

# Classical Study on *Mala* in Ayurveda Science

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DOI: <https://doi.org/10.52403/ijhsr.20250527>

## ABSTRACT

In Ayurveda, the equilibrium state of Doshas, Dhatus, Malas, and Agni is considered a healthy state of an individual. An unbalanced state of all is considered a pathological state or disease. In this universe, everybody wants a long life. Ayurveda is the Science that gives knowledge about life, along with the definition of life, explanation of joyful and miserable life, constructive and destructive life. Ayurveda gives special emphasis to Mala, which is why it's included in "Trya aupstambha". The word 'Mala' literally means dust, dirt, filth, secretion, or impurity. In Ayurveda, the term is applied to the biological products formed after digestion and metabolism. n. In Ayurveda, the concept of formation of the body is mentioned as "Dosha Dhatu Mala Mulam hi Shariram". The three primary malas are Purisa (faeces), Mutra (urine), and Sweda (sweat)

**KEYWORDS:** Dosha, Dhatu, Mala, Purisa, Mutra

## INTRODUCTION

Ayurveda is an Ancient Science of Life. The main aim/ Prayojan of Ayurveda is to cure the Atura and to maintain the swasthya of the swastha. <sup>i</sup> The Dosha, Dhatu & Mala is the mool / main root of the Human. The swastha individual is one whose all systems are working within the normal limit, and he must have his Dosha, Dhatu, Agni, and Mala kriya in Samya Awastha (Normal Equilibrium state). <sup>ii</sup>

Seasonal purification therapies (ritu shodhana) through panchakarma are recommended to remove toxins and wastes. Apart from these preventive

panchakarma procedures, the daily regimen like collyrium(anjana), smoking (dhoomapana), mouth wash (gandusha/kavala), oil filling in the ear (karna poorana), etc., are beneficial to remove the excessive accumulation of waste products in the orifices of the body. <sup>iii</sup>

The Waste products are classified into two parts:

Aahar Mala – waste products formed by the digestion of food => Feces & Urine

Dhatu Mala – waste products formed by tissue metabolism

Table 1: Dhatu and their respective mala:<sup>iv</sup>

Sr. No.	Dhatu	Mala
1.	Rasa	Kapha
2.	Rakta	Pitta
3.	Maas	Excreta in Ear, Nose (Kha-mala)
4.	Meda	Sweda mala (secretion of the Sweat gland)
5.	Asthi	Kesha (Scalp Hair), Loma (body hair)
6.	Majja	Netra mal, skin, stools (akshi-twacha-vit Sneha)
7.	Shukra	--

- Acharya Vagbhat says Oja's as a Shukra Dhatu mala
- Tri Mala – Mutra, Purish & Swed

#### ❖ Purish

**Synonym** – Vista, Vit, Guth, Sakrat, Avaskar, etc.

**Functions** – Purisha upstambha, avstambha sharir dharnam, vayu agni dharnam (body balance)<sup>v</sup>

Formation of Purisa is the final excreta which is eliminated from the body after all the digestion process from the Anal canal in form of Faeces (Purish).

- In Ayurveda, Acc. To Acharaya Shusrutha, the specific and different channels or srotasa are defined as mool of Purish vaha Srotas are that Pakvashya & Gudh.

Acc. To Acharaya Charaka, the specific and different channels or srotasa are defined as mool of Purish vaha Srotas are that Pakvashya & Stool Gudh.

In Ayurveda, Pacham kala is Purishdhara kala, which is mainly related to Purish.

According. Vagbath Purish is included in Upstambh.

The concept of pakvasaya is very specific in Ayurveda, which does not deal with any small or large organ, but largely resembles with large intestine (Rectum) is part of the alimentary canal.

After two phases of digestion of kapha in madhura avasthapaka, pitta in amla avasthapaka, the third and major metabolism of vata Katu avasthapaka takes place in pakvashya (Pakva-annarasa). Pakva-annarasa, after a residual process of kapha and pitta formation, enters into pakvasaya for expecting, and the rasa and mala with the help of Samanavayu. After the process of absorption of the source bio matter of Food (ahara), the remaining unabsorbed fluids and solid waste, called Aharamala, is comprised of mutra and purisa. Major fluids extracted as not useful waste matter coming out from mala dharan kala and form the urine for further filtration to the respective organs (kidneys). After the extraction of liquid paripindita, or solidified waste matter residue is called purisa. But pakvasaya is the seat of

the third avasthapaka, i.e., katu avasthapaka, and katu bhava of this bio substance produces poshak vata. This purisa has a specific organ i.e. purisasaya or rectum to stay.

