



A REVIEW ARTICLE ON ANALYTICAL STUDY OF SHARIR RACHANA IN AYURVEDA: A COMPARATIVE PERSPECTIVE WITH MODERN ANATOMY

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ABSTRACT

Sharir Rachana (Ayurvedic Anatomy) is a fundamental branch of Ayurveda that describes the structure of the human body in a unique and holistic manner. Unlike modern anatomy, which is based on dissection and histology, Ayurveda conceptualizes human anatomy in terms of Panchamahabhuta, Doshas, Dhatus, and Srotas. This paper aims to explore the foundational principles of Ayurvedic anatomy, comparing them with contemporary anatomical knowledge and highlighting their clinical significance. It also examines classical texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya to understand the ancient approach to body structure.

KEYWORDS: Sharir Rachana, Ayurveda, Panchamahabhuta, Dhātu, Srotas, Modern Anatomy.

INTRODUCTION

Anatomy, or Sharir Rachana, is one of the most significant disciplines in the field of medicine. It provides a structural understanding of the human body, essential for the diagnosis and treatment of diseases. The Ayurvedic perspective of anatomy is distinct from modern anatomical studies, as it integrates physiological, philosophical, and metaphysical aspects. The concept of Purusha (individual) in Ayurveda is based on Tridosha (Vata, Pitta, Kapha), Saptadhatu (seven bodily tissues), and Srotas (bodily channels). This paper aims to analyse the Ayurvedic anatomical concepts and compare them with modern anatomical sciences.

Historical Background of Sharir Rachana

Ayurvedic anatomy has been documented in various classical texts. The descriptions in Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya illustrate different perspectives on body structures. While Charaka emphasizes the functional and physiological aspects,

Sushruta focuses on surgical anatomy, dissection, and Marma Sharir (vital points).

Sushruta, regarded as the father of surgery, emphasized dissection (Sharira Chhedana) for anatomical understanding. He classified Sharira into various components such as Asthi (bones), Sandhi (joints), Peshi (muscles), and Snayu (ligaments). The concept of Marma, which corresponds to modern vital points, plays a crucial role in surgical interventions and therapeutic applications.

Fundamental Concepts of Sharir Rachana

Panchamahabhuta in Ayurvedic Anatomy: The entire human body is considered to be composed of the five basic elements (Panchamahabhuta): Prithvi (earth), Aap (water), Teja (fire), Vayu (air), and Akasha (ether). Each anatomical structure is believed to be a manifestation of these elements.

Saptadhatu: The Seven Tissues of the Body

The human body consists of seven Dhatus (tissues):

- Rasa (Plasma)
- Rakta (Blood)
- Mansa (Muscle)
- Meda (Fat)
- Asthi (Bone)
- Majja (Bone marrow)
- Shukra (Reproductive tissue)

These Dhatus sustain the body and contribute to physiological functions similar to modern tissue classifications.

Comparison Between Ayurvedic and Modern Anatomy**Table No.-1**

Ayurvedic Concept	Modern Correlation
<i>Panchamahabhuta</i>	Chemical and elemental composition of the body
<i>Dhatu</i>	Tissues (epithelial, connective, muscular, nervous)
<i>Srotas</i>	Circulatory, lymphatic, and nervous pathways
<i>Marma</i>	Vital points (similar to trigger points in modern medicine)
<i>Garbha Sharir</i>	Embryology and fetal development

Modern anatomy primarily relies on microscopic and imaging techniques, whereas Ayurveda considers functional and energetic attributes in addition to structural aspects.

Clinical Significance of Ayurvedic Anatomy**Marma and Surgical Applications**

Marma points, identified in Sushruta Samhita, have significant implications in surgery and trauma care. These points are analogous to acupuncture points and pressure points in modern medicine.

Dhatu Kshaya and Vriddhi (Tissue Pathology)

Diseases in Ayurveda are often attributed to imbalances in Dhatu formation and metabolism. For instance, Asthi Dhatu Kshaya (bone depletion) can be linked to osteoporosis, while Mamsa Dhatu Vriddhi (muscle hypertrophy) corresponds to conditions like myopathy.

Srotas and Disease Pathogenesis

The obstruction or dysfunction of Srotas leads to diseases such as Pranavaha Srotodushti (respiratory disorders like asthma) and Raktavaha Srotodushti (blood disorders like anemia).^[10] This highlights the importance of Ayurveda's systemic approach in understanding diseases.

CONCLUSION

Sharir Rachana in Ayurveda presents a comprehensive and holistic understanding of human anatomy. Although it differs from modern anatomy in approach and methodology, its concepts remain clinically relevant, particularly in surgical applications, disease pathogenesis, and treatment modalities. Further research integrating Ayurvedic and modern anatomical principles

Srotas: Channels of Circulation

Srotas refer to body channels responsible for the transportation of various substances. Ayurveda classifies Srotas into different types based on their function, such as Pranavaha Srotas (respiratory channels), Raktavaha Srotas (circulatory channels), and Annavaha Srotas (digestive channels).^[6] These can be correlated with modern systems like the circulatory, respiratory, and gastrointestinal systems.

can enhance medical knowledge and therapeutic applications.

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