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### RESEARCH ARTICLE

#### A REVIEW ARTICLE OF SHARIR RACHANAW.S.R. ANATOMY

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#### Abstract

Acharya Susruta provided several aspects associated with human anatomy at the side of application of dissection system. The historical Acharya of Indian device emphasizes structural employer of human frame. The Vedas of Indian device and Acharya described that how human body originated from Panchamahabhutas and relation among principles of Trigunas and physiology of human frame. Similarly improvement of embryo and fitness of fetus correlated with satisfactory of Shukra wholesome progeny additionally supplied human body as an extension of the embryo. The classical texts supplied numerous ideas related to the human anatomy (Rachana Shaarira) and this newsletter elaborated identical. Human anatomy is one of the primary vital sciences of drugs. Anatomy is the branch of biology concerned with the examine of the shape of organism and their elements, The subject of anatomy is split into macroscopic and microscopic anatomy. Macroscopic anatomy is that the examination of an animal frame components the usage of unaided eyesight. Gross anatomy also consists of the department of superficial anatomy. Microscopic anatomy consists of using optical units in the test of the tissues of assorted structures, known as histology and within the have a have a look at of cells. The concept of congenital anomalies additionally presented in ayurveda which in particular takes vicinity due to the anatomical defects or physiological disturbances. Ayurveda provided several aspects associated with human anatomy at the side of utility of dissection manner and emphasizes structural commercial enterprise employer of human frame. It is believed that understanding about Rachana Shaarir enables medical physician to come to be high-quality in profession exercise. therefore, Ayurveda offers importance approximately the information of Rachana Sharir.

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#### Introduction:-

Rachana sharira has very ancient origin and it took thousands of years to emerge in its present shape. The literary meaning of Rachana sharira is "Rachana pratipadikamshariramrachanashariram". A department of science that's absolutely dedicated to the systems of the body. In ayurvedic texts the human anatomy i.e. Rachana sharir has been specifically classified under the sharirasthana of various samhitas due to this the part of the texts completely committed about the form / formation of human frame. In ayurvedic texts Rachana sharir has been narrated as a

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crude shape of human anatomy due to initial section of research of number one developmental diploma of studies. duration round 1500 BC considered as Vedic duration in which 4 Vedas; Rigveda, Yajurveda, Samveda and Atharvaveda got here in practices. The fourth Veda presented concept of Ayurveda even as anatomical description supplied in Atharvaveda. The Indian classics of clinical system like; Charaka Samhita and Susruta Samhita followed anatomical phrases presented by way of Atharvaveda.<sup>1,2</sup>

There are Prakriti formation, oja, Kala sharir, Srotovighyanium, Avedhyasira, Shukra dhatu, Garbhavridhikar bhava stated thru Acharya Charak and Sushrut, concept of sira and nabhiprasavaChaturvinshatidhamanyah and for some quantity marmasharir. in Rachana SharirInSushrutasamhitasira has been utilized in purposes-in preferred sira has been used to indicate the vessels in any other case in particular enjoy sira way veins. He includes artery, vein, capillary and lymphatics in sira. other than this in Sushrutasamhita, in some references like siramarma, sira has been used to indicate the nerve.therefore we've were given all types of knowledge of the give up approximately sira.hence we need to understand the appropriate which means of sira. The Atharvaveda refers to dhamanis- that are ducts with thick walls equivalent to arteries; siras- which might be ducts with skinny partitions equal to veins and still finer ducts are known as snavas just like capillaries.<sup>3,4</sup>

According to charaka 'Dhamanadhamanyah'hence dhamaniis that tract which produces sound. AcharyaCharakastarts from the root meaning of dhamani. Dhamani is pipe or tubular vessels or canal of the human bodystarting from heart or from the naval on supported to carry the rasa. According to sushruta, sira&dhamaniare the channels other thansrotas. According Susrutanabhiis the site of origin of both dhamaniand sira. Even in Charaka,AstangaSangrahaand AstangaHridaya, nabhiword has been used in reference to fetal life. Susrutahas himself shiftedfrom his own view in relation to the origin of dhamanisfromnabhitohridayainsutrasthan 'sonitavarniyaadhyaya'.Charakahas also mentioned in 30th chapter of sutrasthanthat the dhamanisarise from the hridaya. oja is described in AstangHriday, Sangrah, Sharangdhar Samhita, Charak Chakrapanicommentary and Sushrut Samhita. Saptadhatusarrup is oja. It is sheetvirya, just red and yellow, snigdha, pichhil and taraldravya, which issarvasharirvyapi (spread upin all over the body) and it is prasaranshil. Excellent extract of all dhatus i.e from ras dhatu toshukradhatu is called as oja. Description of Oja given in Samhitas is probably not sufficient to understand theconcept of oja and what exactly present in the body which can called as oja.<sup>7,8,5,6</sup>

