



## RASA DHATU KSHYA -VRIDDHI AND ITS CORRELATION WITH JATHARAGNI–AN OBSRVATIONAL PILOT STUDY

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**DOI: 10.48047/ecb/2023.12.si4.1630**

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### ABSTRACT

*Ayurveda*, the science of life explains all the concepts to obtain a healthy life. *Ayurveda* identifies seven primary *Dhatus* responsible for the functioning of the organs and bringing the body into its physical form. Once the food is digested, the nutrient-rich juice from the digested food, known as *Ahara Rasa*, travels through each of these seven *Dhatus*. To maintain optimal health and wellbeing. Among these seven dhatus the initial one namely *Rasa Dhatus* most important & perform a number of functions in the body to keep us healthy. As *Rasa Dhatu* nourish the body and help it to keep it healthy, one should always put efforts to maintain good quality of *Rasa Dhatu*.The quality of the *Rasa Dhatus* dependent upon the health of *Agni*, or digestion.

**Keywords:** *Rasadhatu, Rasa Kshya, Rasa Vriddhi, Jathragni*

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## INTRODUCTION

Ayurveda has endowed the function of thermogenesis and metabolism in the body to *Agni*. Proper functioning of *Agni* is responsible for all the metabolic activities in the body.

*Jathragani* which helps in proper digestion of food and divided the food into *Sara &Kitta Bhaga*. So, two types of *Rasa Dhatu* present in our body i.e. *Sthayi dhatu & Poshaka dhatu*. *Rasa dhatu* is the first & most important *dhatu* among the seven *dhatu*s described in *Ayurveda*.<sup>[1]</sup>

So the main role for the formation of *rasa* and *mala*, is *agni*, which has resides in the stomach. In *Ayurveda* the concept of *agni* is described in brief.

There are three types of *agni* – namely *jatharagni*, *bhutagni* and *dhatwagni*. Aggravation or diminution of *jatharagni* results in aggravation or diminution of *bhutagni* and *dhatwagni*.

Therefore by all means one has to protect *jatharagni* by consuming suitable dietetics and behavior because power of *agni* or normal condition of *agni* is responsible for strength, health, longevity and vital breath.<sup>[10]</sup>

*Rasa* is perhaps the most important *Dhatu* as it nourishes the body. It is ideal for all other *Dhatu*s because it carries nutrition to the deeper tissues that are away from the digestive system.<sup>[2]</sup>

*Rasa dhatu* is the first & most important *dhatu* among the seven *dhatu*s described in *Ayurveda*.<sup>[3]</sup>

It nourishes the body As *Rasa dhatu* nourish the body & help it to keep it healthy, one should always put efforts to protects the *Rasa dhatu*. *Rasa Dhatu* is produced from the digestion of food and liquid.<sup>[4]</sup>

*Acharya Sushruta* said *Sthoulya* (Corpulence) and *Karshya* (leanness) depends on *Rasa*.<sup>[5]</sup>

If *Kshaya* and *Vridhhi* of *Rasa Dhatu* is not soon brought into normal or equilibrium state then it produces *Rasaja Vikara* or other complications of disease.<sup>[6]</sup>

## NEED OF STUDY

- It is a universally accepted fact that good health plays an important role in human development.
- *Rasa* is the primarily important *Dhatu* in the body, which helps in the formation of other *Dhatu*s of the body.
- It circulates into the body whole time i.e. day and night which nourishes, develops, maintains and keeps the entire body functioning constantly.

- *Agni* plays a vital role in maintaining *Rasa dhatu*. Thereby, *Agnimandya* is said to be the root cause for all the diseases.

