

A Critical Conceptual Study Of Applied Anatomy In Charaka Samhita

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ABSTRACT: Charaka Samhita is an oldest classical book of Ayurveda with aim for achieving the four Purushartha. To achieve these aims one needs a high quality source of information of Ayurvedic science and along with the applied aspects. With the advancement in technology and learning aids, subject Rachna Sharir (Anatomy) is not only considered to dissection but its applied aspect is now more appreciated. The subject of Rachna Sharir is important in studying the morphology but its practical applicability assists physician to properly diagnose medical and surgical problem of a patient. This work as entitled is emphasized on exploring the applied anatomical facts from Charaka Samhita.

Keywords: Anatomy, Applied aspect, Charaka Samhita, Rachna Sharir, Diseases etc.

INTRODUCTION:

Ayurveda is the oldest and immortal system of healing existing since Vedic period. There is no doubt about the treasure of knowledge and principles mentioned in Ayurveda about way of living life. According to need of hour, it is essential to explore the basics of unexposed part of Ayurveda for betterment of knowledge. Acharya Charaka revised and enlarged the work of Agnivesha (one of the of Bhagwan Atreya's disciple) around 5th century A.D.in form of "Charaka Samhita". He is known for authoring the medical treatise Charaka Samhita and is famous as "Father of Medicine". The word 'Charaka' states to the wandering physician or scholars. The Samhita is divisible into 8 sthanas and further subdivided into 120 chapters. It is an interesting fact that 8 parts of Ayurveda are being touched by Acharya Charaka in the Samhita at different sthanas(sections) and adyayas(chapters). Acharya Charaka discussed about embryology, physiology, pathogenesis and medicine. He gave concepts related immunity, metabolism etc. His writings show that he had deep insight into genetics, embryology etc. The specific Sthanas of Samhita where description of Sharir, its parts, sub-parts along with importance, Anuvanshiki related concepts are highlighted is known as 'Sharir Sthana'. In many of the references mentioned by him, a point of view of fundamentals of genetics, nervous system related disorders like paralysis, convulsions, and disorders related to Twacha, Guda, Basti, Udara Roga etc. With advancements in technology and learning aids, the subject "Anatomy" is not only concerned to dissection but its applied aspect is now more appreciated. The entire concept of anatomy in Ayurveda is being mentioned in context to Chikitsa. To revalidate and explore the Ayurvedic concepts related to Sharir Rachna, we need to study it parallel with modern perspective also.

Sharir Sankhya Shaarir: In Ayurvedic literature, not only Acharya Sushruta is considered for the work in department of Anatomy or surgery but Acharya Charaka has also added to it. In Sharir Sthana he gave a separate chapter related to general anatomical facts of human body. For instance, number of bones,organs ligaments, joints, muscles etc^[1].

Garbha Sharir And Anuvanshiki : The knowledge of Sharir begins with knowledge of Garbha. The subject is concerned with normal development and knowing factors related to abnormality of developing fetus. Acharya Charaka has mentioned many concepts concerning to paternal and environmental imprinting in Ayurveda. One of the best examples postulated by Acharya Charaka is related to concept of Beeja, Beejabhaga, Beejabhagavyava and dosha. Various genetic diseases develop due to deformity in Beeja (ovum-sperm), Beejabhaga (chromosome) and Beejabhagavyava (genes)^[2]. Thus, it is important to study these valuable aspects in order to have healthy offspring and cure various congenital deformities. Along with these there are so many points to be covered like, concepts of Varta,^[3]Tranputrika,^[4] Atulya gotra (prevention of marriage in same clan)^[5] teratological impact, ^[6]sex determination^[7]etc.

Twacha Sharir: Twacha (skin) is the largest organ of the human body and is of utmost importance as it decreases socioeconomic status and affects work ability of an individual. Six layers have been elucidated by Acharya Charaka with related disorders of each layer^[8]. For instance, in Kustha roga (like leprosy), ^[9] Kamala (jaundice) ^[10] Slipada (filiarsis) ^[11]all have clinical manifestation through skin. In Eka Kustha, clinical feature refers to absence of perspiration (aswednam), skin peels off or looks like scaly skin of fish. So these are similar to psoriatic patient and likewise many other examples can be quoted ^[12].

