

MAMSA DHATU VIKRUTI (ARSHA VYADHI INDIVIDUALS) AND ITS RELATION WITH PRAMAN SHARIR W.S.R TO SAMA AYAM & VISTARA.

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ABSTRACT: Ayurveda the science of healthy life is fulfilled with different samhitas. "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 Charaksamhita 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 Mamsa dhatu vikruti (Arsha) as an unhealthy status of a person. Mamsa dhatu is one of the dhatu from saptadhatu explained in Ayurveda. The statistical analysis illustrates that the average difference in Ayam & Vistara in Mamsa dhatu Vikruti individuals lies approximate 4 angula and above it. The outcome of the research project shows the considerable association between Mamsa dhatu Vikruti individuals and difference in Ayam and Vistara. 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.

KEY WORDS: Mamsa dhatu Vikruti, Arsha Vyadhi individuals, Praman sharir, Sama Ayam-Vistara.

I. INTRODUCTION :

In Ayurveda 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. It was also observed, whereas difference in Ayama & Vistara lies between 0 to 2 angula then Bala of an individual lies at its maximum. Whereas the difference in Ayama & Vistara lies between 2 to 4 angula then Bala of an individual lies at its medium and as difference between Ayama & Vistara lies above 4 angula then the Bala of an individual lies at its minimum. In the present study, the relation of Sama Ayam-Vistara with unhealthy persons related with Mamsa dhatu Vikruti was considered. In this also the scholar has selected only individuals with Arsha vyadhi as a Mamsa dhatu Vikruti to evaluate the hypothesis. Mamsa dhatu is one of the dhatu from saptadhatu explained in Ayurveda. The main aim of this research study was an evaluation of Sama Ayam Vistara in individuals with Arsha Vyadhi as Mamsa dhatu Vikruti.

II. AIMS & OBJECTIVES

AIM :

Evaluate the Sama Ayam Vistara in individuals with Arsha Vyadhi.

OBJECTIVES :

Find out the relation of difference in Ayam-Vistara in the individuals with Mamsa dhatu Vikruti.

Find out the average Swanguli-praman in *Mamsa dhatu Vikruti* individuals with Arsha vyadhi.

III. MATERIALS & METHOD

MATERIALS:

- Total 10 Individuals of either sex were considered for the research project.
- Individuals of either sex of 25 years to 60 years were taken for the present study.
- Screw gauge micrometer to measure the Swanguli-praman of an individuals.
- Measuring Tape, Scale to measure the Ayam & Vistara of an individuals.
- Case paper proforma for the detail information about Congenital / Developmental mental deformity & the aforesaid all measurements.

INCLUSION CRITERIA :

Mamsa dhatu vikruti individuals with Arsha vyadhi of either sex of 25 years to 60 years.

EXCLUSION CRITERIA :

Mamsa dhatu vikruti individuals with Arsha vyadhi by accidental, traumatic or chronic diseases history.

METHODOLOGY

Already diagnosed Arsha vyadhi individuals were selected for the study. The detail information of an individuals was noted in the information sheet.

The Different Measurements as Below were Recorded

1. Swanguli praman was measured by Screw gauge.
2. Ayam was measured by measuring tape.
3. Vistara was also measured by measuring tape.

The details of all aforesaid measurements are furnished as below.

1) Measurement of Swanguli-Praman :

For this measurement length of proximal inter-phalangeal joint of the middle finger of the hand was considered. As shown in the image below. For this measurement of *Swanguli praman* right hand was considered in right handed person and left hand in left handed person. The measurement was taken by using Screw gauge micrometer. The reading comes in mm, which is converted into cm and recorded in information sheet.



Fig 1. Measurement of Swanguli Praman.

The *Ayama & Vistara* of the individuals were taken by measuring tape and then readings were recorded with dividing it by Swanguli-praman to convert it in Anguli praman.

2) 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'

Then *Ayam* (A) is equal to:

$$A = \frac{H}{S} \text{ angula}$$



Fig no. 2. Measurement of Ayam

3) Measurement of Vistara :

For this measurement the length from the tip of middle finger of right hand to the same of left hand in expanded position was taken as shown in following image. This measurement (Arm span) was measured in cm and the converted into *Angula*.

If this measurement is considered as 'B' cm,

Swanguli Praman is considered as 'S', and *Vistara* is considered as 'V'

The *Vistara* is equal to:

$$V = \frac{B}{S} \text{ angula.}$$



Fig:3 Measurement of Vistara

- After the record of all these measurements the difference in the *Ayam and Vistara* was calculated and noted in case paper proforma.
- Information about already diagnosed Mamsa dhatu individuals with Arsha vyadhi was noted in case paper proforma.
- Then all the observations were noted collectively in different tabulating form. Then all this data was furnished for statistical analysis.

