

A Review of Dhatu Sarata in Sports

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Abstract

Ayurveda has described various principles which are applicable in the field of Sports. Ayurveda is an unique fundamental concept for prevention and promotion of health. Ayurveda is mainly based on the three components, Dosha, Dhatu, Mala any disturbance in these causes ill health. The strength of the Dhatu can be examined with the help of Sarata Parikshan .It is an method in which includes both the physical and physiological aspect of an individual. With the help of Sarata Parikshan the excellent Dhatu can be identified. The identification of the qualities of Dhatu can help in improving the qualities of players playing any Sport.

Keywords: Dhatu, Sports, Dhatu Sarata.

Introduction

Ayurveda being a distinguish system of medicine it is associated with the health of an individual. It is stated by ancient saints that Ayurveda is the way of attaining and maintaining .Dosha. Dhatu, Mala are basic of everybody any disturbance in it causes ill health. Dhatu is an important component in human being .Dhatu Bala is examined with the help of Dhatu Sarata ,so the Dhatu Sarata should be examined. Sarata of any Dhatu is the most purest form of that Dhatu i.e the essence of the Dhatu .Sara is an important diagnostic tool in the Dashavidha Prikshan. In Vimansthan Acharya Charak has explained Sarata Parikshan as one of the examination tool to examine Bala.

In today's era Sports is gaining importance .Sport is also emerging as an career option in today's world. The main thing which is essential in this field is strength i.e Bala. Bala can be attained with the help of exercise, mental stability, and proper physique. In Sarata not only the physical but also the mental component of an player are taken into consideration. By finding out the essential sports wise Sarata the quality of game can be improve.

AIM

To Study the importance if Sarata Parikshan in Sports

Objectives

- 1) To Study the importance of Sarata in Sports.
- 2) To Study how Sarata Parikshan will be helpful for improving the quality of Sport

Material and Method

All classical texts available have been reviewed Database available is also studied.

Study Ratiionale

Ayurveda have an effect in the field of sports. With the examination of Dhatu sarata parikshan the qualities of players can be improved which can lead to the improvement in the level of that sport.

Review of Literature

The three pillars of Ayurveda are Dosha, Dhatu, Mala. Among which the Dhatu is an important content. It is meant for the durability of living organism. The very main reason to study the Dhatu is to understand the pathology of disease. Dhatu is considered as an important element constituting various cellular arrangements of human body. By studying Dhatu Sarata we can explore the physical and physiological areas of an individuals.

According to Ayurveda Dhatu are of seven types Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra. All of them have different and a specific function associated to them. The main function of Dhatu is to be in a balance state and give support to an individual along with doing their specific function.

Sarata is known to be the most purest and the excellence form of the Dhatu. Sarata is an tool to find out the Bala of an individual. A person with excellent sarata is said to be a perfectly healthy person. According to different Acharyas Sarata is divided into 8 types and any Kashyap has added one more sarata. Twak Sarata, Rakta Sarata, Mamsa Sarata, Meda Sarata, Asthi Sarata, Majja Sarata, Sukra Sarata and Oja Sarata

1) Twak Sarata

Physical characteristic- Individuals having the excellence of twak sara or skin are the characteristics by Snigdha (unctuous), Shlakshna (smooth), Mrudu (soft), Prasanna (clear), Sukshma (fine, delicate), Alpa (less in number), Gambhir (deep rooted), Sukumar (tender hair) and luster skin.

Mental characteristics- Such individuals are Sukha (endowed with happiness), Saubhagya (good fortune), aishwarya (power), upabhog (enjoyment), Budhi (intellect), vidya (knowledge), Arogya (health), Praharshana (excitement), ayushya (longevity)¹

2) Rakta Sarata

Physical Characteristic- Individuals having excellence of Rakta or blood are characterized by Snigdha (unctuousness) rakta varna (red colour), Shrimad Bhrajishnu (beautiful dazzling appearance) of karna (ear), akshi (eyes), mukha (face), jivha (tongue), nasa (nose), oshta (lips) panipada tala (sole of the hands and feet), nakha (nails), lalata (forehead), mehana (genital organs).

Mental Characteristics- Such individuals are endowed with Sukham (happiness), Udhatam medha (great genius), Manaswitam (enthusiasm), Saukumarya (tenderness) Anatibala (moderate strength) Kleshahishnutyam (inability to face difficulties). They cannot bear warm environment.²

3) Mamsa Sarata

Physical Characteristic- Individuals having the excellence of Mamsa Dhatu are characterized by Sthir (stability), Guru (heaviness), Shubha (beautiful appearance), Mamsaupachit (plumpness) of Shankhya (temples), lalata

(forehead), *krukatika* (nape), *Akshiganda* (eyeball) *hanu* (cheek) *griva* (neck) *Skanda* (shoulder) *Udara* (abdomen) *Kaksha* (axilla) *vaksha* (chest) *Panipada* ^{sandhanaya} (joints of upper and lower limbs) being covered with flesh.

Mental Characteristic-Such individuals are endowed with *Kshama* (forgiveness), *Dhruti* (patience) *Alouyam* (non greediness), *Vitta*(wealth), *Vidya* (knowledge), *Sukham* (happiness), *Arjavam* (simplicity), *Arogyam* (health) ,*bala* (strength),*dirgaayushya* (longevity).³

The bones and joints of these people are well covered with muscle mass

4) Meda Sarata

Physical Characteristic -Individuals having the excellence of *Meda Dhatu* are characterized by the *Vishesh sneha* (abundance of unctuousness) in *Varna* (complexion) ,*swar* (voice) *netra* (eyes) *kasha* (hair of the head and other parts of the body), *nakha* (nails), *danta* (teeth), *oshta* (lips) *mutra* (urine) and *purisha* (faces).

