

Physiological basis of Saptadravyasangraha in Ayurveda.

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Abstract: *Saptadravyasangraha is an important Ayurvedic concept that explains the collective involvement of Tridosha (Vata, Pitta, Kapha) and four Dushyas (Rasa, Rakta, Mamsa, Lasika) in the manifestation of diseases, especially Kushtha. It reflects the functional status of Doshas and Dhatus and their role in maintaining physiological balance in the body. Proper coordination among these components is essential for normal body functions, whereas disturbance leads to functional impairment and disease development. The concept is derived from the Samprapti of Kushtha Roga and helps in understanding the extent of involvement of various components in disease progression. Thus, understanding Saptadravyasangraha provides a valuable tool for assessing disease severity and its progression.*

Keywords: Saptadravyasangraha, Tridosha, Dushya, Rasa, Rakta, Mamsa, Lasika, Kushtha Roga, Doshā-Dhatu Interaction, Disease Manifestation, Ayurveda, Samprapti

I. INTRODUCTION

Ayurveda explains the maintenance of health through the equilibrium of Doshas and Dhatus. Saptadravyasangraha represents the combined involvement of seven essential factors—three Doshas (Vata, Pitta, Kapha) and four Dushyas (Rasa, Rakta, Mamsa, Lasika)—which play a vital role in disease manifestation. The concept of Saptadravyasangraha is derived from the Samprapti of Kushtha Roga, where multiple components are involved simultaneously in the disease process.

These components are responsible for various functions such as movement, metabolism, nourishment, circulation, and structural integrity of the body. Vata governs movement and transport, Pitta regulates metabolic and transformative processes, while Kapha maintains stability and structure. Similarly, Dhatus like Rasa and Rakta are responsible for nourishment and vitality, whereas Mamsa and Lasika contribute to structural support and fluid balance.

Any disturbance in the normal functioning or coordination of these components leads to imbalance in the body, which ultimately results in the manifestation of disease. The seven components include:

- Vata
- Pitta
- Kapha
- Rasa
- Rakta
- Mamsa
- Lasika

These elements together govern all physiological processes and maintain homeostasis.



Components of Saptadravyasangraha

(A) Tridosha:

1. Vata

- Asthi (bone tissue) resides in Vata as its Ashraya. When Vata increases, it leads to depletion (Kshaya) of Asthi.
- Governs movement, nervous system activity, and circulation
- Responsible for respiration, locomotion, and sensory-motor functions
- Imbalance leads to pain, dryness, and neurological disorders

2. Pitta

- Pitta Dosha is present in Rakta, and Pitta is also the Mala (by-product) of Rakta Dhatu.
- Controls metabolism, digestion, and body temperature
- Responsible for enzymatic and hormonal activities
- Imbalance causes inflammation, acidity, and burning sensations

3. Kapha

- Rasa, Mamsa, Meda, Majja, Shukra, Mutra, and Purisha are the Dushyas of Kapha, and they reside in Kapha as their Ashraya.
- This means that with the decrease or increase of Kapha, there will be a corresponding decrease or increase in them as well.
- Kapha is the Mala (by-product) of Rasa Dhatu.
- Provides structure, lubrication, and stability
- Maintains immunity and tissue cohesion
- Imbalance leads to heaviness, edema, and lethargy.

(B) 4 Dushyas:

1. Rasa

- Kapha and Lasika are the Malas (by-products) of Rasa Dhatu.
- Primary nourishing fluid (similar to plasma/lymph)
- Provides nutrition to all tissues
- Deficiency causes fatigue, dryness, and poor immunity

2. Rakta

- Pitta Dosha is present in Rakta, and Pitta is also the Mala (by-product) of Rakta Dhatu.
- Vital for oxygen transport and vitality
- Imbalance leads to skin disorders, bleeding conditions

3. Mamsa

- Represents muscle tissue
- Provides strength and body structure
- Imbalance causes wasting or abnormal growth

4. Lasika

- It is considered the mala (waste product) of *Rasa* Dhatu and is also regarded as a site of Pitta Dosha
- Corresponds to lymphatic fluid
- Maintains fluid balance and immunity
- Disorders lead to swelling, infections, and poor healing

Physiological Significance

Saptadravyasangraha reflects the integrated and coordinated functioning of Doshas and Dhatus. The normal state of these components ensures proper physiological functioning of the body. Vata facilitates movement and transportation,



Pitta regulates metabolic transformations, and Kapha maintains structural stability. Dhatus, on the other hand, provide nourishment, strength, and support to the body tissues.

The coordination between Dosha and Dhatu ensures normal circulation, proper tissue nourishment, balanced metabolic activities, and maintenance of structural integrity. When Tridoshas become vitiated, they disturb the normal functions of Rasa, Rakta, Mamsa, and Lasika. This results in functional impairment at multiple levels, affecting overall physiological balance.

Role in Disease (Kushtha Roga)

In Kushtha Roga, vitiated Doshas interact with Dushyas and establish the Samprapti. The involvement of multiple components of Saptadravyasangraha indicates the extent of functional disturbance within the body. As more components become involved, the impairment of normal body functions increases, leading to more severe manifestation of the disease.

Mild involvement → Minimal functional disturbance

Moderate involvement → Noticeable impairment of body functions

Severe involvement → Extensive functional disturbance

Thus, Saptadravyasangraha plays a crucial role in understanding the severity, progression, and complexity of Kushtha Roga.

Clinical Importance

Saptadravyasangraha has significant clinical relevance in Ayurveda, particularly in understanding disease mechanisms and planning treatment. It helps in:

Assessing the severity of disease

Understanding the extent of Dosha–Dhatu involvement

Evaluating the progression of disease

Guiding appropriate treatment strategies

Predicting prognosis based on component involvement

II. CONCLUSION

Saptadravyasangraha is a significant concept in Kriya Sharir that explains the functional involvement of Doshas and Dhatus in disease manifestation. The coordinated functioning of these components is essential for maintaining normal physiology. Any disturbance in their balance leads to functional impairment and disease development. Greater involvement of Saptadravyasangraha components reflects increased functional disturbance in the body, which directly correlates with disease severity. Hence, it serves as an important parameter for understanding the physiological basis, progression, and clinical assessment of diseases.

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