## RESEARCH QUESTION

Is there any correlation between *Rasa DhatuKshya-Vriddhi*with *Jathragni*

## HYPOTHESIS

H1 – There is correlation between *Rasa DhatuKshya-Vriddhi*with *Jathragni*

H0 -There is no any correlation between *Rasa DhatuKshya-Vriddhi*with *Jathragni*

## AIM

To assess the correlation between *Rasa DhatuKshya-Vriddhi*with *Jathragni*

## OBJECTIVES

- To Assess *Rasa DhatuKshayaLakshanain* the individuals.(DHATU PARIKSHANA PATRAK-Journol Kriya sharir)
- To Assess *Rasa DhatuVriddhiLakshanain* the individuals. (DHATU PARIKSHANA PATRAK-Journol Kriya sharir)
- To Assess *Jathragni*in individuals.<sup>[7]</sup>
- To Assess relation between *Rasa DhatuKshya*and *Rasa DhatuVriddhi*and*Jathragni*

## MATERIAL AND METHODS

Total 20 participants were screened.



First informed written consent was taken.



Case record form containing their personal information was filled by them.



Then *Rasa Kshya* , *Rasa Vriddhi* ,*Jathragni* examination was done by Questionaries.<sup>[7]</sup>

### INCLUSION CRITERIA

- Volunteers from Parul University irrespective of Gender, Caste and Religion.
- Age between 18 – 30 years.

### EXCLUSION CRITERIA

- Person having any type of major systemic diseases.
- Person having any kind of addictions.

