WORLD JOURNAL OF PHARMACEUTICAL RESEARCH
SJIF Impact Factor 8.084
Volume 12, Issue 21, 185-191. Review Article ISSN 2277– 7105

PRAMANA THANTRIKA

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Article Received on
09 Oct. 2023,

Revised on 29 Oct. 2023,
Accepted on 19 Nov. 2023

DOI: 10. 20959/wjpr202321-30345

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ABSTRACT

In Ayurveda, concept Pramana Shareera is one of the scientific tools of classical knowledge for best health always. These are always useful for Roga (Disease), Rogi (Patient) Pariksha (examination), including evidence of the critical scientific approach of Ayurveda. The concept of Maana-Pramana is one of the significant contributions of Ayurveda Usually, it was established that measurement of Anguli Pramana at the site of medio-lateral proximal interphalangeal joint of middle finger of right and left hand, would be most accurate in estimating Anguli Pramana. With compare to contemporary science In Ayurveda, this particular field remains untouched because of the unexplored application of Pramana Sharira, the Ayurvedic counterpart of Anthropometry in Vyavahara Ayurveda. This study trying to explore the important aspects of Pramana Sharira in Vyavahara Ayurveda.

KEYWORDS: Pramana Sharira, Vyavahara Ayurveda, anguli pramana clinic important.

INTRODUCTION

Pramana means measurements all the body parts are shaped in an ideal measurements in this condition these are termed as uttama. If these are less or more in measurements then termed as hina or ati pramana respectively samyaka pramana is also indicative of longevity. Maana is classified into two types one is Kalingamaana and other is Magadhamaana.[3] 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 Maana divided into Payamaana, Druvayamaana, Pautavamaana. Payamaana are able to measure the length of various body parts,[4] medical instrument and various length parameters. Druvayamaana are able to measure volume of liquid, amount of

fluids etc. Pautavamaana are 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 Acharya Charaka explained Dashveedha Pareeksha vidhi and Praman Pareeksha is one of them.[1] 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 Acharya Chakrapani commenting on Sushruta Samhita has indicated the site of the proximal inter- phalangial joint of the middle finger, Root of the finger and thumb as the three possible standard of Angule pramana. Acharya Dalhan described Swapani tala (hand breadth) is 4 Angula. Addhamalla commenting on Sarangdhar Samhita in relation to Maan (measurement) definition indicated the site width of Madhyam Parva (proximal inter phalangial joint) of Madhyamanguli (middle finger) or Nakha tala bhaga of Angusta (thumba) is the possible sites for measurement of Anguli as the unit of Anguli Pramana.[3] Anguli The word Anguli derived from root word Anga with uli suffix which means digit subdivision of Hasta (hand) and Pada (foot) are Anguli. According to Acharya Sushruta total no of Anguli in the body are 20. These are respectively Angustha, Pradesini, Madhyma, Anamika and Kanisthika, means Angustha is 1st toe or thumb, Pradesini is 2nd toe or index finger, Madhyma is 3rd toe or middle finger, 4th toe or ring finger and Kanisthika is 5th toe or little finger. Synonyms of Anguli are Anguri, Angula. Angula Pramana To measure height, armspan, circumference of body organs by individuals own Anguli is known as Angulapramana. References regarding Angulapramana can be visualised in the every ancient scriptures itself. Scattered references are found from Yajurveda and Atharvaveda and also from medical as well as nonmedical literature of post Vedic period in the form of Samhita, Purana, Upanisad etc. It has been described in different contexts as Pramana of different parts of human body and as a unit measurement for measuring distance between two points and also measuring depth, length of different Yantra, Sastra etc. Acharya Vangasena in Vangasena Samhita has mentioned knowledge of Pramana as one of the key to achieve success in the field of medicine.[8] Quantity that fills a vessel of 4 Anguli in each of its length, breadth and height prepared out of mud, wood, bamboo or metal is one Kudava.

