



Review Article

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A REVIEW ON AYURVEDIC ANATOMY IN ROGI PARIKSHA: UNDERSTANDING INSIGHTS FROM AYURVEDA

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ABSTRACT

The Sushrut Samhita played an important role in advancing anatomical and surgical knowledge in ancient times. Unlike modern anatomy, Ayurveda emphasizes the interconnectedness of the body, mind, and spirit, reflecting a holistic understanding of human anatomy. Anatomical knowledge is essential for assessing Doshas (body energies), Dhatus (tissues), and Srotas (channels), as well as key points like Marma (vital points) and Sandhi (joints), to identify imbalances. Anatomy plays a crucial role in Rogi Pariksha, which refers to the examination of a patient for accurate diagnosis. The diagnosis of diseases is vital in today's clinical practice. Ayurveda describes various types of examinations that are useful for diagnosing a range of diseases. These Rogi Pariksha methods are categorized into Trividha, Ashtavidha, and Dashavidha Pariksha. Trividha Pariksha includes Darshan (observation), Sparshan (touch), and Prashna (questioning). Ashtavidha Pariksha involves examining: Nadi (pulse), Mala (stool), Mutra (urine), Jivha (tongue), Shabda (sound), Sparsha (touch), Druk (eyes), and Aakriti (body build). Dashavidha Pariksha includes Prakriti (constitution), Vikriti (imbalance), Sara (essence), Sambhanana (compactness), Pramana (measurements), Satmya (suitability), Satva (mental strength), Aharashakti (digestive capacity), Vyayamashakti (physical strength), and Vaya (age). In this article, Trividha Pariksha, comprising Darshan (observation), Sparshan (touch), and Prashna (questioning), along with anatomical aspects, will be discussed.

Keywords: Rachana Sharir, Anatomy, Rogi Pariksha, Trividha Pariksha.

INTRODUCTION

In Ayurveda, the structural framework of the body is divided into parts Shadang Sharir. All components, tissues, organs and organ systems of the body fall within this broad group of shadanga. Shakha includes upper limbs and lower limbs. Madhyasharir includes pectoral region, abdomen, pelvic part and back. Shira region includes head- neck region. All the details of this part are included under heading of Rachana Sharir i.e. Ayurvedic Anatomy. Rachana sharir has very ancient origin and is described in sharir sthana of Samhita. Ayurvedic Anatomy includes some key concepts, about Marma sharir, Kala sharir, Strotovidnyan etc. Anatomy is important in Rogi Pariksha¹ as Anatomy gives fundamental knowledge about normal structural framework so that we can analyze abnormality. Because when we know what is normal only then and then abnormality can be identified.”

Ayurvedic anatomy also includes Garbha sharir (Embryology). And detailed description of Garbha Sharir provides knowledge about congenital abnormalities/ diseases. Ayurveda has mainly two parts when it comes to health. "Swasthasya Swasthya Rakshanam, Aturasya Vikar Prashanam" It means to maintain / Protect the well-being of healthy person, and treatment of the diseased patient. Treatment of the diseased patient includes. Rognidan i.e. diagnosis of patient. So that chikitsa can be designed accordingly. Rogi Pariksha is an important aspect of rognidan. There are many types of Rogi Pariksha i.e. Trividha pariksha (3-fold examination), Ashtavid Pariksha (8-Fold examination), Dashavidha Pariksha (10-fold examination). Here,

we are mainly focusing on Trividha Pariksha. Darshan, Sparshan and Prashna. The main aspect involved in this understanding is Rogi Pariksha, a detailed examination of the patient to identify imbalances and their root causes. The foundation of effective diagnosis in Ayurveda lies in Rachana Sharir. (Anatomy), which provides detailed knowledge about structural basis of Dhatu, Dosh, Mala. E.g. Pakwashaya is Vata sthana (large intestine), Yakrut (Liver) and Pleeha (spleen) is main site of rakta dhatu. Unlike modern on anatomy, which focuses physical structures, Ayurvedic anatomy primarily includes physical as well as psychological aspects of body including Doshas (bio-engines) Dhatu (Tissue) Srotas (channels) andamp; Marma points (vital areas). This comprehensive view allows practitioners to connect structural imbalances with physiological disruptions, enabling accurate diagnosis and personalized treatment plans.

This article explores the role of anatomy in Rogi Pariksha, highlighting how it aids in observation (Darshana), palpation (Sparshana), and inquiry (Prashna) to assess health. By integrating traditional Ayurvedic principles with modern anatomical knowledge, this study underscores the enduring relevance of anatomy in healthcare and personalized medicine.

