



“BENEFICIAL VASA AND MAJJA: AS PER AYURVEDIC SCIENCE”

Ayurveda

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KEYWORDS

INTRODUCTION:

Ayurveda, the science of life, uses the inherent principles of natural products to fulfill the fundamental objectives i.e. 'Swasthasya Swasthya Rakshanam' and 'Aaturasya Vyadhi Prashamanam'. Acharya Charaka^[1] mentioned four types of *Sneha dravyas*, as *Sarpi*, *Taila*, *Vasa* and *Majja*, which are under two *yonies* i.e. *Sthavara* (Vegetable) origin and *Jangama* (Animal) origin. *Vasa* and *Majja* are the *sneha dravyas* included in '*Jangama Yoni*'.

DESCRIPTION AS PER MODERN SCIENCE:

Vasa (can be correlated to Muscle Fat)



Fig. Vasa (Muscle Fat)

It is actually Intramuscular or Intermuscular. **Intramuscular fat is mainly Triglycerides stored in Adipose cells embedded in the Perimysial connective tissue wall of the muscle.**^[2]

Intermuscular fat also have the highest PUFA/SFA, Fatty acids ratios and total Omega -3 and Omega-6 PUF as compared to subcutaneous tissue depots.^[3]

Majja (can be correlated to Bone Marrow)



Fig. Majja (Bone Marrow)

Bone marrow contains following nutrients and minerals:

Riboflavin	6%
Iron	4%
Vitamin E	2%
Phosphorus	1%
Thiamine	1%
Vitamin B12	7%
Vitamin A	1%

One study showed that, the Fat tissue in Bone Marrow contains a hormone called "**Adiponectin**".^[4]

- This hormone helps break down fats. It can maintain Insulin sensitivity and it has been linked to lower risk of Diabetes Mellitus, Cardiovascular Disorders and other Obesity-associated Cancers.
- The study found that, people who were overweight tended to have lower levels of Adiponectin, but levels of the hormone rose as they shed pounds.
- It reduces risk of Inflammation-related Diseases. Glycine and conjugated Linoleic acid are abundant in Bone Marrow, also they have been shown strong Anti-inflammatory properties.

Description As Per Ayurvedic Science:

'*Sneha*' is composed of *Prithvi* and *Jala*, the two among *Panchamahbhutas*. It has qualities like *Guru*, *Sheeta*, *Sara*, *Snigdha*, *Manda*, *Sukshma* and *Mridu*. Also it produces softness and moisture, as well as increases secretions in the body^[5].

Indications for the Administration of Vasa (Muscle Fat)-

'*Vasa*' is the unctuous food article derived from the '*Shuddha Mamsa*'.

According to Charaka Samhita Ayurved Dipika^[6], intake of *Vasa* (Muscle Fat) is prescribed for-

- Those who do the job (Vyavasya) related to places of powerful wind and the sun,
- Those with Dry (*Ruksha*) and Rough (*Khara*) skin.
- Those who are exhausted by heavy loads or exertion by long walks,
- Those having *Kapha* and *Meda* (Fat) below normal,
- Those having pain in Joints, Veins, Ligaments, Vital organs and related to *Koshtha* (can be correlated to Abdominal viscera)
- Those having affected channels with *Vruddha Vata Prakopa*,
- Those having *Tikshnagni*.
- Those having *Vrana* (Injury), *Asthibhagna* (Fracture), *Aaghata* (Trauma), *Garbhashayabhransha* (Prolapse Uterus), *Karnshula* (Earache) and *Shirshula* (Headache).
- Those having less Virility.

Indications for the Administration of Majja (Bone Marrow)-

According to Charaka Samhita, *Majja*

- Improves Strength and quality of *Rasa*, *Meda*, *Majja* and *Shukra Dhatus*, as well as *Kapha Dosha*.
- It strengthens bones.
- It is useful for internal and external usage (Oleation).

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