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Understanding the Concept of *Mamsagni* in *Ayurveda*

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Abstract –

The term *Agni* is composed from a *Sanskrita Dhatu* अङ्गे. Inside the body *Agni* digests food, give strength & colour to skin. *Acharya Charaka* mentioned that *Agni* is the important key factor for *Ayu*, *Varna*, *Bala* & *Swasthya* etc. If *Agni* is in *Samyavastha*, then person lives a healthy long life.¹ *Mamsa dhatu* is formed by the metabolic process over *Rakta Dhatu* by the respective *Dhatvagni* viz., *Mamsagni*. Thus any kind of abnormality or deviation in this process leads to disorders oriented with *Mamsa Dhatu* and certainly having an impact over upcoming *Dhatu* in series. Abnormality of *Mamsa Dhatu* prominently shows emaciation, muscle wasting type disorders impairing overall health of human health, thus leading to lack of immunity and surrendering to any disease easily.

Keywords – *Dhatvagni*, *Mamsa Dhatu*, *Mamsagni*, *Mamsadhara kala*.

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