

A CLINICAL APPROACH TOWARDS RACHANA SHARIR W.S.R TO SHADANGA SHARIR**Dr. Dezi Kumari^{1*}, Dr. Vibhesh Kumar², Dr. Swati Kumari³ and Dr. S. S. Gupta⁴**^{*}¹AMO Government of Bihar.²PG Scholar, Department of Shalya Tantra, Govt. Ayurvedic College & Hospital, Patna, Bihar.³PG Scholar, Department of Prasuti Tantra & Striroga, Govt. Ayurvedic College & Hospital, Patna, Bihar.⁴Professor & Head of Department of Rachana Sharir, Govt. Ayurvedic College & Hospital, Patna, Bihar.**ABSTRACT**

Rachana Sharir is important for trade Union Health Sciences. This is one of the basic according to medical science. Ayurveda deals with the scientific studies on the subject of Rachana Sharir (Human Anatomy) In Brihatraya. Sharir Sthan begins with the development of embryos for human anatomy and is described in various parts. Knowledge of the human body is a very main stage in the medical world. Sharir means "human body" and Rachana means "structure" or "form". The human body is mainly composed of six major segments or fragments. These six fragments are conjointly known as Angas. Therefore, the Shadanga or six segments that constitute the Sharir or human body.

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KEYWORDS: Ayurveda, Rachana Sharir, Human Anatomy, Angas, Shadanga Sharir.**INTRODUCTION**

The fundamental concept of Rachana Sharir or Anatomy in Ayurveda is exemplary. All body segments, tissues, organs and organs systems of the body's belong to this wide Shadangas group. Shadanga Sharia is the division of body into six regions is called Shadangas. They can be termed as Anga also. This study can be co-related with the regional anatomy in these days. Sharir Rachana is a branch of Ayurveda which express a detailed interpretation the

construction of the human body. This branch is configured bones, muscles, blood vessels, strotas, Joints, vital organs, etc. This also provides knowledge of Grabhasharir, Kala, Marmas. Acharyas Sushruta Charaka and Vagbhatta emphasized to the knowledge of Rachana Sharir. This human body is mainly composed of six major parts or segments. These six Parts are called Angas. Therefore, the Sharir or the human body consists of Shadanga or six segments. Shadanga forms the main classification of the body. Surface display of the body in six large units.

Shadang = Shad (six) + Anga (parts, fragments)

The Shad Angas are-

Two upper limbs,

Two lower limbs,

One head and one trunk (core portion of the body).

This classification is regionally but can also be noted that as functional division too as the Shakha, Madhyam and Shira deals mainly with the functions of locomotory (movement of things or body), maintenance (maintains all body functions required for the normal body to perform) and controlling (which regulates all the voluntary as well as involuntary functions of body) respectively.

SHADANGATVA OF SHARIR^[1]

In Ayurveda, the human body is male mention of as Sharir. There are six major organs, sections, or segments that make up this Sharir. These six components are known as Angas. Therefore, the Sharir or human body or segments.

तच्च षडङ्गं-शाखाश्चतस्रो, मध्यं पञ्चमं, षष्ठं शिर इति ॥ Su.Sh.5/3

तत्रोयं शरीरस्याङ्गविभागः; तद्यथा- द्वौ बाहू, द्वे सक्थिनी, शिरोऽग्रिवम्, अन्तराधिः, इति

षडङ्गमङ्गम् ॥ Ch.Sh.7/5

शिरोऽन्तराधिद्वौ बाहू सक्थिनी च समासतः । षडङ्गमङ्गं प्रत्यङ्गं तस्याक्षिहृदयादिकम् ॥

A.H.Sh.3/1

Shadang Sharir according to Ayurveda are as follows^[2]

- Shakha or Bahu -Two Upper limbs

- Shakha or Sakthi -Two lower limbs
- Madhya Sharir or Antradhi-Trunk
- Shir or Shirogriva-Head and Neck.

Six parts of the body are according to Modern

- Upeer limb (Urdhva Shakha)
- Lower limb (Adho Shakha)
- Thorex (Vaksha) · Abdomen (Udar)
- Head and Neck (Shir Evam Griva)
- Brain and Spinal cord (Mastishka / Sushumna)

Shadanga Sharir Described by the Ayurvedic Acharyas^[3]

Shadanga as Per Charaka

Charak says that the body is divided into 6 major parts (Shadanga) namely-

Bahu – Upper limbs, two in number

Sakthi – Lower limbs, two in number

Shirogreeva – Head and neck, one in number

Anytaradhi – Middle part of the body or trunk (comprising of thorax and abdomen), one in number.

