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## RESEARCH ARTICLE

### FUNDAMENTALS OF RACHANA SHĀRIRA WITH RESPECT TO SUSHRUTA SAMHITA SHĀRIRA STHĀNA

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#### Abstract

understanding of the basic principles, including micro and macro anatomy of human body is creditably available. In Ayurveda Samhitas, there is no major Samhita without Shārirā Sthāna which emphasizes the importance of the subject. Among all Samhitas, Sharira Sthāna is best described in Sushruta Samhita. As known to us, Acharya Sushruta is the “Father of Surgery”. He emphasized that, without proper knowledge of Sharira (human body), a physician cannot diagnose or treat or do any surgery on the patients properly. Thus for acquiring that essential knowledge of human body, in 5<sup>th</sup> century BC, he is the first person who did the dissection of Human Dead Body, before Modern Anatomy even exists. From a shapeless form, our human body is developed into such an amazingly complex form, which we can study from “Rachana Shārirā”. Acharya Sushruta, congruently described the anatomy of human body in Sushruta Samhita Shārirā Sthāna, right from the formation of birth, with all the fundamental aspects.

Rachana Shārirā is one of the vital subjects where thorough

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#### Introduction:-

Sushruta Samhita is one of the old and precious Fundamental Ayurveda Text book of Medicine and Surgery. It is divided into 6 sthānas – Sutra Sthāna, Nidana Sthāna, Sharira Sthāna, Chikitsa Sthāna, Kalpa Sthāna and Uthara Sthāna.

The fundamental aspects of Rachana Sharira is majorly described in the 10 chapters of Shārirā Sthāna.

The Shastra (Science) from which the knowledge of Sharira (Human body) is obtained.

The complete knowledge of Sharira is called Shārirā. Thus Rachana Shārirā is the science that deals with the study of entire Sharira.

#### The 10 chapters of Shushruta Samhita Shārirā Sthāna are as follows-

1. Sarvabhootachinta Shārirā
2. Shukrashonita Shudhim Shārirā
3. Garbhavakrantimshārirā

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4. Garbhavyakaranam Shārira
5. Sharirasankhya Vyakaranam Shārira
6. Pratyekamarmanirdesham Shārira
7. Siravarnavibhakti Shārira
8. Siravyadha Vidhi Shārira
9. Dhamani Vyakaranam Shārira
10. Garbhini Vyakaranam Shārira

Acharya Sushruta is the only one who described dissection method. Ancient method of preservation and dissection was different from the modern. It's fascinating that it was done without any advanced techniques or instruments which is available now. It is Acharya Sushruta who discovered the layers of skin with a microscope at that time. It shows his urge to know about anatomy, how important it is, to know about the structure and components of the body for a Physician.

In Shārira Sthāna, even the Srishti Utpathi Krama is described along with other precise description of Embryology, Parts of body, its enumeration, organs, vessels etc.

Marma Shārira is another unique chapter which is mentioned in Shārira Sthāna. The vital points in the human body which is inevitable to know, as Marma Chikitsa is an effective area of treatment in Ayurveda.

Now, let us peep into the fundamentals of Rachana Shārira Sthāna.

The first chapter begins as **Adhataha Sarvabhutachinta Shāriram...**

This chapter gives us the fundamental concept of "Creation Theory". It is stated that the causative factor of all beings is 'Avyakta' (Mula Prakriti). From where the Universe is evolved.

Ashta Maha Prakriti including Avyakta with the Shodasha Vikaras (modifications) are the fundamental things which drive the unmanifested form into the manifested.

Ashta Maha Prakritis are Avyaka, Mahat (Budhi tattva), Ahankara (Egoism) and Pancha tanmatra (five sensibles - some opine it as Panchamahabhutas).

Shodasha Vikaras includes Pancha Jñānendriya, Pancha Karmendriya, Manas (Ubhayatmaka) and Pancha Indriyarthas.

Out of this 24 tattvas the Karma Purusha (Sharira) is evolved.

The second chapter named **Shukrashonita Shudhim Shārira**, in which Acharya Sushruta explains the causative factor of Garbha.

In this chapter along with Shudha shukra artava lakshanas even the dushti lakshanas are described along with its remedies. For giving birth to a healthy offspring the Shukra and Artava must be healthy.

Thus in this chapter everything regarding Shukra and Artava is mentioned. Also the chapter gives ample knowledge about regimen to be observed during menstrual flow, factors causing garbha, pumsavana karma, causes of different colours of child etc.

In the third chapter, **Garbhavakrantim Shārira**, after explaining the causative factors and features of shudha and dushta shukra artava lakshanas in second chapter, detailed description of Garbha (Development of Fetus) is given.

It is the combination of Shukra and Shonita (Sperm/Semen and Ovum/Menstrual blood), inside the Uterus, along with the Atma, Prakriti and Vikaras which results in Garbha and thus the life begins inside the Garbhashaya (Uterus) from the time of Shukra Shonita Sammurchana.

Factors which determine the sex, features of ritumati, features of conception, prohibited conducts during pregnancy, monthly development of fetus, longings and its effect during pregnancy (dauhrida), cause for

longings, factors received by the fetus by paternal and maternal elements etc are said in this chapter. Collectively all those factors which helps to get a Mahagunavan progeny is elaboratively described in third chapter.

In the fourth chapter, **Garbhavyakaranam Shārira** further development of fetus and factors contributing to the growth of the different body parts and organs are described noteworthy.

In this chapter the 12 pranas are explained. Right from the time of fertilization 'Prana' is that which controls and performs all the activities and functions of a human being till death.

### 12 Pranas

It is the Bhutatma which gives consciousness to the body. The description of 12 Pranas are given in this chapter. Enumeration of the same is given below.

