

A CRITICAL UNDERSTANDING OF MEDO SARA PURUSHA LAKSHANA

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ABSTRACT

In *Ayurveda*, the equilibrium of *Dosha*, *Dhatu*, and *Mala* is fundamental for maintaining health, with *Dhatu* playing a crucial role in sustaining bodily functions. *Sara*, the purest essence of *Dhatu*, reflects the individual's strength and vitality. This study explores the concept of *Medo Sara Purusha Lakshana*, which examines the characteristics and health implications of individuals with predominant *Medo Dhatu* (fatty tissue) in their constitution. Individuals with predominant *Medo Sara* display specific characteristics that can be leveraged to optimize health management. By aligning lifestyle choices with these inherent traits, individuals can improve their overall health and prevent diseases associated with excessive *Medo Dhatu*.

KEYWORDS: *Medo Sara, Medo Dhatu, Snigdha, Deha Bala Pramana.*

INTRODUCTION

The human body is constituted of *Dosha*, *Dhatu*, and *Mala*, which are responsible for maintaining homeostasis in the body, and this state of balance is referred to as health. Among these elementary constituents, *Dhatu* sustains and nourishes the body and *Sara* is the purest essence form of these bodily tissues, which is when acquired by the individual exhibits certain character. Body reflects the state of *Dhatu*, *Dhatu* in turn provides information about the strength of the individual given that the *Dhatu* is the element that supports the body.

In *Ayurveda*, the initial action prior to beginning the treatment is to evaluate the disease and the diseased in order to plan an appropriate treatment strategy. Hence *Sara* can be further examined to assess the differences in measure of strength, as there is a possibility to view merely based on appearance and may assess individual as a strong person due to his stoutness and weak person due to his leanness which is not accurate.^[1] Just like ants are tiny in appearance, but are capable of carrying heavy loads. Individuals with predominant *Medo Sara* display specific characteristics, which can be leveraged for optimising health management.

MATERIALS AND METHODS

This is a literature review study of *Medo Sara Purusha Lakshana* from classical texts, published research works and modern literary source.

Table 1: Classification of sara according to different *acharayas*.

<i>Charaka samhita</i> ^[2]	<i>Sushruta samhita</i> ^[3]	<i>Ashtanga sangraha</i> ^[4]	<i>Ashtanga hridaya</i> ^[5]	<i>Kashyapa samhita</i> ^[6]
<i>Tvak Sara</i>	<i>Satva Sara</i>	<i>Tvak Sara</i>	<i>Tvak Sara</i>	<i>Tvak Sara</i>
<i>Rakta Sara</i>	<i>Sukra Sara</i>	<i>Rakta Sara</i>	<i>Rakta Sara</i>	<i>Rakta Sara</i>
<i>Mamsa Sara</i>	<i>Majja Sara</i>	<i>Mamsa Sara</i>	<i>Mamsa Sara</i>	<i>Mamsa Sara</i>
<i>Medo Sara</i>	<i>Asthi Sara</i>	<i>Medo Sara</i>	<i>Medo Sara</i>	<i>Medo Sara</i>
<i>Asthi Sara</i>	<i>Medo Sara</i>	<i>Asthi Sara</i>	<i>Asthi Sara</i>	<i>Asthi Sara</i>
<i>Majja Sara</i>	<i>Mamsa Sara</i>	<i>Majja Sara</i>	<i>Majja Sara</i>	<i>Majja Sara</i>
<i>Shukra Sara</i>	<i>Rakta Sara</i>	<i>Shukra Sara</i>	<i>Shukra Sara</i>	<i>Shukra Sara</i>
<i>Satva Sara</i>	<i>Tvak Sara</i>	<i>Satva Sara</i>	<i>Satva Sara</i>	<i>Ojo Sara</i>
-	-	-	-	<i>Satva Sara</i>

Meda sara purusha lakshana

Visheshataha Sneha in Varna Swara Netra Kesha Loma Nakha Danta Oshta Mutra Purisha, Brihat Sharira, Ayasa Asahishnu, Vitta, Aishwarya, Sukhopabhoga, Arjava, Sukumaropacharata.^[2, 3]

Meda

Medodhatu is the product of *Mamsadhatu* which is extremely unctuous. It is therefore heavy in quality and offers strength due to its quality.