Shadanga according to Sushruta

Sushruta has given the same classification with change of names. According to him, the body is divided broadly into 6 parts (Shadanga), namely –

Shakas – four in number (Two Urdhwa Shaka or upper limbs + two Adho Shaka or lower limbs)

Madhyama Sharir – Middle portion of the body, one in number (trunk comprising of thorax and abdomen)

Shira – Head, one in number.

Shadangam according to Bhavamishra

Bhava Mishra further in his treatise Bhavaprakasha has further explained these six parts of the body (Shadanga) on the basis of their importance and the structures which they are made up of. They are as follows –

Shira (head) – Seat of Gnanendriyas (Sense organs)

Urdhwa Shaka (upper limbs) – Seats of Anguli (fingers)

Adha Shaka (lower limbs) – Seats of Anguli (toes)

Vaksha (chest) – Seat of important organs like Hridaya (heart),

Phuphusa (lungs),

Stana (breasts) etc.

Udara (abdomen) – Seat of vital visceral organs like Yakrut (liver), Pleeha (spleen), Kloma (pancreas), Antra (intestines), Vasti (urinary bladder), Vrukka (kidneys), Guda (anus, rectum) etc.

Prushta (back) – Seat of Prushta Vamsha (spine), vertebral column Kati (pelvis), Nitamba (hips, butt) etc.

IMPORATNCE OF SHADANGA STRUCTURES

The main concepts of Rachana Sharira or Anatomy in Ayurveda are praiseworthy. Ayurveda exemplary. Ayurveda Seers promoted anatomy and first classified the human body into six extensive attractions parts as seen from the outside. They called the Shad Angas. Later the smaller landmarks or associated Angas were explained and were called Pratyangas. Then the main interior the body was explained and all anatomical aspects were explained in details. Ashayas (Visceras), Kosth (large space), koshtangas (Visceral organs), Shrotas (circulating channels), Siras and Dhamanis (blood vessels, nerves and lymphatic channels) etc. It is easy to study or learn everything in the step-ladder template.

Shad Angas Including all Body Structures

All components, tissues, organs and organs systems of the body are belonged to this wide group of Shadangas. Muscles, bones and other soft tissues that help in movements or exercise including in the Shakas (limbs) and Prishta (back). Brain, sense organs, and important nerves are place in Shiras (head). Vital organs such as heart and lungs are placed in the chest (Uras). Liver, spleen, intestines, pancreas, kidneys, bladder, uterus, etc. They are found in the abdominal and pelvic cavity (Udara- Kati Guha).

Essential activities of Shadanga Sharir

The organs and structure that controls major life activities are place in Shad Angas-

Shakas- Limbs are helpful in every type of daily life and locomotives.

Shiras- The control Center for all physical activity of the body including control station of thoughts, memories, emotions and judgement is located in the Shiras (Brain). Shiras where all

our sense and exercise behaviors are mixes with synchronized lifespan actions and are also place of Manas (mind) and Indriyas(sense organs).

Antaradhi- The Antaradhi or Madhya Shareer (Middle part of the body, trunk). It is composed of many organs related to the process of important life and is found in Uras/ Vaksha (thoracic cavity) and Udara (abdominal and pelvic cavity).

Vaksha consists of vital organ of circulation and ventilation, that is, heart and lungs. Other organs such as trachea, oesophagus, pharynx, etc. provide the origin of aorta artery (greatest artery) and receives deoxygenated blood from all parts of the body through great veins i.e. superior and inferior vena cava.

Udara and **Kati** (abdomen and pelvic cavity) has an essentials organ of digestive, urinary system and genital apparatus (reproductive), immunity etc.

Characteristic of Shadanga

- ☐ The Doshas, Dhatus and Malas belong to the Shadangas.
- ☐ Hridaya (Heart, Brain), the place of Manas (mind) is located in the Uras/ Shiras which is the parts of Shadanga Sharir.
- ☐ 107 Marma or the vital points of the body which on getting damaged or injured either take away the life or cause temporarily or permanently damages of the organs and tissues are scattered all through the Shadangas.
- ☐ The endocrine system, the circulating system, and the lymphatic system are all detected Shadangas.

CONCLUSION

Ayurveda anatomy is mainly clinical/functional anatomy, therefore, the anatomical aspects are explained where ever needed with the description of the cause diseases or treatment of the diseases. The Sharir Sthana is the core of anatomical knowledge and it is the basis of Understand functions and pathological changes. It has its own legacy while performing surgeries as well as post- surgery. Therefore, it is necessary to assimilate the anatomy with comparison. Ironically, knowledge of anatomy is more important, but there is a major shortage of academic training is a different way in any way.

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