

## Effect of Dosha, Dhatu and Mala- Ayurvedic Perspective

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**ABSTRACT:** The main aim of Ayurveda is always keep person disease free. And Dosha, Dhaatu, Mala play important role in achieving it. Dosha ,dhaatu, Mala are mula cause or samavaayi kaaran of sharir as likecloth is made by threas or earthen pot is made by clay. Sharir is made by Dosha , dhaatu and Mala. Any kind of deviation in Dosha, Dhatu, Mala In the body leads to pathogenesis and then it seen into any disease condition so to keep them in Samyaavastha (Balanced position) is very important because it is clear that Dosha, Dhaatu, Mala are root of body that are responsible for all the vital functions in the body.

**KEYWORDS:** Dosha, Dhaatu, Mala,Sharir.

**INTRODUCTION:**

The main aim of Ayurveda is stated by Acharyas as to **protect health of the healthy and alleviate disorders in the diseased**. It has also been indicated as the science of the protection of your age (Ayu). So, to maintain the good health of healthy person and if any person suffer from any disease then cure it. Living human being or chetan sharir is described by Charak as sutras i.e. panchamahabhut vikarsamudaya means group of panchabhautik Dosha, dhaatu and Mala.

To fulfil this aim one has to know about the root of human body which is very well described in Ayurveda. It states that Dosha, Dhaatu and Mal works as the basic elements or root of thebody. Here root or mul means origin or starting point.

Some ideas as to the nature and relationship among vayu, pitta and kapha can be formed in a general way from a careful observation of the signs and symptoms and functions • exhibited or executed by tridosha in normal and abnormal condition or environment. • As a result of functions of the vayu in the normal and undisturbed state, respiration, functions relating to the organs of thought – power, speech, and proper excretion of faeces, urine, etc. take place. • If the pitta remains in normal and undisturbed state, the functions of assimilation, normal temperature of body, vision, lusture, cheerfulness and intelligence, appear. If the kapha remains in its normal and undisturbed state, smooth mobility of the joints, general stability of the body and build, potency and strength, courage and greediness. No fourth element is involved in the formation of human body because all panchabhautika sharir bahava are included in Dosha, Dhaatu, Mala.

Chikitsa is mainly done on panchbhautik sharir. and panchabhautik sharir is made up of Dosha, dhaatu and Mala, so it plays important role in chikitsa.

It work as root in the body formation as like plant roots. As in the plant root are most important than leaves, flower, branches because it nourishes the plant, similar to that Dosha, dhaatu, Mala are most important in the body.

Tridoshas worked as pillars of the body they make the body stable. as they are reason for creation of body, also they are having ability to destroy the body. Tridosha occupy the specific part of body, vaayu occupy upper most part, pitta in middle, and kapha in lower part of body. Vata, pitta, kapha are responsible for sharir utpatti, sthiti and vinaash. Sharir utpatti is from sperm and ovum combination but it will not grow or get nutrition if it will not come together with vaat, pitta and kapha.

As on the earth visarga, aadan and vikshepa is done by soma, surya, and anil that maintain the earth in equilibrium as like that kapha, pitta, vayu work the body. Here Visarga means bala daanam, Aadan means all movements or vikshepa karma done by vaayu, Dhaaran karma means to keep body healthy.

It also works as king who cares for their kingdom, tridosha also cares for body. It nourishes, helps in growth.

They are mainly of two types Prakrut Dosha which works at the time of birth and Vaikrut Dosha which works in the body till the death. They are formed from aharas where there is vrudhi and kshay in it by various hetu sevan so they can cause disease in the body.

### **Concept of Doshas:**

Dosha stored (sanchita) in the body can cause diseases, so it is called as Mala.

They are mainly of two types Prakrut dosha which works at the time of birth and vaikrut dosha which works in the body till the death which having the capacity of dushanad dhaatu. They have their specific roles in the body as mentioned below:

Dosha, dhaatu, Mala are mula cause or samavaayi kaaran of sharir as like cloth is made by thread or earthen pot is made by clay. Sharir is made by Dosha, dhaatu and Mala.

Doshas are work by their gunas like Vat Dosha having ruksha, laghu, khara, sookhma, chala guna. Pitta having sasneha, ushna, tikshna, laghu, vistra, saram, dravam guna. Kapha having snigdha, shita, guru, manda, mrustna, sthira guna. Dhaatu and Mala work by their various karmas.

