

## A CRITICAL PERSPECTIVE ON RACHANA SHARIR W.S.R. TO SHADANGA SHARIR

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### ABSTRACT

The human anatomy (Sharir Rachana) is an important for allied health sciences. It is one of the fundamental subject to the health science. Ayurveda deals with scientific study of the subject Sharir Rachana (Human anatomy) in Bruhatrayee. Sharir Sthan is illustrated in various parts starting from Embryo developments for human anatomy. Knowledge of human body is the very foremost step in the world of medical science. —Sharir means human body and —Rachana means structure. Six major sections or pieces make up this Human Sharir. They are collectively referred to as Angas. Thus, the Shadanga or six pieces that make up the Sharir or human body.

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

### INTRODUCTION

The fundamental ideas of Rachana Ayurvedic examples include Sharir and Anatomy. This large category of Shadangas includes all of the body's parts, tissues, organs, and organ systems. The Ayurvedic branch known as Sharir Rachana provides a thorough explanation of the bodily structures. This branch consists knowledge about bones, muscles, blood vessels, strotas, joints, vital organs etc. It also gives knowledge of Garbhasharir, Kala and Marmas. Acharyas like Sushruta, Charaka and Vagbhata have given importance to the knowledge of Rachana Sharir. This Human Sharir is mainly made up of six main parts or segments. These six parts are called as Angas. Thus, the Sharir or human body is made up of Shadanga or six segments.

Shadanga forms the foremost classification of body parts, in fact a gross demarcation or surface marking of the body into six large units.

Shadang = Shad (6) + Anga (parts, segments)

The Shad Angas are-

2 upper limbs,

2 lower limbs,

1 head and 1 trunk (central portion of the body)

### SHADANGATVA OF SHARIR<sup>[1]</sup>

In Ayurveda, the human body is referred to as Sharir. There are six primary organs, sections, or segments that make up this Sharir. Angas is the name for these six components. Thus, the Sharir or the various parts of the human body.

तच्च षडङ्गं शाखाश्चतस्रो, मध्यं पञ्चमं, षष्ठं शिरः ।

(Su.Sh.5/3)

द्वौ बाहू द्वे सक्थिनी शिरोऽग्रीवमन्तराधिरिति षडङ्गमङ्गम् ।।

(Ch.Sh.7/5)

शिरोऽन्तराधिद्वौ बाहू सक्थिनी च समासतः षडङ्गमङ्गम् ।

(A.H.Sh.3/1)

According to Ayurveda Shadang Sharir are as follows<sup>[2]</sup>

- Shakha or Bahu -Two Upper limbs
- Shakha or Sakthi -Two lower limbs
- Madhya Sharir or Antradihi-Trunk
- Shir or Shirogriva-Head and Neck

According to Modern medical Science six parts of the body are

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

**Shadang Sharir Described by the Ayurvedic Acharyas<sup>[3]</sup>****Shadangam as Per Charaka**

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

Bahu – Upper limbs, 2 in number Sakthi – Lower limbs, 2 in number

Shirogreeva – Head and neck, 1 in number Anytaradhi – Middle part of the body or trunk (comprising of thorax and abdomen), 1 in number.

**Shadangam as Per 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 – 4 in number (2 Urdhwa Shaka or upper limbs + 2 Adho Shaka or lower limbs)

Madhyama Sharir – Middle portion of the body, 1 in number (trunk comprising of thorax and abdomen)

Shira – Head, 1 in number.

**Shadangam as Per Bhavamishra**

Bhava Mishra further in his treatise Bhavaprakasha has further explained these 6 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), Pleea (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.

**Importance of Shadanga Structures<sup>[4]</sup>**

The core concepts of Rachana Sharira or Anatomy in Ayurveda are exemplary. Ayurvedic seers have made anatomy easy by firstly classifying the human body into 6 broad landmark parts as seen from outside. They named them Shad Angas. Later the smaller landmarks or associated Angas were described and were called Pratyangas. Then the core interior of the body was described and each and every anatomical aspects were explained in depth namely Ashayas (visceras), Koshta (large spaces), Koshtangas (visceral organs), Shrotas (channels of

circulation), Siras and Dhamanis(blood vessels and nerves, lymphatics) etc were dealt with precision. It is always easy to learn things in step – ladder pattern.

### **Shad Angas Including all Structures of the Body<sup>[5]</sup>**

All components, tissues, organs and organ systems of the body fall within this broad group of Shadangas. Muscles, bones and other soft tissues helping in locomotion are included in the Shakas (limbs) and Prishtha (back). Brain and sense organs, important nerves are located in the head (Shiras). Vital organs like heart and lungs are seen to be placed in chest (Uras) and important organs like liver, spleen, intestines, pancreas, kidneys, urinary bladder, uterus etc are found in abdomen and pelvic cavities (Udara – Kati Guha).

### **Important Activities of Shadanga Sharir<sup>[6]</sup>**

Organs and structures controlling main life activities are located in the Shad – Angas.

**Shakas** – Limbs help in all the activities of daily living and also in locomotion.

**Shiras** – The control centre of all the activities of the body (brain) including control stations for thoughts, memory, emotions, judgment, etc, is located in the Shiras (head). Shiras is also a place where all our sensory and motor activities are blended into synchronized life activities, is also a site of Manas (mind) and Indriyas (sense organs).

**Antaradhi** – The Antaradhi or Shareer Madhya (middle portion of the body, trunk) comprises of many organs related to important life – processes and are found located in Uras / Vaksha (chest cavity) and Udara (abdominal and pelvic cavity).

**Vaksha** is comprised of vital organs of circulation and ventilation, namely heart and lungs and other organs like trachea, oesophagus, pharynx, etc, gives origin to aorta (greatest artery) and receives deoxygenated blood from all parts of the body through great veins i.e. superior and inferior vena cava.

The **UDARA** and **KATI** (abdomen and pelvic cavity) has important organs of digestion, urinary and genital apparatus (reproduction), immunity etc.

### **Aspects of Shadanga<sup>[7]</sup>**

The Doshas, Dhatus and Malas belong to the Shadangas.

Hridaya (heart, brain) being a site of Manas (mind) is located in the Uras / Shiras which parts

of Shadanga Sharir.

107 Marmas or vital areas of the body which on getting injured or damaged either take away the life or cause temporary or permanent damage of the organs and tissues are scattered all through the Shadangas.

The endocrine system, the circulatory system, lymphatic systems are found scattered in all the Shadangas.

## CONCLUSION

The wisdom of Rachana Sharir has been deemed important by acharyas like Sushruta, Charaka, and Vagbhata. The first anatomical landmarks to be described in medical science are the Shadangas and Pratyangas. The process of understanding anatomy has become simple thanks to awareness of these characteristics. The human body is generally split into six separate sections for the sake of comprehension and study ease. As a result, the human body is frequently referred to as Shadanga Sharir, or Human body divided into six sections.

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