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STUDY OF PRAMANA SHAREERA WITH RESPECTIVE IQ

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ABSTRACT

Ayurveda is the science of life in which different samhitas represents the various aspects of life. In this Rachana sharir is one of the subject concern with the study of size, shape, measurement & detail structure of different parts as well as sub-parts of our body. Whereas the measurements of our body come under the concept – 'Praman sharir'. "Pramana-sharira" has been elaborated in different Ayurvedic samhitas by different way. Anguli pramana is one of the type of measurement used in Ayurveda for measuring the dimensions like Ayama (height), Vistara (Length from the tip of middle finger of right hand to the same of left hand in expanded position i.e. arm span), etc. of different parts and sub-parts of human body. According to hypothesis about 'Sama Ayam-Vistara given in Charak-samhita Viman-sthana 8/118, in healthy person, Ayu (longevity of life), Bala (Physical & Mental - Strength) etc. are best at its maximum if difference in Ayam & Vistara is less. Whereas the difference in Ayam & Vistara increases or decreases, Ayu & Bala will be more or less respectively. In this research project scholar has elaborated the relation of Sama Ayam-Vistara with Pakshavadh individuals under Majjadhathu vikruti as an unhealthy status of a person.

Keywords: Rachana Shareera, ayam, vistara, Ayurveda

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INTRODUCTION

Pramana Shareera deals with Ayu, Bala etc. as described by Acharya Charaka & Acharya Sushruta. Whereas the measurements of our body come under the concept – „Praman sharir“. „Pramana-shareera“ has been elaborated in different Ayurvedic samhitas by different way. Anguli pramana is one of the type of measurement used in Ayurveda for measuring the dimensions like Ayama (height), Vistara (Length from the tip of middle finger of right hand to the same of left hand in expanded position i.e. arm span), etc. of different parts and sub-parts of human body. According to hypothesis about „Sama Ayam Vistara given in Charak-samhita Viman-sthana 8/118, in healthy person, Ayu (longevity of life), Bala(Physical & Mental - Strength) etc. are best at its maximum if difference in Ayam & Vistara is less . Whereas the difference in Ayam & Vistara increases or decreases, Ayu & Bala will be more or less respectively. In this research project scholar has elaborated the relation of Sama Ayam-Vistara with Kustha (Kitibh kustha) individuals under Raktadhatu vikruti as an unhealthy status of a person. The statistical analysis illustrates that the difference in Ayam & Vistara in Raktadhatu Vikruti individuals lies approximate 2 to 4 angula In Ayurveda Sushrut samhita under the concept of pramanvat sharir, Sushrutacharya has elaborated the pramanvat sharir and its relation with good health as well as longevity of life. On the basis of same concept Charakacharya has explained the concept of Sama Ayam Vistara. It was observed whereas the difference in ayam & Vistara is zero or less, the person

remains healthy with longevity of life (Ayu) , good Physical & Mental Strength(Bala), etc. It was also observed, whereas difference in Ayama & Vistara lies between 0 to 2 angula then all criteria explained above lies at its maximum. Whereas the difference in Ayama & Vistara lies between 2 to 4 angula then it lies at its medium and as difference between Ayama & Vistara lies above 4 angula then all criteria lies at its minimum. In the present study, the relation of Sama Ayam-Vistara with unhealthy persons related with Raktadhatu Vikruti was considered. In this also the scholar has selected only individuals with Kustha (Kitibh Kustha) as a Raktadhatu Vikruti to evaluate the hypothesis. The main aim of this research study was an evaluation of Sama Ayam Vistara in individuals with Kustha (Kitibh Kustha) as a Raktadhatu Vikruti.

Measurement of Ayam

For this measurement the Height of a person was considered as shown in following image. The height of a person is measured in cm and converted into Angula. If the measurement of height is considered as 'H' cm, Swanguli Praman is considered as 'S', and Ayam is considered as 'A'

According to the concept of Sama Ayam-Vistara the difference in the Ayam & Vistara is smaller or negligible in the healthy individuals. Whereas we can say that the individual with approximate equal of Ayam & Vistara is a healthy individual and the individual with greater difference in Ayam & Vistara leads with unhealthy category. Arbitrarily this was considered for the evaluation of the study only. Because the individual with greater

difference in Ayam & Vistara may not leads to be unhealthy all times. The outcome of the concern research project shows the average association between the type of deformity & difference in Ayam & Vistara. In Kustha (Kitibh Kustha) as a Raktadhatu Vikruti individuals it was observed that – 01% individuals have 0 to 2 angula difference between Ayam & Vistara. – 05% individuals have 2 to 4 angula difference between Ayam & Vistara and – 04% individuals have difference between Ayam & Vistara as 4 angula & above. The highlighted cases shows the outcome as below – Overall maximum no of cases has the difference in Ayam & Vistara is 2 to 4 angula. – The analysis of the observations shows the greater association between the Raktadhatu Vikruti individuals with Kustha and difference in Ayam and Vistara. The outcome of the research projects shows the considerable associations in the category 4 angula & above 4 angula ,whereas from above outcome it can be stated that, in *Majjadhatu vikruti* individuals with Pakshavadh the

difference in *Ayam & Vistara* in majority lies approximate 2 to 4 *angula*.

➤ *It's also observed that in Majjadhatu vikruti* individuals with Pakshavadh the difference in *Ayam & Vistara* is little bit in the category 4 *angula* & above it & seen very less in 0 to 2 *angula*.

➤ The Statistical analysis shows the difference in *Ayam and Vistara* is average in Pakshavadh individuals under the *Majjadhatu vikruti*

➤ So the concept of '*Sama Ayam-Vistara*' helps us to give an idea about the Healthy or Unhealthy status of an individual at its best.

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