

Impact of Human Body the 7 Tissues in Ayurveda from Indian Species in Kitchen**Dr. Mahjabi Khan¹**¹Deptt. of Zoology, D.S.N. PG College Unnao (UP)

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Abstract

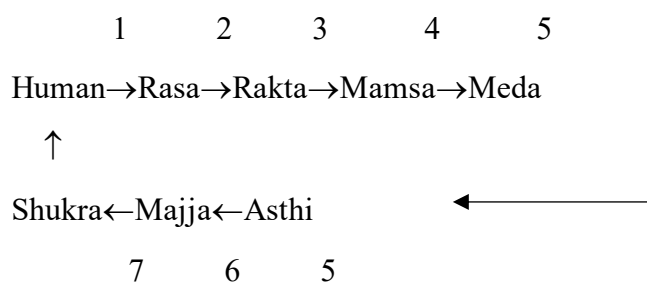
As per modern science the description of human body starts with a group of cells. A group of cells from the tissues from body organs and organs make a human body in Ayurveda human body makes various types of Dhātu is known as a "Sapta Dhātu" meaning in Sanskrit seven support of body. The role of seven body tissues that made up our physical structure of body i.e. terms of Rasha, Rakta, Mansa, Meda (fat), asthi, majja, shukra, when we eat in diet. It is digested into the first role of tissues and nourish to other parts of tissues and so on in working sequentially the seven stages in their role of body parts. The classical text of Chakra Samhita, Sushruta Samhita, Ash tanga, Haridaya, and the Bhava Praksha highentu. In santan terminology human body made by 5 components of Jal, Agni, Vaayu, Prathivi, Aakash and 24 elements of human divided by पंच तत्त्व, पंच ज्ञानेन्द्रियाँ, पंच कर्मेन्द्रियाँ, पंच तन्मात्राएँ, चार अन्तः करण Ayurveda define human by three controlling energies i.e. Vata, Pita, Kapha all are known as Dosha. These Dosha control all the tissues of the body there tissues are known as Dhātu. We can cur, the incurable disease cause due to the presence of Vaat, Pita, Kapha in the human body. By the Ancient Indian method of Ayurveda with the species, and herb present in the Indian kitchen and environment.

Keywords: Human Health, Herbs and Species, Ayurveda, Diseases, Sanskrit.

Introduction

The seven Dhatus are not each parallel in their classification. They are sequence in stages of the same nutrient stream. Chakra used in irrigation metaphor. An each Dhātu is yield of a channel of water flow through all seven yield are after than other. When one yield is dry so seven yield of water with junk. The seventh yield is overflowing affected poisoned with the same junk. Digestion Dhātu help restore balance resistance and long healthy food qualities and human life style that living supports it. Dhau mala is known as waste product of human body. Anna (Food) yield stool and urine as waste product. Rasa Dhātu yield (Kapha) as waste product (phlegm) Rakta Dhātu blood gives out Pitta (bile juice) mamsa (Muscles tissues) Kha-mala waste product excreted from the cavities like ears nose, mouth and genital opening.

Medas fat tissues (Paseena) excreted by sweat Asthi (bone), Kesha (hair) and Loma (small hair) Majja (Bone marrow). The unctuous substance present in the eyes skin and stool nutrient fraction and waste product. These are two types of categories of product arises out of Dhātu Paka.



Tab (1) of seven channel of (Tissues) Dhatu.**Table of Imbalance Dosha**

Dhatu (Body tissue)	Comparison	Function	Influencing Dosha
1. Rasa	Plasma	Nourishment	Kapha
2. Rakta	Blood	Life	Pitta
3. Mamsa	Muscles	Bones	Kapha
4. Meda	Fat	Oil lubricating	Vata/Kapha
5. Asthi	Bone Tissue	Stabilizing holding	Kapha/Pita/ Vata
6. Majja	Bone Marrow	Filling in Bone cavity	Kapha
7. Shukra	Reproductive System	Gametes in gonads	Kapha

HISTORY:

Ayurveda means Age of Ajarveida Baba Haridass in the 1970S and Maharishi Ayurveda in the 1980S Pseudoscientific, Quack Johannes (2011). Historical evidence for ayurvedic terminology Buddhist. Caunon from the middle of the First Millennium BCE onwards. Maulenbeld, et al. (1999) like many texts from classical antiquity, these texts begins with account of transferred for medical knowledge from the Gods to sages and then to human physical Kenneth (1999), Printed editions of the sushruta samhita frame the work from Dhanvantri the Sanatandiet of ayurveda, incarnated as king Divodasa of Banaras to branches of physicians in cluding Kinjalal (1907). Dhanvantri, (2010) in ayurveda texts, Dosha balance (Vaat, Pita, Kapha) is emphasised unhealthy and claimed to lead to illness Wujaskyk, (2003). Ayurveda practitioners had developed various medicinal preparations and surgical procedures from at least the beginning of the common era. Sharma, (1992). Herbs and spices may now be utilized to emprove health system WHO 70-80 % of the global population seeks primary care from modern medicine, primary impact of costumers.

OBJECT

Herbs and spices have always been regarded as therapeutic foods the ability of spices to transmit biological activity is gradually resurfacing an area of study in the field of wellness. Seed spices area vital category of agriculture of commodities that make significance contribution of our Indian Nation.