**TYPE OF STUDY**– AnObservational Study.

**PLACE OF STUDY** – Parul Institute of *Ayurved*, Parul Uuniversity, Vadodara,Gujarat

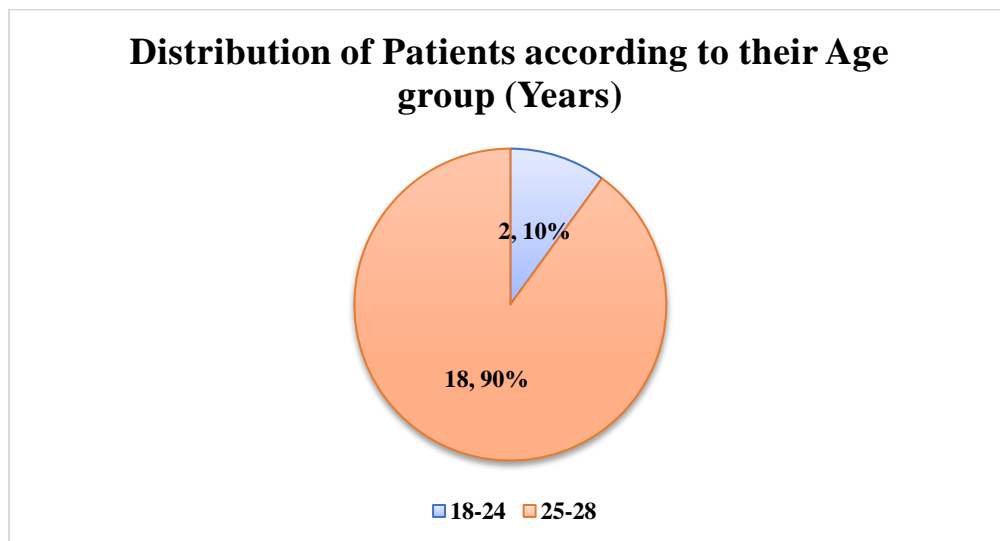
**SAMPLE SIZE**– 20 Subject

### OBSERVATIONS AND RESULTS

**Table -1 Distribution of Age& Gender -**

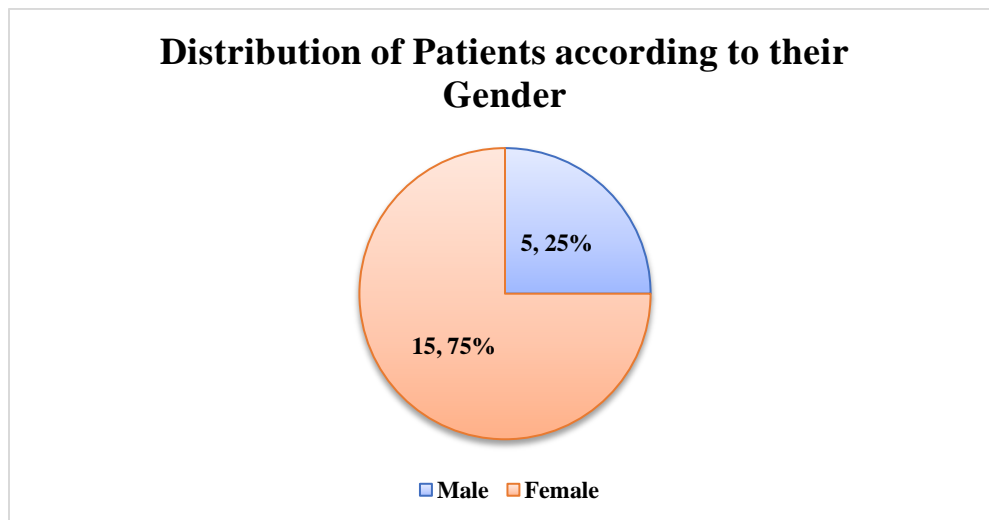
		No. of Patients	%
Age group (Years)	18-24	2	10.0
	25-28	18	90.0
	Total	20	100.0
Gender	Male	5	25.0
	Female	15	75.0
	Total	20	100.0

**Chart 1 - Distribution of Age Group**



Among 20 volunteers it was observed that 2 volunteers were between age group of 18-24 years 18 volunteers were between age group of 25-28 years.