#### Shadang Sharir-

1.	Shakha or Bahu	Two Upper limbs
2.	Shakha or Sakthi	Two lower limbs
3.	Madhya Sharir or Antradhi	Trunk
4.	Shir or Shirogriva	Head and Neck

According to Modern medical Science six parts of the body are-<sup>9</sup>

1. Upeer limb (UrdhvaShakha)
2. Lower limb (AdhoShakha)
3. Thorax (Vaksha)
4. Abdomen (Udar)
5. Head and Neck (Shir Evam Griva)
6. Brain and Spinal cord (Mastishka / Sushumna)

#### Acharya Charaka-<sup>10</sup>

The body is divided into 6 major parts (Shadanga) namely Bahu – Upper limbs, 2 in number Sakthi – Lower limbs, 2 in number Shirogreeva – Head and neck, 1 in number Anytaradhi – Middle part of the body or trunk (comprising of thorax and abdomen), 1 in number.

#### Sushruta-<sup>11</sup>

Sushruta has given the same classification with change of names.According to him, the body is divided broadly into 6 parts (Shadanga), namely – Shakas – 4 in number (2 Urdhwa Shaka or upper limbs + 2 Adho Shaka or lower limbs) MadhyamaSharirMiddle portion of the body, 1 in number (trunk comprising of thorax and abdomen) Shira – Head, 1 in number.

**Bhavamishra<sup>12</sup>**

Body structures, tissues, organs and organ systems of the body fall within this wide institution of Shadangas. muscle tissues, bones and different gentle tissues supporting in locomotion are included in the Shakas (limbs) and Prishta (again). mind and sense organs, crucial nerves are positioned inside the head (Shiras). crucial organs like heart and lungs are visible to be positioned in chest (Uras) and crucial organs like liver, spleen, intestines, pancreas, kidneys, urinary bladder, uterus and so on are discovered in stomach and pelvic cavities (Udara – Kati Guha). Srotas Channels of stream or tracts inside the body are called Srotas. they're named so due to their tendency of trickling or oozing (Sru: 'to drift') of secretions through them. ó they're the pathways (Ayana) for the nutrient merchandise; waste-products and Doshas throughout the method of metabolism. they're bodily structures (murti-mantah), and particular in their functions. whilst the fundamental web sites of Srotas with distinct functions are constant depending on the biological fabric they're wearing, their openings are innumerable.

**Objectives:-**

- 1) To review concept of Rachana sharir from various Ayurvedic samhitas.
- 2) To study and correlate relation between modern and ayurved anatomy.

**Materials And Methods:-**

All relevant references were collected from Brihatrayee, Laghutrayee and other ayurvedic text books etc. it likely be correlated with the contemporary available books, literature, journals, web sites, and studies paper as according to examine.

**Discussion:-**

Ayurveda needs to be studied mainly adapting an technique in tune with ayurvedas primary standards. within the Sharirsthna both Charak and Sushrut Samhita there are numerous regions which we need to rethink. As a rachanasharira scholar if we make clean the crucial concepts of rachanasharira given in sharirasthan of charak and sushrut samhita, we can provide a clear route. Acharya Susruta elaborated various perspectives - related to the dissection procedure and renovation of human cadaver. The historic literatures of ayurveda defined structural enterprise of human frame and correlates constitution of universe with compositions of human body.

**Conclusion:-**

Ayurveda defined numerous elements related to the human anatomy and on this regards, Acharya Sushruta elaborated various perspectives - related to the dissection method and safety of human cadaver. The ancient literatures of ayurveda defined structural corporation of human body and correlates charter of universe with compositions of human body. Rachana Shaarir calls for extra hobby and opens new avenues for studies inside the holistic fitness care device. The know-how of Rachana Shaarir (Human Anatomy) could be very crucial to apprehend and manipulate pathogenesis of diseases. Anatomy enables doctor to plot remedy of specific diseases and on this regards historic Acharya of ayurveda referred to severa anatomical elements followed from Vedic knowledge.

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