

**“A FUNDAMENTAL AND APPLIED STUDY OF SARA PAREEKSHA IN  
COREELATION WITH BODY MASS INDEX”**



Dissertation submitted as partial fulfillment for the degree of

**AYURVEDA VACHASPATI**

**[Doctor of Medicine – Ayurveda]**

**Speciality - Ayurveda Samhita and Siddhanta**

**Scholar**

**Dr. RASHESH J. BHUT**

**Under the supervision of**

**Guide**

**DR. R.L.THAKAR**

**M. D. (Ayu.)**

**Professor, Department of Ayurveda Samhita and Siddhanta**

**Department of Ayurveda Samhita and Siddhanta**

**Parul Institute of Ayurveda**

**Parul University, Limda, Vadodara, Gujarat-391760 (India).**

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The present study entitled “**A Fundamental and Applied Study of Sara Pareeksha in Correlation with Body Mass Index**” has been carried out in Department of Ayurveda Samhita and Siddhant, Parul Institute of Ayurveda, Limda.

### **Introduction:**

In the Modern Era, people live the very busy lifestyle and fully disturb food cycle, most of the people today depend on fast food like pizza, burger, hotdog etc. Because of their unplanned food style and uncontrolled food habits, most of the people suffering from various diseases so we must aware of fitness (Strength of body). According to Ayurveda basic parameter of body fitness or body strength is “*DAS VIDH PARIKSHA VIDHI*”<sup>i</sup> and my concentration is on particular examination of *Sara*. Everyone wants to be fit, healthy. Therefore all dhatu should be divided into same manners. To know the partition of all dhatu in the body, *Acharyas* give us “*Sara Pareeksha*”.<sup>ii</sup>

### **Aims & Objectives:**

- A particular examination of *Sara*
- To know relationship between BMI and *SARA* is useful to known *Aatur bala* and treating various diseases.

### **Material and Methods:**

- **MATERIALS:**  
Two types of materials will be used with specific methodology for carving the entire research work
- **METHOD:**  
Survey method

Assessment of the *Sara* of the participants and assessment of Body Mass Index of the participants was done.

### **Statistical Analysis:**

The analysis of data was done by using statistical software IBM SPSS version 23.

## **Observations and Result:**

100 healthy individuals were enrolled in this study. *Sāra* assessment of these Volunteers were done using Special Research Proforma.

On the basis of findings, it can be concluded that *Meda* and *Asthi Dhatu Sarata* have significant relationship with Body Mass Index. There is no significant relationship found between *Twak, Rakta, Mamsa, Majja and Shukra Sara* with Body Mass Index.

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<sup>i</sup> तस्मादातुरं परीक्षेत प्रकृतितश्च, विकृतितश्च, सारतश्च, संहननतश्च, प्रमाणतश्च, सात्म्यतश्च, सत्त्वतश्च, आहारशक्तितश्च, व्यायामशक्तितश्च, वयस्तश्चेति, बलप्रमाणविशेषग्रहणहेतोः ॥च.वि.८/९४॥

<sup>ii</sup> सारतश्चेति साराण्यष्टौ पुरुषाणां बलमानविशेषज्ञानार्थमुपदिश्यन्ते; तद्यथा- त्वग्रक्तमांसमेदोऽस्थिमज्जशुक्रसत्त्वानीति ॥ च.वि.८/१०२॥