**Chart 2 - Distribution of Gender**

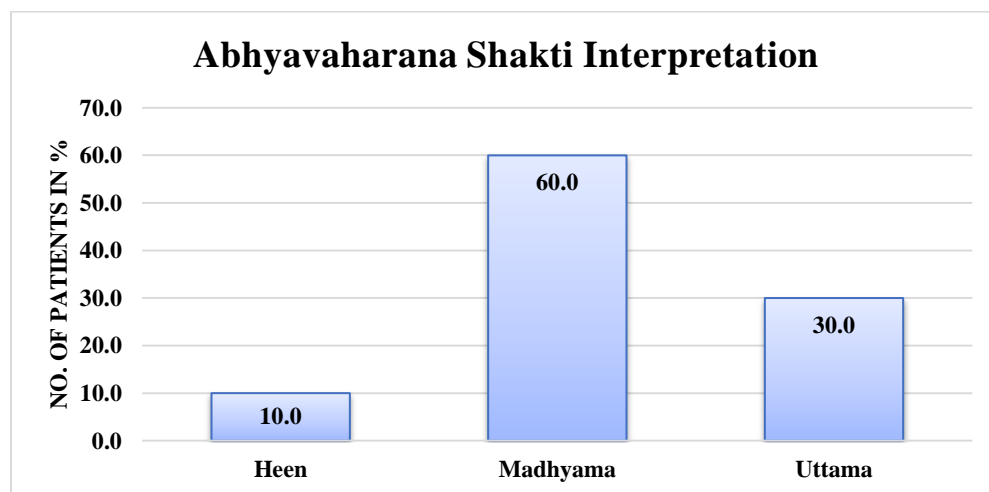


Among 20 Observed volunteers 5 were Males and 15 were Females

**Table -2 Distribution of Jathragni**

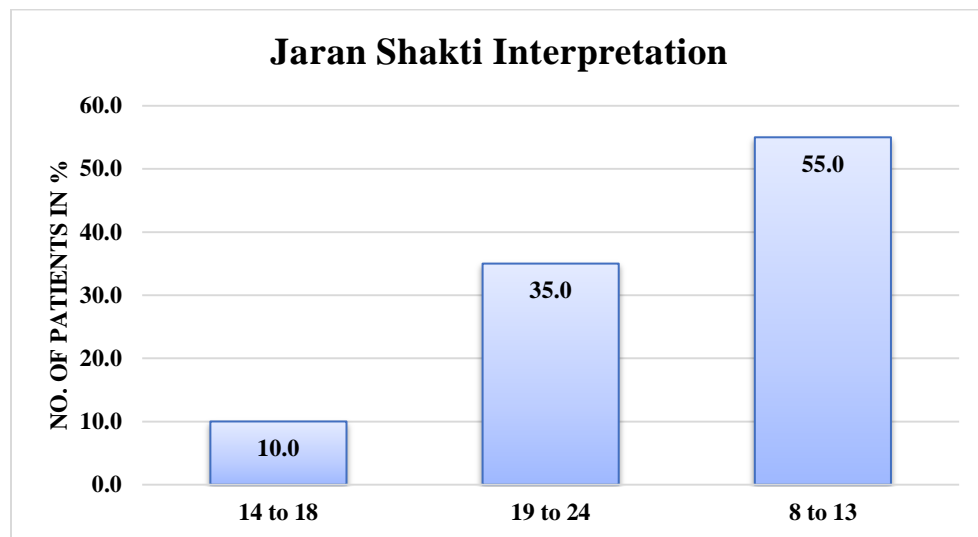
		No. of Patients	%
<i>Abhvaharana Shakti</i> Interpretation Score	<i>Heen</i>	2	10.0
	<i>Madhyama</i>	12	60.0
	<i>Uttama</i>	6	30.0
	Total	20	100.0
<i>Jarana Shakti</i> Interpretation	14 to 18 ( <i>Samagni</i> )	2	10.0
	19 to 24 ( <i>Tikshnagni</i> )	7	35.0
	8 to 13 ( <i>Mandagni</i> )	11	55.0
	Total	20	100.0
Nature Of Agni	Urcertain, <i>Vishama</i>	12	60.0
	Certain	8	40.0
	Total	20	100.0
<i>Jatharagni Vinishchaya</i>	<i>Vishamaagni</i>	12	60.0
	<i>Samagni</i>	2	10.0
	<i>Tikshnagni</i>	5	25.0
	<i>Mandagni</i>	1	5.0
	Total	20	100.0

**Chart 3 - Distribution of Abhyavaharana shakti**



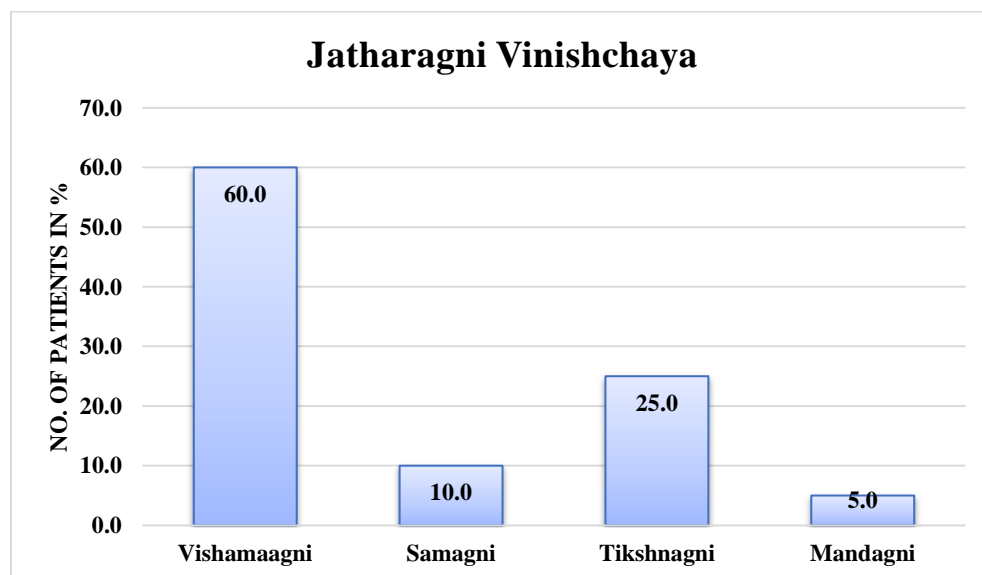
Among 20 volunteers it was observed that 2 volunteers *Abhvaharana Shakti* had *Heen* and 12volunteers *Abhvaharana Shakti* had *Madhyama* and 6 volunteers *Abhvaharana Shakti* had *Uttama*.