DATA OF INDIAN SPECIES QUALITIES IN ROLE OF AYURVEDA IN HUMAN BODY

Spices are plant based component including roots, buds, flowers, barks and seeds that may be acquired from a wide variety of species to taste to originated from volatile oils, fixed oils and flavour is sometimes influenced by a mixture of organic in nature alcohols, alkaloids phenols sulphur and tannis and vitamins which are common in plant product. The domains of Biochemistry, mole cularbiology and physiology and nanotechnology when combined may undoubtedly contributed to new investigation by their characters qualities for Indian food. The prevention and treatment of diseases chronic and metabolic, such as, cancer, diabetes, immunological, Rheumatic etc.

Different types of herbs and spices, botanical name, active ingredient and medicinal use

S. No.	Spice name	Botanical name	Part of plant	Active constituent	Medicinal use
1	Pepper	<i>Piper nigrum</i> Linn	Fruit	Piperine	Reduction of insulin resistance, anti-inflammatory effects, and improvement of hepatic steatosis.
2	Cardamom (small) (large)	<i>Electtariacardamomum</i> Linn <i>Amomum subulatum</i> Roxb		Cineole, Fruit limonene, a-terpinyl acetate	As an abortifacient, laxative and carminative in asthma, bronchitis, hemorrhoids, strangury, scabies, pruritis; diseases of the bladder, kidney, rectum and throat; inflammation, headache, earache, snake-bite and scorpion sting
3	Turmeric	<i>Curcuma longa</i> Linn	Fruit	Curcuminoids, Curcumin	Antiproliferative, anti-inflammatory, antihepatotoxic, antidiarrheal, carminative, diuretic, antirheumatic, hypotensive, antimicrobial, antiviral, antioxidant, larvicidal, insecticidal
4	Ginger	<i>Zingiber officinale</i> Roscoe	Rhizome	Gingerols, shogaols, and paradols	Respiratory protective, antiobesity, antidiabetic, antinausea, and antiemetic activities, cardiovascular protective
5	Chilli	<i>Capsicum frutescens</i> Linn	Rhizome	Phenols and vitamin C	Prevent heart disease, promote weight loss,

					reduce duration of sickness
6	Coriander	<i>Coriandrum sataivum</i> Linn	Leaf and seed	p-cymene, alpha-pinene, camphor, geraniol, limonene	Lower blood sugar, prevent cellular damage, promote healthy digestion, improved memory
7	Fennel	<i>Foeniculum vulgare</i> , <i>P. miller</i>	Fruit	Essential oil, anethole	Support healthy skin, anti-inflammatory, improve the symptoms of anemia
8	Cumin	<i>Cuminum cyminum</i> Linn	Fruit	Cuminaldehyde	Anticancer properties, helps control blood sugar, fights bacteria and parasites. Has an anti-inflammatory effect, may help lower cholesterol
9	Fenugreek	<i>Trigonella foenum-graecum</i> Linn	Seed	Graecunins, fenugreek B, fenugreek in, trigofenosides A-G	Reduce the risk of diabetes, improve weight loss, reduce inflammation
10	Aniseed	<i>Pimpinella anisum</i> Linn	Fruit	Anethole, 4-anisaldehyde, estragole	May reduce symptoms of depression could protect against stomach ulcers

DISCUSSION

Diets from Asia, notably India and Mediterranean are heavy in vegetables and fruits are typically contain a significant number and diversity of herbs and species. The health promoting effect of vegetables and fruits is through to be related not only to their general nutritional profile, which is high in dietary fibre, low in fat and salt, low energy density, and high in vitamin A, C, and foliate but also to their specific nutritional profile which flavonoids, other phenolics, and organosulphur compounds.

A relatively modest and tolerable daily dosage of 300-900 mg/after the introduction of dehydrated garlic. Experimentally produced hypercholesterolemia hyperlipidemia, onion, fenugreek, garlic, red pepper and turmeric have been proven to be effective as hypocholesterolemic property, thermogenic influence, antilithogenic property. Anti-inflammatory property. The antioxidant properties of species are of a special

relevance species include variety soluble, that can scavenge reactive oxygen species and protect-against the formation of genotoxic lipid peroxide Shobana (2000). (Ideal dietary balance" (Carbohydrates, proteins fats, Vitamins, and Minerals) is gradually above, includes the potential foods to requite health and improve wellbeing. Food that promote health have garnered the interest and support of consumers on numerous occasions. The usage of functional additives should be connected to consumer health, according to the Industry the science proved the health benefits of species". Seed and species account for 17% over all out put 41% of total area where as pepper account for 2% of Total production and 9% of the total area of all species in the nation. Schwligger et al. (2007).

CONCLUSION

Although lab experiment suggested that herbs and substances in ayurveda might be developed into effective treatments. There has no proven evidence many review of uses of ayurvea for curable disease conducted that the evidence is not convincing for the use of any herbal treatment but many herbs used by could be appropriate for further research in India , promotion of ayurveda is undertaken by the ministry of Ayush through a National network of Research Institutes. A good health is key of determinant of wellbeing and protector of chronic diseases bioactive compound present in different species have positive in functional in nature can have complementary and overlapping.

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