

PHYSIOLOGICAL STUDY OF RAKTA DHATU SARATA AND IT ASSOCIATION WITH GRASPING POWER OF BRAIN(MEDHA)

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ABSTRACTS:

Asta Dhatu Sarata especially explain strength of person ,and dhatu sarata is special feature of Ayurveda. Rakt Dhatu sarta especially explain in Brilliants person. In This study we observe Raksaratt of 30 students of 10th class school who got A+ and A grade in 9th class of different school and divisions of age group 15 to 17 age group .This is survey type correlation research .Statistical Analysis shown that “There is relation between Rakta dhatu sarata and Grasping power of Brian (Medha)”. It is positive relation .Student having Raktasara percent having good score in their academic.

INTRODUCTION:-

Ayurveda means life knowledge, and science of Ayurved medicine . Aim of Ayurveda to maintain health of Healthy person and treatment of diseases.To maintain health Equilibrium of Dosha ,Dhatu ,in body is important. seven Dhatus are described by Acharya,asa follow

Ras,Rakta,Mause,meda,Asthi,Majja,Shukra,Rakta is one of them,In Ayurveda Dhatu sarata means best quality of dhatu. Dhatu sarata is special Dhatusarta decide at time of fertilization depends on dosha, ahara ,vihara.

In modern Ear everyone knows importance of Grasping power [Medha] in day to day

life, On basis of power of brain people divided in two group shramjivi And Budhhivadi. The people who belong to raktasarata achieved higher position in their carrier, According to modern science parents who not giving attention on

Haemoglobin percentage of child due to lack of knowledge, their child showing poor performance in school academic activity. Due to lack of knowledge of food habit, and proper diet, worm manifestation, Heavy menses in girls, ddhatu sarata of Raktadhatu decreased which result in poor performance of child.

LIRATURE REVIEW;

In Bruhattayee Acharya Charak in vimansthana ,sushruta in su.a 39 and vaghbhat shortly described Dhatu sarata. Charak acharya separately described physical and mental sign and symptoms of each Dhatu sarata , he also stated that if we find opposite sign and symptoms of sarata it consider as Asarata of that Dhatu. Acharya sushruta shortly described only physical sign of dhatu sarata,not explain mental sign.

Acharya have mentioned characteristics to determine raktdhatusarta.The higher percentage of characteristics represent good quality of Raktadhatu. In this study we take help of following Shloka of

charakcharya to crate questionnaires of present study.

कर्ण-अक्षि-मुख-जिहवा-नासा-ओश्ट
पनिपादतल -नख-ललाट -मेहनं स्निग्ध
रक्त वर्ण श्रीमाद भ्रजिश्नु रक्तसारानम ।
सा सारता सुखम ऊर्ध्वा मेधां मनस्वित्वम
सौकुमर्यम अनतिबलम उष्ण असहिष्णत्वम
चाचस्टे ॥

च.वि.८/८८

In above Shloka Acharya explain sign and symptoms of raktasarata as follow, redness of ear pinna, netra (palpebral conjunctiva) ,mukha, tongue, lips, palm surface of hand and feet,nail,forehead ,male gentile , above organs look oily ,red ,dazzling apprence, glittering. Sukham; due best quality of brain power these people shows interest in readings, and work related to brain.

Udhvata Medham ;Arun Dutta explain medha as Dhyana Dharanam we says Grasping power of Brian.

Manaswita; people who help other and shows interest in others happiness.

Saukumarya ; looks fragile in Body structure.

Anatibalam : possesses less physical power.

Ushana ashishnutvam : dislike hot environment.

Biased on above sign questionnaires are prepared. Sarataparikshan is performed to determine strength of Raktadhatu,if strength of dhatu is weak quality in person it is treated by rasayan chikitsa it improves quality of raktadhatu.

AIMS AND OBJECTIVES:

Assess correlation between Raktadhatu sarata and Grasping power of brain Medha.

OBJECTIVES:

Study of review Raktadhatu sarata according to ayurveda.

Calculate percentage of Raktadhatu sarta based on questionnaires.

Study of Grasping power with help of previous year academic score Grading.

Asses correlation between Raktadhatu sarata and Grasping power of brain.

MATERIAL AND METHOD :

30 Healthy student age 15 -17 of both sex

Student who got A+ and A grade in previous academic year .

Method: Raktsarata parikshankshan of 30 student and of Nasik area school, done who got A And A+ Grade .Ahara, vihar, prakruti, desh also studied. Result are statically analysed as follows.

INCLUSIVE CRITERIA:

30 students of age group years 13-17 years.

Percentage of rakta sarata in which 75% sign from questionnaires presents, Rakta Asarata in which sign from questionnaires 25% .Both sexes include.

