

THE AYURVEDIC APPROACH TO *DHATU SARATA*: DIAGNOSTIC RELEVANCE IN *DASHAVIDHA PARIKSHA***Dr. Nisha Mor*¹ and Dr. Darshana²**

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ABSTRACT

The concept of *Dhatu Sarata* (tissue excellence) is a crucial aspect of *Dashavidha Pariksha* (tenfold examination) in Ayurveda, which aids in assessing an individual's health status, strength (*Bala*), and overall vitality. *Dhatu Sarata* refers to the qualitative assessment of the seven *Dhatus* (tissues) – *Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja*, and *Shukra/Artava*. Each *Dhatu* contributes to specific physiological functions, and their excellence determines physical, mental, and reproductive well-being. Ayurvedic texts classify *Dhatu Sarata* into three categories: *Uttama Sarata* (excellent tissue quality), *Madhyama Sarata* (moderate tissue quality), and *Heena Sarata* (poor tissue quality). An individual with *Uttama Dhatu Sarata* exhibits optimal strength, immunity, and disease resistance, whereas *Heena Sarata* is linked to weakened immunity, poor metabolism, and susceptibility to diseases. *Dashavidha Pariksha*, as described by *Acharya Charaka*, includes the examination of *Prakriti* (constitution), *Vikriti* (morbidity),

Sara (tissue excellence), *Samhanana* (body build), *Pramana* (body measurements), *Satmya* (compatibility), *Satva* (mental strength), *Aharashakti* (digestive capacity), *Vyayamashakti* (exercise capacity), and *Vaya* (age). Among these, *Dhatu Sarata Pariksha* helps in diagnosing an individual's inherent strength and guides personalized treatment approaches in Ayurveda. This review explores the relevance of *Dhatu Sarata* in *Dashavidha Pariksha*, its physiological significance, and its application in Ayurvedic diagnostics. Understanding *Dhatu*

Sarata assists practitioners in determining a patient's resilience, disease susceptibility, and therapeutic needs, ultimately aiding in the formulation of personalized treatment strategies.

KEYWORDS: Dhatu Sarata, Dashavidha Pariksha, Bala Pariksha, Ayurvedic Diagnosis.

INTRODUCTION

Ayurveda, the ancient science of life, emphasizes a holistic approach to health assessment through *Dashavidha Pariksha* (tenfold examination). Among these ten parameters, *Dhatu Sarata* (tissue excellence) plays a crucial role in evaluating an individual's strength (*Bala*), immunity, and overall vitality.^[1] The term *Sarata* refers to the qualitative excellence of the seven fundamental tissues (*Dhatus*)—*Rasa* (plasma and lymph), *Rakta* (blood), *Mamsa* (muscle), *Meda* (fat), *Asthi* (bone), *Majja* (bone marrow and nervous tissue), and *Shukra/Artava* (reproductive tissue).^[2] The assessment of these *Dhatus* provides a detailed understanding of an individual's physical and mental well-being, which is essential for disease prevention and personalized treatment planning in Ayurveda.^[3]

According to *Acharya Charaka*, *Dhatu Sarata Pariksha* helps determine the strength and endurance of a person. It is categorized into three types: *Uttama Sarata* (excellent quality of tissues), *Madhyama Sarata* (moderate quality), and *Heena Sarata* (poor quality). Individuals with *Uttama Sarata* exhibit strong immunity, optimal metabolism, and resistance to diseases, whereas those with *Heena Sarata* are prone to ailments, metabolic imbalances, and reduced vitality.^[4] The assessment of *Dhatu Sarata* not only aids in understanding a person's inherent strength but also guides Ayurvedic physicians in formulating dietary, lifestyle, and therapeutic recommendations tailored to the individual's needs.^[5]

In *Dashavidha Pariksha*, *Dhatu Sarata* is analyzed alongside other diagnostic parameters such as *Prakriti* (body constitution), *Vikriti* (morbidity), *Samhanana* (body build), *Pramana* (body measurements), *Satmya* (compatibility), *Satva* (mental strength), *Aharashakti* (digestive power), *Vyayamashakti* (exercise capacity), and *Vaya* (age). Together, these examinations provide a comprehensive evaluation of a person's health and disease susceptibility.^[6]

