाभिनिवेशिनश्च सत्वसाराः । च.वि.८/११०
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स्मृतिभक्ति प्राशौर्यशौचोपेतं कल्याणाभिनिवेशं सत्वसाराः । सु.सू.३५₃₅

Table 9.

Features of Sattva Sarata

No.	Features (CHARAKA)	(SUSHRUTA)
1.	<i>Smritimanta</i> (good memory)	+
2.	<i>Bhaktimanta</i> (belives in god)	+
3.	<i>Kritgya</i> (grateful)	-
4.	<i>Pragya</i> (wise)	-
5.	<i>Shuchay</i> (cleanliness)	+
6.	<i>Mahotsaha</i> (enthusiastic)	-
7.	<i>Daksha</i> (cautious)	-
8.	<i>Dhira</i> (having patience)	+
9.	<i>Samarvikranta-yodhina</i> (brave, fighting spirit)	-
10.	<i>Tyaktavishada</i> (devoid of unnecessary tentions and worries)	-
11.	<i>Suvyvasthitgati</i> (proper way of thinking)	-
12.	<i>Gambhirbudhicheshta</i> (thinks deeply and do accordingly)	-
13.	<i>Kalyanabhiniveshina</i> (well wisher and helping nature)	+

(+)- present (-)- absent

Application -

Dhatu Sarata must be done for the following-

- To assess strength (immunity/fitness) of *Dhatu*.
- To give proper treatment for *Asara Dhatu*.
- To improve immunity of *Asara* and *Madhya Sara Dhatu* with proper food and medicines.
- Before giving *Rasayan Chikitsa*.
- *Dhatu Sara* examination is important in pregnant women for proper nourishment of growing foetus.
- To maintain *Uttam Sarata* of particular *Dhatu* with proper food, one must do examination of *Dhatu Sarata*.

CONCLUSION

Ashtavidha Dhatu Sarata explained by *Aachryas* in *Samhita*, knowledge of *Sarata* is important for maintaining health and also curing disease.

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