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**ABSTRACT:** Acharaya Charaka has advised to examine Sara of every Dhatu to understand strength of Dhatus as well as strength of mind.

Qualitative, quantitative and functional assessment of tissues or seven Dhatus is called Dhatu Sarata. Purest form of dhatu is called as sara dhatu(tissue excellence).

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 . Person having maximum symptoms of tissue excellence is called uttam sara. Person having symptoms opposite to Uttam Dhatu Sara is called as Asara Dhatu . Person having moderate symptoms of Dhatu Sara is called madhyam sara. Strength of uttam sara dhatu is best.Strength of asara dhatu is less.Madhyam sara dhatu posses moderate strength.Physical as well as mental strength can be assessed by examining sarata of every dhatu.Acharaya Charaka has advised to examine Sara of every Dhatu to understand strength of Dhatus as well as strength of mind.

## INTRODUCTION

Sara is the essence of Dhatus (Vishuddhataro Dhatu), which signifies the ultimate quality of Dhatu and excellent functional aspect. Sara has been mentioned for the assessment of strength (Bala) and the life span (Ayu) of patient. strength (Bala) means biological strength or power of resistance against the disease, it can b related with immunity of the individual. predominance of particular Dhatu, the number of Dhatu Sara present in the body of an individual will be directly proportional to the power of resistanceof the individual.that is why Sarva Sara individual have higher resistance in comparison to Madhyam Sara or Our Sara individual. Dhatu which shows maximum characters mentioned in Samhitas are called the best Dhatu of that individual. As described by Acharya Charaka, it is fallacious to consider an individual to be strong or weak either by his appearance like his plump or emaciated body. some people having small and emaciated body seem to be strong. Thus one should examine the individual in respect to Sara or