Utpatti of Purisha happens after the taking of food, the digestion of the food takes place with the help of jatharangi and panchabhutagni, and that digested food is divided into two parts, i.e., Kitta bhaga and Sara bhaga. Again, the Kitta bhaga has two parts, i.e., Drava bhaga is called as mutra & Ghana bhaga is called as purish or shakrut.

According to Charaka, when digested food enters the pakwashaya, it will become dry due to the presence of Agni and attain pindaswarupa. During this process, due to Katu rasa, the Vriddi of Vayu (Vat dosh) takes place. Paripindit pakwasya means, during the process of formation of mala or purish, the remaining food material, which is waste, will get the pind roop and thus the purisha utapatti (Faeces Form) will complete.<sup>vi</sup>

Purisha Pramana -The Pramana of Purisha in Sharira is 7 Anjali.

#### ❖ Mutra

**Synonym** – Prasrav, Mehan, Sravan, etc.

**Functions** – Basti purna vikleda (Adrtvam) (Bladder mucosal layer moistening)<sup>vii</sup>

This is also included in Tri Mala. The Mutra is related to Urine in modern medicine. Formation of Mutra is the excreta which is eliminated from the body by the processing of the blood filtration from the kidneys and the resultant formation of Mutra (Urine).

In Ayurveda, Acc. To Acharaya Shusrutha, the specific and different channels or srotasa are defined as mool of Mutra vaha Srotas are Basti & Medra. Acc. To Acharaya Charaka, the specific and different channels or srotasa are defined as mool of Mutra vaha Srotas are Basti & Vankshan.

The Basti is related to the Urinary System. In Ayurveda, this basti is included in Trimarma, which means any type of aghata on this leads to sadhyaprana haar (immediate death).

In Ayurveda, we study the concept of adhranriya vega. Here, we see many types

of complications that arise from dharana of mutra vega like bastishool, punshtav Shakti nash, medhra shool, siraha shool(headache), vinam, etc. Treatment of these complications is like by giving avpidak grhit to the patient, trividh basti(niruh, anuvasan, uttar basti).

In the condition of Mutra kshaya, the symptoms are Basti pida, and Mutra will decrease as normal.

Mutra is also included in the dashvidh pariksh that we study in Madhav Nidan, many diseases can be diagnosed by the sample of mutra. Like, teel binduh pariksha <sup>viii</sup>

Mutra Pramana -The Pramana of Mutra in Sharira is 4 Anjali.

#### ❖ Sweda

**Synonym** – Usma, Swedan, Taap, Gharam, etc.

**Functions** - kleda tvka sokumarya (Luster of skin) <sup>ix</sup>

This is also included in Tri Mala. The sweda is related to sweat (secretion of the sweat gland) in modern medicine. Formation of sweat is the excretion that is eliminated from the body to maintain a constant body temperature(homeostasis).

In Ayurveda, Acc. To Acharaya's this is also included in Tri mala. The Mutra is related to Urine in modern medicine. Formation of Mutra is the excreta which is eliminated from the body by the processing of the blood filtration from the kidneys and the resultant formation of Mutra (Urine).

In Ayurveda, Acc. To Acharaya Vagbath, the specific and different channels or srotasa are defined as mool of Sweda vaha Srotas are Med & Romkoop.

Acc. To Acharaya Charaka, the specific and different channels or srotasa are defined as mool of Sweda vaha Srotas are Med & Romkoop. In Ayurveda, the mal of Med Dhatu is swed.

The swed is also secreted in some Clinical procedures in Ayurveda, like in Panchkarma therapy, we have to do Purv Karma, which is snehan and swedan. <sup>x</sup>

Swed -The Pramana of Swed in Sharira is 10 Anjali.

## CONCLUSION

Ayurveda, the ancient science of life, offers a holistic approach to health, encompassing both the prevention and treatment of diseases. It identifies Dosha, Dhatu, and Mala as the fundamental components of the human body, with the equilibrium of these elements ensuring a state of health (Swastha). The concept of Tri Mala—Purish (feces), Mutra (urine), and Sweda (sweat)—plays a crucial role in maintaining homeostasis. Each of these waste products is formed through a detailed metabolic process governed by Agni and various bodily channels (Srotasa). Ayurveda emphasizes their proper elimination to prevent disorders and ensure well-being.

#### *Declaration by Authors*

**Acknowledgement:** None

**Source of Funding:** None

**Conflict of Interest:** The authors declare no conflict of interest.

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How to cite this article: Krishna Yadav, Dinesh Chandra Sharma. Classical study on *Mala* in ayurveda science. *Int J Health Sci Res.* 2025; 15(5):231-234. DOI: [10.52403/ijhsr.20250527](https://doi.org/10.52403/ijhsr.20250527)

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