This Article aims to explore the **concept of *Dhatu Sarata* in *Dashavidha Pariksha***, its physiological significance, and its role in Ayurvedic diagnosis and treatment planning. Understanding *Dhatu Sarata* allows practitioners to assess a patient's resilience and develop

individualized therapeutic approaches, ultimately enhancing health outcomes through Ayurveda's holistic principles.^[7]

AIM AND OBJECTIVES

Aim

To analyze the concept of *Dhatu Sarata* in *Dashavidha Pariksha* and its role in Ayurvedic diagnosis and treatment.

Objectives

1. To Define, classify (*Uttama*, *Madhyama*, *Heena*), and explain its significance.
2. To Assess the Impact on immunity, strength (*Bala*), and disease susceptibility.
3. To Evaluate diagnostic importance and Integration with *Dashavidha Pariksha* and health assessment.
4. To Explore the clinical relevance in Influence on diet, lifestyle, and Ayurvedic therapies.

MATERIAL AND METHODS

1. Study Design

- A conceptual and analytical review of *Dhatu Sarata* within *Dashavidha Pariksha*.
- Comparative evaluation of classical Ayurvedic texts and modern interpretations.

2. Data Sources

- **Ayurvedic Classical Texts:** *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Bhavaprakasha*.
- **Research Articles:** Peer-reviewed journals, PubMed, Google Scholar, and Ayurvedic studies on *Dhatu Sarata*.
- **Clinical Observations:** Ayurvedic diagnostic practices and case studies.

METHODOLOGY

- Literature review on *Dhatu Sarata*, its classification, and physiological significance.
- Analysis of its integration with *Dashavidha Pariksha* and its role in clinical diagnosis.
- Evaluation of Ayurvedic interventions to enhance *Dhatu Sarata*.

Dhatu Sarata

The concept of *Dhatu Sarata* (tissue excellence) is an essential aspect of *Dashavidha Pariksha* (tenfold examination) in Ayurveda, aiding in the assessment of an individual's

health, strength (*Bala*), and immunity. It is primarily described in classical Ayurvedic texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*, which emphasize its significance in diagnosing a person's vitality and determining appropriate treatment strategies.^[8]

Classical References

According to *Acharya Charaka*, *Dhatu Sarata Pariksha* is an essential diagnostic tool that helps in understanding the quality of the seven *Dhatus*—*Rasa* (plasma), *Rakta* (blood), *Mamsa* (muscle), *Meda* (fat), *Asthi* (bone), *Majja* (bone marrow and nervous tissue), and *Shukra/Artava* (reproductive tissue). Individuals are classified into three categories based on *Dhatu Sarata*:

- **Uttama Sarata** – Excellent quality of *Dhatus*, leading to strong immunity, good physical and mental health.^[9]
- **Madhyama Sarata** – Moderate quality of *Dhatus*, with average strength and resistance.^[10]
- **Heena Sarata** – Poor *Dhatu* quality, associated with low immunity, weak metabolism, and disease susceptibility.^[11]

Acharya Sushruta highlights that *Dhatu Sarata* determines the **Ayus (lifespan)**, **Vyadhikshamatva (disease resistance)**, and **overall Bala (strength)** of an individual.

Physiological Significance of *Dhatu Sarata*

Each *Dhatu* plays a specific role in maintaining the body's structural integrity and physiological functions:

- **Rasa Sarata** – Reflects good hydration, nourishment, and skin glow.
- **Rakta Sarata** – Indicates strong blood circulation, vitality, and healthy complexion.
- **Mamsa Sarata** – Represents muscle strength, endurance, and well-built physique.
- **Meda Sarata** – Ensures balanced fat distribution and energy storage.
- **Asthi Sarata** – Determines bone strength and joint stability.
- **Majja Sarata** – Influences nervous function and cognitive abilities.
- **Shukra/Artava Sarata** – Governs fertility, reproductive strength, and hormonal balance.