Anjali Pramana

An important tool of measurement during Samhita period was Anjali Pramana, to measure constitute of body such as Rasa, Rakta, etc. By joining both palms at little finger we get the measurement unit of Anjali Pramana. Acharya Charaka had given the detailed measurement of Sariragata Dhatu and Mala, Mutra, by the standard of the individuals own Anjali, of fluid which if discharged accompanies faces, urine, blood, or other Dhatu, circulating in the entire body is held up by the outermost layer of the skin, beneath the skin exists as lymph exuding through wounds; under influence of the heat goes out of hair follicles as sweat. Nine Anjali of first Dhatu being product of food and which is known as Rasa, eight Anjali of blood, seven of faces, six of Kapha, five of pitta, four of urine, three of muscle fat, two of fat, one of bone marrow, half Anjali each of brain substances, semen and Oja. References regarding Anjali Praman also present Astanga and Kashyapa Samhita and other classics too The total height of the individual would be

1. 84 times the average width of the fingers of the upper limb
2. 21 times the lengths of nose, vertical length of ear, height of forehead, distance between pupils, height of foot and knee joint and vertical height of neck
3. 14 times the width of the foot, length of penis and length of shoulder region
4. 7 times the vertical height of the face, distance between nipples, lengths of abdomen, flanks, vertical height of chest, length of the hand and height of sacral region
5. 6 times the length of the foot
6. 5.25 times the length of arm, vertical height of head and circumference of leg and knee
7. 4.67 times the lengths of leg and thigh
8. 3.5 times horizontal span of chest
9. 2.8 times circumference of thigh and
10. 2.6 times the head circumference.

In this study, only the total height is compared to the other body measurements. In the same fashion, any measurement of the body can be derived even from a single known measurement by the method of inter measure comparison. This is highly valuable when the body measurements are to be estimated in a mutilated or dismembered body.

ACCORIDING TO CHARAKA (CHA.VI 8/117)

Organs	Height	Length	Breadth	Circum	Others ference (not specified)
1. Feet	4		6	-	-
2. Janghā (calf region)	-	14	-	16	-
3. Knees	-	18	-	16	-
4. Thighs	-	4	-	30	-
5. Testicle	-	18	-	8	-
6.Phallus	-	6	-	5	-
7. Vagina	-	6	-	12	-
8. Waist	-	-	16	-	-
9.Bastisiras (top of pelvis)	-	-	-	-	10
10. Abdomen	-	-	10	-	-
11. Pärsva (side of chest)	-	12	10	-	-
12. Distance between the nipples	-	12	-	-	12
13. Nipples stil Pingom	-	-	-	2	-
14. Chest	12	-	24	-	-
15. Hrdaya (heart)	-	-	-	-	2
16. Shoulders Shouldersy	-	-	-	-	18
17. Shoulder blades	-	-	-	-	6
18. Prabahu (arms)	-	-	-	-	16
19. Fore-arms	-	-	-	-	15
20. Hands	-	-	-	-	20
21. Axillae	-	-	-	-	8
22. Trika (sac- rum including coccyx)	12	- -	-	-	-
23. Back	18	-	-	-	-
24. Neck	4	-	-	22	-
25. Face	12	-	-	24	-
26. Mouth	-	-	5	-	-
27. Chin	-	-	-	-	4
28. Lips	-	-	-	-	4
29. Bars	-	-	-	-	4
30. Distance between the eyes (external angles of the eyes)	-	- -	-	-	4
31. Nose	-	-	-	-	4
32. Fore-head	-	-	-	-	4
33. Head	16	-	-	32	
34. Entire body	84		84	-	

ACCORIDING TO SUSHRUTHA (SU.SU 35/12-15)

Organs	Height	Length	Breadth	Circum	Others ference (not specified)
1. Great toe and second toe	-	2	-	-	-
2. Third, fourth & little toe	-	$1/5^{th}$ of	-	-	-
3. Anterior part of the foot	-	second toe	5	-	-
4. Arch of the foot	-	4	5	-	-
5. Heel	-	4	4	-	-
6. Foot	-	6	-	14	-

