Review Article

Ayurvedic Concept on Differentiation of Terms: Peshi, Mamsa, and Snayu: A Review

Dinesh B. Naik[1], **Prashant A. Suru**[1]
[1]*Department of Ayurveda, Tilak Maharashtra Vidyapeeth, Pune, Maharashtra, India*

Corresponding Author:
Dinesh B. Naik
E-mail: drdineshnaik27@gmail.com

Submission: 06.10.2024 Acceptance: 27.11.2024 Publication: 28.12.2024

Abstract

In Ayurveda, the understanding of body structure and functions is deeply rooted in the concept of *Dhatus* (tissues). Among these, *Mamsa* (muscle), *Snayu* (tendon), and *Peshi* (fibrous tissues) play a crucial role in maintaining the musculoskeletal system's integrity and functioning. While modern anatomical perspectives correlate these terms with specific tissues, the Ayurvedic definitions and interrelationships remain complex. This systematic review aims to explore and differentiate these terms, shedding light on their clinical and anatomical significance in the Ayurvedic system of medicine.

Keywords : Ayurveda, Mamsa, Snayu, Peshi, Musculoskeletal System, Anatomical Correlation, Tissue Differentiation

Introduction

Ayurveda, the ancient Indian system of medicine, offers a unique perspective on the structure and function of the human body. Within its framework, the concepts of *Mamsa*, *Snayu*, and *Peshi* are used to describe tissues that are essential for the musculoskeletal system. Although these terms have been interpreted in different ways over time, their distinction is central to understanding Ayurvedic pathology and treatment approaches. This systematic review aims to clarify these terms and explore their relevance in both classical and modern contexts.

Mamsa in Ayurveda

Mamsa refers to the tissue commonly known as muscle in modern anatomy. According to *Charaka Samhita*, *Mamsa* is primarily responsible for body movement, strength, and supporting the skeletal system.[1] It is also described as one of the seven essential tissues (*Dhatus*) that nourish the body. The quality and quantity of *Mamsa* are closely linked to a person's physical endurance and vitality. [2]

Snayu in Ayurveda

Snayu, traditionally translated as tendon or ligament, plays a critical role in connecting muscles to bones, thereby facilitating movement. Ayurvedic texts describe *Snayu* as a supportive structure that imparts flexibility and stability to the joints.[3] The strength and flexibility of *Snayu* are said to influence the mobility of the body and the overall structural integrity of the musculoskeletal system.[4]

Peshi in Ayurveda

Peshi is a term used in Ayurveda to describe the fibrous tissues that envelop muscles and tendons. These tissues are responsible for providing support and flexibility to the musculoskeletal system. In contemporary anatomical terms, *Peshi* can be likened to fascia or connective tissue, which plays an essential role in protecting muscles and tendons from excessive stress.[5]

Methodology

This systematic review follows the PRISMA guidelines to ensure the transparency and reproducibility of the research. A thorough search was conducted in databases such as PubMed, Google Scholar, and Ayurvedic-specific repositories to identify studies and texts that discuss the Ayurvedic concepts of *Mamsa*, *Snayu*, and *Peshi*. We focused on peer-reviewed articles, classical texts, and clinical studies published in the last 20 years.

Results

The following subsections present the differentiation of the terms *Mamsa*, *Snayu*, and *Peshi* based on the reviewed literature.

Anatomical Correlation of *Mamsa*

Modern anatomical understanding links *Mamsa* with muscle tissue. The Ayurvedic description emphasizes not just the structural but also the functional aspects of *Mamsa*, noting that its abundance or deficiency affects a person's strength and endurance.[6] Studies have shown that the Ayurvedic concept of *Mamsa* corresponds to muscle mass in terms of physical strength, but it also encompasses the energetic aspect related to the *Vata* and *Pitta* doshas.[7] (Figure.1)

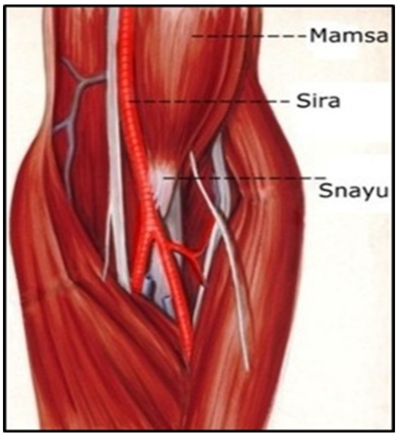

Figure 1: Concept of mamsa and snayu

Anatomical Correlation of *Snayu*

Snayu is often compared to tendons and ligaments in modern anatomy. It is the connective tissue that binds muscles to bones and provides joint stability. Ayurveda further emphasizes the importance of *Snayu* in maintaining the flexibility of the body, noting that imbalances in *Snayu* lead to joint stiffness or excessive mobility.[8] Modern studies confirm the role of ligaments in stabilizing the musculoskeletal system and the similarities between Ayurvedic descriptions and current anatomical understanding.[9]

