

Table 45: Dhātu Dushti: Entry of Doshas into Dhatus

Rasa Dhātu
Vāta - fever with chills; dry skin; dark skin coloration; malaise; fatigue; dizziness; generalized pain; palpitations and tachycardia (fast heart); hypersensitivity to loud noise; dehydration; excess thirst; goose bumps.
Pitta - high fever; hives; rash; urticaria; eczema, acne; psoriasis; chemical sensitivities; dermatitis; tonsillitis; appendicitis; red or yellow skin; sensitive skin: bruises and burns easily; melanoma; moles; hypoglycemia.
Kapha - low fever; pallor; cold, cough, catarrh, sinus congestion; lymphatic congestion; swollen lymph glands; lymphoma; edema; excess salivation or mucus; hay fever; cold, clammy skin; fungal infections; hyperglycemia.
Rakta Dhātu
Vāta - poor circulation; cold hands and feet; microcytic anemia; collapsed blood vessels; blood clots; pallor and loss of luster; craving meat; craving for sour or spicy food; dry, cracked skin; capillary pulsation; heart palpitations; mitral valve prolapse; aneurism; gout (cold gout in toes); varicose veins without clots.
Pitta - hives; rash; urticaria; eczema; acne; psoriasis; sickle cell or microcytic anemia; hot flashes; burning hands and feet; jaundice; gout (hot gout in fingers); lupus; sensitive liver; bleeding from natural openings; hemorrhoids; canker sores and mouth ulcers; bleeding gums; boils; red eyes; polycythemia; erysipelas; hypertension (high BP); myeloid leukemia; thrombophlebitis.
Kapha - edema; megaloblastic anemia; pallor; stagnation of blood; hypertension (high BP); high cholesterol; congestive heart failure; leukemia; splenomegaly; hepatomegaly; glaucoma; gangrene; diabetes; deep vein thrombosis; varicose veins with thrombus.
Māmsa Dhātu
Vāta - muscle pain, stiffness, weakness, fatigue, tremors, tics, spasms, twitching, wasting, rigidity; convulsions; emaciation; muscle wasting; muscle hypertonia (excess tone); loss of power; lack of coordination; craving for meat or other protein foods; fibromyalgia; incontinence; receding gums; paralysis; paresis; foot drop; myasthenia gravis.
Pitta - boils; abscesses; bleeding gums; tendonitis; bursitis; fibromyositis; fibrositis; muscle fatigue; fibromyalgia; chronic fatigue syndrome (C.F.S.).
Kapha - excess ear wax and nasal crust; myomas (tumors); muscle hypertrophy; muscle hypotonia (loss of tone) and flaccidity; matted lymph glands; cystic swelling; fibrocystic lumps; fibroid tumors; dental tartar.
Meda Dhātu
Vāta - lack of lubrication and sweat; oliguria (low urination); dry skin and feces; lumbago; craving for fatty foods; premature aging; enlarged, palpable spleen; emaciation and weight loss; insomnia; cracking joints; osteoporosis; osteoarthritis.
Pitta - profuse sweating; cystitis; thirst; dizziness; sensitive to fatty foods; fatty diarrhea; intolerance and irritability; adrenal exhaustion; urinary/kidney infections; sensitive breasts.
Kapha - overweight; cold sweat; excess urination; obesity; slow metabolism; high cholesterol; gallstones; lipomas; low libido; foul smell; diabetes; pre-diabetes (excess thirst and urination, sweet taste in mouth, goose bumps upon passing last drops of urine).

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Asthi Dhātu
Vāta - cracking joints; osteo (degenerative) arthritis; rheumatoid arthritis; osteoporosis; spontaneous fractures; scoliosis; bone and joint pain; brittle hair, teeth and nails; split hair ends; cracked nail cuticles; tooth cavities; impacted wisdom teeth; irregular thyroid function.
Pitta - inflammatory arthritis; periostitis; osteomyelitis; bone abscess; alopecia; hair loss (may lead to baldness); nail infections; tooth abscesses; hyperthyroidism.
Kapha - osteoma; joint swelling, stiffness and calcification; bone spurs; scoliosis; kyphosis; lordosis; excess hair growth; extra teeth; impacted wisdom teeth; hypothyroidism.
Majjā Dhātu
Vāta - tingling, numbness, tremors, spasms; convulsions; joint pain; forgetfulness and poor memory; insomnia; objective dizziness; feeling of emptiness; spaciness; neuralgia; blackout; fear, anxiety, nervousness, insecurity; racing mind; tinnitus; Parkinson's disease; multiple sclerosis.
Pitta - insomnia; subjective dizziness; nausea; vomiting; fever; hiccough; syncope; coma; meningitis, Cheyne-Stokes breathing; herpes and shingles; burning foot syndrome; judgment, anger, jealousy; depression; multiple sclerosis and other demyelinating disorders.
Kapha - hypersomnia (excess sleep); protruded eye; heaviness in eyes; retrobulbar tumors; space occupying tumors; hydrocephalus; pineal or pituitary tumors; neurofibromas (nerve tumors); sluggishness; lethargy; melancholy, depression.
Shukra Dhātu
Vāta - azoospermia; low libido; light, empty, cold testicles; tactile premature ejaculation; dyspareunia; low ojas.
Pitta - hot, tender testicles; orchitis; epididymitis; blood in the semen; prostatitis; burning pain during ejaculation; thermal premature ejaculation; burnt ojas.
Kapha - cold, heavy testicles; excess desire for sex; prostatic calculus; enlarged prostate; emotional premature ejaculation; raw ojas.
Ārtava Dhātu
Vāta - oligomenorrhea; dysmenorrhea; irregular menstrual cycle; premature orgasm; fear, anxiety; cystocele.
Pitta - menorrhagia; endometritis; burning pain; irritability; sensitive nipples; premenstrual tenderness of breasts.
Kapha - polymenorrhea; prolonged, slow menstrual cycle; premenstrual enlargement of breasts; edema; leukorrhea; endometriosis; cystic ovaries; fibroid tumors; raw ojas.