Chart 4 - Distribution of Jaran shakti



Among 20 volunteers it was observed that *Jarana Shakti pariksha* 11 volunteers had *Mandagni* (8 to 13) and 2 volunteers had *Samagni* (14 to 18) and 7 volunteers had *Tikshnagni* (19 to 24).

Chart 5 - Distribution of nature of Jatharagni



Among 20 volunteers it was observed that Nature of Agni 12 volunteers had Uncertain, Vishama and 8 volunteers had Certain.

Among 20 volunteers it was observed that Jatharagni Vinishchaya 12 volunteers had Vishamaagni, 2 volunteers had Samagni, 5 volunteers had Tikshnagni and 5 volunteers had Mandagni.

**Table -3 Distribution of Rasa Kshya - Vriddhi and nature of Jatharagni (Tests of Association)**

Sr. No	Association between	Association Test	Test statistic value	p - value	Result
1	Rasa Kshaya and Abhyavaran Shakti	Fisher's Exact Test	21.348	0.025	S
2	Rasa Kshaya and Jatharagnivinichya	Linear-by-Linear Association	4.898	0.024	S

**Table -4 Correlation Coefficients**

	Correlation Between	Pearson Correlation	p - value	Kendall's tau b	p - value	Spearman's rho	p - value
1	Rasa Kshaya and Jarana Shakti	-0.573**	0.008(S)	-.423*	0.015(S)	-0.548*	0.012(S)
2	Rasa kshaya and Jatharagnivinichya	-0.508*	0.022(S)	-.404*	0.034(S)	-0.472*	0.035(S)

## DISCUSSION

**Table – 3** shows the association tests. We found association between *Rasa kshaya* and *Abhyavaran Shakti*, Fisher's Exact test statistics value is 21.348 with p – value 0.025 which is less than 0.05 (significance level). i.e., there is significance association between *Rasa kshaya* and *Abhyavaran Shakti* of the patients. Also, test statistic value for *Rasa kshaya* and *Jatharagnivinichya* is 4.898 with p – value 0.024 which is less than 0.05 (significance level). i.e., there is significance association between *Rasa kshaya* and *Jatharagnivinichya*.

**Table – 4** shows the correlation coefficient values. We found correlation between *Rasa kshaya* and *Jarana Shakti*, Pearson Correlation value is -0.573 with p – value 0.008, other non-parametric correlation coefficients value also -0.548 which is significant (less than 0.05, significant level). There is strong negative correlation between *Rasa Kshaya* and *Jarana Shakti* i.e.,



Also, Pearson Correlation coefficient value for *Rasa kshaya* and *Jatharagnivinchya* is -0.508 with p – value 0.022, Spearman's rho value is -0.472 with p – value 0.035 which is significant (less than 0.05, significant level). There is strong negative correlation between *Rasa kshaya* and *Jatharagnivinchya*.

## CONCLUSION

*Agni* is the most important factor for the living body according to *Ayurveda*, which is responsible for digestion, absorption and assimilation of the food taken and therefore it plays very important role to maintenance of life.<sup>[9]</sup>

If *Agni* is functioning properly in a person, then his *Rasa dhatu* is normal, but if function of *Jathragni* is not proper then *Rasagni* is low, so the efficiency of the transformation is reduced. The quantity of *Rasa* produced is actually greater but it is of poor quality. When the *Rasagni* is too high, it efficiently converts *Ahara Rasa* to *Rasa Dhatu*, but also burns up some of the *Rasa Dhatu* that is being produced.<sup>[8]</sup> Thus, a smaller amount of *Rasa Dhatu* is produced and there is deficiency

Therefore, *Rasa Dhatu Kshya* *Vridhdhi* is dependent on *Jathragni*

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