Location- *Vrikka* and *Vapavahana*^[7]

Vrikka- Mamsa Pinda^[8] (Composed of *Mamsa*) which are two in number^[9] round in shape, situated in the abdomen^[10] below the flanks^[9]

Adrenal gland- are called lifesaving glands or essential endocrine gland.^[11] All adrenocortical hormones are steroid in nature and are synthesized mainly from cholesterol that is absorbed directly from the circulating blood and small quantity of cholesterol also synthesized within cortical cells.^[12]

Vapavahana-seat of fat in abdominal cavity known as *Tailavartika*^[13]

Pancreas- The pancreas is a dual organ. Functioning as an exocrine gland, the pancreas secretes pancreatic juice which has digestive functions and neutralizing action and its endocrine function is concerned with the production of hormones.^[14]

Sneha/Snigdha

Snigdha Guna, a component of *Gurvadi guna* not only manifestes in *Dravya* but also in all substances made up of *Panchamahabhuta* including *Sharira*, are helpful in *Chikitsa*, thus named *Sharirika guna* and *Karmanya Guna*.

Sneha is the special quality of *Jala Mahabhuta* and the matter which possess wetting capacity.^[15]

The word *Sneha* can be interpreted as affection, kindness, anything yielding oil, oiliness, sticky, unctuousness, viscosity, lubricity, moisture.

1. *Snigdha varna*

Unctuousness in complexion – hydrated smooth skin

Good skin hydration is important to maintain a healthy and youthful complexion. The most important factor that regulates the hydration in stratum corneum are lipids, sebum, natural moisture factor and aquaporin in skin.^[16]

2. *Snigdha swara*

Melodious voice

Swara is the sound which emerges from *Kantha*, can be broadly understood in terms of voice, sound, tone and accent. Systemic and superficial dehydration are detrimental to vocal fold physiology. Staying hydrated will increase vocal improvement. If vocal cords are healthy the voice will better resonate.^[17]

3. *Snigdha netra*

Unctuousness in the eyes – healthy hydrated eyes

The tear film consists of three layers which from posterior to anterior are mucus layer, aqueous layer and lipid or oily layer. Lipid layer is the outermost and thinnest layer of tear film formed at air-tear interface from the secretions of meibomian, zeis and moll glands. This layer prevents the overflow of tears, retards their evaporation and lubricates the eyelids as they slide over the surface of the globe.^[18]

4. *Snigdha Kesha, Loma*

Unctuousness in hair – Smooth, lustrous, non-brittle hair

The pilosebaceous unit is the hair follicle's structural unit, comprised of hair follicle, its associated sebaceous gland and arrector pilli muscle. The sebaceous gland is integral to the structure and function of the skin, providing 90% of its surface lipids. Sebum production is critical for maintaining skin homeostasis, lubrication, and physiological defense against environmental and infectious insults.^[19]

5. *Snigdha nakha*

Unctuousness in nails – smooth, non-brittle nails

A healthy nail contains 18% water and 5% fat. Thus the nail lipid are organized in a bilaminar structure parallel to the surface of the nail. These lipids fill the nail's roughness and intercellular spaces. Like those on the skin, nail lipids protect them from dehydration. Glycolic and stearic acids are nail plate lipids and their presence contribute to the water resistance, the hydration status of the nail plate is another factor determining its hardness.^[20]

6. *Snigdha danta*

Unctuousness in teeth – healthy teeth with no caries and sensitivity

Tooth enamel and dentine naturally contains lipids and are also main components of saliva. Lipophilic components modulate the process of bio adhesion to the oral hard tissues. Thus lipids can be characterized as components with hydrophobic properties that prevent bacterial colonization on the outer surface and ultimately reduce caries sensitivity. In case of exposure to a lipid enriched topical acid, the teeth can be more resistant to demineralization and therefore abrasive mineral loss is reduced.^[21]

7. *Snigdha mutra*

Unctuousness in urine- Which affects the voiding behaviour

Lubrication in the urinary tract, particularly the urethra, facilitates smoother and more efficient urine passage. Adequate lubrication reduces friction and irritation to the urethral

lining during urination. Lubrication of the urinary tract is primarily maintained by mucosal secretions from the urothelium, which lines the bladder and urethra.^[22]

8. *Snigdha purisha*

Unctuousness in stool - less transit time, gives fecal mass without breaks or separate hard lumps

Feces contain various lipids derived from dietary fat and cholesterol, as well as lipids produced by gut microbiota.^[23] Fecal lipid content correlates strongly with overall fecal mass. A higher fecal lipid content leads to increased fecal weight. Conversely, fecal mass is inversely related to intestinal transit time.^[24]

In summary, defecation is the main route for eliminating lipids from the body, with fecal lipid composition reflecting dietary intake and gut microbiota metabolism. Fecal lipids play a role in regulating stool characteristics like weight and transit time.