Individuals with **excellent *Dhatu Sarata*** exhibit **better immunity, longevity, and resistance to diseases**, while those with poor *Dhatu Sarata* are more prone to metabolic disorders, weakness, and frequent illnesses.^[12]

Dhatu Sarata in Relation to Dashavidha Pariksha

Dhatu Sarata is one of the ten parameters of *Dashavidha Pariksha*, which also includes *Prakriti* (constitution), *Vikriti* (morbidity), *Samhanana* (body build), *Pramana* (body measurements), *Satmya* (compatibility), *Satva* (mental strength), *Aharashakti* (digestive capacity), *Vyayamashakti* (exercise capacity), and *Vaya* (age). Among these, *Dhatu Sarata Pariksha* provides insights into an individual's **disease resistance, tissue metabolism, and vitality**, guiding Ayurvedic physicians in selecting appropriate treatment plans.^[13]

Dashavidha Pariksha

The concept of *Dashavidha Pariksha* (tenfold examination) is an integral part of Ayurvedic diagnosis, as described in classical texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*. It provides a comprehensive assessment of an individual's health status, strength (*Bala*), and disease susceptibility, aiding in precise diagnosis and personalized treatment planning.^[14]

Classical References on *Dashavidha Pariksha*

According to *Acharya Charaka*, *Dashavidha Pariksha* is essential for evaluating an individual's **capacity to withstand diseases and therapeutic interventions**. It consists of ten parameters:

Table no. 1: Dashavidha Pariksha.

Parameter	Description
Prakriti (Body Constitution)	The natural physical and mental constitution determined at birth, classified into <i>Vataja</i> , <i>Pittaja</i> , and <i>Kaphaja Prakriti</i> .
Vikriti (Pathological Condition)	Assessment of the imbalance of <i>Doshas</i> leading to disease manifestation.
Sara (<i>Dhatu Sarata</i> - Tissue Excellence)	Examination of the quality and strength of the seven <i>Dhatus</i> (tissues) to determine vitality and immunity.
Samhanana (Body Build & Compactness)	Evaluates structural integrity, physical endurance, and muscular strength.
Pramana (Body Measurements)	Anthropometric assessment, including height, weight, and proportions, influencing an individual's strength and metabolic capacity.
Satmya (Suitability & Adaptability)	Determines compatibility with food, habits, and environment, guiding dietary and lifestyle recommendations.
Satva (Mental Strength & Psychological Endurance)	Examines an individual's mental stability, emotional resilience, and capacity to endure stress.
Aharashakti (Digestive Capacity)	Assesses food intake ability, digestion, and metabolism, classified into <i>Pravara</i> (high), <i>Madhyama</i>

	(moderate), and Heena (low).
Vyayamashakti (Exercise Capacity & Endurance)	Measures an individual's stamina and ability to perform physical activity.
Vaya (Age & Physiological Stage)	Determines the health condition based on age-related physiological changes and capacity for recovery.

Acharya Sushruta emphasized that these ten factors help in **determining a person's overall Bala (strength), Agni (digestive power), and Vyadhikshamatva (disease resistance)**, which are essential for deciding treatment strategies in Ayurveda.^[15]

Importance of *Dashavidha Pariksha* in Health Assessment

Each parameter of *Dashavidha Pariksha* provides crucial insights into an individual's **physical, physiological, and psychological health**:

- *Prakriti* and *Vikriti* help in understanding disease tendencies and personalized treatment needs.
- *Dhatu Sarata* and *Samhanana* determine strength, immunity, and ability to fight diseases.
- *Aharashakti* and *Vyayamashakti* assess metabolism and physical endurance.
- *Satva* evaluates mental resilience, stress management, and emotional well-being.