EXCLUSIVE CRITERIA:

Subject having Blood related disorder. Sickle cell, Thlechemia etc

RESULTS:-

Total 30 student who got A ,A+ Grade were examined for Raktasarata out of them 76.6% student shows Raktasarata positive results.

chart 1A-Raktasarata present-Absent

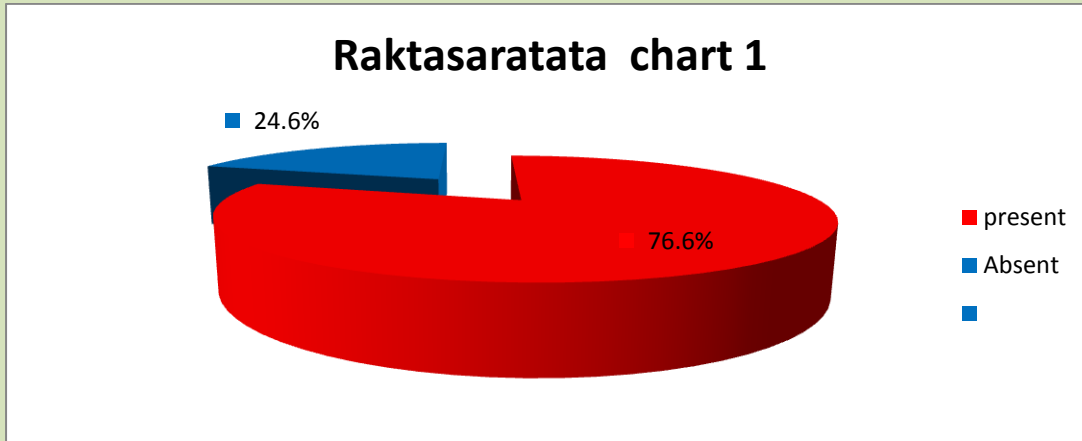
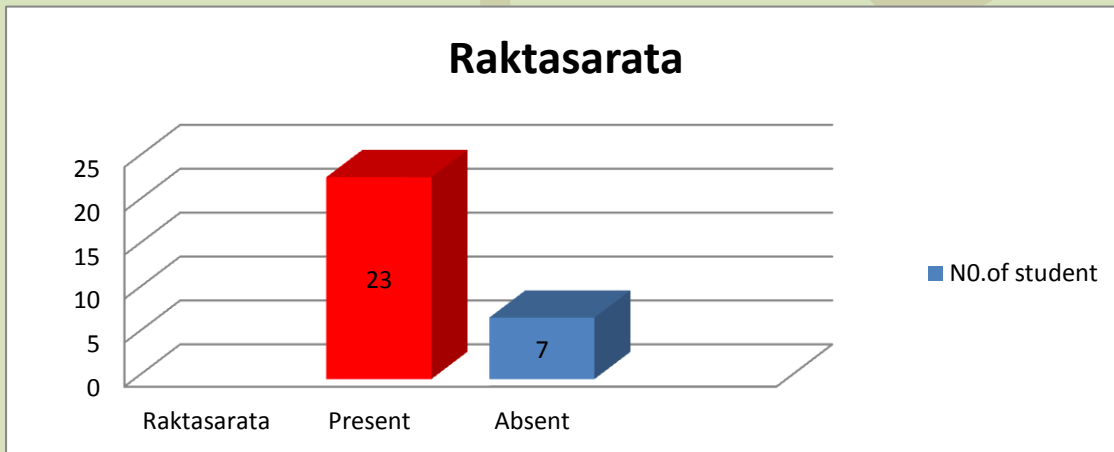


Chart 1B



OBSERVATIONS:

Sign /symptoms	present	Absent		
Raktavarnata	76.6%	24.4%		
Heavy Work	70%	30%		
Grade	A+30%, A 43.3%	A+10%,A16.6%		
Hb%	No. student	Hb %	No. student	Hb %
	33.3%	12-14	16.6%	9-7
	43.3%	10-12	6.6%	6-9
Heat tolerance	36.6%	63.3%		

DISCUSSION

According to Ayurveda Medha means मेधा ज्ञान धारणम अरुन्दत्त. Grasping power of Brain,.Rakta and pitta lives with Ashrayaashryee Samband.Due to Tej Guna of pitta Grasping Power of person Increases. Teja guna prominent in raktsara personalities due to which they show brilliant result in Academic results. student who not showing Raktasarata but gain good Score due to proper diet,Vihara,Hard work,or vise versa.

References:

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CONCLUSION:

Sarata Parikshan is one of the most Important Examination which give Quality state of Dhatu. The statically analysis shows that there is correlation between Rakta Dhatu Sarata with Medha Grasping Power of Brain .In blood Indices of Hb% according to Modern Science it defiantly proven. Ayurveda Explain this Corlation thousands years back.

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