WORLD JOURNAL OF PHARMACEUTICAL RESEARCH
Coden USA: WJPRAP Impact Factor 8.453
Volume 15, Issue 2, 515-519. Review Article ISSN 2277–7105

RESEARCH OPPORTUNITIES IN RACHANA SHARIR: A LITERARY REVIEW

Choudhari Jagannath*[1], Bhosle Komal[2]

[1]Assistant Professor, Department of Rachana Sharir, SSVP Ayurveda College and RI Hatta Tq Basmath, Dist. Hingoil.

[2]Assistant Professor, Department of Rachana Sharir, Shamrao Patil Institute of Ayurveda Research Center Paniv.

Article Received on 15 Dec. 2025,
Article Revised on 05 Jan. 2026,
Article Published on 16 Jan. 2026,

https://doi.org/10.5281/zenodo.18264706

***Corresponding Author**
Choudhari Jagannath

Assistant Professor, Department of Rachana Sharir, SSVP Ayurveda College and RI Hatta Tq Basmath, Dist. Hingoil.

How to cite this Article: Choudhari Jagannath*[1], Bhosle Komal[2] (2026). RESEARCH OPPORTUNITIES IN RACHANA SHARIR: A LITERARY REVIEW. World Journal of Pharmaceutical Research, 15(2), 515–519.

ABSTRACT

Rachana Sharir, the Ayurvedic science of human anatomy, forms the structural foundation of Ayurvedic education and clinical practice. Rooted in classical texts, it presents a holistic understanding of the human body by integrating physical structures with functional, developmental, and philosophical principles. In recent years, the increasing emphasis on evidence-based traditional medicine has generated renewed interest in anatomical research within Ayurveda. The present narrative review aims to explore and systematically analyze the major research opportunities in Rachana Sharir, highlighting areas such as comparative anatomy, cadaveric studies, embryology, Marma Sharir, and educational research. Classical Ayurvedic literature and contemporary academic sources were reviewed to identify research gaps and future directions. The review concludes that Rachana Sharir offers significant potential for interdisciplinary research, scientific validation, and integrative healthcare, although challenges related to standardization and infrastructure remain.

KEYWORDS: Rachana Sharir, Ayurvedic Anatomy, Marma Sharir, Garbhavakranti Sharir, Integrative Research.

1. INTRODUCTION

Rachana Sharir is a fundamental branch of Ayurveda concerned with the structural organization of the human body. The term *Rachana* denotes formation or construction, while *Sharir* signifies the body. Classical Ayurvedic texts such as the *Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya* provide detailed descriptions of anatomical structures using a holistic framework that combines physical, functional, and metaphysical perspectives.

Unlike modern anatomy, which focuses primarily on gross, microscopic, and radiological structures, Rachana Sharir interprets the human body through concepts such as *Panchamahabhuta*, *Sapta Dhatu*, *Srotas*, *Marma*, and *Garbhavakranti*. With the global resurgence of interest in traditional and integrative medicine, there is a growing need to critically evaluate and scientifically validate Ayurvedic anatomical knowledge. This review aims to highlight the scope and significance of research opportunities in Rachana Sharir and to discuss future directions for scholarly exploration.

2. MATERIALS AND METHODS

2.1 Study Design

The present study is a review focusing on research opportunities in Rachana Sharir.

2.2 Data Sources

The review is based on

Classical Ayurvedic texts (*Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*)

Standard textbooks of Rachana Sharir

Peer-reviewed research articles and review papers related to Ayurvedic anatomy

Academic syllabi of BAMS and MD (Rachana Sharir) programs.

2.3 METHODOLOGY

Relevant Ayurvedic anatomical concepts were identified and categorized. Research domains were analyzed based on their applicability to modern anatomy, clinical relevance, and educational value. A qualitative comparative approach was adopted to evaluate correlations between classical Ayurvedic descriptions and contemporary anatomical knowledge.

3. RESULTS

The review identified multiple research domains within Rachana Sharir that demonstrate strong potential for scientific exploration and interdisciplinary collaboration.

