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PHYSIO-ANATOMICAL ASPECT OF *ASTHI DHATU* WRT MODERN PHYSIOLOGY

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ABSTRACT

Ayurveda is essentially the science of life. It embraces principles of not only treating the disease but also to deal with the art of life, restoring health and preventing the disease. The first and foremost fundamental principle of ayurveda is *Ayu* and the objectives of *Ayurveda* are to establish prime *Ayu* in every living being, physically, mentally and socially. *Ayurveda* explains the human body as a congenial homeostasis of *Dosha, Dhātu and Mala*. The concept of *Sapta-Dhatus* denotes the triad of *dosha dhātu and malas* and refers to the physiology of basic nutritional & structural factors of the body. *Sapta dhatus* are produced in a kind of progressive evolutive meta-morphosis, beginning with *rasa dhātu* and ending with *shukra dhātu*.

KEYWORDS: *Ayurveda, Asthi-Dhātu, Dhātu-Poshana, Osteoporosis, Bone-metabolism.*

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