

A CRITICAL RIVEIW ON SANDHI SHARIR WITH SPECIAL REFERNCE TO AGNIKARMA

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ABSTRACT

In Ayurvedic classics like *Charaka Samhita*, *Sushruta Samhita* etc. a huge knowledge regarding *Shareer. Nidana* and *Chikitsa* are available. For an expert *Vaidya* to treat a disease thorough knowledge about the disease and *Shareer* of its related part is very mandatory. The definition of *Sandhi* in various Ayurvedic literature are given as “*Asthi Samyoga Sthaaana*” or “to unite” or “the meeting point of two or more structures. *Sandhigata vata* is the most common joint disorder worldwide. To treat this disease, treatment of Vitiated *vayu* by *Agnikarma* plays important role. *Agnikarma* is an ideal treatment modality for the *Asthi Sandhigata Vikara* as per *Sushruta*. Till date

only symptomatic treatments like analgesic -anti inflammatory drugs and spinal exercises etc. are available but none of these modalities are providing satisfactory result. Long term use of these drugs are also not free from adverse effects. According to *Sushruta* to perform *Agnikarma Chikitsa* the knowledge about *Sandhi Shareer* is mandatory. *Sushruta* in his *Samhita* has given the points on joints on which *Agnikarma* should be performed. In this review article, attempt is made to explain anatomy of various joints with respect to the *Agnikarma* points given by *Sushruta*.

KEYWORDS:- *Sandhi Shareer, Agnikarma, Asthi Samayoga Sthaana, Asthi Sandhigata vikar* etc.

INTRODUCTION

Sandhigata vata is one of the commonest joint disorders broadly described under *Vatavyadhi* which affects musculoskeletal system of the body, particularly the geriatric group.^[1] One who knows *Shareer* (i.e. anatomy and physiology of human body) in detail, only he can know and

understand Ayurveda which can bring happiness to the universe. In our Ayurvedic literature different *Acharyas* have mentioned different numbers of Sandhi. According to *Acharya Sushruta* Sandhis are two hundred and ten in number, which are responsible for various movements, and are distributed throughout the body. In Ayurvedic Samhitas the description of anatomy of *Sandhi* in detail is not found. It is observed that the incidence of joints disorders are increasing in today's world. It is the burning problem for people and society. A thorough knowledge of the structure and function of the joint is required to diagnose and treat the diseases of joints. According to *Acharya Sushruta* only *Asthi Sandhi* should be taken into account where as other *Sandhi of Peshi, Snayu* and *Sira* are innumerable and should be excluded while counting.^[2] According to *Sushruta* those diseases which can not be treated by *Shastrakarma* (surgery) and *Ksharkarma* can be treated by *Agnikarma Chikitsa*.^[3] Therefore to do *Agnikarma chikitsa* one should know the anatomy of the joints.

AIM

To study Sandhi Shareer with reference to Agnikarma.

MATERIALS AND METHODS

This is conceptual type of study. All references has been collected and compiled from various available classics texts of Ayurveda like Charak, Sushruta, Vagbhata Samhita with available commentaries. Research articles are also searched from various websites. Literature available from various journals and books were collected.

Literature review

Sandhi shareer in agnikarma chikitsa

According to Sushruta in pain management Agnikarma should be performed on Tvacha, Mamsa, Snayu and Sira^[4] He has also explained Agnikarma Chikitsa could be used in Snayu, Asthi and Sandhigata vata.^[5]

Conditions in which *agnikarma chikitsa* can be given^[6]

- *Kurcha Shul*
- *Gridhrasi* (Sciatica)
- *Kati Shul/ Prushtha Shul*
- *Manya shul/ Manyasthambha/ Vishwachi*
- *Janu Sandhi Shul*
- *Apachi*

- *Yakrut/Pliha vriddhi*
- *Kadara* (corn)

Shareer rachana

1. *Kurcha shul*

According to Sushruta in Kurcha shul/Agnikarma should be performed on kurcha Pradesh with Mruttika Shalaka.^[7]

Anatomy:- Lateral & medial planter nerve, lateral & medial planter artery, posterior tibial artery.

2. *Gridhrasi (Sciatica)/Kati Shul/ Prushtha shul*

Agnikarma should be performed on centre of *Trikasthi* with *Suwarna Shalaka*. (gold).^[8]

Anatomy:- Lumbar muscles.

Nerves:- Subcostal, lateral cutaneous nerves.

Vascular:- Dorsal branches of 1 to 5 lumbar arteries.

3. *Manya shul/ Manyasthambha/ Vishwachi*

Agnikarma should be performed on either sides of *Skandha Pradesh* with *Suwarna Shalaka*. (Gold).^[9]

Anatomy:- Trapezius, sternocleidomastoid, splenius capitis muscle.

Nerves:- 3&4 th occipital cervical, nerves to Trapezius, Spinal accessory nerve.

4. *Janu sandhi shul*

Agnikarma should be performed on upper and lower side of *Janu sandhi* (Knee joint) with *Suwarna Shalaka*. (gold). This is *Bindu* type of *Agnikarma*.^[10]

Anatomy:- Articular surface of the knee joint on medial & lateral laspect, medial & lateral menisci, fibrous capsule, fibular & tibial collateral ligaments.

Nerves:- Femoral, Lateral cutaneous common peroneal nerve, branches of sephanous.

Vascular:- Medial, lateral & superior genicular artery.

5. *Apachi*

Agnikarma should be performed on *Manibhandha* (Wrist) with *Suwarna Shalaka*. (gold).^[11]
This is *Rekha* type of *Agnikarma*.

Anatomy:- Lateral antebrachial cutaneous nerve, cutaneous twigs of radial, median & ulnar nerves.

Vascular:- Radial artery & vein, medial ulnar artery.

6. *Yakrut/Pliha vridhhi, Kamala (Jaundice)*

Agnikarma should be performed on *Parshwa Bhag of Manibhandha* near *Angushtha mula* with *Halkunda* (Turmeric).^[12]

7. *Kadara (Corn)*

Agnikarma should be performed on corn with *Loha Shalaka*.

Anatomy:- Palms and soles

RESULTS AND DISCUSSION

Sushruta was the father of Surgery. To perform any kind of surgical procedure the study of *Sharir Rachana* (human anatomy) is very important. In Modern science anatomy has very importance. The *Agnikarma chikitsa* is one of the gem of Ayurveda. It doesn't involved any surgical procedures and it reduces pain instantly. But to perform *Agnikarma*, one should know the anatomy of that part. Because if *Agnikarma* is not done properly on the given point it can injure nerves, muscles etc. Acharya *Sushruta* and *Vagbhat* has elaborated *Agnikarma Chikitsa* in Ayurvedic Samhitas.

CONCLUSION

After discussion on *Agnikarma* and human anatomy (*Sharir Rachana*), it is concluded that the knowledge of human anatomy is very important to perform *Agnikarma chikitsa*. Nowadays there are many ayurvedic practitioners are performing *Agnikarma Chikitsa* to treat *Sandhigata Vata*, Various types of *Asthi Shula* etc and they are getting tremendous results. Therefore it is necessary to elaborate the *Sharir Rachana* according to Ayurveda as well as Modern Science. There is need as well as scope of further study regarding this topic.

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