

**INDRIYA SHARIR W.S.R. TO RACHANA SHARIR – A LITERARY  
REVIEW****Vd. Rajshekhar Tokare<sup>1</sup>, Vd. Satyamma<sup>2</sup>, Vd. Choudhari Jagannath<sup>3\*</sup>**

<sup>1</sup>Professor, Dept. of Rachana Sharir Mauli Ayurveda Medical College and RI Tondar Udgir  
Dist Latur Aharashtra.

<sup>2</sup>Professor, Dept. of Rachana Sharir Mauli Ayurveda Medical College and RI Tondar Udgir  
Dist Latur Maharashtra.

<sup>3</sup>Assistant Professor, Dept. of Rachana Sharir SSVP Ayurveda Medical College and RI Hatta  
Tq Basmath Dist Hingoli Maharashtra.

Article Received on 28 Dec. 2025,  
Article Revised on 17 Jan. 2026,  
Article Published on 01 Feb. 2026,  
<https://doi.org/10.5281/zenodo.18428378>

**\*Corresponding Author****Vd. Choudhari Jagannath**

Assistant Professor, Dept. of Rachana  
Sharir SSVP Ayurveda Medical  
College and RI Hatta Tq Basmath Dist  
Hingoli Maharashtra.



**How to cite this Article:** Vd. Rajshekhar Tokare<sup>1</sup>, Vd. Satyamma<sup>2</sup>, Vd. Choudhari Jagannath<sup>3\*</sup> (2026). Indriya Sharir W.S.R. To Rachana Sharir – A Literary Review. World Journal of Pharmaceutical Research, 15(3), 439-443.

This work is licensed under Creative Commons Attribution 4.0 International license.

**ABSTRACT**

Indriya Sharir is a fundamental concept in Ayurveda that explains the anatomical and functional aspects of sensory and motor organs. Rachana Sharir, dealing with structural anatomy, provides the physical basis for Indriyas. The proper understanding of Indriya Sharir in relation to Rachana Sharir is essential for comprehending perception, cognition, and interaction of the body with the external environment. Classical Ayurvedic texts describe Indriyas as subtle yet structurally supported entities associated with specific Adhisthana (sites), Dravya, and Panchabhautika composition. This literary review aims to analyze and correlate the concept of Indriya Sharir with Rachana Sharir based on classical Ayurvedic literature. The study highlights anatomical correlations of Dhanendriya and Karmendriya, their structural foundations, and relevance in understanding health and disease.

**KEYWORDS:** Indriya Sharir, Rachana Sharir, Jnanendriya, Karmendriya, Ayurveda Anatomy

## INTRODUCTION

Ayurveda emphasizes a holistic understanding of the human body, where structure (Rachana Sharir) and function (Kriya Sharir) are inseparably linked. Indriya Sharir forms an important bridge between anatomical structure and physiological function. The term *Indriya* is derived from the root “*Indra*”, implying supremacy or control, as Indriyas govern perception and action.

Rachana Sharir describes the physical organization of the body including organs, tissues, and systems. Although Indriyas are considered Sukshma (subtle), their manifestation and function are dependent on gross anatomical structures. Classical texts such as *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* provide detailed descriptions of Indriyas, their Adhithana, and Panchabhautika composition, which can be correlated with anatomical entities described in Rachana Sharir.

This review attempts to critically analyze Indriya Sharir with special reference to its structural basis as explained in Rachana Sharir.

## MATERIALS AND METHODS

This study is a **literary review** conducted using classical Ayurvedic texts and their commentaries.

### Materials

- Charaka Samhita (Sharira Sthana & Indriya Sthana)
- Sushruta Samhita (Sharira Sthana)
- Ashtanga Hridaya & Ashtanga Sangraha
- Commentaries of Chakrapani, Dalhana, and Arundatta
- Relevant modern textbooks for anatomical correlation

## METHODOLOGY

- Collection of references related to Indriya Sharir and Rachana Sharir
- Conceptual analysis of Dhanendriya and Karmendriya
- Correlation of Indriya Adhithana with anatomical structures

## RESULTS

### Concept of Indriya Sharir

According to Ayurveda, Indriyas are instruments of knowledge and action. They are classified into.

1. **Dnanendriya (Sensory organs)** – Shrotra, Tvak, Chakshu, Rasan, Ghrana
2. **Karmendriya (Motor organs)** – Vak, Pani, Pada, Payu, Upastha

Each Indriya is constituted by specific Mahabhuta dominance and has a definite anatomical seat (*Adhithana*).

