

The Anatomical Glimps Seen in *Charak Samhita*

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ABSTRACT

In the oldest medical text *Charak Samhita*, the basic Anatomy principal are seen and explains very scientifically. These principal are scattered in whole *Samhitas* and according to needs of the subject, they are explained. There are few anatomical entities like – 1. Basic composition of the body defined according to how and what ways universe are formed, 2. Concept of Yoga, 3. Rules of Embryology. (*Garbh Sharir*), 4. Laws of Genetics and their Role in Treatment of Genetic Disorders, 5. Rules of Homeostasis (*Lok Purush* concept), 6. Cadaveric and Systemic Anatomy, 7. Concept of Microcirculation (*Srotovimanan*) and their role in treatment of the diseases, 8. Concept of vital organ protection (*Marma Vigyan*), 9. Structural and The functional certification of body for treatment point of view, 10. The scientific description of Regional Anatomy. If we studied these rules comparatively with the modern medical science, it surprises us and define the glory of ancient civilization. Ayurveda is a part of *Atharva Veda*, and approach of *Veda* is spiritual. This is visible in its all principles. Due to this its influence is visible on the interpretation and its explanation in many entities of the worlds, so this effect in all the visible and non-visible things explanation through different theorem. It is explain spiritually and medically in ayurvedic texts. Now a day for perfect research the elemental hypothesis is required there are lot of hypothesis to know the world is explained in *Ayurveda*. Its scientific standardization is essential to explore and stabilize new horizons in the field of research.

KEYWORD: Embryology, Yoga, Genetics, Genetic Disorder, Homeostasis, Microcirculation, *Marma Vigyan*.

INTRODUCTION

Ayurveda, the ancient life science explained every aspect of life though there principal depends on the different stream of *Samhita*. Their languages and the way of presentations are different but the motto is same to explore the subject on the scientific ground. *Charak Samhita* the old Ayurvedic text assumed as an Ayurvedic Medical book but in this text book the basic anatomical rules and their regulation are explained. There are few anatomical entities are discussed in this paper which highlighted *Charak* approach to Anatomy.

METHEDOLOGY

These research paper title “The Anatomical Glimpse seen in *Charak Samhita*” is purely conceptual base in which the highlighting point are discussed according to describe in *Charak Samhita*.

REVIEW OF LITERATURE

1. **Basic composition of Human Body:** The whole description is explained in *Charak Samhita*¹. The formation and destruction of universe correlate to status of the Human body and side by side the process of salvation explained in *Charak Samhita*².
2. **Concept of Yoga:** The basic concept of Yoga for the process of achieving salvation is explained in *Charak Samhita*³.
3. **Rules of Embryology. (Garbh Sharir):** In *Charak Samhita* basic rule of Embryology is described.⁴
4. **Rules of Genetics and cure of genetic disorder:** Genetic Materials, Factors which controls transmission of characters in different generations, genetic disorders and their treatment is explained in this section⁵.
5. **Rules of Homeostasis (Lok Purush concept):** Effect of environmental factors on vitality is pictured in this section.⁶
6. **Cadaveric and Systemic Anatomy:** Gross Anatomy is discussed in *Charak Samhita*.⁷
7. Concept of Microcirculation (*Srotovimanan*) and their role in treatment of the diseases:⁸
8. **Concept of Vital organ protection (Marma Vigyan):** The theory of importance of vital organs is scientifically approved in this section.⁹
9. **Structural and The functional certification of body for treatment point of view:** Topographical Anatomy is described in this part of *Charak Samhita*.¹⁰
10. **The Scientific description of Regional Anatomy:** The Concepts of Regional Anatomy and their role of in treatment is explained in this section.¹¹⁻¹⁵

DISCUSSION

Ayurveda, the ancient life science, believe on “*Lok Purush Nyay*” in which the composition of external and internal worlds are same, due to this statements every changes in external world (*Lok*) directly affects physio-anatomical aspect of internal world (*Purush*) in *Ayurveda* the metaphysical aspect of origin of *sharir* (Body), their establishment, destruction and the concept of yoga is explained by this *Lok Purush Nyay*. This *Lok Purush Nyay* is the back bone of *Ayurvedic* way of treatment and at theorem level it is identical to homeostasis principal which is signature of vitality²¹.

