

Concept of Asthi Dhatu Formation in Ayurveda and Contemporary Understanding of Osteogenesis

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Abstract: *Asthi Dhatu represents the structural framework of the human body according to Ayurveda. It provides support, protection, and stability to the body and plays an important role in maintaining physiological functions. Classical Ayurvedic texts describe the formation of Asthi Dhatu through a sequential metabolic transformation of Dhatus governed by Dhatvagni and influenced by Doshas. Modern science explains bone formation through the process of osteogenesis, involving cellular activities of osteoblasts, osteoclasts, and osteocytes along with mineral deposition. The present article reviews the classical Ayurvedic concept of Asthi Dhatu Nirman and correlates it with the contemporary understanding of bone formation and physiology. The study highlights the similarities and differences between Ayurvedic and modern views regarding bone metabolism, emphasizing the relevance of classical concepts in understanding musculoskeletal health.*

Keywords: Asthi Dhatu, Asthi Dhatu Nirman, Osteogenesis, Ayurveda, Bone Formation

