



A CRITICAL REVIEW OF IMPORTANCE OF SHARIR STHAN BY ACHARYA SUSHURUTA

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Article Received on
06 July 2019,

Revised on 27 July 2019,
Accepted on 16 Aug. 2019,
DOI: 10.20959/wjpps20199-14524

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ABSTRACT

While talking about samhitas acharya yadav ji trikam ji has said that sutra sthan by acharya vagbhat, nidan sthana by madhav ji, sharir sthan by acharya sushuruta & chikitsa by acharya charaka are the best.^[1] All the Acharyas have described sharira sthan in their samhitas because sharira sthan has the utmost important as without having proper knowledge about the body we cannot do treatment nor can aim for maintaining health. So if we will not be having proper and complete knowledge of sharira "the body" neither of the basic principle of Ayurveda can be achieved. Among all the sthan's every sthan hold its own importance because to do treatment we need Chikitsa sthan, so as the knowledge of nidans ie causative factors is also important to do the

treatment so Nidan sthan is also important. So we cannot say that other sthan's are not important but if we need treatment we need body, causative factor will only act on body, Sutras given in sutra sthan are also for body so we see that sharira sthan is important & among all the Acharya's, Acharya Sushuruta has described the knowledge of body not just on observation but also by examining practically after cadaveric dissection. So Sharir sthan told by Acharya Sushruta has been given utmost importance by all the authors and Tikakars.

KEYWORDS: Samhita's, Sthan's, Sharir sthan.

INTRODUCTION

Talking about the Acharyas / Samhitas Acharya Charaka while writing the Pratisanskramana of Agnivesh tantra for the first time give the concept of Sthan's by dividing the knowledge given by Agnivesh in different sthan's according to the area they are concerned with. In Sharir Sthan he mentioned everything related to 24 Tatwatak Purush/ human body as he observed to be or he examined superficially in Rogi's by Pratyaksha or Anuman Pramana but he did not do dissection. So whatever has been told by Acharya Charaka is only based on observation. Acharya give the concept of Sharir Sthan in 8 chapters. Directly starting from "Katidha Purush Adhaya" dealing with the utpatti of purush, his types, prakruti etc followed by "Atulyagotriya Adhaya" dealing with specification of the purush eligible for marriage, conception, reasons for delayed conception, twins, abortion/ miscarriage, sex of the foetus basically dealing with the genetics. Next he told "Khuddag-garbhava kranti" and "Mehti garbhava kranti" dealing completely about the embryonic life along with similarities between human and the nature in "Pursh-vischiya Adhaya". Later in "Sharir-vishiya Adhaya" he has discussed all the essential factors for the growth and development of the body, major and minor organs there numbers and constitutions as Panchabhoutikata then lastly he talks in detail about Garbha Sharir i.e. Shukra/Sonita, ritukala, pregnancy stabilizing drug, monthly does and dont's, child care, child birth, resuscitation etc.^[2]

Likewise Acharya Vridha Vagbhatt and Acharya Vagbhatt has given the detailed description of sharir sthan in 6 and 12 chapters respectively. Acharya Vridha Vagbhatt directly started from the concept of garbh sharira in chapter "garbhaavkranti" relating everything to normal conception like shudha shukra & aartav, ritukala, ritu charya, their disorders and treatment, conception time, monthly development of foetus, normal stages of labor, postpartum disorders, neonatal disorders. After discussing normal pregnancy then he discussed about pregnancy disorders in chapter 2 i.e "garbh vayapad" followed by the description of major and minor organs of body like sira, srotas, dhamnis, sanayu etc in "Aangpratayang vibhag sharir". Then he told about the important vital points in body where any injury can be painful or deadly even so they should always be taken care of in "Marma vibhag sharir". Lastly he discussed about the Arishthas lakshanas i.e symptoms that appear near to death be it related to sharir messenger or the time, place in chapters naming "Vrikiti vigyana" and "Duttaadi vigyana".^[3-4-5]

In Ashtang Samghraha Acharaya Vagbhata has told almost same as Acharya vridha Vagbhata but he has subdivided the details into 12 chapters rather than comprising them into 6 chapters.^[6] Although all the Acharyas has given detailed description of Sharira sthan but Acharyas gave information regarding what they observed by Pratayksha or Anumana pramana but practical study by dissection was not available.

