



CLASS 5

FUNDAMENTALS OF AYURVEDA

DHATUS (TISSUES)



Tissues are the building blocks of our body.

Our body comprises of 7 types of tissues

They are; *Rasa, Rakta, Mamsa, Meda, Asthi, Majja*
and *Shukra*

The food we eat converts into *Prana* and nourishes
our tissues

DHATUS (TISSUES)



Only when our digestive processes are healthy do
our tissues receive nutrition

Improper digestion causes improper formation of
nutrients

Improperly formed nutrients cannot nourish the
body resulting in mal-nourishment

DHATUS (TISSUES)



Improper formation of nutrients also causes another problem;

It converts into toxins and obstructs the flow of Prana and nutrients in the body.

This results in several symptoms.

DHATUS (TISSUES)



Each of these tissues are made of millions and millions of cells.

Every cell in itself has its ability to digest food in the form of nutrients.

And, every cell excretes toxins after digestion.

DHATUS POSHANA (TISSUES NOURISHMENT)



Tissues nourishment happens in two stages;

1. *Poshya bhaga* - self nourishment
2. *Poshaka bhaga* - Provides for nourishment to the next tissue and also *Upadhatu* (subsidiary tissues)

DHATUS POSHANA (TISSUES NOURISHMENT)



The whole cycle of tissue nourishment, regeneration and rejuvenation takes about 36 days to complete.

Each of these tissues get nourished as well as support the nourishment of other tissues.

UPA DHATU (SUBSIDIARY TISSUES)



1. Rasa dhatu gets its nourishment in about 5 days from the day you consumed your meal.

Stanya (Breast milk), *Shukra* (Semen), *Artava* (Menstrual blood and ovum) are regenerated by *Raasa Dhatu*. The *Poshaka Bhaga* nourishes *Rakta Dhatu*

Rasa Dhatu comprises of blood plasma, serum, and lymphatic fluids and more

UPA DHATU (SUBSIDIARY TISSUES)



2. *Rakta dhatu* takes about 10 days to get regenerated.

It nourishes - *Siras* (veins), *Dhamani* (arteries and capillaries), *Kandara* (tendons).

The *Poshaka bhaga* nourishes *Mamsa Dhatu*

UPA DHATU (SUBSIDIARY TISSUES)



3. It takes about 15 days for *Mamsa Dhatu* to get its nourishment.

It regenerates *Vasa* (muscle fat), *Twak* (skin) and its *Poshaka Bhaga* nourishes the fat tissue or *Meda Dhatu*.

The 7 layers of skin are called;
Avabhasini, Lohita, Shweta, Tamra, Vedini, Rohini, Mamsadhara (sebaceous glands)

UPA DHATU (SUBSIDIARY TISSUES)



4. *Meda Dhatu* is regenerated about 20 days from the day you ate your meal

Meda Dhatu regenerates *Snayu* (Ligaments, nerves) and *Sandhi* (joints)

The *Poshaka Bhaga* regenerates *Asthi Dhatu* or bone tissue

UPA DHATU (SUBSIDIARY TISSUES)



5. *Asthi Dhatu* regenerates in about 25 days

Asthi Dhatu creates *Roma* (body hair), *Nakha* (Nails)

The *Poshaka Bhaga* regenerates *Majja Dhatu* or Bone marrow and nerve tissues

UPA DHATU (SUBSIDIARY TISSUES)



6. *Majja Dhatu* regenerates in about 30 days

Majja Dhatu creates *Charma Sneha* (body oil), *Netra Vit* (thick secretions from eyes), *Pureesha Sneha* (mucous in faeces)

The *Poshaka Bhaga* regenerates *Shukra Dhatu* or Sperm, Ovum and Menstrual fluids

UPA DHATU (SUBSIDIARY TISSUES)



7. *Shukra Dhatu* regenerates in about 35 days

Shukra Dhatu creates *Charma Sneha* (body oil), *Netra Vit* (thick secretions from eyes), *Pureesha Sneha* (mucous in faeces)

UPA DHATU (SUBSIDIARY TISSUES)



8. On the 36th day, *Ojus* gets regenerated.

DHATU MALA (TISSUE EXCREMENTS)



1. *Rasa Dhatu* excretes *Kapha*
2. *Rakta Dhatu* excretes *Pitta*
3. *Mamsa Dhatu* excretes - *Karna mala* (ear wax), *Netra mala* (eye discharges), *Asya mala* (oral debris), *Roma kupa mala* (oily secretion of sebaceous [oil/fat] glands)

DHATU MALA (TISSUE EXCREMENTS)



4. *Meda Dhatu* excretes - *Sweda* (sweat)
5. *Asthi Dhatu* excretes - *Roma* (body hair), *Nakha* (Nails)
6. *Majja Dhatu* excretes - *Charma Sneha* (body oil), *Netra Vit* (thick secretions from eyes), *Pureesha Sneha* (mucous in faeces)
7. *Shukra Dhatu* excretes - Moustache



END OF CLASS 5

FUNDAMENTALS OF AYURVEDA