These factors collectively aid in **disease diagnosis, prognosis, and selection of appropriate Ayurvedic therapies**, making *Dashavidha Pariksha* a unique and holistic diagnostic framework.^[16]

Clinical Relevance of *Dashavidha Pariksha*

- **Individualized Treatment Approach:** Ayurveda follows a **personalized approach**, where *Dashavidha Pariksha* helps in **tailoring diet, lifestyle, and medication** according to an individual's constitution and strength.^[17]
- **Assessment of Disease Progression:** By analyzing *Vikriti*, *Dhatu Sarata*, and *Aharashakti*, Ayurvedic physicians can track **disease progression and treatment efficacy**.^[18]
- **Selection of Therapeutic Procedures:** *Panchakarma* therapies like *Vamana*, *Virechana*, and *Basti* are chosen based on *Bala*, *Agni*, and *Vyadhikshamatva*, which are assessed through *Dashavidha Pariksha*.^[19]

Dashavidha Pariksha vs. Modern Diagnostic Methods

While *Dashavidha Pariksha* is a qualitative and holistic assessment, modern medical diagnostics focus on quantitative biomarkers, imaging, and laboratory tests. However,

Ayurveda provides insights into health beyond mere biochemical parameters, such as psychosomatic balance, immune strength, and metabolic adaptability, which are often overlooked in conventional medicine.^[20] Integrating *Dashavidha Pariksha* with modern diagnostic techniques like biochemical profiling, genetic testing, and imaging studies can lead to a more comprehensive healthcare approach.^[21]

Findings of the Study

1. Ayurvedic Health Assessment

- *Dashavidha Pariksha* provides a comprehensive evaluation of an individual's physical, physiological, and psychological health rather than just focusing on disease symptoms. It offers a preventive diagnostic approach by identifying imbalances before they manifest as diseases.^[22]

2. Significance of *Dhatu Sarata*

- *Dhatu Sarata* (tissue excellence) is a key determinant of strength (*Bala*), immunity (*Vyadhikshamatva*), and metabolic health. Individuals with *Uttama Dhatu Sarata* have better resistance to diseases, while those with *Heena Sarata* are more prone to weakness and metabolic disorders.^[23]

3. Integration with Other Diagnostic Parameters

- *Dashavidha Pariksha* incorporates multiple diagnostic factors such as *Prakriti*, *Vikriti*, *Aharashakti*, and *Satva*, allowing personalized treatment planning. The assessment of digestion (*Agni*) and exercise capacity (*Vyayamashakti*) helps in determining dietary and physical activity recommendations.^[24]

4. Practical Clinical Applications

- Helps in tailoring Ayurvedic therapies, including dietary modifications, Panchakarma procedures, Rasayana therapy, and lifestyle recommendations. Guides treatment selection based on individual constitution (*Prakriti*), disease state (*Vikriti*), and tissue quality (*Dhatu Sarata*).^[25]

5. Potential for Integration with Modern Medicine

- *Dashavidha Pariksha* aligns with modern personalized medicine, emphasizing individual-based health assessment. There is a need for further research to correlate *Dhatu Sarata*

with biomarkers of immunity, metabolism, and genetic predisposition for better integration with modern diagnostics.^[26]

6. Scope for Standardization and Research

- Scientific validation through clinical trials and observational studies can enhance the credibility of *Dashavidha Pariksha* in integrative healthcare. Developing standardized assessment methods for parameters like *Prakriti*, *Bala*, and *Vyadhikshamatva* can help bridge Ayurveda with modern medical diagnostics.^[27]

DISCUSSION

The concept of *Dashavidha Pariksha* is a fundamental diagnostic approach in Ayurveda, providing a holistic assessment of an individual's health, strength (*Bala*), and disease susceptibility. Among the ten parameters, *Dhatu Sarata* (tissue excellence) plays a crucial role in evaluating the quality and strength of the body's seven *Dhatus*—*Rasa*, *Rakta*, *Mamsa*, *Meda*, *Asthi*, *Majja*, and *Shukra/Artava*. This assessment helps in understanding an individual's immunity, vitality, and overall health, allowing practitioners to design personalized treatment protocols. Unlike modern medicine, which primarily relies on laboratory diagnostics and imaging techniques, Ayurveda emphasizes qualitative and functional assessments, offering a broader perspective on health and disease.^[28]