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excellence of his Dhatu. So it is quite clear that inherent power of a person can not be assessed by bulk and size of the body but it is only judged by the Sara examination. Individual on the basis of Sara have been classified into various categories depending upon the predominance and quality of a particular Dhatu in the body, except the Satva Sara which is based on predominance of Satva (Psychic Factor) in the body eight Sara have been described in texts of Ayurveda i.e. Twak Sara, Rakta Sara, Mansa Sara, Meda Sara, Asthi Sara, Majja Sara, Shukra Sara, And Satva Sara. AIM To examine Sara of every Dhatu mentioned in Charaka Samhita and Sushruta Samhita to understand strength of Dhatus as well as strength of mind MATERIALS All the description related to Dhatu Sarata available in Charaka and Susruta Samhita was collected and reviewed. DIVISIONS OF SYMPTOMS OF DHATU SARA DHATU PHYSICAL SYMPTOMS MENTAL SYMPTOMS RASA DELICATE AND FEW HAIR ON THE SKIN INTELLIGENCE,POSITIVE ATTITUDE RAKTA PINK COLOURED SKIN ,NAILS,EARS ETC,INTOLARANCE OF HEAT AND STRESS ARROGANCY,GOOD GRASPING CAPACITY MANSA FOREHEAD , LEGS ,ATMS,CHEST,PROPERLY COVERED WITHMUSCLES.PLUMPY BODY FRAME. FORGIVENESS.POLITENESS,STABLE,NON GREEDY MEDA SOFT AND GLOWING SKIN, HAIRS ETC. WEALTHY ,POLITE ASTHI LARGE AND BROAD SIZED BONES,TALL ENTHUSIASTIC,CAN WITHSTAND PHYSICAL STRESS MAJJA ROUNDED AND BIG JOINTS GOOD LISTENER,POSSESS GOOD SKILL, SHUKRA FERTILE ,FIRM BONES,STRONG TEETH,EXCESS LIBIDO,GOOD STAMINA EXCESS LIBIDO SYMPTOMS TYPE OF RASA SARA SKIN REMAINS SOFT IN ALL SEASONS BEST DRY SKIN ONLY IN WINTER MODERATE DRY SKIN IN ALL SEASONS POOR ACNE ON FACE ALL THE TIME POOR CLEAR AND FRESH SKIN BEST DULL SKIN POOR FEELS GREEDY DUE TO STANDING POSITION POOR DO NOT FEEL GREEDY DUE TO STANDING POSITION POOR FEELS WEAK DUE TO FASTING POOR DO NOT FEEL WEEK DUE TO FASTING BEST HAIRY SKIN OF ARMS,LEGS POOR SYMPTOMS TYPE OF RAKTA SARTA GLOWING AND PINK NAILS,EYES BEST PINK NAILS,EYES MODERATE PALE WHITISH NAILS,EYES WEAK ACNE APPEARS FREQUENTLY WEAK ACNE APPEARS OCCASIONALLY MODERATE ACNE NEVER APPEARS BEST CAN NOT TOLERATE HEAT BEST GET FATIGUE DUE TO EXERTION BEST SYMPTOMS TYPE OF MAMSA SARTA PLUMPY BODY FRAME BEST ALL STRUCTURE COVERED WITH FLESH BEST FEW STRUCTURE COVERED WITH FLESH MODERATE BONES,RIBS EASILY VISIBLE POOR UNNECESSARY BODY MOVEMENTS POOR RESTLESSNESS ON FACE POOR CALM AND QUITE PERSONALITY BEST PLUMPY BODY STRUCTURE SINCE BIRTH BEST MUSCULAR BODY DUE TO EXERCISE MODERATE NO FATIGUE OR MUSCULAR PAIN AFTER EXERCISES BEST MUSCULAR PAIN AFTER HEAVY EXERCISEE MODERATE CAN NOT PERFORM HEAVY EXERCISESOR STRENUOUS WORK POOR FIRM ON DECISION BEST VERY UNSTABLE POOR OCCASIONALLY CHANGES DECISIONS MODERATE SYMPTOMS TYPE OF MEDA SARA SKIN ALWAYS SOFT AND UNCTOUS NEED TO APPLY MOISTURISERS OR COLD CREAMS IN WINTER ALL THE YEAR APPLY COLD CREAM HAIR OILING IS MUST DRY HAIR SOFT LIPS CRACKED LIPS IN WINTER SEASON ALWAYS DRY AND CRACKED LIPS WHITE LINE APPEAR ON THE SKIN AFTER