The element of embryology and rules of genetics also seen in *Ayurvedic* text. The subjective embryological time length starts from preconceive management, gestational period management up to child birth management. The elemental genetic rules are also explained in *ayurvedic* texts surprise is very scientifically identical to modern genetics. If we clearly observed the whole genetic subjects in *Samhitas*, the genetic factors are divided into two sub types:

1. Main genetic material i.e. *Shukra* (Male gamete), *Shonit* (Female Gamete) and *Jiva* (the factor which controls the vitality of *Garbh* (Zygote), in which *Shukra* and *Shonit* have explained, the transmission of character from paternal and maternal side, is operated at *Beej* (Full genetic Material), *Beejbhag* (Chromosomal level), *Beejbhaagavayav* (Gene Locus Level), *Beejbhagavayav Purushkar* and *Strikarbhaav* (Gene Locus Determining the male and female characters)²². The genetic characters transmission which are not clearly explained for paternal and maternal side is explained by factor *Jiva* affected by *Purva Janmkrit Karma*, these transmitted characters are especial character follow special transmission pattern, now a days we can explained as specific environmental factors which controls gene regulation and remodeling.
2. The environmental factors which affects the embryonic period management.

Due to genetically explanation at two levels the genetic disorder and their management is explained at hereditary and congenital level in ayurvedic texts. At hereditary level several social rules (*Atulya Gotriya Vivaah*)²³ are formed to rectify personal and social hygiene helpful to stop the transmission of hereditary diseases and the congenital level several rule and regulation formed related to whole time length of embryonic period helpful to stop congenital disorder.

The another anatomical miracle is described in ayurvedic texts is, the explanation of *Sira*, *Dhamani* and *Srotas* Concepts as the internal transport system of the body. In modern medical texts the concepts of nanonism is depends on specific organ system Physio-Anatomical aspect of micro circulation, the internal transport system of the body. In Ayurvedic texts again in *Sira*, *Dhamani* and *Srotas* subject topic is the differentiation and specification of organ system (*Pratyang*) of the body is explained for treatment point of view²⁴.

The cadaveric anatomy description is seen in *Garbha Sharir* (Embryology) where it is mention that the body is made up of six parts (2 Upper Limb, 2 Lower Limb, 1 Trunk, 1 Head and 1 Neck) where as systemic Anatomy description is seen in *Charak Samhita*.²⁵ In which the body parts, type and its number (Bone, Ligaments, Muscles Joints, Vital organ, Internal Organ, Senses Organ and Topographic division) is explained.

The structural and functional certification of the human body is well defined in *Samhitas* by *Angula Praman*²⁷ (Middle part of Middle Finger = 1 *Angula*) and *Anjali Praman*. In *Angula Pramn* the whole human body is measured by self *Angula* estimation, where as the liquid component of the body is measured by self *Anjali Praman*²⁶. In *Samhita* the statement is done, the healthiness of the body it depends on these *Pramana*, which Is helpful directional treatment point of view.

The regional Anatomy is also define in *Samhita* depends on topic which is scattered in whole *Samhita* and it is very identical to Modern Anatomy description.

Example:

- Regional Anatomy of Stomach¹⁶
- Regional Anatomy of Uterus and Urinary Bladder¹⁷
- Nasal Cavity Anatomy¹⁸
- Anal Canal and Rectum Anatomy¹⁹

The vital organ (Urinary Bladder, Heart and Head) protection in treatment is explained in *Charak Samhita*²⁰. very much identical to modern way of treatment in which few organs are categorized as vital organs. In accidental cases these organ should be protected firstly for saving of life.

RESULT AND CONCLUSION

There are lot of examples are present to related topic describe in *Charak Samhita*, so doesn't concluded all in this small paper, one point is clear that *Achaarya Charak* knows about importance of knowledge of Anatomy, is essential for treatment point of view. According to *Charak* for good *Vaidhya* (Doctor) it is essential to know the whole aspects of the human body. (*Shair Sthan* Chapter no 6/19). Now in present era on modern medical ground it is true.

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