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CONCEPTUAL ANALYSIS OF *Dosha–Panchamahabhuta* RELATION WITH *Dhatu*: AN AYURVEDIC PERSPECTIVE

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ABSTRACT

Background: Ayurveda explains that the human body is sustained by the tridosha (vāta, pitta, kapha), pañchamahabhūta (five elements), and sapta dhatu (seven tissues). Each dhatu is composed of specific elemental combinations and governed by dosha predominance.

Objective: To analyze the correlation between panchamahabhuta and dosha with each dhatu, highlighting their physiological roles and clinical implications.

Methods: Classical Ayurvedic texts and modern secondary literature and articles were reviewed to identify the dosha associations of each dhatu with respect to panchamahabhuta

Results: Rasa, māṃsa, meda, and majjā are predominantly kapha pradhana with Apa mahabhuta predominance; rakta and śukra reflect pitta influence with Tejobhuta predominance; asthi aligns with vāta with vayu-akasha pradhana. Each dhatu physiological function corresponds to its panchamahabhuta composition and state of dosha

Conclusion: Dhatu samya depends on balanced pañchamahabhūta and tridosha. Disturbance in elemental harmony leads to dosha derangement and dhatu duṣṭi. Understanding these correlations enhances clinical reasoning in Ayurveda.

KEYWORDS: *Ayurveda, Dhatu, Dusti, Homeostasis, Physiology*

INTRODUCTION

Ayurveda regards the human body as a microcosm of the universe, composed of *panchamahabhuta—ākāśa* (ether), *vāyu* (air), *tejas* (fire), *āpa* (water), and *pṛthvī* (earth). These elements manifest physiologically as the *tridosha*: *vāta, pitta* and *kapha*, which maintain dynamic equilibrium [1–3]. The *sapta dhatu—rasa, rakta, māṃsa, meda, asthi, majjā,* and *śukra* are described as supporting pillars of the body (*śarīra dhāra*) [1]. Each *dhatu* is nourished sequentially through metabolism (*dhatu-parināma*) and sustains structural and functional integrity [4]. Analyzing the *panchamahabhuta* basis of *dhatu* provides insights into Ayurvedic pathology. *Dhatu duṣṭi* (vitiation of tissues) occurs when *dosha* disturb their elemental balance, leading to systemic diseases [5].

MATERIALS AND METHODS

The data were sourced from Ayurvedic classics like *Charaka Saṃhitā, Suśruta Saṃhitā, Aṣṭāṅga Hṛdaya*, and *Bhāvaprakāśa* were reviewed, along with modern Ayurvedic interpretations. Article references were identified from PubMed and Google Scholar with reference to Ayurveda, *panchamahabhuta*, *dhatu*, tri*dosha* physiology. Furthermore, A conceptual mapping was undertaken to align each *dhatu* with dominant *panchamahabhuta* and *dosha*, supported by classical citations and physiological functions.

DISCUSSION

1. *Mahabhuta* entity and physiology of *Rasa Dhatu*

It is composed of chiefly *Āpa* and *Pṛthvī mahabhuta* with predominant *dosha* being *Kapha*. The function can be inferred with nutritional fraction of *ahara rasa* that nourishes subsequent *dhatu*. Liquidity and cohesiveness arise from *āpa* and *pṛithvī bhuta*. *Vāta* may contribute tom proper circulation of *rasa* throughout the body whereas *pitta* can add metabolic transformation of food into energy [1,4]. Vriddhi of *rasa dhatu* can cause fluid overload, edema, lymphatic congestion, polycythemia. Clinically expressed as heaviness, nausea, excessive salivation. *Kṣhaya* of *rasa dhatu* can lead to Dehydration, hypovolemia, cachexia, chronic fatigue syndrome. Leads to dryness, palpitations, weakness [2].

2. *Mahabhuta* entity and physiology of *Rakta Dhatu*

It is composed of chiefly *Agni* and *Āpa mahabhuta* with predominant *dosha* being *pitta*. The function of *rakta dhatu* is mainly focussed on maintenance of vitality, oxygenation, and complexion. *Agni* provides color and heat, *āpa* maintains fluidity. *Pitta* may regulate transformation and oxygen transport [2]. *Vriddhi* of *rakta dhatu* can cause Polycythemia, hypertension, inflammatory disorders, hyperbilirubinemia. Symptoms include skin redness, burning, bleeding tendencies [3]. *Kṣhaya* of this *dhatu* can particularly cause Anemia, ischemia, leukopenia with clinical signs of pallor, cold extremities, fatigue [4].

3. *Mahabhuta* entity and physiology of *Mamsa Dhatu*

It is composed of chiefly of the *panchamahabhuta Pṛithvī* and *Āpa.* The predominant *dosha* being *Kapha,* it is focussed on providing bulkiness, strength, and form. Solidity (*pṛithvī*) and cohesiveness (*āpa*) dominate. *Kapha* can supports growth, while *vāta* may governs muscular movement [1,3]. *Vriddhi* of this *dhatu* can cause muscular hypertrophy, fibrotic growth and

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benign tumors producing signs like heaviness, stiffness, restricted mobility that can be corelated to contemporary science[5]. *Kshaya* of this *dhatu* can particularly cause muscle wasting, sarcopenia, myopathies. Symptoms: emaciation, weakness, loss of contour [6].

