

Elemental Analysis Extent in Rachana Sharir

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Abstract

Elemental analysis in simple words refers to research which consists of development of knowledge which results in new concepts, methodologies, and understandings through creative applications of existing information. This can be done with the help of synthesis and analysis of previous research which may lead to new and creative outcomes. Now a day it is the need of hour in the field of Ayurveda. Ayurveda research focuses to create a scientific approach towards the concepts and fundamental principles mentioned in the Ayurvedic classics, along with needful adjustments to maintain the basic principles of Ayurveda. The doubtful concepts from Ayurvedic Samhitas can be solved by literary research. On an academic platform, the basic principles of Ayurveda which are mentioned in the Ayurvedic texts should be loud and clear. As knowledge of Rachana Sharir is the most important aspect before any treatment in Ayurveda, hence, to clear the doubts in this field, this article has been written which is aimed to the areas in Rachana Sharir that need to be clarified through research. The concept of Rachana Sharir includes ancient neuroanatomy as Nadi Tantra, Marma (Vital Points of the body), sukshma (Micro), and sthula (Macro) sharir, applied aspects of shad chakras, srotas (Body channels), Avedhya sira (Non punctures Vein), Kala sharir (Membranes), etc.

Keywords

Literary study, Marma, srotas, Avedhya sira, Research in Rachana Sharir etc.

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To browse



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1. Introduction

Ayurveda is ancient medical science in which all the knowledge of health and health related issues has been given in ancient samhitas. As we all know Ayurveda is purely evidence-based science. Now a day, in the global era, logical or fundamental theories cannot function smoothly. Anyone can question the basic fundamentals to prove them. Hence each and every fundamental must prove through research media. Therefore, there is huge scope for research in the field of Ayurveda. Number of scientific developments and refinements has been done in the field of old theories, hence it is important to have a scientific view to this ancient medical science. To cover up all lacunas, Research should be carried out in the areas of fundamental principles without compromising them. Numbers of organizations are there which are well-established in research infrastructure for exclusive research in Ayurveda. Research in Ayurveda should be carried out in the literary field, experimental and clinical field which should impact the field of academics hence contributed in a active manner [1-3]. The Ayurveda research can be classified into three basic categories.

- Research in literature and theory
- Experimental research
- Clinical research



Figure 1. Rachna Sharir

Most of the Ayurvedic research is carried out on drug research. But, for every science its basic principles should be reinforced properly. Hence in field of Rachna Sharir, the most important areas of research are the concept of ancient Nadi Tan-

tra, marma, sukshma, and sthula sharir, shad chakras, srotas, Avedhya sira, Kala sharir, etc. Researchers of Rachana Sharir should explore the Samhitas by proper validation and establishment based upon modern parameters.

2. Materials and Methods

2.1. Use of Literary Research in Present Research Work

- Proper literary research provides appropriate guidelines for estimating hypotheses in the current study.
- The chronological importance based upon literary research triggers present and future research work.
- Literary research can be helpful to clarify un-solved or doubtful topics by revealing hidden connections.

2.2. Aim & Objectives

2.2.1. Aim

To find out the areas where there is need of research in Rachana Sharir.

2.2.2. Objectives

- To explore the Ayurvedic Samhitas through literary research.
- To study the areas of Rachana Sharir that should be clarified through research.

3. Results and Discussion

3.1. Conceptual Explanation Nadis

Nadis refers to the channels in which there is subtle flow of vibrations is there. It is the main medium of the Ayurvedic Neuroanatomy which is mentioned in different Ayurvedic & yogic texts. Nadis are the channels in which the circulation and transportation of various vibrations occurs. These channels carried out the Pranas which is necessary for life. There are about 72000 Nadis have been described in different ancient texts. Among these all only three Nadis are most important. These are named as Ida, Pingala, and Sushumna Nadis. Ida Nadi is located and controlled from the left side of the body, Pingala Nadi is located and controlled from the right side of the body and the third Sushumna Nadi is located in the middle of the body in Merudand or spinal cord. They are also named as of holy rivers Ganga, Yamuna, and Saraswati which are connected at the base of Merudand or spinal cord. [3-7] These are mentioned as the structural description of ancient neuroanatomy in ancient texts. This concept of nadis is also been explained by the Charaka and Susruta which should be clarified and redefined in Ayurvedic Texts. The difference in yogic and Ayurvedic texts concepts related to nadis must be clarified with need. It should be proved through research only.

3.2. Avedhya Sira Concept and its Importance

Avedhya literally means not to bed (prick). Acharya Sushruta has explained in Sharirsthsana that there are many vessels which are present near or at the site of marmas, so they are stated as Avedhya because if these vessels are pricked then it may cause disability or death due to excessive loss of blood.