Ayurvedic Anatomy: A Comprehensive Perspective

Ayurvedic anatomy differs from modern anatomy in its approach. While modern anatomy focuses on the physical structure of the body, Ayurveda integrates the physical, functional, and subtle (Sukshma) aspects, including Doshas (Vata, Pitta, Kapha),

Dhatus (tissues), Srotas (channels), and Marma (vital points). This understanding helps an Ayurvedic practitioner analyze how structural and functional imbalances manifest as disease and determine the root cause of illness.

Rogi Pariksha: The Ayurvedic Diagnostic Process

Rogi Pariksha, or patient examination, is a comprehensive diagnostic process analyzing various aspects of the body and mind. These Rogi Pariksha methods are categorized into Trividha, Ashtavidha², and Dashavidha³ Pariksha. Trividha Pariksha includes Darshan (observation), Sparshan (touch), and Prashna (questioning). Ashtavidha Pariksha involves examining: Nadi (pulse), Mala (stool), Mutra (urine), Jivha (tongue), Shabda (sound), Sparsha (touch), Druk (eyes), and Aakriti (body build).

Ashtavidha Rogi Pariksha

(Eightfold Examination of the Patient) is an Ayurvedic diagnostic method to assess a patient's condition. It helps practitioners understand the disease and the individual's constitution for effective treatment.

The eight components are:

- Nadi (Pulse): Examination of the pulse to assess doshic imbalances (Vata, Pitta, Kapha).
- Mutra (Urine): Analysis of urine for color, smell, and sedimentation.
- Mala (Stool): Observation of stool for consistency, color, and odor.
- Jihva (Tongue): Inspection of the tongue for coating, texture, and color.
- Shabda (Voice): Assessment of speech and voice quality.
- Sparsha (Touch): Examination of skin texture, temperature, and tenderness.
- Drik (Eyes): Observation of eye clarity, color, and expression.
- Aakruti (Appearance): Evaluation of physical build, posture, and demeanor.

These parameters provide holistic insight into health and disease.

Dashavidha Pariksha

It includes Prakriti (constitution), Vikriti (imbalance), Sara (essence), Sambhanana (compactness), Pramana (measurements), Satmya (suitability), Satva (mental strength), Aharashakti (digestive capacity), Vyayamashakti (physical strength), and Vaya (age).

Dashavidha Rogi Pariksha (Tenfold Examination of the Patient) is a comprehensive diagnostic framework in Ayurveda. It evaluates the patient's physical, mental, and physiological conditions to tailor personalized treatments.

The ten aspects are:

1. Prakriti: Assessment of the patient's inherent constitution (Vata, Pitta, Kapha balance).
2. Vikriti: Examination of the disease state or doshic imbalance.
3. Sara: Evaluation of tissue health and quality (Dhatus).
4. Samhanana: Analysis of body structure, firmness, and integrity.
5. Pramana: Measurement of body proportions and dimensions.
6. Satmya: Determination of the individual's adaptability to food and environment.

7. Satva: Assessment of mental strength and emotional resilience.
8. Ahara Shakti: Examination of digestive capacity (Jatharagni).
9. Vyayama Shakti: Evaluation of physical strength and endurance.
10. Vaya: Consideration of age and its impact on health.

In this article, Trividha Pariksha, comprising Darshan (observation), Sparshan (touch), and Prashna (questioning). Here, we focus primarily on Trividha Rogi Pariksha. As all the aspects of asthavidha and dashavidha pariksha fall into trividha pariksha.

1. Darshana (Observation): Visual examination of the patient.
2. Sparshana (Touch): Palpation and physical examination.
3. Prashna (Questioning): Detailed inquiry into symptoms and history.

1. Darshana Pariksha (Observation)

Observation involves visually examining the body for external signs of health or disease.

Anatomy's Role:

- Identifying structural abnormalities such as swelling, deformities, or discoloration in the skin, joints, or muscles.
- Observing the eyes, tongue, nails, and posture to assess Dosha imbalances and organ function.
- For instance, pale skin or nails may indicate a deficiency in Rasa or Rakta Dhatu (plasma or blood tissues), while yellowish discoloration suggests Pitta aggravation or liver issues.
- Ayurveda describes anatomical deformities evaluated through Darshana Pariksha, such as:
 - Kubja⁴: Structural abnormality of the spine.
 - Kunitva⁵-
 - Facial deformities like cleft lip or nasal fractures⁶.
 - Congenital sensory impairments like blindness.
 - Diseases of Karnapali⁷ (pinna).

2. Sparshana Pariksha (Touch)

Sparshana involves palpation, temperature assessment, and examination of bodily sensations.

