

## 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*. *Dhatu*s are the seven fundamental principles that support the basic structure and functioning of body. *Meda Dhatu* is fourth among seven *Dhatu*s. 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 pathogenesis. Vitiation of *Meda Dhatu* (*Vishuddha Meda*) shows 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.<sup>1</sup> *Doshas* 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*). *Dhatu*s are those constituents which sup-

port the body. Well nourished *Dhatu*s 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. *Dhatu*s are the functional apparatus of the *Dosha*.<sup>2</sup> There are seven *Dhatu* 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*.<sup>3</sup> *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*.<sup>4</sup> *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 *Dhatu* like *Ghee*. In the existence of *Panchmahabhoota*, *Meda* is *Jala* (water) and *Prithvi* (Earth) *Mahabhoota* predominant *Dhatu*. In the metabolism of *Meda Dhatu*, *Snayu* (ligament) in the form of *Updhatu* (secondary tissue) while *Sweat* as *Mala* (excreted) part is produced.<sup>5</sup> *Medovaha Srotas* plays an important role in the metabolism of *Meda Dhatu*. Principle Organs of *Medovaha Srotas* are *Vrikka* (kidney) and *Vapavahan* (omentum).<sup>6</sup> The third *Kala* is *Medodhara Kala* (fat supporting). *Medas* is found in the abdomen and the small bones of all living beings.<sup>7</sup> 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.<sup>8</sup> *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.<sup>9</sup>

Adipose tissue or fat is a loose connective tissue that forms the storage site of fat in the form of triglycerides.<sup>10</sup> Adipose tissue is composed of lipid storing adipose cell and stromal / vascular compartment in which cells including pre-adipocytes and macrophages.<sup>11</sup>

## AIM AND OBJECTIVE

To understand the concept of *Meda Dhatu*.

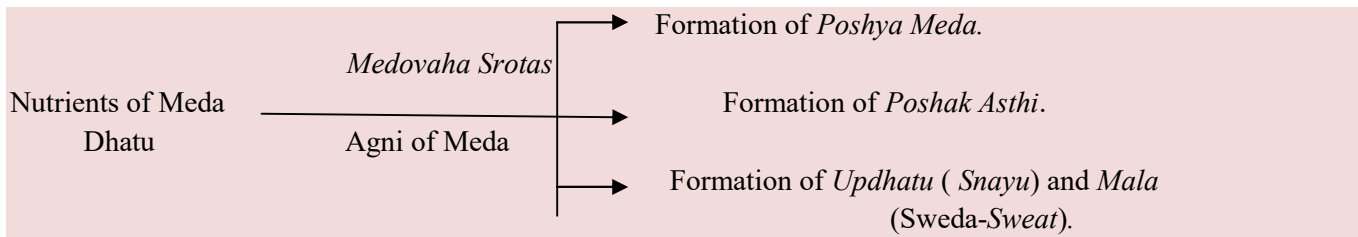
## MATERIALS AND METHODS

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

## DISCUSSION

*Meda Dhatu* is very important *Dhatu* 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*.<sup>12</sup>



## 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 *Medo-vaha 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.<sup>12</sup> Overeating of sweet, oily heavy food, lack of body exercise leads to increase in *Meda Dhatu*.<sup>13</sup> 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.<sup>14</sup> *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*.<sup>15</sup>

#### 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.<sup>16</sup> As per *Acharya Sushruta*, depletion of *Meda Dhatu* results in Spleenomegaly, emptiness of joints, dryness and craving for fatty meat.<sup>17</sup>

Any Vitiating of *Meda Dhatu* causes glandular swellings, inguinoscrotal swellings, goiter, tumors, *Medaja Lip* disorders, diabetes mellitus, obesity, excessive perspiration etc.<sup>18</sup>

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.<sup>19</sup>

#### 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 pro-

vide 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, sweet food along with proper rest and oil massage is advised in *Meda Kshaya*. *Meda Dhatu* is essential for the existence of *Ashti* 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**

How to cite this URL: Priyanka Sahare et al: Conceptual Analysis Of Meda Dhatu W.S.R. To Kriya Sharira. International Ayurvedic Medical Journal {online} 2019 {cited June, 2019} Available from: [http://www.iamj.in/posts/images/upload/906\\_909.pdf](http://www.iamj.in/posts/images/upload/906_909.pdf)