3.1 Major Research Domains Identified.

Research Area	Ayurvedic Concept	Modern Correlation	Research Potential
Comparative Anatomy	Dhatu, Srotas	Tissues, body systems	Structural & functional validation
Marma Sharir	Marma points	Neurovascular junctions	Surgical & therapeutic relevance
Embryology	Garbhavakranti Sharir	Fetal development	Developmental anatomy
Cadaveric Studies	Avagharshana	Dissection	Anatomical confirmation
Educational Research	Adhyayan Vidhi	Teaching–learning methods	Curriculum enhancement

3.2 Key Findings

Several Ayurvedic anatomical concepts show conceptual and functional parallels with modern anatomy.

Marma points are frequently located at anatomically vulnerable regions involving nerves, vessels, and joints.

Ayurvedic embryological descriptions provide a unique developmental perspective aligned with holistic principles.

Educational research in Rachana Sharir remains underexplored despite its importance in medical training.

4. DISCUSSION

The findings of this review indicate that Rachana Sharir offers extensive and largely untapped research opportunities. Comparative anatomical studies can help interpret classical descriptions in modern scientific terms, thereby reducing ambiguity and enhancing acceptance. Cadaveric studies, strongly advocated in *Sushruta Samhita*, remain highly relevant for validating anatomical observations.

Research in Garbhavakranti Sharir presents promising interdisciplinary opportunities, particularly in understanding developmental anatomy through a holistic lens. Similarly, Marma Sharir research holds immense clinical value in trauma management, surgical anatomy, and therapeutic practices such as Marma therapy and Panchakarma.

Despite its potential, research in Rachana Sharir faces challenges including lack of standardized terminology, limited access to advanced research infrastructure, and insufficient interdisciplinary collaboration. Addressing these limitations through institutional support, adoption of modern research tools, and integration with biomedical sciences is essential for the advancement of the discipline.

5. Future Perspectives

Future research in Rachana Sharir should focus on

1. Standardization of Ayurvedic anatomical terminology
2. Use of imaging techniques and digital anatomical modeling
3. Collaborative research with anatomy, embryology, and clinical sciences
4. Increased publication in indexed and peer-reviewed journals
5. Such initiatives will strengthen the scientific foundation of Ayurvedic anatomy and facilitate its integration into mainstream healthcare.

6. CONCLUSION

Rachana Sharir represents a vital yet underexplored domain within Ayurvedic research. Its holistic anatomical framework offers valuable insights that complement modern medical science. Systematic, interdisciplinary, and methodologically sound research in Rachana Sharir can contribute significantly to evidence-based Ayurveda, medical education, and integrative healthcare. Promoting high-quality research in this field is essential for the global recognition and advancement of Ayurveda.

REFERENCES

1. Sharma PV, editor. Charaka Samhita of Agnivesha, elaborated by Charaka and Dridhabala. Reprint ed., Varanasi: Chaukhambha Orientalia; 2018.
2. Shastri AD, editor. Sushruta Samhita of Sushruta with Ayurveda Tattva Sandipika commentary. Reprint ed., Varanasi: Chaukhambha Sanskrit Sansthan; 2019.
3. Murthy KRS, editor. Ashtanga Hridaya of Vagbhata. Reprint ed. Varanasi: Chowkhamba Krishnadas Academy; 2017.
4. Singh RH. Exploring the interface between Ayurveda and modern science. J Ayurveda Integr Med., 2010; 1(2): 69–75.
5. Patil VC, Baghel MS, Thakar AB. Concept of Marma in Ayurveda and its anatomical correlation. AYU., 2011; 32(2): 230–235.
6. Dwivedi RR, Tripathi SN. Rachana Sharir. 2nd ed. Varanasi: Chaukhambha Surbharati Prakashan; 2016.
7. Joshi SD. Human Anatomy with Ayurvedic Perspective. Pune: Vaidya Mitra Prakashan; 2015.
8. Thatte DG, Dahanukar SA. Ayurveda and contemporary scientific thought. Trends Pharmacol Sci., 1986; 7(7): 247–251.

9. Kulkarni R, Joshi M. Garbhavakranti Sharir: An Ayurvedic view of embryology. Int J Ayurveda Res., 2010; 1(3): 154–158.
10. Manipal S, Kumar S. Role of cadaveric dissection in Ayurvedic anatomy education. J Res Educ., Indian Med., 2018; 24(1): 45–49.