9. *Brihat sharira*

Large body

Body fat percentage (BFP) has a strong relationship with body mass, particularly as measured by body mass index and studies show a significant positive correlation between BFP and BMI across various groups, with correlation coefficients ranging from 0.767 to 0.871 indicating a robust association as individual age. So in general higher BFP correlates with increased body mass.^[25]

Lipids play a crucial role in forming body mass by serving as energy sources, aiding in hormone production and assisting in the absorption of fat soluble vitamins. They are essential for cell membrane structure and function, influencing metabolic processes.

10. *Ayasa asahishnu*

Unable to tolerate exertion

The relationship between body fat and exercise tolerance is complex and multifaceted. While the subcutaneous fat acts as energy reserve, the visceral fat which is more metabolically active than subcutaneous fat, releasing fatty acids and inflammatory markers that can impair exercise performance. Also it can lead to quicker onset of fatigue due to increased energy cost of moving a heavier body.^[26]

Higher body fat percentage negatively impacts muscle strength, muscle endurance and energy expenditure during exercise. Specifically, increased body fat can hinder the ability to sustain muscle contractions without fatigue by infiltrating muscle tissue, reducing muscle quality and contractile function, also impairs metabolic responses during exercise affecting oxygen uptake and energy expenditure affecting ability to sustain high intensity efforts.

11. *Vitta aishwarya sukhopabhoga arjava sukumaropacharata*

Endowed with wealth, power, happiness, enjoyment, charity, frankness and delicateness

Research indicates a positive correlation between wealth index and body mass index, particularly in urban settings. Higher wealth categories are associated with increased likelihood of being overweight and obese, especially among women. This relationship is influenced by socioeconomic factors and lifestyle choices.^[27]

There is a complex relationship between happiness and body weight. A study among Chinese adults found that higher levels of subjective wellbeing (SWB) were associated with higher body mass index, suggesting that happiness may contribute to increased weight.^[28] Conversely, obesity is often linked to lower happiness levels due to societal perceptions and health related issues.^[29]

DISCUSSION

For the examination of *Medosara Purusha Lakshana* parameters such as abundance of unctuousness in the complexion, voice, eyes, hair on the scalp and other parts of body, nails, teeth, lips, urine and feces ,also they possess wealth, power, happiness, enjoyment, charity, frankness and delicateness are considered.^[2, 3]

So, the excellence of body tissues are to be examined for assessing *Deha, Bala Pramana*. *Bala* means biological strength or power of resistance against the diseases; it can be linked with the immunity of the individual. As the predominance of particular *Dhatu*, the number of *Dhatu Sara* present in the body of an individual will be directly proportional to the power of resistance of an individual. That is why *Sarva Sara* individual has relatively higher resistance in comparison to *Madhyama* and *Avara Sara* individuals. The person possessing all the *Sara*, but predominating in one will possess more resistance against the diseases that may arise due to its absence.

Meda Sara Purusha have dominance of *Snigdha* in their body features and *Medas* is in its state of excellence. Thus they should refrain from overindulge in *Meda Vriddikara Nidanas* and they are more prone to the disease of *Medo Dhatu* when they are exposed to those respective vitiating factors, so can be considered as a preclinical state.

CONCLUSION

The term *Medodhatu* describes the body's fatty tissues. It is crucial because it supports the metabolic, lubricating and insulating process. In order to provide the body strength, it gathers and stores energy. The individuals with predominance of *Meda Sara* often exhibit specific physical and psychological traits, including a tendency towards stability and a more placid demeanor. Recognizing these traits can be crucial for tailoring lifestyle and dietary recommendations to promote overall wellbeing. By aligning one's habits with these characteristics, individuals can enhance their health and balance.

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