

A Conceptual Study of Sapta Dhatu, Their Karma, and the Role of Dhatu Prakṛti in the Prevention and Management of Cancer with Special Reference to Adjuvant Chemotherapy

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Abstract: *Ayurveda emphasizes the concept of Dhatu Samya as the foundation of health. The Sapta Dhatu—Rasa, Rakta, Māmsa, Meda, Asthi, Majjā, and Śukra—are responsible for sustenance, growth, immunity, and vitality of the body. Cancer (Arbuda and Granthi) represents a state of Dhatu Dushti, Agni Mandya, and Ojas Kshaya. Chemotherapy, though effective, causes extensive Dhatu Kshaya. This article explores the concept of Sapta Dhatu, their Karma, and how maintaining Dhatu Prakṛti helps in cancer prevention and acts as supportive (Anupana and Rasayana) therapy during chemotherapy.*

Keywords: *Ayurveda*

I. INTRODUCTION

According to Ayurveda, the human body is sustained by Dosha, Dhatu, and Mala. Among these, Dhatu are structural and functional entities. Any imbalance in Dhatu formation (Dhatu Poshana) leads to disease.

Charaka Samhita defines health as:

समदोषः समाग्निश्च समधातु मलक्रियाः ।

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥

(Charaka Samhita, Sutrasthana 1/41)

Cancer is not directly named but described under Arbuda, Granthi, and Dushta Vrana, involving deep-rooted Dhatu pathology.

Concept of Sapta Dhatu

The Sapta Dhatu are formed sequentially through Dhatu Parinama Nyaya.

रसाद्रक्तं ततः मांसं मांसाद् मेदः प्रजायते ।

मेदसः संभवत्यस्थि मज्जा शुक्रमतः परम् ॥

(Charaka Samhita, Chikitsasthana 15/17)

1. Rasa Dhatu

Karma: Poshana, Prinana, Jeevana

Dushti Lakshana: Fatigue, anorexia, immunodeficiency

Cancer relevance: Impaired nutrition, chemotherapy-induced dehydration

2. Rakta Dhatu

Karma: Jeevana, Varna Prasadana

Dushti: Pallor, bleeding, inflammation



Cancer relevance: Anemia, leukopenia, thrombocytopenia during chemotherapy

3. Māmsa Dhatu

Karma: Lepana, Bala

Dushti: Granthi, Arbuda formation

Cancer relevance: Tumor mass development

मांसाधिक्येन जायन्ते ग्रन्थ्यर्बुदादयः

(Sushruta Samhita, Sutrasthana 15)

4. Meda Dhatu

Karma: Sneha, Dridhata

Dushti: Sthoulya, metabolic disturbances

Cancer relevance: Obesity-related cancers

5. Asthi Dhatu

Karma: Deha Dharana

Dushti: Asthi Kshaya, pain

Cancer relevance: Bone metastasis, osteoporosis due to chemotherapy

6. Majjā Dhatu

Karma: Bala, Pushti

Dushti: Nervous debility

Cancer relevance: Neurotoxicity of chemotherapy

7. Śukra Dhatu

Karma: Garbhotpatti, Ojas Utpatti

Dushti: Infertility, immunity loss

Cancer relevance: Severe Ojas Kshaya

ओजः क्षये भयङ्करं

(Charaka Samhita, Sutrasthana 17)

Dhatu Prakṛti and Cancer Prevention

Individuals with balanced Dhatu Prakṛti possess:

Strong Agni

Efficient Dhatu Poshana

Adequate Ojas

Enhanced Vyadhikshamatva (Immunity)

व्याधिक्षमत्वं व्याधिबलविरोधित्वम्

(Charaka Samhita, Sutrasthana 28/7)

Regular Rasayana therapy prevents Dhatu degeneration and malignant transformation.

Role of Sapta Dhatu Management in Chemotherapy (Adjuvant Care)

Chemotherapy causes:

Agni Mandya

Dhatu Kshaya

Ojas depletion

Ayurvedic management focuses on:

Deepana–Pachana

Dhatu Poshan

Rasayana Therapy

Useful Rasayana Drugs

Ashwagandha – Majja & Shukra Poshan

Guduchi – Rasa & Rakta Shodhana



Amalaki – Tridosha Shamana, Ojas vardhana
Shatavari – Shukra & Rasa Poshan

रसायनं च तज्जेयं दीर्घमायुर्बलप्रदम्
(Charaka Samhita, Chikitsasthana 1/1)

II. DISCUSSION

Cancer reflects chronic Dhatu Dushti beginning at the Rasa level and progressing deeper. Chemotherapy accelerates this degeneration. By preserving Sapta Dhatu integrity through Ahara, Vihara, and Rasayana, Ayurveda supports:

- Reduced chemotherapy toxicity
- Improved quality of life
- Enhanced immunity
- Better tolerance to modern cancer treatments

III. CONCLUSION

Sapta Dhatu form the biological foundation of health. Their balanced state (Dhatu Samyata) prevents cancer development and provides a strong support system during chemotherapy. Ayurveda, through Rasayana and Dhatu-specific management, plays a vital role as an adjuvant therapy in cancer care.

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