7. Middle portion of foot	-	14	-	14	-
8. Ankle	-	-	-	14	-
9. Leg	-	-	-	14	-
10. Knee (Portion above knee)	-	18	-	14	-
11. Lower extremity	-	32	-	-	-
12. Thighs	-	50	-	32	-
13. Scroatum	-	18	-	-	-
14. Chin	-	2	-	-	-
15. Teeth	-	2	-	-	-
16. Anterior flaps of the nose	-	2	-	-	-
17. Root of the ear	-	2	-	-	-
18. Space between brows & inter- ior of eyes	-	2	-	-	-
19. Penis	-	2	-	-	-
20. Mouth cavity	-	4	-	-	-
21. Nose	-	4	-	-	-
22. Ear	-	4	-	-	-
23. Forehead	-	4	-	-	-
24. Neck	-	4	-	-	-
25. Intervals of pupils	-	4	-	-	-
26. Vagina	-	4	-	-	-
27. Space between penis & umbilicus	-	12	-	-	-
28. Space between Umbilicus & heart	-	12	-	-	-
29. Space between heart & neck		-	-	-	-
30. Between breasts	-	12	-	-	-
31. Face		12	-	-	-
32. Thickness of wrist	-	12	-	-	-
33. Foream	-	12	-	-	-
34. Centre of calf muscle and interval bet-	-	12	-	16	-
ween shoulder & elbow	-			-	-
35. Interval between elbow & tip of the		-	-	-	-
middle finger	-			-	-
36. Arms	-	24	-	-	-
37. Interval between wrist and elbow	-	32	-	-	-
38. Palm	-	16	6	-	-
39. Interval between thumb root & index	-	6	-	-	-
finger	-	5	-	-	-
40. Between ears & eye corner	-	5	-	-	-
41. Middle finger	-	5	-	-	-
42. Index & ring finger	-	4 ½	-	20	-
43. Little finger & thumb	-	3 ½	4	-	-
44. Mouth	-	-	-	-	-
45. Neck		-	-	-	-
46. Nostril	-	1/3 of finger	-	-	-
47. Area of iris		1/3 of eye	-	-	
48. Pupil	-	Ninth part of iris	-	-	-
49. Interval between of the skull	-	11	-	-	
50. Middle of the skull to the end of hairs in	-	10	-	-	-
neck	-			-	
51. Space between two ears thro- ugh back of	-	14	24		-
the neck	-				-

52. Female pelvis	12	-	18		-
53. Female chest	-	-	18		
54. Male waist	-	-			

Anjali pramana of different body component (according to Acharya Charaka)[1,2]

TISSUE / FLUID	PRAMAN ACCORDING TO CHARKA	PRAMAN ACCORDING TO VAGABHATA
Udaka	10	10
Ahara rasa	9	9
Shonita	8	8
Purisha	7	7
Shleshma	6	6
Pitta	5	5
Mutra	4	4
Vasa	3	3
Meda	2	2
Majja	1	1
Mastiska	½	1/2
Shukra	½	1/2
Stanya	½	1/2
Ojas(apara)	½	1/2
Ojas(para)	8birdu	

Some clinic example of pramana Shareera

1) Marma sthana (vital part of body)
2) Many panchakarma procedure like basti raktamokshan application Pramana Shareera is used
3) Shastara karam example in udara and arsha many examples or theree
4) Preparation of medicine measuring instruments like

CONCLUSION

Acharyas explained Pramana Shareera two thousand year back when no such measuring technique are available as like present day. By using anguli and anajali parman of own they given measurements of all body parts they are fully accurate till today and are clinically more helpful in all the concepts where there application is told and standardized method based on individual anagli and Anjali is more accurate because based on race, religion, environment it measurements change so more work is needed on the concept to upgrade clinical applications.

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