### Indriya and Their Rachanatmaka Adhithana

#### Dnanendriya

Indriya	Adhithana (Site)	Rachanatmaka Correlation
Shrotrendriya	Karna	External, middle & inner ear
Tvagindriya	Twacha	Skin with nerve endings
Chakshurindriya	Netra	Eyeball, retina, optic nerve
Rasanendriya	Jihva	Tongue with taste buds
Ghranendriya	Nasa	Nasal cavity, olfactory epithelium

#### Karmendriya

Indriya	Adhithana	Structural Correlation
Vak	Kantha, Jihva	Larynx, vocal cords
Pani	Hasta	Upper limb anatomy
Pada	Padas	Lower limb anatomy
Payu	Guda	Anal canal
Upastha	Medhra/Yoni	Reproductive organs

### Panchabhautika Composition and Structural Basis

Each Indriya is predominantly formed by specific Mahabhutas.

- Shrotra – Akasha
- Tvak – Vayu
- Chakshu – Teja
- Rasan – Jala
- Ghrana – Prithvi

These Mahabhutas manifest structurally through Rachana Sharir, providing physical support for sensory perception.

## DISCUSSION

Although Indriyas are described as subtle entities, their function cannot exist independently of anatomical structures. Rachana Sharir provides the tangible framework for Indriya Sharir.

Damage to structural components such as nerves, sense organs, or associated pathways leads to impairment of Indriya function, which supports the Ayurvedic concept of Adhithana.

The Ayurvedic view of Indriya also integrates mind (*Manas*) and soul (*Atma*), making perception a multidimensional process. Modern anatomy explains sensory and motor functions through receptors, nerves, and brain centers, which aligns with Ayurvedic descriptions of Indriya-Mana-Buddhi coordination.

Understanding Indriya Sharir in relation to Rachana Sharir is clinically significant in diagnosing sensory and motor disorders and planning therapeutic interventions.

## CONCLUSION

Indriya Sharir is deeply rooted in the structural framework provided by Rachana Sharir. Though Indriyas are subtle in nature, their anatomical seats, Panchabhautika composition, and organ-specific structures establish a clear relationship with physical anatomy. A comprehensive understanding of this relationship enhances the anatomical and physiological interpretation of Ayurveda and aids in clinical application. This literary review reaffirms that Rachana Sharir serves as the foundation upon which Indriya Sharir operates.

## REFERENCES

1. Agnivesha, Charaka Samhita, revised by Charaka and Dridhabala, with *Ayurveda Dipika* commentary by Chakrapani Datta. Varanasi: Chaukhambha Surbharati Prakashan; Reprint 2022. Sharira Sthana; Chapter 1–8.
2. Agnivesha, Charaka Samhita, revised by Charaka and Dridhabala. Varanasi: Chaukhambha Bharati Academy; Reprint 2021. Indriya Sthana; Chapter 1–12.
3. Sushruta, Sushruta Samhita, with *Nibandha Sangraha* commentary by Dalhana. Varanasi: Chaukhambha Orientalia; Reprint 2020. Sharira Sthana; Chapter 1–9.
4. Vagbhata, Ashtanga Hridaya, with *Sarvangasundara* commentary by Arundatta and *Ayurvedarasayana* commentary by Hemadri. Varanasi: Chaukhambha Surbharati Prakashan; Reprint 2021. Sharira Sthana; Chapter 3–5.
5. Vagbhata, Ashtanga Sangraha, with commentary by Indu. Varanasi: Chaukhambha Orientalia; Reprint 2019. Sharira Sthana; Chapter 5–7.
6. Sharma PV. *Sharira Rachana Vigyan*. Varanasi: Chaukhambha Bharati Academy; Reprint, 2018; p. 45–92.

7. Ghanekar BG. *Ayurvedic Physiology – Kriya Sharir*. New Delhi: Meharchand Lachhmandas Publications; Reprint, 2017; p. 210–245.
8. Tortora GJ, Derrickson BH. *Principles of Anatomy and Physiology*. 15th ed. Hoboken (NJ): Wiley, 2017; p. 520–610.
9. Guyton AC, Hall JE. *Textbook of Medical Physiology*. 14th ed. Philadelphia: Elsevier, 2021; p. 555–612.