4. *Mahabhuta* entity and physiology of *Medho Dhatu*

It is composed of chiefly of the *panchamahabhuta, Āpa* and *pṛithvī* with *dosha* predominance being *kapha.* It is mainly concerned in lubrication, cushioning, and energy storage in the body. Oily quality of a person in *prakruti* and stability (*pṛithvī*) reflect *kapha* predominance. *Pitta* may modulate lipid metabolism; *vāta* can enables fat mobilization [4]. *Vriddhi* of this dhatu leads to Obesity, hyperlipidemia, fatty liver, metabolic syndrome. Clinical corelation can be compared to excessive sweating, lethargy, dyspnea which is further a *dusti* in *apa* and *prithvi mahabhuta* [7]. *Medo Kṣhaya* can lead to Lipodystrophy, cachexia, malabsorption syndromes. Symptoms: dryness of joints, debility, fatigue [8].

5. *Mahabhuta* entity and physiology of *Asthi Dhatu*

It is primarily composed of *pṛithvī* and *vāyu mahabhuta*, with its *dosha* corelation is inversely proportional to *vata dosha.* It is concerned with proper skeletal support and protection. Density may be acquired from *pṛithvī* and porosity may be from *vāyu*. *Vāta* governs mobility and framework integrity in the body through *Asthi dhatu* [3]. *Vriddhi* of this *dhatu* can cause Osteophytes, abnormal calcification, bony overgrowths. Clinical corelation can be done through symptoms like stiffness, immobility, heaviness [9]. *Kṣhaya* of *asthi dhatu* can lead to Osteoporosis, osteopenia, degenerative joint disease associated with fragility and fractures, dental weakness, bone pain [10].

6. *Mahabhuta* entity and physiology of *Majja Dhatu*

Majjā Dhatu has predominance of *Āpa* and *Ākāśa mahabhuta*. It is primarily influenced through *vata-kapha dosha* Its main function is supporting the bone, nourishes *śhukra* (area of production of *shukra dhatu – anushukra* and mediates neural conduction. *Āpa mahabhuta* ensures lubrication, *ākāśa mahabhuta* provides space and elemental structure. *Kapha* can help in stabilization, *vāta* may help in regulating nervous activity [2,5]. *Vriddhi* of this *dhatu* can affect *vata dosha* ultimately leading to bone marrow hyperplasia, leukemia, intracranial space-occupying lesions. Symptoms can be clinically corelated with heaviness in bones, headaches, drowsiness [11]. *Kṣhaya* of this *dhatu* may lead to Aplastic anemia, demyelinating disorders, neurodegenerative diseases like Parkinson's and Alzheimer's. Clinical corelation may be done with temporary dizziness, fatigue, neurological deficits [12].

7. *Mahabhuta* entity and physiology of *Majja Dhatu*

Śhukra *Dhatu* is formed by *Āpa* and *Agni mahabhuta.* it's the only dhatu that's maintained by stability of *Tridosha.* Its functions include maintainence of Reproductive essence and continuity of life contributing *ojas*. *Āpa* may provide fluidity in *shukra*; *agni* can ensures maintenance of virility with hormone production. *Vāta* can be assigned in governance of ejaculation/ovulation, *pitta* can help in induction of semen production, *kapha* with adding bulkiness through other secretory fluids [1,4]. *Vriddhi* of *shukra* can cause hypersexuality disorders, polycystic ovarian morphology, semen hyperviscosity. Symptoms can be clinically corelated with excessive desire, genital heaviness and seminal calculi [13]. *Kṣhaya* can lead to Infertility, oligospermia, erectile dysfunction, amenorrhea. Clinical corelation can be done with reduced vitality, sexual debility, infertility [14].

Table 1. *Dosha–Panchamahabhuta–Dhatu* Relation

Dhatu Dominant *Panchamahabhuta Dosha* Predominance Key Function

Dhatu	Dominant Panchamahabhuta	Dosha Predominance	Key Function
Rasa	Āpa + Pṛthvī	Kapha	Nutrition, circulation
Rakta	Agni + Āpa	Pitta	Vitality, oxygen transport
Māṃsa	Pṛthvī + Āpa	Kapha	Strength, form
Meda	Āpa + Pṛthvī	Kapha	Lubrication, fat storage
Asthi	Pṛthvī + Vāyu	Vāta	Support, framework
Majjā	Āpa + Ākāśa	Kapha (Vāta)	Nourishment, conduction
Śukra/Ārtava	Āpa + Agni	Tridoṣic balance	Reproduction, vitality

CONCLUSION

The *sapta dhatu* embody distinct *panchamahabhuta* combinations and are regulated by specific *dosha*. This inter-relationship explains both normal physiology and pathological progression. Understanding these associations refines diagnostic and therapeutic strategies in Ayurveda, allowing practitioners to address elemental imbalances at their root.

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