Uttamangiya Sharir: One of the important residences of Prana (life) is considered as Shira (head). The Shira (head) is important organ where all sense organ and their receptors reside. Any type of injury can lead to severe outcome or death can occur. ^[13]The chapter entitled 'Vatavyadhi' indicates the involvement of Vata Dosha along with other in pathogenesis of disorders in Ardita (facial paralysis) ^[14], Akeshapa & Dandaka (convulsion & opisthotonus) ^[15], Hanugraha (lock jaw) ^[16], Gritharsi (sciatica) ^[17] etc. Vata Dosha is considered as key to movement and nervous system is controller and coordinator for all the signals in body.

Udara Roga: The area where almost all organs (especially related to digestion) reside is known as Udara (abdomen). It is illustrated in contemporary science that many of the diseases particularly of abdomen arise from defective Agni (Jatharagni Bala). In Chikitsa Sthana of the Samhita chapter 13th demonstrates disorders like Pleehodara, Jalodara, Badhgudaudara, Chidrodara, Bradhna- Mutravridhi etc. all these are important examples related to Udara roga where anatomical changes can be studied.^[18] Here in this concept Acharya Charaka mentioned operative procedure for treatment of Badhgudaudara (obstructive), Chidrodara (perforative) by use of head of large ants^[19].

Guda roga: In today's sedentary lifestyle, irregular and inappropriate diet, prolonged sitting and stressful life are causes to pathogenesis of ano-rectal diseases. Jatharagni is one of the causes for such complications. He mentioned the anatomy of Guda region and pathological condition like Arsha (piles),^[20] Bhagandara (fistula-in-ano)^[21]. The venous supply and mucous membrane involvement are among main causes in such pathologies.

Bastigata roga: it is group of organ which are responsible for excreting the waste from body. The Mutravaha Sansthana related to Ashmari where calculi develop due to drying of semen, urine, Pitta etc^[22]. Thirteen types of Bastigata Roga are mentioned in Siddhi Sthana and here only those conditions are considered where anatomical changes are observed like Vatasthila, Granthi, Bastikundala, Mutrosanga & Vidghata etc^[23].

DISCUSSION:

Ayurveda is part & parcel of our society and culture. Acharya Charaka in Vimana sthana, elucidated that "There is no end of Ayurveda (science of life) hence one should devote himself to it constantly and without any negligence"^[24]. With the advancement in technology and learning aids each subject has become incredible. Rachna Sharir (anatomy) is wide and needs to be appraised with its utility in applied aspects. Thus, the title is justified by decisive or importance of fact that are mentioned in Charaka Samhita. In each section, there are many valuable points which prove to be advantageous in regard to clinical importance and it can be easily differentiated from normal parameters. Like in Garbha & Anuvanshiki Siddhanta, the importance lies in determining factors for better progeny and prevention of congenital malformations. The example of Eka Kustha Roga to psoriasis has been finest correlation because of presence of epidermal thickening (acanthosis). The condition relate to increased epidermal cell turnovers with loss of stratum granulosum^[25]. Such pathology may affect skin at various levels (structural, histological) etc which becomes more clear. The nervous system is controller and coordinator of bodily activities. The involvement of Vata Dosha is one of communicating factor for various Uttamangiya roga. Udargata roga are efficiently mentioned which involved the anatomical or surgical aspect like in Badhgudodara & Chidrodara. The Gudagata Roga resultant of imbalanced Agni and due to this food is not digested, less absorption, constipation etc which results into venous congestion and pressure over lower part of anal canal. The Mutravaha Sansthana is essential to remove toxins. It is considered in

Trimarma and only disorders with anatomical changes are considered like Vidghata (developing fistula).

CONCLUSION:

From above collective data from the classical literature and modern science a correlative study is performed. There are many references highlighted in Charaka Samhita which indicates toward the anatomical changes at surface, topographical, histology or microscopic level. A closer correlation is done with the modern pathology of that disorder of system. Hence, this work is a step in new direction for creating a relation between the contemporary science and modern science. The applied aspect is applicability of the theoretical knowledge of a physician or scholar for betterment of humankind.

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