

THE SEVEN TISSUES OF AYURVEDA: UNDERSTANDING THE SAPTA DHATU***¹Dr. Manisha R. Dehankar, ²Dr. Kavita Khond**¹Associate Professor Kriya Sharira, Antodaya Institute of Ayurveda Medical College and Research Center, Devgraam.²H.O.D Sharira Rachana Department S.K.R.Pandav Ayurved College Napgur.***Corresponding Author: Dr. Manisha R. Dehankar**

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ABSTRACT

Chronic renal failure is a major health issue in Morocco. Online hemodiafiltration combines diffusion and convection to enhance the clearance of middle-molecular-weight uremic toxins, potentially improving anemia and inflammatory status. This study evaluates the long-term impact of switching from conventional hemodialysis to online hemodiafiltration on inflammatory profile and anemia correction. A 5-year retrospective analytical study (2015–2020) was conducted at the First Medical-Surgical Center of Agadir on 30 stable chronic patients. Biological parameters were compared between the hemodialysis baseline and 5 years of continuous online hemodiafiltration. Switching to hemodiafiltration led to a significant increase in hemoglobin levels (10.74 ± 1.29 to 11.66 ± 1.38 g/dl). There was a 31% reduction in weekly erythropoietin doses. The erythropoietin resistance index improved from 6.2 ± 4 to 4.4 ± 3 . Inflammatory markers (C-reactive protein) remained stable, while serum albumin showed a significant but moderate decrease (39.4 ± 4.2 to 36.8 ± 4.7 g/l). In conclusion, online hemodiafiltration significantly enhances anemia management and reduces erythropoietin resistance, although nutritional monitoring is required due to convective albumin loss.

KEYWORDS: Hemodiafiltration; Anemia; Inflammation; Erythropoietin; Morocco.**INTRODUCTION**

The word dhatu is derived from the word root “Dha” by adding the suffix “Tun”. The derivation of the word is as follows. meaning that which sustains and nourishes. In general, the Sanskrit word conveys the meaning of a component, constituent, elementary substance, verbal, grammatical root, or a metal. At the time of fusion of wholesome Purush Beeja (spermatozoa) and Stree Beeja (ovum) in the presence of Jeeva (soul - a life factor), fertilization takes place. and a new life comes in the shape. Ayurveda believes the Garbha (fetus) attains its maturity in the mother's womb through numerous interchanges by the influence of Pancha Mahabhuta (five basic elements), and then it differentiates into all types of specific cell lineages. Thus, a single fertilized human egg (ovum) differentiates and develops into an embryo and then into a fetus, after birth into an infant, a child, and finally an adult. This business of cell differentiation and development persists during the prenatal and postnatal life of an individual to maintain health. The cell attains differentiation and specification of cell type by the response of some unspecific and undifferentiated mother

cell known as a stem cell. There are two types of stem cells: embryonic stem (ES) cells and adult stem cells. Stem cells have attracted the attention of biologists and medical scientists for a long time. These provide materials for regenerative medicine.

In 1998, researchers in the US found a way of harvesting stem cells, a type of primitive cell, from embryos and maintaining their growth in the laboratory, and thus started the era of stem cell research.

The theory of stem cells has arrived in the current trend of life sciences. This seems to be more similar to Dhatu Siddhanta (theory of tissue formation and differentiation) of ancient wisdom. Normal functioning of the cell is always influenced by various factors such as stress, chemical agents, diseases, and environmental hazards. Yet, the cell survives and continues its function by means of adaptation.^[6] As age progresses, various changes occur at every cell level. To prevent aging through Rasayana (rejuvenation) therapy is a unique approach of Ayurveda.

The Seven Dhatus & their function

1. Rasa dhatu.

1. Made up of water element.
2. Rasa means to move.
3. It can be compared with plasma and extracellular fluid in the body.
4. When rasa dhatu is depleted, the skin becomes dry and hard, the person is dull, lean, tired, and intolerant to loud speech and noise.
5. When rasa dhatu is in excess, loss of appetite, excessive salivation, nausea, laziness, feeling of heaviness, coldness, cough, and excess of sleep are felt. Functions: It makes the person cheerful and happy, leaves the skin glowing, and nourishes the Rakta dhatu.

2. Rakta dhatu

1. Made up of the fire element.
2. It can be compared with formed elements of blood like Red Blood Cells(RBC), White Blood Cells(WBC), and Platelets, etc. Functions: It takes care of our complexion, nourishes Mamsa dhatu, and is governed by pitta dosha. When rakta dhatu is depleted, the qualities of pitta dosha and fire diminish. A person feels cold, the skin loses its luster, becoming pale or dusty gray, and coldness causes the body to hold on to heat by becoming constipated and by reducing urination and sweat. In the mind, depletion of the rakta dhatu leads to dullness and difficulty processing and understanding new information. This often leads to confusion and misunderstandings. A person has a desire for sour and cold things. When the rakta dhatu is in excess, the qualities of pitta dosha and fire increase. A person feels warmer. As heat builds up in the body, the body tries to release the heat. The body tries to release the excess heat along with the malas of the body. The frequency of bowel movements increases, and the stools may become loose. The frequency of urination also increases.

3. Mamsa dhatu

Made up of the earth element. Functions: Strengthens the body, builds good muscle tissue in the neck, shoulder, and thigh area. Nourishes meda dhatu and is governed by kapha dosha and the earth element. When mamsa dhatu is depleted, it causes debility of the sense organs, emaciation of the cheeks and buttocks, and pain in joints. When mamsa dhatu is in excess then produces enlargement of lymph glands, tumors, an increase in size of cheeks, thighs, abdomen, etc.

