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## A Review Article on Mastu: Its Strotas-Vishodhana and Therapeutic Significance in Ayurveda

\*<sup>1</sup>Vd. Aaditi Abhay Mahajan and <sup>2</sup>Dr. Gayatri Sawant<sup>1</sup>PG Scholar, Department of Samhita and Siddhanta, Sumatibhai Shah Ayurved Mahavidyalaya, Pune, Maharashtra, India.<sup>2</sup>Guide, Department of Ayurved Samhita and Siddhanta, SSAM, Hadapsar, Pune.

### Abstract

Ayurveda emphasizes the use of various therapeutic drinks (*Peya Dravya*) for maintaining health and managing diseases. Among these, *Mastu*—the aqueous portion separated from well-formed *Dadhi*—occupies a significant place due to its therapeutic properties. Classical Ayurvedic texts describe *Mastu* under *Ksheera Kalpa* and highlight its utility across different branches of Ayurveda. The present review aims to compile and analyze references related to *Mastu* from *Ashtanga Hridaya*, with special emphasis on its role as *Chikitsa* and *Anupana*. A systematic literary review of *Ashtanga Hridaya* was conducted to identify its properties, indications, and therapeutic applications. The findings reveal that *Mastu* is particularly beneficial in disorders caused by *Strotavrodha* and in conditions requiring *Vatanulomana*, such as *Vataja Kasa*, *Udara*, and *Grahani*. Owing to its *Amla Rasa Pradhanya*, *Laghu Guna*, and *Ushna Virya*, *Mastu* acts as an effective *Vatanulomana* and *Strotovishodhana* Dravya. Despite its extensive classical references and wide therapeutic applicability, the use of *Mastu* in contemporary practice has declined. This review concludes that *Mastu* is a readily available yet underrated dietary and medicinal supplement with immense potential in disease management and *Strotas* cleansing, warranting greater inclusion in Ayurveda-based therapeutic practices.

**Keywords:** Mastu, Anupana, Chikitsa.

### Introduction

Ahara is regarded as one of the *Trayopastambha* and plays a pivotal role in the maintenance of health and prevention of disease in Ayurveda. Among *Dugdha Varga*, *Dadhi* and its derivative *Mastu* are described with distinct properties and therapeutic utilities. Classical texts clearly emphasize that food substances, when processed, exhibit altered *Guna* and *Karma*, making them suitable for specific disease conditions. *Mastu* is defined in *Ashtanga Hridaya* as:

“सुजातस्य दध्नः द्रवभागो मस्तु॥”

(A.H. Sutra Sthana 5)

*Mastu* is the liquid portion separated from well-formed *Dadhi* and is described as *Laghu*, *Vishtambahara* and *Shrotoshodhaka*. Unlike *Dadhi*, which is *Guru* and *Kaphavardhaka*, *Mastu* is considered therapeutically superior and widely applicable in *Chikitsa*, *Anupana*, *Panchakarma*, *Shalakyas* and *Visha Chikitsa*. Despite its extensive classical references, *Mastu* remains underutilized in present-day Ayurvedic practice. Hence, this review aims to systematically compile and analyze the therapeutic significance of *Mastu*.

### Materials and Methods

This is a narrative review study based on:

- Classical Ayurvedic texts: *Ashtanga Hridaya (Sutra, Chikitsa, Kalpa, Uttara Sthana)*
  - Relevant commentaries and published Ayurveda literature
- References related to *Rasapanchaka*, *Strotas Siddhanta*, *Chikitsa Prayoga*, *Anupana* and *Panchakarma* applications of *Mastu* were collected, analyzed, and compiled systematically.

### Results

**Table 1:** Rasapanchaka and Strotas Siddhanta of Mastu

Rasa	अम्ल, कषाय
Guna	लघु
Virya	उष्ण
Vipaka	मधुर विपाक, अम्ल विपाक
Sparsha	शीत
Prabhava	श्रोतःशुद्धिकर, विबंधजित

**Table 2:** Dosha–Dhatu–Mala Siddhanta

Dosha	वातानुलोमक, कफहर
Dhatu	रसवर्धक, रक्तवर्धक, मेदपाचक
Mala	मूत्रल, विष्टभजित

**Table 3:** Chikitsatmaka Prayoga of Mastu

Clinical Condition	Mode of Use	Classical Reference
वर्षा ऋतु	Mastu + पंचकोल	—
वातज कास	2) वात कास = पानं पंचक • मस्तु+कंठ+साखर • मस्तु+ बदर मज्जा • मस्तु+दाडीमरस+मदिरा	—
आमज तृष्णा	वमन योग	—
अर्श	वातपुरीष अनुलोमन पान	—
शीतज्वर	परिषेक, अवगाह	A.H. Chi. 1/142
वातज हृद्रोग	तैल पान	A.H. Chi. 6/25
पाण्डु, कुष्ठ, विष	वमन योग	A.H. Kalpa 1/30
अतिबृंहण	Chikitsa	A.H. Su. 14/21

**Table 4:** Mastu as Anupana

Yoga/Formulation	Indication	Reference
तालीसादि चूर्ण	कास, श्वास	A.H. Chi. 10
भल्लातक रसायन	रसायन प्रयोग	A.H. Utt. 30
नारायण चूर्ण	उदर रोग	A.H. Chi. 15
विरेचन योग	शोधन	A.H. Kalpa–Siddhi 2
लशुन रसायन	रसायन	A.H. Utt. 30

**Table 5:** Use in Shalakyā Tantra

Condition	Application	Reference
वर्म अतिलेखन	परिषेक	A.H. Utt. 9
अधिमंथ	वर्ति (Mastu soaked)	A.H. Utt. 16
व्यंग	उबटन	—

**Table 6:** Use in Visha Chikitsa-

Type	Ingredients with Mastu	Application
गर विष	मूर्वा, गुडुची, पिप्पली आदि	पान
सामान्य विष	करंज, अर्जुन, कुटज पुष्प	दंश लेप

## Discussion

This study explains that Mastu, being *Shrotovishodhi*, plays a crucial role in diseases caused by *Strotorodha*. Conditions such as कास, ग्रहणी, अर्श, उदर रोग show involvement of obstructed *Annavaha*, *Rasavaha* and *Purishavaha Strotas*, where Mastu effectively restores normal flow.

Due to its *Vatanulomaka* property, Mastu is particularly beneficial in conditions of *Malavstambha* and enhances the efficacy of *Virechana* and *Vamana* drugs when used as *Anupana*. Its *Laghu* and *Vibandhajit* nature explains its utility in Kapha-dominant and *Avarana*-based pathologies.

The widespread classical references across *Kayachikitsa*, *Shalakyā* and *Visha Chikitsa* confirm Mastu as a versatile therapeutic agent rather than a mere dietary by-product.

## Conclusion

The review highlights the therapeutic applications of Mastu in *Chikitsa*, particularly its role as an *Anupana* and its extensive use across various branches of Ayurveda.

This study concludes that Mastu, though readily available, remains an underrated yet potent dietary and medicinal supplement. It holds immense therapeutic potential in disease management and *Strotas Shodhana*. Its inclusion in Ayurveda-based treatments, especially in *Vyadhis* involving *Avarana* and *Vata-Kapha Dushti*, should be encouraged to harness its full benefits effectively.

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