3.3. Kala Explanation

Kala refers to covering. This can be understood as skin is the outer covering of our body similarly Dhatus, Ashyas, Pratayangas which are present inside the body are covered by a layer which is called as Kala. These are the outer layers which covers the various organs and tissues. There are seven types of Kalas namely Mamsdhara Kala, Raktadhara Kala, Medodhara Kala, Shaleshmadhara Kala, Purishdhara Kala, Pittadhara Kala and lastly Shukradhara Kala. These Kalas should be researched and documented in the scientific way in term of clinical study as well as literary study.

3.4. Role of Marma

Marmas are the vital points of the body and there is a lot of work has been which is based upon the anatomical correlation of Marma. According to various Ayurvedic Texts Marmas are 107 in number. The Detail knowledge of Marma is important. The various surgical procedures like Agnikarma, Ksharakarma & Shastrakarma which can be used as a part of the surgery, in them, the knowledge of Marma Sthana is required while conducting these surgical procedures. These procedures can be performed without any complications with proper knowledge of Marma Sthana. In the conditions like trauma, it is necessary to know the knowledge of trauma site, structures involving and deformity. So treatment and surgical procedures by both aspect Marma study is important. In Marma Cikitsa the Marmas are stimulated by applying pressure, vibration of tendons, deep pinching of skin and subcutaneous tissues and muscles which generate pain sensation to the patient. The amplitudes of these techniques vary according to age, disease and patient's pain threshold and type of Marma point. There is no direct reference of Marma Cikitsa in Ayurveda literature Such type of therapeutic approach of Marma opens a new dimension in the field of Ayurvediya Marma Chikitsa to prove the statement Jívantiti Marmaani (Marma gives the life). Unfortunately, the healing modality of Marma is least practiced or practiced by few individual and is scientifically unexplored by scholars of Ayurveda. Hence this concept should also study and researched in a certain manner [7,8].

3.5. Concept of Genetics in Ayurveda

Genetics is a great area of interest for researchers in Ayurveda. Ayurveda has mentioned different factors which results in congenital diseases. Concepts of Beeja, Beejabhaga, Beejbhaga-vayava are clearly mentioned in various Ayurveda texts. Acharya Charaka has given the explanation about Garbhakara Bhavas. They are Matrija, Pitrija, Aatmaja, Satmyaja, Rasaja and Satvaja. These six factors influence the formation of a fetus. Fundamental concepts of Dauhrud, Atulyagottra, Shape of fetus like Pinda, Peshi and Arbud, factors responsible for Beejdosh and their results are some areas that need to be explored. These are the concepts of Ayurveda embryology, and they can be studied with various study designs.

3.6. Idea of Shad Chakra

Chakra is believed to be part of the subtle body, thought to vitalize the physical and mental status of an individual. Muladhara, Swadhishtana, Manipura, Anahata, Vishud-dha and Ajna are called Shadchakra. The karma of Chakra is to spin and draw in this universal life force energy to keep the spiritual, mental, emotional, and physical health of the body. Chakra modulates the flow of subtle energy. The movement of energy is vital to life and the energetic process in the body is caused by the nervous sys-tem. The action of Chakra is most relevant to the autonomic and somatic nervous systems, which deal with the body's automatic and voluntary responses to various situations.



3.7. Basic Theory about Shukshma and Sthula Sharir

According to Sarira Traya, the Doctrine of the Three Bodies in Hinduism, the human being is composed of three shariras or "Bodies" emanating from Brahman by avidya, "Ignorance". They are often equated with the five encase, which cover or wrap the aatman. The Three Bodies Doctrine is essential in Indian philosophy and religion.

It is Nirvikalpa Rupam, "Undifferentiated Form". It originates with avidya, "Ignorance" of the real identity of the aatman, instead of giving birth to the notion of the Jiva. The causal body is considered the most complex of the three bodies. It comprises the impressions of the experience that emerge from it.

Some other important topics which can be studied.

- Concept of Asthira Ojas in Ashtam Masa of Garbhini.
- Ayurveda concepts of organogenesis during the embryonic period.
- Ayurveda advocates the process of Punsavan karma (administration of medicine for healthy progeny) and Garbhini paricharya (regimen to be followed during antenatal period to ensure better growth and development of the fetus) during pregnancy. The effect of Punsavan karma and Garbhini paricharya on the growth and development of the fetus can be studied with prospective studies.

4. Conclusion

Ayurveda looks like a mystery for modern medical scientists. Research activity in the subject of Rachana Sharir can help to clarify the concepts given in different Ayurvedic books. Hence the detail knowledge of basic concept of Rachana Sharir will definitely help in the current scenario. In Ayurveda, Rachana Sharir requires more attention and opens up new avenues for research in the holistic health care system. So that the students can properly understand the fundamental concepts of the human body that will be beneficial for society.

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