4. Meda dhatu

Made up of earth and water elements. Functions well, lubricates the system, with oily and soft hair, skin, and efficient eyes. Nourishes Asthi dhatu and is governed by Kapha. When medas dhatu is depleted, it leads to spleen enlargement, difficult joint movements, emaciation of the abdomen, desire to consume fatty food. When medas dhatu is in excess, then the person gets tired, fat increases in the abdomen, thighs, neck, etc., and foul smell in sweat, shortness of breath, etc.

5. Asthi dhatu

Made up of air and space elements. Functions support the body. Gives good structure and stability with hard-working capacity to the body. Nourishes Majja dhatu. Asthi dhatu is governed by vata dosha. When asthi dhatu is depleted, then there is pricking pain in bones, falling of teeth, nails, and hair. Bones become porous and get easily fractured. An increase in asthi dhatu leads to excessive growth of bones. Bones and teeth are developed over one another (extra bone, extra teeth).

6. Majja dhatu

Made up of the water element. Functions: Imparts a sharp, clear mind with good intellect and memory. Strong joints. Governed by kapha dosha. When majja dhatu is depleted, then bones get weak, joint pain, vertigo, and giddiness occur, and shukra dhatu is also depleted. When majja dhatu is in excess, then heaviness in the eyes and the whole body occurs.

7. Shukra dhatu

Functions: Has patience, enjoys life, and body strength. Reproductive needs are a concern. Governed by kapha dosha. In case of shukra dhatu depletion, ejaculation is delayed, bloody ejaculation occurs, pain in the testicles, body is weak and thirst occurs. When there is excess of shukra dhatu desire of excess coitus is there and stone in the shukravaha strotas may occur with pain.

1. Rasa Dhatu (Plasma or Nutrient Fluid): Rasa Dhatu is the first tissue formed after the digestion of food. It corresponds to plasma or the extracellular fluid. Its main function is to nourish and hydrate the body's cells and tissues. Rasa Dhatu also acts as a medium for transporting nutrients, hormones, and other vital substances throughout the body. When Rasa Dhatu is balanced, it supports overall health and vitality.

2. Rakta Dhatu (Blood): Rakta Dhatu represents blood, which circulates through the body's blood vessels. It carries oxygen, nutrients, and hormones to various tissues and organs while removing waste products and carbon dioxide. Rakta Dhatu also plays a vital role in maintaining body temperature and pH balance. Imbalances in Rakta Dhatu can lead to various blood disorders and systemic health issues.

3. Mamsa Dhatu (Muscle Tissue): Mamsa Dhatu comprises the muscular tissue of the body, including skeletal muscles and internal organs' smooth muscles. It provides structure, support, and movement to the body. Mamsa Dhatu also helps in generating heat and energy through muscle contractions. Adequate nourishment and strength of Mamsa Dhatu are essential for overall physical strength and stamina.

4. Meda Dhatu (Adipose Tissue or Fat): Meda Dhatu refers to adipose tissue or fat, which provides insulation, cushioning, and energy storage in the body. It acts as a reserve fuel source during times of fasting or increased energy demands. Meda Dhatu also plays a role in hormone regulation and thermal insulation. Imbalances

in Meda Dhatu can contribute to obesity, metabolic disorders, and hormonal imbalances.

5. **Asthi Dhatu (Bone Tissue):** Asthi Dhatu represents bone tissue, which forms the skeletal framework of the body and provides support, protection, and mobility. It also serves as a reservoir for minerals like calcium and phosphorus, essential for bone strength and integrity. Asthi Dhatu is continually undergoing remodeling and repair processes to maintain bone density and structure.

6. **Majja Dhatu (Bone Marrow and Nervous Tissue):** Majja Dhatu encompasses bone marrow, which produces blood cells, and nervous tissue, including the spinal cord and brain. It plays a crucial role in hematopoiesis, immune function, and nervous system communication. Majja Dhatu is responsible for maintaining blood cell production and the transmission of sensory and motor signals throughout the body.

7. **Shukra Dhatu (Reproductive Tissue):** Shukra Dhatu represents reproductive tissue, including semen in males and ovum (ova) in females. It is responsible for fertility, reproduction, and the continuation of the lineage. Shukra Dhatu also influences vitality, libido, and overall reproductive health. In Ayurveda, preserving the integrity of Shukra Dhatu is essential for promoting healthy aging and vitality.

Importance of Spata Status

The sapta dhatus, or seven tissues, are fundamental to Ayurvedic medicine and understanding the body's constitution. They include Rasa (plasma), Rakta (blood), Mamsa (muscle), Meda (fat), Asthi (bone), Majja (marrow), and Shukra (reproductive tissue). Each dhatu plays a vital role in maintaining overall health and balance in the body. They are sequentially formed from the previous one and represent various aspects of physical and physiological functions. Understanding and balancing these dhatus are crucial for maintaining good health and preventing disease in Ayurveda.

Inter-relationship of Sapta Dhatu

According to Ayurveda, the health of each Dhatu depends on the proper functioning and balance of the preceding Dhatu in the sequence. For example, Rasa Dhatu, being the first tissue formed, must be adequately nourished for the subsequent formation of Rakta Dhatu, and so forth. Imbalances or disorders in one Dhatu can affect the others, leading to systemic health issues.

Ayurvedic Approach to Balancing Sapta Dhatu

Ayurveda offers a holistic approach to balancing the Sapta Dhatu through diet, lifestyle modifications, herbal remedies, detoxification therapies, and rejuvenation practices. Ayurvedic practitioners assess an individual's constitution (Prakriti) and current imbalances (Vikriti) to tailor treatment plans aimed at restoring Dhatu balance and optimizing health.

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