

A study on *Ashta sara* status among patients at different stages of chronic kidney disease in Western Province, Sri Lanka

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The assessment of *Ashta sara*, which reflects an individual's *Bala pramana* (strength), is essential in evaluating patient health from an Ayurveda perspective, particularly in chronic illnesses like chronic kidney disease. This study aimed to assess *Ashta sara* status (tissue excellence status in *Sapta dhatu* and *Sattva*) among patients at different stages of chronic kidney disease in Western Province, Sri Lanka. The *Ashta sara* status of a total of 113 patients with chronic kidney disease (CKD stages 1–5), diagnosed according to the Western Medical System, were evaluated using a validated questionnaire which expresses an individual's overall *Dhatu sarata* based on weighted mean scores. A calculated percentage of each *Sarata* was categorized into three: 66.7 – 100% as *Pravara*, 33.4 – 66.6% as *Madhyama* and 0 – 33.3% as *Avara*. In stages 1 and 2, tissues from *Rasa* (plasma) to *Shukra* (semen/ovum) predominantly exhibited *Pravara sara* (optimal status). However, a gradual decline in *Sara* status was noted with disease progression. By stage 3, *Pravara sara* was seen only up to *Medas* (fat), while later *Dhatu* showed *Madhyama sara* (moderate status). In stages 4 and 5, most *Dhatu* showed *Avara sara* (inferior status), with even *Rasa* showing signs of deterioration. A consistent pattern of declining mean percentage scores from *Rasa* to *Shukra* indicated impaired *Dhatu* nourishment, aligning with the Ayurveda concept of *Dhatu पोषणा*. A notable drop between *Medas* and *Asthi* (bone) may be linked to the role of *Vrikka* (kidneys) in *Medovaha srotas*, affecting downstream tissue strength. Interestingly, *Sattva sara* (mental strength) was reduced even in stage 1, highlighting potential psychological effects of chronic kidney disease. Statistical analysis revealed a significant association ($p < 0.05$) between chronic kidney disease stage and *Ashta sarata*, where declining *Sara* scores reflected lower *Bala pramana* and deteriorating health.

Keywords: *Ashta sara*, *Bala pramana*, *CKD*, *Disease stages*, *Mean percentage score*