IV. OBSERVATIONS:

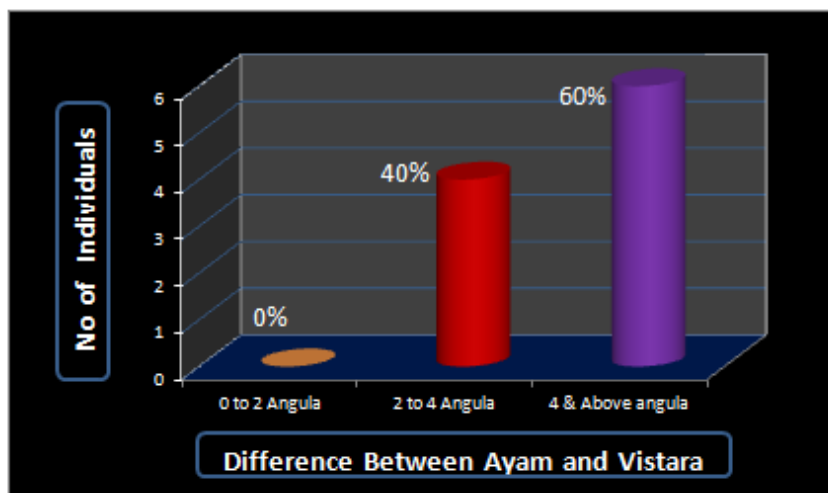
Table no 1 : Observations : Arsha Vyadhi individuals under Mamsa-Dhatu Vikruti									
Sr No	Deformity/ Dhatu	Gender	Swanguli Praman in cm	Ayam		Vistara		Ayam & Vistara	
				In cm	In Angula	In cm	In Angula	In cm	In Angula
1	Arsha	F	1.82	168.4	92.5275	174.6	95.9341	6.2	3.40659
2	Arsha	M	1.73	176	101.734	183	105.78	7	4.04624
3	Arsha	F	1.81	163.5	90.3315	169.5	93.6464	6	3.31492
4	Arsha	F	1.74	156.8	90.1149	163	93.6782	6.2	3.56322
5	Arsha	M	1.73	170	98.2659	178.2	103.006	8.2	4.73988
6	Arsha	F	1.84	164.5	89.4022	173.2	94.1304	8.7	4.72826
7	Arsha	F	1.73	157.5	91.0405	167.5	96.8208	10	5.78035
8	Arsha	M	1.7	162.6	95.6471	171	100.588	8.4	4.94118
9	Arsha	M	1.71	166	97.076	169.5	99.1228	3.5	2.04678
10	Arsha	M	1.81	159.8	88.2873	168.3	92.9834	8.5	4.69613

V. RESULTS :

The Statistical analysis show the following results:

- ❖ 00% individuals have 0 to 2 *angula* difference between *Ayam & Vistara*.
- ❖ 40% individuals have 2 to 4 *angula* difference between *Ayam & Vistara* and
- ❖ 60% individuals have difference between *Ayam & Vistara* as 4 *angula* & above.

Graph no. 1. Mamsa dhatu Vikruti Individuals & Difference in Ayam & Vistara



VI. DISCUSSION:

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 the same consideration was assumed for the evaluation of this research study. Because the individual with greater difference in *Ayam & Vistara* may not leads to be unhealthy all the times.

The outcome of the concern research project shows the considerable association between the type of deformity & difference in *Ayam & Vistara*.

In Arsha Vyadhi as a *Mamsa dhatu Vikruti* individuals it was observed that

- 00% individuals have 0 to 2 *angula* difference between *Ayam & Vistara*.
- 40% individuals have 2 to 4 *angula* difference between *Ayam & Vistara* and
- 60% individuals have difference between *Ayam & Vistara* as 4 *angula* & above.

The highlighted cases shows the outcome as below

- It is observed that overall maximum no of cases has the difference in *Ayam & Vistara* as 4 *angula* and above it.
- The analysis of the observations shows the greater association between the *Mamsa dhatu Vikruti* individuals with Arsha and difference in *Ayam* and *Vistara*. The outcome of the research projects also shows the considerable associations in the category 2 to 4 *angula*.

VII. CONCLUSION:

- Whereas from above outcome it proves that, in *Mamsa dhatu Vikruti* individuals with Arsha the difference in *Ayam & Vistara* with majority lies in the category 4 *angula* and above it.
- The outcome of the results also shows the considerable association in the category 2 to 4 *angula*.
- So we can say that in *Mamsa dhatu Vikruti* individuals with Arsha the difference in *Ayama & Vistara* lies approximately 4 *angula* and above it.
- The average Swanguli praman in *Mamsa dhatu Vikruti* individuals with Arsha vyadhi is 1.762cm.
- The Statistical analysis shows the difference in *Ayam and Vistara* is greater in *Mamsa dhatu Vikruti* individuals with Arsha Vyadhi which indicates the unhealthy status of an individual.
- 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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