

A REVIEW STUDY OF RAJJU IN RACHANA SHARIR WITH MODERN ANATOMICAL CORRELATION

Vd. Choudhari Jagannath^{1*}, Vd. Rajshekhar Tokare², Vd. Satyamma³

*¹Assistant Professor, Dept. of Rachana Sharir SSVP Ayurveda Medical College and RI
Hatta Tq Basmath Dist Hingoli Maharashtra.

²Professor, Dept. of Rachana Sharir Mauli Ayurveda Medical College and RI Tondar Udgir
Dist. Latur Maharashtra.

³Professor, Dept. of Rachana Sharir Mauli Ayurveda Medical College and RI Tondar Udgir
Dist. Latur Maharashtra.

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*Corresponding Author

Vd. Choudhari Jagannath

Assistant Professor, Dept. of Rachana
Sharir SSVP Ayurveda Medical
College and RI Hatta Tq Basmath Dist
Hingoli Maharashtra.



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ABSTRACT

Rachana Sharir provides a detailed anatomical framework of the human body as described in Ayurveda. Acharya Sushruta has explained various structural components responsible for stability, movement, and integrity of the body. Among these, *Rajju* is described metaphorically as a rope-like structure that binds and supports different body parts. Although not elaborated as a separate anatomical entity, *Rajju* holds significant functional importance. The present review aims to study the concept of *Rajju* as described in classical Ayurvedic literature and correlate it with modern anatomical structures such as ligaments, tendons, fascia, and nerves. Classical texts including *Sushruta Samhita* and *Charaka Samhita* were reviewed along with contemporary anatomy textbooks. The analysis reveals that *Rajju* represents connective tissue elements emphasizing stability and binding functions. Establishing this correlation helps in better understanding

Ayurvedic anatomical concepts and their relevance in modern medical science.

KEYWORDS: Rajju, Rachana Sharir, Ayurveda anatomy, Connective tissue, Ligaments, Tendons.

INTRODUCTION

Ayurveda explains the structure of the human body under the heading of Rachana Sharir, which forms the anatomical basis for understanding physiology, pathology, and therapeutics. Acharya Sushruta, considered the pioneer of anatomical studies in Ayurveda, has described various body components such as Asthi, Snayu, Peshi, Sira, and Dhamani. These structures are explained primarily on the basis of their function rather than microscopic details.

The term *Rajju* is mentioned in Sushruta Samhita to denote rope-like structures that provide binding and stability to the body. The literal meaning of Rajju is rope or cord, indicating structures that hold tissues together and maintain anatomical integrity. Though the description of Rajju is limited, its functional significance is evident.

With the growing need for scientific validation and integrative approaches, it is essential to interpret classical anatomical concepts like Rajju in the light of modern anatomy. Therefore, the present study aims to review the concept of Rajju from Ayurvedic literature and correlate it with modern anatomical structures.

MATERIALS AND METHODS

The present study is a conceptual and literary review. Classical Ayurvedic texts such as *Sushruta Samhita* and *Charaka Samhita* along with their commentaries were studied for references related to Rajju. Standard modern anatomy textbooks and relevant published literature were reviewed to identify possible correlations. The collected information was analyzed on the basis of structural characteristics and functional similarities.

CONCEPT OF RAJGU IN AYURVEDA

The word Rajju is derived from Sanskrit and signifies a rope-like structure. In Ayurvedic literature, Rajju is not described as an independent structural category but is implied as a supportive element responsible for binding and stability. Acharya Sushruta has used this term to describe structures that maintain firmness and coordination of the body.

Functions of Rajju as inferred from texts

Binding of body structures

Providing firmness and stability

Supporting posture and movement

Maintaining anatomical integrity

The description reflects a functional approach rather than a purely structural classification.

MODERN ANATOMICAL CORRELATION OF RAJU

In modern anatomy, several structures resemble the description and function of Rajju. These include ligaments, tendons, fascia, aponeuroses, and nerves. All these structures are cord-like or band-like and play an essential role in support and stability.

Among them, ligaments and tendons show the closest resemblance to Rajju due to their rope-like appearance and mechanical function. Fascia and aponeuroses also contribute to structural integrity, while nerves resemble Rajju in terms of cord-like morphology.

COMPARATIVE ANALYSIS

Table 1: Comparative Study of Rajju and Modern Anatomical Structures.

Aspect	Rajju (Ayurveda)	Modern Anatomy
Literal meaning	Rope / Cord	Fibrous band
Classical reference	Sushruta Samhita	Gray's Anatomy
Structural nature	Rope-like, binding	Ligaments, tendons, fascia
Primary function	Stability and support	Joint stability, force transmission
Classification	Functional concept	Structural and histological
Closest correlation	Snayu-like structures	Ligaments and tendons
Clinical relevance	Support of posture and movement	Musculoskeletal stability

DISCUSSION

The concept of Rajju highlights the depth of anatomical understanding present in ancient Ayurvedic literature. Without advanced investigative tools, Acharyas conceptualized connective tissue structures based on their functional importance. The metaphorical use of Rajju indicates an integrative view of anatomy, where multiple structures collectively perform the function of support and binding.

Modern anatomy classifies connective tissues into distinct categories, whereas Ayurveda adopts a holistic approach. This difference explains why Rajju is not separately enumerated but described contextually. Understanding Rajju in terms of modern connective tissue structures enhances the interpretative value of Ayurvedic anatomy and supports its clinical application in therapies such as Abhyanga, Bandhana, and Marma Chikitsa.

CONCLUSION

Rajju is an important conceptual anatomical entity described in Rachana Sharir. It represents rope-like supportive structures responsible for stability and binding of body components.

Correlation of Rajju with modern anatomical structures such as ligaments, tendons, fascia, and nerves provides a clearer understanding of its functional significance. This review supports the relevance of Ayurvedic anatomical concepts in contemporary scientific discourse and encourages further interdisciplinary research.

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