Concept of 'Vāta': All functions of nervous system in human body are represented through 'Vāta' in Ayurveda. In general, the functions ascribed to 'Vāta' are: Control and co-ordination of different parts of the body, initiation of all movements, regulation of psychological processes, initiation of all activities of sense organs, transmission of different sensations, production of speech, secreto- motor functions in the gut, expulsion of wastes from the body and control of respiration<sup>i</sup>

Concept of 'Pitta': 'Pitta' includes all those factors responsible for digestion and metabolism. For all practical purposes, 'Agni' & 'Pitta' are to be considered as identical entities.<sup>ii</sup>

Concept of 'Kapha': Functions of immune system and all such other protective mechanisms in the body have been grouped under 'Kapha' in Ayurveda. 'Ojas' is also closely related with 'Kapha'.

As mention above Dosha are the main reasons to form disease in the body.

### **Concept of Dhatus:**

Dhaatu works in dhaaran of body, it provides nourishment and support system to body. Some examples are rasa dhaatu that works by prinan means pushti or give nourishment to body, it creates enthusiasm, energy in the body. Rakta Dhatu worked as jeevana means praan dhaaran, all the cardio vascular system is based on blood and so it is most important. Maansa dhaatu provides lepana all over the body so one can see good and all body parts cover well with it so protect body from heat, cold. Meda dhaatu maintains sneha bhaav in the body, it maintain lubrication in bones. Asthee dhaatu provide erect posture to body, it plays dhaaran karma in the body, Majja dhaatu do puran karma in body, it maintains moisture in

body and avoids eyes too dry<sup>iii</sup>. Meda dhaatu work well and provides consistency of stool so that it does not get hard. Last but not the least shukra dhaatu plays important role in Garbhotpadan karma. Here life is started, it also gives pleasure or harsha to human being. As described above ras dhaatu provide nourishment to all other dhaatus<sup>iv</sup>, We can feel touch due to rakta dhaatu. Also, all dhaatu increased (vrudhi) or decreased Kshay due to rakta dhaatu. And one of sutra tells that vikaar means dhaatuvaishamya and saamyam means prakruti.

From all above it can be said that Dosha, dhaatu, Mala are inseparable part of humans life and its plays vital role for body function<sup>v</sup>.

As said above, vaayu is main constitute of the body; it gives stimulation to each elements and functions going in the body. So to maintain prakrut avasthaa of vaayu is must. When all Dosha and dhaatu come together then formation of body takes place. Kapha , rakta, maans, meda are important in it. Kapha forms the frame work of the body. Pitta is having ushana gun also by these its mrudu, khara paak it works in formation of various soft and hard organ of the body. Tridosha are responsible for production of saptadhaatu. and these dhaatu plays important role in the various system of the body.

So, from all these it is clear that Dosha, dhaatu, Mala are responsible for uttpatti and sthiti of deha means it is the cause of creation of human body and responsible for its maintenance also.

As Dosha and dhaatu are important parts of body Mala also having the important functions in the body.

### **Concept of Mala:**

Purisha works in avashtambhan of vaayu in sharira<sup>vi</sup>. Mutra helps in extracing kled from the body and swed plays important role in maintaining equilibrium of temprature. and also it helps to avoid dryness of skin.

These all are the role played by Dosha, Dhaatu and Mala in their prakrut condition, but if they are kupita or in vikruta state they are can destroy or they are the reason for the naasha of body.

Vagabhat said that Dosha occupies the whole body from head to toe so that if they are disturbed they can disturbed the function of whole body.

## CONCLUSION:

From all above references it can be concluded that if Dosha are in balanced state it maintain swasthya means health of any perso. It gives strength, energy, good colour tone to body and if they are unbalanced it can cause disease. These unbalanced is by vrudhi or kshaya of Dosha. These dushta dosh, dushayati dhaatu and Mala are responsible for diseases and Dosha is mandatory to keep person healthy. Ayurveda has considered that the balanced state of Dosha, Dhatu and Mala **leads to state of health and their imbalanced state produces disease**. equilibrium is maintained through not only the definite quantity but also quality (functional state) of these factors i.e. Dosha Dhatu and Mala.

## REFERENCE:

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