

**“AN OBSERVATIONAL STUDY TO ASSESS MAJJA DHATU
WITH THE HELP OF ASTHIKSHANA LAKSHANA WITH
SPECIAL REFERENCE TO BONE MINERAL DENSITY”**



Dissertation submitted as partial fulfillment for the degree of

Ayurveda Vachaspati [Doctor of Medicine Ayurveda]

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ABSTRACT

TITLE - AN OBSERVATIONAL STUDY TO ASSESS MAJJA DHATU WITH THE HELP OF ASTHIKSHANA LAKSHANA W.S.R. TO BONE MINERAL DENSITY

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Introduction:

Health is the ultimate cornerstone for satisfying healthy life. Ayurveda's aim is to achieve physical, emotional, social, and spiritual well-being by following the preventive and promotional approach, as well as treating the diseases with different remissive approaches.

All Dhatus are developed from *Panchamahabhuta* during embryonic life. During the development of fetus, due to its own reasons Dosha become intensified..According to *Kshirdadhi Nyaya*, *Purva Dhatu* is responsible for the formation of next Dhatu. We get knowledge about relationships between *Asthi dhatu* and *Majja dhatu* deterioration of *Asthi dhatu* reflect in to *Majja dhatu* due to improper transformation.

Hence the present study were taken to observe and to assess *Majjadhatu* with the help of *Asthikshaya lakshana* with special reference to Bone mineral density.

Aim and Objectives:-

1. AIM-

An observational study to assess *Majjadhatu* with the help of *Asthikshaya lakshana* with special reference to Bone mineral density.

Objectives :-

1. To assess the *Asthikshaya* with the help of Bone mineral density.

2. To assess *Majjadhatukshaya & Majjadhatu sarata*.
3. To assess the relationship between *Asthikshaya & Majjakshaya* and type of *Majja sarata*.
4. To observe status of *Majja Dhatu* on the basis of BMD, *Majjadhatukshaya* and *Majjadhatu sarata*.

Methodology:-

Volunteers who fulfill the eligibility criteria was selected and who are voluntarily willing to participate in the study and assessed their Majja dhatu. Randomly persons were screened for *Asthikshaya* with the help of B.M.D. Screened individuals osteoporosis / Osteopenia were included in study. These individuals were assessed for *Majjakshaya and majja Sarata* according to subjective parameter made for the same. Observed data were analyzed with appropriate statistical test.

Ethical clearance:

Was received from the Parul Institute of Ayurveda Institutional Ethical Committee, University of Parul. (IEC No: PU / PIA / IECHR/2019/5) .and Clinical Trial Registry registered in India [CTRI/2019/04/018436][Registered on: 01/04/2019]

Observations and Results:

Total 222 willingly volunteers screened for Bone mineral density test where as 68 was found in inclusion criteria, 48 were Osteopenic and 20 were Osteoporosis. 14 were found in *Heena majja sarata* with having osteoporosis & 48 were found in *Madhyam Majja Sarata* with having Osteopenic and 06 were found Osteoporosis with having madhyam Majja sarata.

Discussion:

Ashrayashrayi sambandha, *Asthi* is the seat for *vata Dosha* if *vata Dosha* gets increased *asthi* gets reduced vice versa. Due to *Ashrayashrayi sambandha* the essence of *Asthi dhatu* depends on *vata Dosha* and *Ashrayashrayi bhav sambandha*, having the property of *Ruksha, Laghu, khara*, guna of *vata dosha*. The severe decrease of *Majja Dhatu* in the body results in certain signs and symptoms such as *Soushiyra, Shiryanta*, weakening of the bone and other forms of bone pain.

Conclusion:

Majjakshaya is found in person with Osteopenia and osteoporosis. In the same individuals Heena and *madhyam Majja dhatu sarata* is found. It is concluded that- *Majja dhatukshaya* and *Heenasarata* are found similar to *Astrikshaya*. There is a relationship of “Heena majja sarata with *Astrikshaya* in relation to *Majjakshaya*” is proved. Thus the Null Hypothesis is rejected.

So it was a attempt observationally to assess *Majjadhatu* with the help of *Astrikshaya Lakshana* with special reference to Bone mineral density.

Keywords: *madhyam Majja dhatu sarata*, Osteopenia & osteoporosis.