



Review Article

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## A CONCEPTUAL AND CLINICAL REVIEW OF MAMSA SAARATA IN AYURVEDA WITH MODERN PERSPECTIVE

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### Abstract

Mamsa Saarata is one among the eight types of Dhatu Saarata described in Ayurveda and denotes the excellence, purity, and functional superiority of Mamsa Dhatu (muscle tissue). Individuals possessing superior quality of Mamsa Dhatu are termed as Mamsa Saara Purusha. Classical Ayurvedic texts describe such individuals as having well-developed musculature, compact joints, physical stability, endurance, patience, and longevity. Mamsa Saarata reflects both structural and functional integrity of muscle tissue and significantly contributes to Bala (strength), Vyadhikshamatva (immunity), and overall health. Modern interpretation correlates Mamsa Saarata with muscle mass, musculoskeletal fitness, metabolic efficiency, physical endurance, and protein nutritional status. The present review critically analyzes the classical concept of Mamsa Saarata and its modern scientific relevance.

### Keywords:

Mamsa Saarata, Mamsa Dhatu, Bala, Muscle tissue, Ayurveda, Dhatu Saarat

## Introduction:

*Ayurveda* considers *Dhatus* as the fundamental structural entities responsible for maintenance and sustenance of the body. Among the *Sapta Dhatus*, *Mamsa Dhatu* plays a vital role in providing shape, covering, strength, and movement to the body.[1] The qualitative excellence of *Mamsa Dhatu* is termed as “*Mamsa Saarata*.” *Acharya Charaka* included *Saarata* examination under *Dashavidha Pareeksha* for assessment of *Bala* and constitutional status of an individual.[1] *Mamsa Saarata* specifically reflects the superior quality and optimum functioning of muscular tissue.

*Mamsa Saara* individuals exhibit compact musculature, stable joints, enhanced endurance, and psychological stability.[1] These characteristics indicate the holistic relationship between muscular health and psychosomatic well-being. In modern science, skeletal muscles are recognized not only for locomotion but also for metabolic regulation, endocrine activity, immune modulation, and physical resilience.[4] Therefore, the Ayurvedic concept of *Mamsa Saarata* has significant relevance in current integrative healthcare.

## Materials and Methods :

The present review article was compiled through extensive literary review of classical Ayurvedic texts and modern scientific concepts. The primary references include:

- Charaka Samhita
- Sushruta Samhita
- Ashtanga Hridaya
- Ashtanga Sangraha

Commentaries by Chakrapani and modern Ayurvedic literature were also reviewed. Relevant information regarding *Nirukti*, *Lakshanas*, functional importance, examination methods, and modern correlations of *Mamsa Saarata* were critically analyzed.

## Review of Literature

### Nirukti of Saara

The term “*Saara*” means excellence, essence, stability, and purity. According to Ayurveda:

> “सार शब्देन विशुद्धतरो धातु उच्यते”

Meaning: The purest state of Dhatu is called Saara.[1]

Another definition states:

> “सारो बले स्थिरांशे च”

Meaning: Saara represents strength and stability.[1]

Thus, *Mamsa Saarata* refers to the superior qualitative state of *Mamsa Dhatu* responsible for optimal structural and functional efficiency.

*Mamsa Dhatu* : *Mamsa Dhatu* is the third *Dhatu* formed after *Rakta Dhatu* during the process of *Dhatu Parinama*. [2]

### **Functions of Mamsa Dhatu :**

According to Ayurveda, functions of *Mamsa Dhatu* include:

- *Lepana* (covering and protection)
- *Cheshta* (movement)
- *Bala* (strength)
- *Deha Pushti* (body nourishment) [2]
- *Mamsa Dhatu* supports body posture, movement, joint stability, and protection of internal organs.

### **Modern Perspective :**

Modern physiology recognizes skeletal muscles as:

- Locomotor organs
- Protein reservoirs
- Metabolic regulators
- Endocrine organs secreting myokines [4]

Hence, *Mamsa Dhatu* can be correlated with the musculoskeletal and metabolic systems.

### **Definition of Mamsa Saara Purusha :**

Acharya Charaka described *Mamsa Saara Purusha* as individuals possessing predominant excellence of *Mamsa Dhatu*. [1]

Such individuals have:

- Well-developed muscles
- Compact body structures
- Stable joints
- Strong physique
- Excellent endurance

### **Classical Features of Mamsa Saara Purusha :**

According to Charaka

Acharya Charaka described:

“शंखललाटाक्षिगण्डहनुग्रीवस्कन्धोदरकक्षवक्षःपाणिपादसन्धयो गुरु स्थिर शुभ मांसोपचिताः” [1]

Temples, forehead, cheeks, jaw, neck, shoulders, chest, abdomen, axilla, hands, feet, and joints are well covered with muscles. Body parts are compact, stable, symmetrical, and well nourished. Charaka further mentioned that such individuals are:

- Kshama (tolerant)
- Dhritiman (patient)
- Alolupta (not greedy)
- Balavan (strong)
- Deerghayu (long-lived)[1]

