



Ayurvedic Review Article on Praman sharir

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Abstract

Anthropometry is systemic, quantitative representation of human body. Anthropometry is a Latin word. Anthropos means human and metry means measurement. Anthropometry is the study of the measurement of the human body in terms of the dimensions of bone, muscle, and adipose (fat) tissue. Anthropometry was first used in 19th and early 20th century in criminalities to identify criminals. Now it has wide application in the field of medicine, space programming and archeology. Anthropometry plays an important role in industrial design, clothing, design, ergonomics and architecture where statistical data about the distribution of body dimensions in the population are used to optimize products. Changes in life styles, nutrition and ethnic composition of populations lead to changes in the distribution of body dimensions (e.g. the obesity epidemic), and require regular updating of anthropometric data collections.

Keywords: Pramana Sharir, Swa-Angula Pramana, Anthropometry

Introduction

Maana le is classified into two types one is Kalingamaana and other is Magadhamaana. The measurements are detailed in Sarngadhara Samhita. Maana deals with measurements of any entity, substance, parameter etc. characteristics of Maana depend on the nature of substance or entity to be measured. This Maanadivided into Payamaana, Druvayamaana, Pautavamaana. Payamaanaare able to measure the length of various body parts, medical instrument and various length parameters. Druvayamaana are able to measure volume of liquid, amount of fluids etc. Pautavamaanaare able to measure weight of various substances. In Ayurveda different types of Pramanas like Anjali pramana Anguli Pramanas are mentioned. Swa-Anguli is the unit measurement of body parts and structure. The essentiality of Praman is depicted in the fundamentals of Ayurveda as, the Mana/ pramana of Hitayu, Ahitayu, Sukhayu, and Dukhayu is the one which constitutes Ayurveda. Ayurvedic literature pertaining to Sharir Rachana furnishes detailed description on measurements of body and its elements. In our classics Praman Sharir is the term given to this subdivision which depicts the importance of measurements or Anthropometry. Praman, the other way defines the concept of measurements of various biological entities. It bears an ample importance in medical applied science. Before starting with the Chikitsa which is considered as Karyā in the field of medicine, the wise physician should perform the Pareeksha of Karyadeshai. e. Aatur Sharira. Acharya Charaka explained Dashveedha Pareekshavidhi and Praman Pareeksha is one of them. The basic goal behind Pareeksha is to get knowledge regarding the Bala of Rogi, where Acharya Sushruta considered it as the main tool to get the information regarding Ayu along with that of Bala. The concept of Praman is also one among them which should be evaluated scientifically to bring out the hidden logical knowledge of Ayurveda. Praman of Purusha gives the detailed information regarding each body parts in terms of its external features. This can be helpful in the understanding the anatomical knowledge required for the practice of Ayurveda. Where Acharya Sushruta considered it as the main tool to get the information regarding Ayu along with that of Bala Acharya Sushruta has explained before treatment of the patient, the physician should first examine the Ayu, if it is on the positive side then he should examine Vyadhi, Agni, Vaya, Dehabala, Satva, Satmya, Prakruti, Bhesaja and Desha ^[1, 2, 3].

Acharya Charakand Vagbhat described height of individuals should be 84Angula. Acharya Sushruta has expressed a different opinion regarding the height of the individual. He has mentioned the height of man as 120 Angulas. Dalhanastates that height given by Sushruta is to be measured in standing position with arms raised above the head. Chakrapani stated that the Pramana given by Acharya Sushruta is smaller as compare with Acharya Charaka. Vruddha Vagbhatta has explained the Angulipramana based on Swa-Angulapramana. He has explained various measurements of different Anga and Pratyanga of human body and has also explained Sama Shareera concept. Detailed description regarding the Pramana Shareera is not available in Astanga Hrudaya. Acharya Bhela specifies that the individual with Lalata, Karna and Nasika of length 6 Angula each will attain Shatayu. The concept Pramana is also one among them which should be evaluated scientifically. The modern Anthropometry also has a similar kind of intentions in the field of medical science ^[4, 5, 6].

Discussion

Pramana is a tool through which valid knowledge is obtained. Mana is the act of measuring different items which comprises different branches like tula, Anguli, prasta. Anguli Pramana is a unit of measure followed in olden days to denote the Ayama, vistara, parinaha, utsedha etc. The swa-angula pramana concept is explained in the context of pramana shareera. This concept of measuring the individual with individual specific unit seems to be more scientific & applicable rather than measuring one's body with some other standards. Ayurveda in its principles has given importance to individualistic approach rather than a generalized. Application of this principle can be clearly seen like even though two patients suffering from same disease, the treatment modality may change depending upon the results of Dashavidha pareeksha. Application of this swa-angula concept can be seen in different contexts like in preparing the different shastras, yantras related to shalya, shalakya and pancha karma, and probably these are prepared by assessing the swa-angula pramana of rogi who is under treatment.

Conclusion

All this description of Pramana shows that the concept of Pramana was basically developed very early in the era of Ayurveda. In Ayurveda, the concept of Pramana is used widely in different branches like Panchakarma, Dravya Guṇa, Bhaiṣajya Kalpanā, Sharir Rachana etc. In different ways. The modern science developed the concept of Pramana in the form of new branch which is called anthropometry. The difference is that in Ayurveda the measurements were taken with help of Swa-Angula. There was no development of instruments to take measurement but the modern science has developed so many instruments like vernier calliper, anthropometer rod and craniophore. With advancement of time, science is expanding its wings in every field but basic principles remain always unchanged. That's why modern science also follows all these ancient principles so the knowledge generally found in modern medical literature is nothing but the amendment of Ayurvedic knowledge or literature. Thus the elaborated description of Pramana Sharir in the ancient literature shows the well-established concept of anthropometry in past era.

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