Acharya Sushuruta for the 1st time explained everything after proper observations, examination, and the internal structures by dissecting the body. He has also given the description in detail in a systemic order. Acharya Sushuruta has started the description of sharir sthan from the origin of Srishti and human then gradually moving to in-utero development of foetus to normal & abnormal labor, neonatal resuscitation to normal growth parameters required for development of human body, factors that should be present in an adult male or female to be eligible for marriage or conception and the bodily parameters indicative of good and healthy life span along with the detailed study of normal internal structure of the body by cadaveric dissection.^[7]

Acharya Sushurta has given 10 chapters starting from "Sarvbhutchinta sharir" describing the origin of Shristi from Avayakta to multicellular complex human structure. After describing the origin of human he has then described the physiological factors required for conception like shudha shukra, shonit, ritucharya, proper act of conception along with some disorders related to these in the chapter "Shukrashonitshudhi sharir".^[8] After which he chronologically explained the chapter "Garbhavkranti sharir" i.e the process of conception, month wise development of foetus with development of all the tissues and organs. He has explained this chapter after Shudhashukrashonita sharir chapter indicating that the person with shudha shukra & shonita are ideal for conceiving along with the remedies for those who dosent have shudha shukra and shonita and cannot conceive because of that. Then comes the "Garbhavayakaran sharir" i.e the chapter including every definition involved with foetus that will develop in womb of mother like Aang, Pratyanga Twacha, kala along with the sequence of their formation.^[9] Till here Acharya Sushuruta described everything that he has observed then he moved to dissection process to have better and practical knowledge of human body along with the systems. So in 5th chapter ie "Samkhya sharir" he has given detail description of Shavchedana ie dissection procedure and brief of what all he observed in human internally like Siras, Srotas, Dhaminis, asthi, sandhi along with the position of fetus in uterus i.e. garbhasya etc. While doing observations on patients he has observed various points where

injury gave harmful effects leading to even death or paralysis of the part. To obtain their exact location and number he tried to locate them during dissection and called them Marma and thus named the chapter "Pratey kamarmanirdesh sharir". Now regarding the structures he observed during dissection he gave description of them starting with the chapter "Siravarnavibhakti sharir" containing description about Siras like their numbers, types, importance etc. Later he discussed the clinical importance of Siras in the chapter named "Siravedhya vidhi sharir" containing how Sira can be used for treatment in bloodletting, how to do, when to do, amount of blood that is required to be let out for treatment etc. Then he discussed in detail about another important structure he found i.e. Dhaminis/arteries. And in last told in detail about Garbhini i.e. pregnant lady in the 10th chapter ie Garbhiniparichariya like monthly development of baby along with month wise do's and do'nt, stages of labor, dos and do'nt during labor, postpartum period, resuscitation of new born, Baal samaskaras, appropriate diet for children and their medicines.^[10]

This is how Acharya Sushuruta has given detailed explanation in 10 chapters.

SUMMARY

In the very first chapter Acharya Sushuruta gave the origin of life along with the origin of shristhi. Then in the next chapter he gave the eligibility criteria for the person originated regarding reproduction and who needs treatment for the same. Taking eligible person into consideration in 3rd chapter he then told in detail about the conception. In the next chapter he discussed in detail about intrauterine life of baby completely as in 3rd chapter conception was taken into consideration. In order to find out the position of baby in Garbhashya and other internal structures of body he undertook the dissection procedure in 5th chapter. Then lately in next chapters he explained about the important internal structures in detail. Then explaining at last in detail about the childbirth and the pregnant lady.

DISCUSSION

So by above observation we have seen that Acharya Sushuruta has given a very systematic description of human body based on observation, examination as well as cadaveric study. Other Acharyas have also given detailed description of human body but there was a lack of practical observation approach fulfilled by Acharya Sushuruta by cadaveric dissection.

CONCLUSION

Hence, by above all the observation and discussion we conclude that among all sthan's sharira

sthan is one of the most important sthan and among sharira sthan told by all Acharyas Sharira sthan explained by Acharya Sushuruta is the best.

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