### **According to Sushruta**

Acharya Sushruta described Mamsa Saara individuals as:

Well-built

Muscular

Physically stable

Compactly structured.[5]

### **According to Vagbhata**

Vagbhata mentioned that Mamsa Saara individuals possess:

- Strength
- Endurance
- Stable body frame
- Prosperity and longevity.[6]

Specialized Features of Mamsa Saarata

**1. Muscular Compactness :** Mamsa Saarata is characterized by compact and proportionately distributed musculature.[1]

#### **Modern Correlation:**

- Lean body mass
- Muscle density
- Balanced body composition
- Good protein synthesis

#### **2. Joint Stability**

Proper muscular support maintains stability of Sandhis (joints).[1]

#### **Modern Correlation:**

- Strong musculature stabilizes joints and prevents:

- Joint injuries
- Ligament strain
- Musculoskeletal degeneration

### **3. Physical Strength and Endurance**

Mamsa Saara individuals exhibit superior physical tolerance and working capacity.[1]

Modern Correlation This resembles:

- High muscular endurance
- Increased mitochondrial efficiency
- Better aerobic and anaerobic performance

### **4. Protection of Vital Structures**

Mamsa Dhatu protects underlying organs and skeletal structures.[2]

**Modern Correlation :**

- Muscles act as:
- Shock absorbers
- Protective tissue layers
- Postural stabilizers

### **5. Psychological Stability**

Mamsa Saara individuals possess patience, emotional control, and confidence.[1]

**Modern Correlation :**

- Modern studies show regular muscle activity and physical fitness improve:
- Mental health
- Stress tolerance
- Emotional stability
- Cognitive performance

Assessment of Mamsa Saarata

Through Trividha Pareeksha

#### **1. Darshana Pareeksha**

Observation of Muscular bulk

- Body symmetry
- Compactness
- Physique.[1]

## **2. Sparshana Pareeksha**

Assessment of Muscle tone

- Firmness
- Stability
- Compactness.[1]

## **3. Anumana Pareeksha**

Inference regarding:

- Strength
- Endurance
- Working efficiency
- Psychological tolerance.[1]

### **Relation of Mamsa Saarata with Bala**

Charaka emphasized that Bala should not be judged merely by body size.[1]

A person with lean body may possess superior Saarata and greater strength, while a corpulent person may lack endurance.

Thus: Mamsa Vriddhi  $\neq$  Mamsa Saarata

Quantity of muscle alone does not indicate quality

### **Modern Correlation :**

- Functional fitness
- Muscle quality
- Neuromuscular efficiency
- Sarcopenia assessment

### **Factors Influencing Mamsa Saarata**

External Factors

**Ahara :** Nutritious and protein-rich diet promotes Mamsa Dhatu nourishment.[2]

### **Recommended foods:**

Milk

Ghrita

Mamsa Rasa

Mudga

Shashtika Shali

### **Vihara :**

- Regular Vyayama
- Adequate sleep
- Balanced lifestyle
- These support muscle health and tissue nourishment.

### **Role of Agni :**

Proper functioning of *Jatharagni Dhatwagni* is essential for muscle tissue formation and nourishment.[2]

#### Modern Correlation

- Digestion
- Nutrient absorption
- Protein metabolism
- Cellular anabolic activity

### **Clinical Importance of Mamsa Saarata**

#### **1. Assessment of Nutritional Status**

Mamsa Saarata reflects:

- Protein nutritional adequacy
- Muscle health
- Tissue nourishment

#### **2. Prognostic Importance**

Pravara Mamsa Saarata individuals show:

- Better recovery
- Greater immunity
- Better stress adaptation

#### **3. Therapeutic Importance**

Assessment helps determine:

- Drug dosage
- Panchakarma suitability
- Exercise prescription
- Dietary recommendations

#### **4. Relevance in Modern Disorders**

Mamsa Saarata assessment may be useful in:

- Sarcopenia

- Malnutrition
- Cachexia
- Rehabilitation medicine
- Sports medicine

### **Discussion:**

Mamsa Saarata is a multidimensional concept reflecting structural, functional, metabolic, and psychological excellence of muscular tissue. Classical Ayurvedic texts emphasized not merely muscle bulk but compactness, endurance, and stability.

Modern medicine also recognizes skeletal muscle as an important metabolic and endocrine organ influencing immunity, metabolism, posture, and overall physical function.

The concept of Mamsa Saarata resembles:

- Muscle quality
- Functional reserve
- Metabolic fitness
- Physical resilience

Thus, assessment of Mamsa Saarata can contribute significantly to personalized healthcare, rehabilitation, sports medicine, geriatric care, and preventive medicine.

### **Conclusion**

Mamsa Saarata represents the qualitative excellence and functional superiority of Mamsa Dhatu. It is characterized by compact musculature, stable joints, physical strength, endurance, patience, and longevity. The concept extends beyond muscle bulk and includes metabolic and psychological efficiency. Modern scientific understanding of muscle physiology supports many principles described in Ayurveda regarding Mamsa Saarata. Therefore, Mamsa Saarata remains highly relevant in integrative and personalized healthcare.

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