Anatomical Correlation of *Peshi*

The term *Peshi* is less commonly used in modern anatomy, but it can be associated with connective tissue, such as fascia or other fibrous tissues. *Peshi* serves to protect and maintain the integrity of muscles and tendons, acting as a supportive network for the musculoskeletal system.[10] Fascia, as a structural tissue, has similar characteristics to *Peshi*, serving to distribute mechanical stress and support muscle function.[11] (Figure.2)

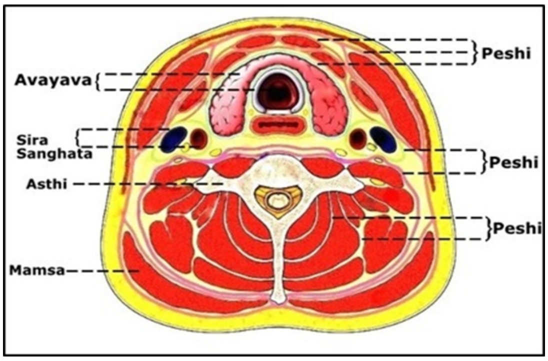

Figure 2: Transverse section of neck avayava, sira, asthi, mamsa

Discussion

The differentiation between *Mamsa*, *Snayu*, and *Peshi* highlights the Ayurvedic emphasis on functional anatomy.(Figure.3) While modern medicine categorizes

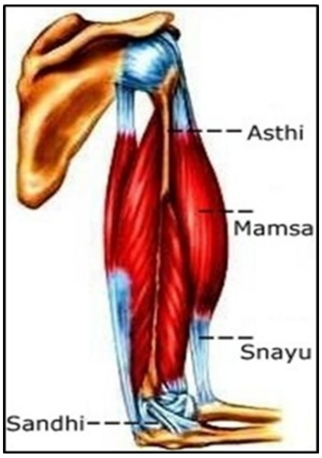

Figure 3 Showing Bones connection at the joint by joint capsule, tendons and ligaments

these terms into distinct tissues, Ayurveda views them as interconnected components of the body that work together to maintain overall health. The Ayurvedic framework also considers the balance between these tissues, linking them to the doshas and the body's overall constitution.

In clinical practice, the distinction between these tissues is crucial for diagnosing and treating musculoskeletal disorders. Imbalances in *Mamsa* might manifest as muscle weakness, while issues with *Snayu* and *Peshi* may lead to joint instability or chronic pain.[12] Understanding these Ayurvedic terms provides valuable insights for integrating traditional healing with modern medical practices, particularly in the management of musculoskeletal conditions.[13]

Conclusion

The Ayurvedic concepts of *Mamsa*, *Snayu*, and *Peshi* offer a unique perspective on the human body's structure and function. This systematic review has highlighted the interrelationships between these terms and their anatomical counterparts. Further research into these Ayurvedic concepts, particularly clinical studies, is essential for bridging the gap between traditional and modern medicine and enhancing therapeutic approaches in musculoskeletal health.

References

1. Charaka Samhita. *Charaka Samhita: The Ayurvedic Treatise on Medicine*. Translated by K.R. Srikantha Murthy. Varanasi: Chaukhambha Orientalia; 1993.
2. Sushruta Samhita. *Sushruta Samhita: The Ayurvedic Treatise on Surgery and Surgery*. Translated by Kaviraj Kunjalal. Varanasi: Chaukhambha Sanskrit Sansthan; 2015.
3. Gupta R. Ayurveda and muscle tissue: A comparative study with modern anatomy. *Int J Ayurvedic Herb Med*. 2020;5(4):12-19.
4. Dhiman M, Shukla A. Differentiating Mamsa, Snayu, and Peshi in Ayurveda: Anatomical insights. *J Ayurvedic Med Surg*. 2018;42(3):101-106.
5. Murthy KRS. *Ashtanga Hridayam: A Textbook of Ayurveda*. Varanasi: Chaukhambha Sanskrit Pratishthan; 2003.
6. Yadav R, Kumar A. Exploring Ayurvedic concepts of body tissues: A review of Mamsa, Snayu, and Peshi. *Ayurveda Res J*. 2017;10(2):23-30.
7. Singh R, Gupta M. The role of Peshi and Mamsa in

musculoskeletal health: An Ayurvedic perspective. *J Tradit Med.* 2021;54(7):456-460.

8. Bhardwaj S. Clinical approaches to Mamsa and Snayu disorders in Ayurveda. *Indian J Ayurvedic Sci*. 2019;39(3):150-156.
9. Pandey G. Interrelationships between Ayurvedic Dhatus: Mamsa, Snayu, and Peshi. *Int J Ayurveda*. 2020;12(1):62-66.
10. Kumar R. Modern anatomical correlation of Ayurvedic musculoskeletal concepts. *J Ayurveda Integr Med.* 2016;9(1):25-31.
11. Sharma P, Shukla N. Anatomical insights into the Ayurvedic concept of Peshi. *Ancient Sci Life*. 2018;38(2):124-128.
12. Singh S, Sharma H. Ayurvedic view on Snayu and its clinical relevance in orthopedic practices. *J Ayurveda Orthop*. 2022;4(2):79-84.
13. Mishra S, Tiwari V. Ayurveda and muscular health: A comprehensive review. *Ayurveda J Health Sci*. 2021;22(4):301-308.