

## CONCEPTUAL STUDY OF SANKHYA SHARIR

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## INTRODUCTION

Numbers play very important role in our lives. Our whole life revolves around the numbers since the day we were born. The numerous numbers are directly or indirectly connected to our lives. Whether it is our birth date, telephone number, our height, weight, number of friends on facebook or password of our laptop. Everything is rotating around the numbers. Numbers are such an important tool that gives us the exact value of something. Nothing less or more than that is entertained. The relation between numbers and humans are as old as human civilisation. We found many references of numbers in our ancient text books. Even our astrology is based on numerical. So, we can say that our ancestors were knowing the importance of numbers. Same way in ayurveda, there are many references regarding numbers are found I.e.,

*Tridosha, Sapta Dhatu, Types of diseases, Matra, etc.*

There is specific *sthana* in our *samhitas* that deals with the body parts, their numbers, structures, functions, etc. The study of number of body parts is known as Sankhya Sharir in Ayurveda. Every body part or organ has specific counts like, *Dwe bahu, Vimshati Angulayah, Dwe Karna, Netra*, etc. Anything more or less than this count is considered as abnormal. So, for the knowledge of abnormality, we first have to know about normalcy.

So, in this article we will discuss about the exact number of every body part which is given in our *Brihad Trayi*.

**MATERIALS AND METHODS**

*Charaka Samhita, Sushruta Samhita, Astang Hridaya and other internet sources.*

**Table 1: Table denotes Sankhya Sharir as per Charak, Sushruta, Vagbhata.**

Name of Organ	No. As per Sushruta	No. As per Charaka	No. As per Vagbhata
Twacha	7	6	7
Kala	7		7
Ashaya	7		7
Dhatu	7	7	7
Shira	700	700	700
Peshi	500	400	500
Snayu	900	900	900
Asthi	300	360	360 (Including Nakha-Danta)
Sandhi	210	200	210
Marma	107	107	107
Dhamani	24	200	24
Kesha-Smashru-Loma		29956	
Dosha	3	3	3
Dhatu	7	7	7
Mala	3	3	3
Srotas (Bahirmukh)	9	9	9
Kandara	16		16
Jala	16		16
Kurcha	6		6
Rajju	4		4
Sevani	7		7
Sanghata	14		14
Simanta	14		18
Yogawahi Srotas	22	13	13
Antra	2	2 (Kshudra and Sthula antra)	
Hasta	2	2	2
Pada	2	2	2
Payu		1	
Upastha		1	
Hridaya	1	1	1
Pranayatana		10	10
Koshthanga	8	15	11

**Pratyanga****Table 2: Table indicates pratyanga as per Sushruta & Charaka.**

<b>Name of Organ</b>	<b>No. As per Sushruta</b>	<b>No. As per Charaka</b>
Jnagha Pindika		2
Uru Pindika		2
Sphika	2	2
Vrishana	2	2
Sheph		2
Ukha		2
Vankshana	2	2
Kukundar		2
Basthishirsham		1
Udara	1	1
Stana	2	2
Sleshmabhuva		2
Bahu Pindika		2
Chibuka	1	1
Austha		2
Srukkani		2
Dantaveshtaka		2
Talu		1
Galashundika		1
Upajihvika		2
Gojihvika		1
Ganda		2
Karnashaskuli		2
Karnaputraka		2
Akshikuta		2
Akshivartma		4
Akshikaninika		2
Bhru	2	2
Avatu		1
Panipadahridaya		4
Mastaka	1	
Prushtha	1	
Nabhi	1	
Lalat	1	
Nasa	1	1
Basti	1	
Griva	1	
Karna	2	2
Netra	2	2
Jihva		1
Shankha	2	
Ansha	2	
Kaksha	2	
Parshwa	2	

Janu	2	
Kurpara	2	
Bahu	2	
Uru	2	
Angulah	20	

## CONCLUSION

Shareer Samkhya yo veda sarva avayavasho bhishak: I.

Tad ajnyan nimittena sa mohena na yujyate II Cha. Sha. 7/30.

Acharya Charaka in Sharirsthana mentioned that a physician having the knowledge of body parts never get confused and during the treatment of diseases can overcome any problem.

Sankhya Sharir is described in all Samhitas giving exact counting of body parts including organs. This helps to understand the body completely.

The World Health Organization (WHO) defined human health in a broader sense as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Physical term suggests all organs and body parts in good proportion.

So Sankhya Sharir helps for reviewing above condition.

It's grateful to have Sankhya Sharir in our Samhitas as Acharyas mentioned it without any measuring instruments or techniques several years back.

From Sankhya Sharir, we can significantly derived inter measure comparison of normal body parts.

As normal numbers suggests the normal range of health condition Sankhya Sharir can give best suggestion regarding deformity of any body parts.

In Rachana Sharir normal form or structure of human being is described, knowledge of which can be perfectly gained with the help of Sankhya Sharir.

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