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SCRATCHING DO NOT TOLERATE HECTIC WORK OCCASIONALLY CAN PERFORM HECTIC WORK DO NOT LIKE TO EXERCISE CONSISTANCY OF STOOL - HARD CONSISTANCY OF STOOL –SOFT CONSISTANCY OF STOOL - SEMISOLID ACCEPTS YUOR FAULTS AND CAN SAY SORRY SYMPTOMS TYPE OF ASTHI SARA REMAIN ENERGETIC WHOLE DAY BEST GET TIRED IN THE EVENING MODERATE FRACTURED BONE DUE TO MINOR INJURY POOR CAN PERFORM PHYSICAL WORK WITHOUT FATIGUE BEST CAN NOT PERFORM PHYSICAL WORK POOR JOINT STIFFNESS IN COLD CLIMATE MODERATE JOINT STIFFNESS IN ALL SEASONS POOR NO JOINT STIFFNESS BEST TALL FIGURE BEST SHORT FIGURE POOR HAVE DENTAL CARIES POOR HEALTHY TEETH BEST SYMPTOMS TYPE OF MAJJA SARA BIG WRIST JOINT BEST SOFT SKIN ,SOFT SPEECH,SOFT VOICE BEST ROUGH VOICE POOR NORMAL SPEECH ,NORMAL VOICE MODERATE OPEN TO NEW IDEAS BEST STICK UP TO OWN IDEAS POOR OCCASIONALLY STICK UP TO OWN IDEAS MODERATE INTRESTED IN ART ,MUSIC BEST FRIENDLY NATURE BEST FOND OF CHILDREN BEST OPINION IS EASILY ACCEPTED BEST OPPOSITION FROM COLLEAGUES POOR SUPPORT FROM COLLEAGUES BEST SYMPTOMS TYPE OF SHUKRA SARTA ENJOY COMPANY OF FEMALE BEST GOOD PHYSICAL STAMINA AND GOOD SEXUAL STRENGTH BEST POSITIVE STATE OF MIND BEST ENJOY POWER,WEALTH AND GETS RESPECT BEST SYMPTOMS TYPES OF SATVA SARA REMEMBER EVERY AS WELL AS NON-SPECIFIC PAST EVENTS BEST FORGETS NON –SPECIFIC PAST EVENTS MODERATE FORGETS ALL EVENTS POOR COMPLETE WORK WITH FULL DEVOTION BEST NO DEVOTION IN THE WORK POOR ABLE TO FACE DIFFICULT SITUATION BEST GET ANGRY IN DIFFICULT SITUATION OR STRESS MODERATE GET DEPRESSED IN STRESS POOR REMAIN STABLE ,COOL IN STRESS BEST SPENDS MONY EASILY POOR OCCASIONALLY SPENDS MONY MODERATE SPENDS MONY WHENEVER AND WHEREEVER NEEDED BEST REMAIN BALANCED AND STABLE IN SAD SITUATION SUCH AS DEATH OF NEAR ONE AND DEAR ONE BEST CAN NOT REMAIN STABLE IN A SAD SITUATION FOR A PROLONGED PERIOD POOR ALWAYS HELPS NEEDY PEOPLE BEST JEALOUS NATURE POOR Features Of Asara Dhatu In Asara Dhatu very few symptoms of Dhatu Sarata are present becuase Asara Dhatu is unable to perform its functions. Features Of Asara Rasa Dhatu Dry and rough skin, un-elastic, wrinkled skin which is found in dehydration Thick hair on arms and legs, hirsutism (growth of hair on lips ) in female and fainting due to long standing Features Of Asara Rakta Dhatu Pale skin of face, white nails with dry skin, lack of concentration, yellow coloured skin, nails etc., cyanosed (blue coloured) skin, nail and tongue, skin rashes, acne etc. Features Of Asara Mamsa Dhatu Loss of weight, emaciation, prominently visible bony structures due to weight lossand muscle wasting, sunken eyes, flabbiness of muscle bellys, trembling neck and limbs (common in old people) Features of Asara Medo Dhatu Dry skin, hair, nail, voice etc., constipation, weight loss, sunken and dry eyes are main features of Asara Medo Dhatu . Features Of Asara Asthi Dhatu Spontaneous fractures of bone due to slight trauma, fatigue and bowing of back or long bones are main features of Asara Asthi Dhatu. Features Of Asara Majja Dhatu Dryness in the joints, dry skin, disease of joints and verterbal column. constipation present due to


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dry faeces. Features of Asara Shukra Dhatu Infertility –the most important feature and other associated feature are poor dental health and loosening of denture.

## CONCLUSION

Ashtavidha Dhatu Sarata explained by Aachryas in Samhita, knowledge of Sarata is important for maintaining health and also curing disease. Acharya Charaka has also described that the individual having the excellence of all Dhatus (Sarva Sara) have great strength, happiness, resistance to difficulties, and self confidence in all enterprises. Virtuous acts, and firm and well build body, correct gait, resonant melodious and high pitched voice, happiness, power, wealth, enjoyment, honor, slowness of aging process, resistance to disease, having more progeny and longevity. The higher percentage of characteristic represents the good quality of Dhatu. Examination of the Sarata of Dhatu is helpful for the preventive and curative aspect i.e. the Dhatu which is of weak quality in an individual, may be treated with good diet to increase the strength of that Dhatu.

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