Mental Characteristic- Such individuals are endowed with *Vitta* (wealth) *Aishwary* (power), *Sukham* (happiness), *Upabhog* (enjoyment) *Pradani* (charity) *Arjavam* (simplicity), *Sukumar* (delicate habits)These individuals have unctuous of urine, sweat and voice. Their bodily physique is stout.⁴

5) Asthi Sarata

Physical Characteristic- Individuals having the excellence of *Asthi Dhatu* or bone tissue are characterized by *Sthul* (Robust) *Parshani* (ankles), *Gulpha* (knees), *janu* (knees),*Aratani* (fore-arms), *Jataru* (collar-bone), *Chibuk* (chin), *Shir* (head) *Parva* (joints), *nakha* (nails), *Danta* (teeth).

Mental Characteristic-Such individuals are *Mahoutsaha* (very enthusiastic), *kriyavanta* (active), *kleshasaha* (capable to face difficulties) *Sara sthir sharir* (strong and firm bodies)as well as longevity.⁵

6) Majja Sarata

Physical characteristic- Individuals having the excellence of *majja* or marrow are characterized by *Mruduvanga* (softness of organs), *balavanta* (strength), *Snigdha varna* (unctuous complexion) *Snigdha swara* (unctuous voice), *sthum dirgha vrutta sandhi*(robust long and rounded joints).

Mental Characteristic -Such individuals are endowed with *dirghaayusha* (longevity), *Balavata* (strength), *Shruta* (learning), *vidnyana* (wealth)knowledge ,progeny and honour These individuals have big eyes ,good strength, and a deep voice.⁶

7) Shukra Sarata

Physical Characteristic- Individuals having the excellence of *Sukra Dhatu* are characterized by *Saumya* (gentleness), *Saumyaprekshina* (gentle look), *Kshirpurna lochan* (having eyes filled with milk), *Praharsha*(cheerfulness), *Snigdha* (unctuous)*Vrutta*(round), *saar*(strong), *sama*(even)*samhata*(beautiful) teeth,and *Snigdha varna*(unctuous complexion),*Snigdha swar*(unctuous voice),*Bhrajishnu*(dazzling appearance)and *mahasfikh*(large buttocks).

Mental Characteristic- Such individuals are *Streepriya*(loved by women), *Balawanta*(strong), and endowed with *Sukha*(happiness), *Aishwarya*(power) ,*Arogya*(health), *Vitta*(wealth),*Samman*(honor),*Apatya*(children). These individuals have an unctuous strong set of teeth and nail.⁷

8) Satva Sarata

The individuals having excellence of mental faculties are characterized by *Smrutimanta* (good memory), *Bhaktimanta* (devotional), *Krutadnya* (gratefulness), *Pradnya* (wisdom), *Shuchi* (purity), *Mahoutsaha* (excessive enthusiasm), *Daksha* (skill), *Dheer* (courageous), *Samarvikranta yodha* (valor in fighting), *taktavishadata* (absence of sorrow), *Suvyastithagati* (proper gait) *Gambhir Buddhi* (depth of wisdom) *Suivyasathith cheshta* (sincerity in actions) *Kalyanabhinivesh* (virtuous acts).

In sports not only the physical but also the mental stamina and strategic thinking is important. In a game a sports person needs strength as well as emotional strategic planning. In this study an attempt is made to evaluate the *sarata* which may lead to improve the quality of the game.⁸

Sports Physiology

Sports physiology is the study of exercise alters the function and structure of body . It is also described as the long and short term effect of exercise on the muscles. Sports physiology is the ultimate to which several of the bodily mechanisms can be stressed.

The sports science or sports physiology is the science that studies the application of scientific principles and techniques to improve sports performance. It is an helpful in measure for evaluation of physiological capacity of athlete. It also helps in the better selection process of the players. It mainly contributes to the muscular mechanism and muscular endurance during exercise that is during playing a game .It also plays an role in the study of the effect of exercise on the body.

Helpful in the detection of the emerging talent in players, also with the help of this the energy requirement for different games can also be determine that is the exact nutrition needed by an athlete can be determine.

Sports physiology is also useful in sports injuries. It inculcates a sports discipline in the players, improves there sports performance give knowledge about the profit and loss means the good and the bad quality of the players from physiological point of view.

And at the last it also helpful for further research work regarding he development of the knowledge of the athlete, the coaches the instructor.

Discussion

Excellence is a continuous process. Keeping in view dynamic state of *Dhatu*s and other physiological characteristics like *Satva* , *Samhanana* etc we can make this journey to excellence very comfortable. So for achieving excellence a specific structure is required related to composition of body tissue elements like *Dhatu*s. The physical fitness and physiological characteristics play the most decisive role for attaining excellence. Physical attributes only cannot judge the eligibility the psychological attributes are also important and together *sarata* proves important.

This study concludes that occurrence of *Sarata* can be studied in all sports to understand basic body physiology along with psychological requisites for the game. *Sarata* could prove important tool along with other Ayurvedic parameters like *Prakriti*, *Samhanan*, *Satva* etc and new analytical sports physiology can be stated where Ayurvedic principles will work in synergy with modern eligibility criteria. This holistic methodology for sports understanding is necessary to begin a new chapter in applied aspect of Ayurveda in Sports.

Conclusion

Examination of sarata helps to improve the mental and the physical status of an individual. With the improvement in the qualities it can be benefited to the sports

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