Tridosha (Vata, Pitta, Kapha), Triguna (Sattva, Rajas, Tamas), Panchendriya (Nasa, Akshi, Karna, Jihwa, Twacha) Atma (Soul).

Sapta twacha and Sapta kalas (7 Layers of skin and 7 membranes/sheath in between tissues) are also narrated in this chapter.

Another important topic in this chapter is Nidra (7 types of Sleep).

It is also explained here that Heart is the primary seat of consciousness (Chetana) in a living body.

The fifth chapter is named, **Sharirasankhya Vyakaranam Shārira**, the chapter which gives the significant knowledge of Anatomy Of Human Body.

After describing, the creation of Universe, formation of Garbha, development of fetus and different pranas etc in the first four chapters, Acharya Sushruta contributed us with the wide knowledge of Sharira in this chapter.

Once the fetus acquires different body parts it gets the form of Sharira. The major reference in this chapter includes - Definition of Garbha and Sharira. Parts and sub parts of the body (Anga pratyanga).

### Enumeration of different parts of the body are given below-

Sapta Twacha	Tridosaha
Saptakala	Trimala
Sapta Āshaya	Nava Srotas
Sapta shata Sira	Shodasha Kandara
Pancha shata Peshi	Shodasha Jala
Navashata Snayu	Shad Kurcha
Trini Shata Asthi	Chatasra Rajju
Dwedasa Shata Sandhi	Sapta Sevani
Sapta shata Marma	Chaturdasha Sanghata
Chaturvimshati Dhamani	Chaturdasha Seemanta

All the above mentioned parts of the body are described in detail in this chapter. The one who is well versed in Anatomy with the knowledge of all these are only capable of understanding Sharira.

Along with the theoretical knowledge of every parts, practically a physician should have clear knowledge of the same without any doubts. Thus Acharya Shusruta explained “Mruta Sharira Samshodana” (Dissection) in this chapter.

It is astonishing to know that Dissection was performed years before by him, without the availability of any modern techniques, instruments, equipments and chemicals. With the available natural resources it was preserved and dissected for acquiring the complete knowledge.

Thereafter, in the 6<sup>th</sup> Chapter **Pratyekamarmanirdesham Shārira**, the vital points/parts of the human body are described.

Marma can be considered as important energy points in our body. These are the parts where energy can get stagnate in the body. Marma is extremely important as it is even told that, they are “the points which can kill”. So are the points to be taken care of.

Marma chikitsa is widely practiced in Ayurveda considering it as important for self care and self –healing.

According to Sushruta Acharya, there are 107 Marmas in our body each serving a particular purpose. Each Marma is explained specifically holding its vitality.

Marmas form the primary seat of Soma-Maruta-Tejas (air-lunar-fiery principles), and also Satva, Raja and Tama (Trigunas).

Hence, Marma if get injured either the person doesn't live or will suffer from some disabilities. Even the structures near the Marmas will get affected, if Marma is getting injured. So Marmas are those parts which need to be taken utmost care. The knowledge of which is eloquently given in this chapter by Acharya Sushruta.

The 7<sup>th</sup> and 8<sup>th</sup> chapter, **Siravarnavibhakti Shārira**, **Siravyadhavidhi Shārira** respectively incorporated with explanation & classification of Siras (Vessels) and Method of Venesection.

Acharya Sushruta mentioned that Siras are innumerable, but based on situation and similar functions there are 700 Siras in human body. He quoted that, all Siras originate from Umbilical cord and from there it spreads all over the body. Among the Siras, Sushrutacharya also refers to Siras that should not be punctured, known as Avedhya Siras.

After describing Siras, method of Venesection is narrated in the 8<sup>th</sup> chapter. Person unfit for this procedure, preparation of the person and its procedures are briefed in it.

The 9<sup>th</sup> chapter, **Dhamani Vyakaranam Shārira**, expounds regarding the anatomy of Arteries. There are 24 Dhamanis according to Acharya Sushruta, which also originate from the umbilical region like Siras. Srotas are also explained in this.

The 10<sup>th</sup> chapter, **Garbhini Vyakaranam Shārira**, which is the last among Shārira Sthāna. In this chapter we get information regarding the rules and regulations that an expectant mother should follow. Some other important information which we can obtain from this chapter is Sutika paricharya (care of delivered women), Lactation, Sadyojata karma, Jata karma (birth rites), Diet of a child, Balaroga, Garbhini paricharya, Suvarna Prashana etc.

The content of this chapter makes us to understand that, how Acharya Sushruta had thrown attention for the well being of a Garbhini, who is giving birth to new life. After explaining every details of Sharira, the one who bears the fetus in the womb is also given extreme consideration, understanding that, without which a healthy generation cannot be brought up.

### Discussion:-

The 10 Chapters of Sushruta Samhita, Shārira Sthāna collectively gives us ample and accurate knowledge about all the Fundamental Principles of Rachana Shārira.

From the formation of Universe to the formation of Life, once life begins inside the Garbhshaya, what are the factors affecting it, how it is transformed to a Sharira (Human Body). There after what are the parts and subparts of the body, factors which drives the life, important vessels and vital points in the human body, all are being helpfully and appealingly explained in Shārira Sthāna. For a skilled Surgeon as well as for all Vaidhyas, deep knowledge of Rachana Shārira, (Anatomy) is inevitable.

### Conclusion:-

There is no wonder why Acharya Sushruta is known as Father of Surgery. Among the Brihatrayis, Shārira Sthāna of Sushruta Samhita is exceptionally good to acquire the detailed knowledge of Sharira.

In Ayurveda, the one who is mastered with practical and theoretical knowledge of Rachana and Kriya Shārira is able to serve the society with their medicine practice.

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