

CONCEPT OF ASTHIDHATU- A REVIEW ARTICLE**Dr. Swati Vedpathak^{*1}, Dr. Sunil G. Topre² and Dr. Ravindra Bhurke³**¹PG Scholar, Department of Kriya Sharir, R.A. Podar Medical College, Worli, Mumbai.²HOD, Department of Kriya Sharir, R.A. Podar Medical College, Worli, Mumbai.³Associate Professor, Department of Kriya Sharir, R.A. Podar Medical College, Worli, Mumbai.Article Received on
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Mumbai.**ABSTRACT**

Doshas, Dhatus and Malas plays an important role in human body. The human body is composed of seven types of Dhatu called Sapta Dhatu. Asthi is one among the seven dhatu which gives structure and support to the human body. In this article, we are trying to collect the general information of Asthi dhatu regarding formation of nutrition, number, nature, distribution, character and effect on body when it deviates from its physiological condition of Asthi dhatu.

KEYWORDS: Asthi Dhatu, Asthi kshaya, Asthidhara kala, Asthivaha Srotas, Asthi vriddhi.

INTRODUCTION

Ayurveda is a holistic science which aims to maintain good health of human being. Maintenance Of human body depends on equilibrium of Dosha, Dhatu and Malas. The factors that nourish and support the body and mind called Dhatus. The formation of Dhatu takes place in the following order Rasa, Rakta, Mamsa, Medas, Asthi, Majja and Sukra. Out of Seven Dhatus, Asthi Dhatu is body component similar to bone tissue. It is formed by Meda dhatu. Its important function is to hold the body frame. It provides stability to the body and forms skeleton.

Asthi termed as extract of the body which remains even after destruction of all other body components.^[1] In nature, trees are supported by solid stems like that human body is supported by strong bones. All muscles, tendons and ligaments are attached to Asthi. Asthi supports this structures and gives shape to our body.

Etymology of Asthi Dhatu

The word Asthi is a combination of two Sanskrit words "As" and "Kthin". They together make word "Asthi" which means stability.

Nirukti

As trees stand with the help of inner hard core of sara, human being also stands with the help of inner hard core named 'Asthi'.

Definition

The body component which stays for a longer time and takes part in movement with muscles.

Synonyms

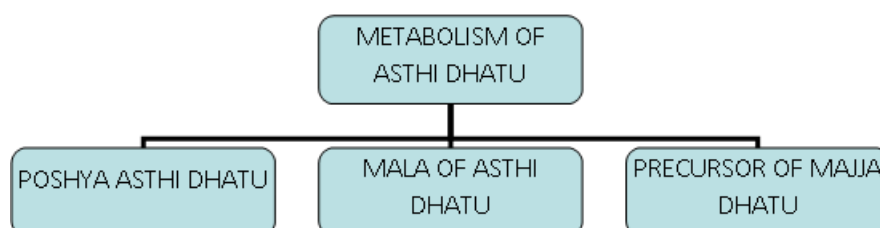
1. Kikas, Kulya- Denotes durability that even after death Asthi dhatu does not get decomposed.
2. Medoja, Medoteja-Formed from Meda dhatu.
3. Majjakrit-which produces Majja dhatu.
4. Sara- Extract of the body which remains even after death.
5. Karkara-Rough
6. Dehadharakam-Which maintains body frame.

Mahabhut pradhanya

Asthidhatu have predominantly Prithvi, Agni and Vayu in its constitution.^[2]

Utpatti of Asthi dhatu^[3]

Asthidhatwagni acts on Prithvi, Agni and Vata predominant portion of nutrients coming from Ahararasa and digest this bringing hardness to Medodhatu and hence asthidhatu is generated.



Location

All bones, Asthivaha strotas, Asthidhara kala.

Asthivaha strotas

Medo dhatu and bones of pelvic girdle (Jaghana) are the moolsthana of Asthi dhatu.^[4]

Balance state of Meda dhatu is important for healthy and strong bones.

Asthivaha strotas are affected due to excessive physical exercise, too much jerking, excessive rubbing of bones and constant use of vata-aggravating factors.^[5]

Asthidhara kala^[6]

Purishdhara kala is the 5th kala which exists in Pakvashaya which separates kitta. Vayu is produced in pakvashaya which nourishes body. The main sites of Vata dosha are Pakvashaya and Asthi. So, increased or decreased formation of Vata ana Purisha affects all sites of Vata, especially Asthi dhatu. Hence, Purishdhara kala is also called as Asthidhara kala.

Types of Asthi

SR.NO	TYPES(AYURVEDA)	TYPE(MODERN)
1.	Nalakasthi	Long bones
2.	Kapalasthi	Flat bones
3.	Valaya	Ribs
4.	Ruchikasthi	Teeth
5.	Tarunasthi	Cartilage

Number of bones

SR.NO	OPINION OF	NUMBER OF BONES
1.	Charaka-Samhita	360
2.	Sushruta-Samhita	300
3.	Ashtanga-Samgraha	348
4.	Modern Science	206

The difference is due to different ways of counting bones.

Upadhatu^[7]

Sharangdhara-Samhita takes teeth as updhatu of Asthidhatu.

Mala^[8]

Charak-Samhita and Sushruta-Samhita unanimously state nails and body hair are Mala of Asthidhatu.

Ashraya Aashrayi Bhava of Asthi^[9]

Vata resides in Asthi. The Ahara, Vihara or Aushadha that increase or decrease the corresponding Ashraya i.e. Dhatu and Mala. But in case of Vata and Asthi it is exactly opposite. If Vata increases, then Asthi decreases and vice versa.

Clinical Importance of Asthi Dhatu**Asthisaar Purusha^[10]**

Asthisara individual has large and stout-heal, ankle, knee, forearm, scapula, chin, head, and joints of finger, bone, nail, and teeth. These persons are very enthusiastic, active, bear strain, have excellent and durable bodies and live for long.

Asthi vruddhi^[11]

Due to increase in Asthi dhatu bones are deposited on bones, teeth are deposited on teeth.

Asthi kshaya^[12]

Due to waning of Asthi dhatu severe pain in bones, brittleness of teeth and nails along with dryness.

Functions of Asthi Dhatu^[13]

Asthidhatu is responsible for appropriate posture of the body. It also nourishes next Dhatu namely Majjadhatu.

Features of Asthi Dhatu In Vata Prakriti^[14]

Crepitus produced in joints during movements in vata prakriti due to excessive dryness is a feature of Vata-prakriti.

Features of Asthi Dhatu In Pitta Prakriti^[15]

Pitta is drava hence joints in pitta-prakriti are very soft due to excessive dravatva.

Features of Asthi Dhatu In Kapha Prakriti

Due to excess viscosity, bony joints in kapha prakriti are very strong.

CONCLUSION

As inner part called sara of tree holds it upright, human stays upright due to Asthi dhatu. As Asthi are sara portion, they never get destroyed, when body deteriorates. Asthi get tightly

bound by Mamsadhatu and with the help of 'sira' and 'snayu' they keep body upright without deteriorating or falling of.

Now a days Bones related complaints like joint pain, joint stiffness, swelling, hair fall etc. are increasing due to wrong postural pattern, unhealthy diet etc. In order to prevent bone related problems we must know actual ayurvedic physiology of Asthi dhatu. Also to cure the diseases related to Asthi one must know the normal characteristic of Asthi dhatu. Then only proper ayurvedic treatment will be given in order to reduce the bone problems and nourishment to the Asthi dhatu. Among the saptadhatu, the asthi dhatu is one of having supreme function of Shareera Dharana. Hence, knowledge of Asthi dhatu is very important in clinical practice.

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