Each parameter of *Dashavidha Pariksha* provides valuable insights into an individual's physiological and psychological state. *Prakriti* and *Vikriti* help determine an individual's inherent constitution and disease tendencies. *Samhanana* and *Pramana* assess the structural strength and physical build, influencing an individual's metabolic capacity and endurance. Similarly, *Satmya* and *Satva* play a crucial role in understanding dietary adaptability, emotional stability, and resilience against stress-related disorders.^[29] This multidimensional diagnostic approach ensures a comprehensive evaluation of a person's health status, which is often missing in conventional medical diagnostics.^[30]

One of the most significant aspects of *Dashavidha Pariksha* is its practical application in treatment planning. The assessment of *Aharashakti* (digestive capacity) and *Vyayamashakti* (exercise capacity) allows practitioners to modify dietary recommendations, fasting protocols, and exercise regimens based on an individual's metabolic strength. *Vaya Pariksha* helps in tailoring treatments according to age-specific physiological needs.^[31] Such individualized treatment strategies align with the principles of precision medicine, which

modern healthcare is now gradually embracing. This highlights the relevance and applicability of Ayurveda in contemporary medicine.^[32]

While *Dashavidha Pariksha* provides a systematic and structured method of assessment, it requires further validation through clinical research to establish its credibility in the modern medical system. Scientific studies correlating *Dhatu Sarata* with biomarkers of immunity, metabolic health, and genetic predisposition can help in integrating Ayurvedic diagnostics with conventional medical practices.^[33] Developing standardized assessment tools for *Prakriti*, *Bala*, *Agni*, and *Vyadhikshamatva* can enhance the clinical efficacy of Ayurvedic diagnostic principles. Additionally, the incorporation of modern diagnostic technologies such as biochemical profiling, imaging techniques, and machine learning-based predictions can strengthen the scientific foundation of *Dashavidha Pariksha*.^[34]

Dashavidha Pariksha remains a time-tested and highly effective diagnostic tool in Ayurveda, offering deep insights into an individual's health beyond just symptomatic evaluation. Its ability to provide personalized treatment strategies makes it a valuable approach in disease prevention, prognosis, and therapy. With increasing global interest in integrative and holistic medicine, further scientific exploration and validation of *Dashavidha Pariksha* can bridge the gap between Ayurveda and modern medicine, ultimately contributing to a more comprehensive, preventive, and patient-centered healthcare system.^[35]

CONCLUSION

The concept of *Dashavidha Pariksha* serves as a comprehensive and holistic diagnostic framework in Ayurveda, enabling practitioners to assess an individual's physical, physiological, and psychological health. Among its ten diagnostic parameters, *Dhatu Sarata* plays a crucial role in evaluating tissue excellence, immunity, and metabolic strength, which directly influence disease resistance and overall well-being. This examination not only determines an individual's inherent strength (*Bala*) but also guides personalized treatment approaches, including diet, lifestyle modifications, and therapeutic interventions. The findings of this study emphasize that *Dashavidha Pariksha* is not merely a diagnostic tool for disease detection but a preventive health assessment method. By evaluating factors such as *Prakriti*, *Vikriti*, *Satva*, *Aharashakti*, and *Vyayamashakti*, Ayurveda provides deep insights into health imbalances before they manifest as diseases. This aligns with the modern concept of precision medicine, where treatment strategies are customized based on individual health status. Furthermore, the integration of *Dashavidha Pariksha* with modern medical diagnostics

can enhance the credibility and applicability of Ayurvedic principles in contemporary healthcare. Research aimed at correlating *Dhatu Sarata* with modern biomarkers, metabolic parameters, and immune function can establish a scientific basis for Ayurvedic diagnostics. Additionally, standardizing assessment methods for *Prakriti*, *Bala*, *Vyadhikshamatva*, and *Agnibala* can facilitate the adoption of Ayurvedic health evaluation in integrative medicine.

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