Anatomy's Role:

- Palpation of muscles, bones, and joints to assess the condition of Asthi Dhatu (bone tissue) and Mamsa Dhatu (muscle tissue), e.g., muscle spasms, stiffness, or tenderness.
- Conditions like Vatarakta exhibit tenderness (Sparsha Asahishnuta) as a primary symptom.
- Pulse Examination (Nadi Pariksha)⁸: Relies on understanding vascular anatomy (Sira and Dhamani) and rhythmic patterns influenced by Doshas.
- Abdominal examination can reveal organ enlargement or fluid accumulation. Tenderness in specific regions may indicate localized inflammation, while cold extremities suggest Vata aggravation.

3. Prashna Pariksha (Questioning)

This step involves detailed questioning about the patient's symptoms, lifestyle, and history.

Anatomy's Role:

- Questions about digestion, urination, and defecation are guided by knowledge of Koshtha (digestive tract) and related organs (Koshthanga)⁹ as well as Mutra-Purisha Vaha Srotas (urinary and excretory channels).
- Inquiry into respiratory symptoms relies on Pranavaha Srotas (respiratory channels) and their connection to Kapha Dosha.
- Symptoms like tingling, burning, or altered sensations indicate abnormalities in Sira Sharir.
- Anatomical insights enable practitioners to link symptoms to underlying physiological disturbances in affected Dhatus or Srotas.

Key Anatomical Concepts in Rogi Pariksha

Dosha Localization¹⁰: Identifying anatomical sites of Dosha predominance helps pinpoint disease origins:

- Vata: Pakwashaya (colon).
- Pitta: Amashaya (stomach).
- Kapha: Between Pakwashaya and Amashaya.

Srotas¹¹ (Channels): The health of Srotas is vital for bodily functions. Blockages, ruptures, or malfunctions lead to disease. Acharya Sushruta and Acharya Charak have described symptoms of Srotas Viddha (rupture) and Sroto Dushti (damage).

Marma Points¹²: The 107 vital points interconnected with bones, muscles, nerves, and vascular structures. Trauma to Marma points causes pain, deformities, or restricted movement.

Ayurveda and Modern Anatomy: Integration for Better Diagnosis

Ayurvedic anatomy offers a functional perspective, complementing modern anatomy's structural focus. Together, they improve diagnostic precision:

- Ayurvedic Anatomy: Identifies how defects disrupt Dosha balance and bodily channels.
- Modern Anatomy: Uses imaging to detect structural defects like fractures, tissue damage, or tumors.

For example: Imaging can distinguish between fractures (Bhagna) and ligament injuries (Snayu Avulsion), facilitating accurate treatment plans.

Additionally, anatomical variations are essential in Prakriti¹³ (constitution) analysis, a cornerstone of Ayurvedic diagnosis. Understanding an individual's unique physical and physiological makeup enables personalized treatments. For instance:

- A Kapha-dominant individual with joint pain might require a different approach than a Vata-dominant patient, reflecting their distinct anatomical and Dosha-related conditions.

DISCUSSION

Anatomy plays a central role in Ayurvedic diagnostics (Rogi Pariksha) by integrating physical and subtle aspects like Doshas, Dhatus, and Srotas. The diagnostic methods—Darshana (observation), Sparshana (touch), and Prashna (questioning)—utilize anatomical insights to assess health and identify imbalances. Ayurvedic concepts, such as Srotas and Marma

points, show significant overlaps with modern anatomical structures like vessels and neurovascular junctions.

Ayurveda's emphasis on Prakriti (individual constitution) aligns with modern personalized medicine, offering tailored diagnostic and therapeutic approaches. However, Ayurveda's lack of detailed structural descriptions presents challenges, underlining the importance of integration with modern diagnostic tools.

Collaborative research, such as studying the physiological basis of Marma points, could enhance the credibility of Ayurvedic diagnostics. This synergy has the potential to advance patient-centered healthcare.

CONCLUSION

Anatomy serves as the cornerstone of Rogi Pariksha, bridging the physical and subtle aspects of health in Ayurvedic diagnostics. By integrating anatomical concepts with methods like Darshana, Sparshana, and Prashna, practitioners can effectively assess imbalances in Doshas, Dhatus, and Srotas. The alignment between Ayurvedic principles, such as Srotas and Marma points, with modern anatomical structures highlights opportunities for synergy. While Ayurveda provides a functional understanding of health, modern tools can address its structural gaps. Collaborative efforts to merge these systems can enhance diagnostic accuracy, promote personalized care, and contribute to a holistic approach to healthcare.

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