



ANATOMICAL STUDY OF PRAMANA SHAREERA W.S.R TO ANGULI PRAMANA OF PADA - AN OBSEVATIONAL STUDY

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ABSTRACT

The length and breadth of different *anga-pratyanga* in the human body was measured by using the fingers of individuals is known as *Anguli Pramana*. Own *Anguli Pramana* is taken to measure the body parts, this is called as *Swanguli Pramana*. It is one of the *Sharira Pramana* tool for determining various measurement of body parts. *Angula Pramana* is the means to quantitatively expressing the magnitudes of the human body parts. An individual with *Anga-Pratyangas* having appropriate measurements is tolerated with longevity, prosperity, happiness, wealth, *ojas*, strength. *Angula Pramana* is ancient method of quantitatively expressing the scales of the human body parts. *Anguli Pramana* measurement should be done at the site of 'Average of medio-lateral proximal interphalangeal joint of middle finger hand' and it should be considered of concerned person.

KEYWORDS: pramana, anguli pramana, pada, swanguli pramana.

INTRODUCTION

An *Anguli Pramana* is one of the *Sharira Pramana* tool for determining various measurement of body parts. In Ayurveda *Anguli Pramana* is one of the significant concepts in the ancient Indian medical sciences. The words '*Pramana*' is related to measurement which described in Ayurveda. In *Charaka samhita* the body proportion were measured by *Anguli Pramana*, means measuring various body parts were by applying self *Anguli*. *Anguli* is one the oldest unit of measurement appears to be more natural and scientific method. *Pada* is one such important organ helps in locomotion and postural balance. This study is an attempt to make the *Pramana* of *Pada* in present era by an observational study.

METHODOLOGY

Literary source All possible review of the available literature on the *Anguli Pramana* done from classical text of *Ayurveda*, data also collected from various books, periodicals, thesis and papers published in the e-journal etc.

Anguli Pramana In the ancient time of *Charaka* and *Sushruta*, the length and breadth of different anga-pratyanga in the human body was measured by using the fingers of individuals. This method of measurement is named as *Anguli Pramana*. Anguli pramana of individuals taken and noted the length of the pada of the same person is measured with the anguli pramana of the same person.

Anguli pramana of the pada of 100 individuals taken and correlated.

INCLUSIVE CRITERIA

Age group 20-70 years

Both male and female

EXCLUSIVE CRITERIA

Congenital anomalies, surgical interventions.

OBSERVATIONS

100 Individuals of different age group are taken and studied anguli pramana of Pada and recorded the data.

Age wise distribution of individuals

Age wise distribution of individuals			
SL NO	AGE IN YEARS	No. OF INDIVIDUALS	%
1	20-30	20	20
2	31-40	22	22
3	41-50	21	21
4	51-60	19	19
5	61-70	18	18

Sex wise distribution of individuals

SL. NO.	SEX	NO. OF INDIVIDUALS	%
1	MALE	54	54%
2	FEMALE	46	46%

Anguli Pamana of individuals

SL. NO	AGE IN YEARS	No.OF INDIVIDUALS	Average Anguli Pramana of Pada
1	20-30	20	13
2	31-40	22	14
3	41-50	21	14.5
4	51-60	19	13.5
5	61-70	18	13

DISCUSSION

Anguli Pramana is the means to quantitatively expressing the magnitudes of the human body parts. Acharya Charaka considered it as one among the *Dashavidha Pareekshya* Bhavas. The patient should be examined by measuring Anga Pratyanga by using *Swaangula Pramana* as unit of measurement. There are basically two types of *Pramanas* that we find in Ayurvedic classics, *Anguli Pramana* which is based on *Swaangula Pramana* is used for measuring the dimensions of the different *Anga-Pratyangas* of the body. is an important procedure before starting with the treatment.

An individual with *anga-pratyangas* having appropriate measurements is tolerated with longevity, prosperity, happiness, wealth, ojas, strength etc. The measurements mentioned in the classics for each part of the body are appropriate and desirable. *Anguli Pramana* is useful in the measuring different measurements of different parts of the body..in this study we focused on the *pramana shareera* of *paada* in present era with observational study on 100 individuals shows the almost same *Pramana* as told in ayurvedic *samhitas* it shows the accuracy of ayurvedic *pramana shareera* in present day.

CONCLUSION

Anguli Pramana is one of the oldest unit of measurement appears to be more natural and scientific method. *Pada* is one such important organ helps in locomotion and postural balance. This study is an attempt to make the *pramana* of *Pada* in present era by an observational study.

this study we focused on the *pramana shareera* of *paada* in present era with observational study on 100 individuals shows the almost same *pramana* as told in ayurvedic *samhitas* it shows *pramana shareera* in present day. This study also helps for the further study on *Pramana shareera* with larger sample size and for *pramana shareera* study of other organs.

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