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A REVIEW ON CLINICAL ASPECTS OF PARIBHASHA SHARIR

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Abstract: Sharir means 'human body' and Rachana means 'Structure'. So Sharir Rachana is the branch of Ayurveda which deals with the knowledge of structure of human body. This branch consists knowledge about bones, muscles, blood vessels, strotas, joints, vital organs etc. Ayurvedic aspect of Rachana is also having knowledge of Marmas and Garbha Sharir. So Sharir Rachana not only deals with structural study but also deals with how a better one can be reproduce, The human body is made up of two – manas Sharir and Sthula Sharir and both are site of diseases, so it is very essential to know about human body itself. Knowledge of human body is the very first step in the world of medical science.

IndexTerms - Rachana Sharir, Paribhasha Sharir.

I. INTRODUCTION

Paribhasha Sharir is an Ayurvedic concept that explains anatomical structures using Ayurvedic terms. Paribhasha Sharir focuses on the terminology and definitions of specific bodily structures, and highlights the importance of certain anatomical locations in the body It is a branch of Rachana Sharir, which is the study of the human body's embryological and structural organization in Ayurveda.

MATERIAL AND METHODS:

In this review study the Ayurvedic Samhita mainly Bruhatraayi Samhita are referred. There are some articles related to Paribhasha Sharir are studied. Sanskrit words are identified with the help of Sankrit dictionary. For proper meaning of Ayurvedic terminology, a Ghanekar commentator of Sushrut Sharir Sthan is read. For modern anatomy Cunningham dissection book is referred. Ayurvedic as well as modern text are well studied, compared and identified correlation between the given terms

RESULTS AND DISCUSSIONS:

1) Sivani:

Sivanis are Sutures or raphae sivanis seven, five in the skull (coronal, sagittal, lambdoid and two temporal or lateral sutures) and one in each, the Jihva(tongue) and Medhra (penis) viz. lingual and perineal raphae.

2) Kurcca:

Kurcca are Brush like fibrous or membranous structures or some particular plexuses of nerves and a cavernous structure defining the 'Kurcca', commentator Indu says that a particular type of brush like fibrous structure is called 'kurcca'. Acarya Susruta has said that the 'kurccas' are six in number and can be locate in 'Hasta' (hand), Pada (feet), Griva (neck) and 'Medhara' (penis) where two are in both the hands and feet, separately and one in neck and penis, each. According to Haranacanda, the Kurccas are an assemblage of 'Snayus-dhamanis' (nervous and arterial plexuses) and are found in 'Griva' (neck), Kaksau (both the axilla), Varikṣaṇau (both the inguinal region) and 'Medhra' (penis). Out of these six locations, the first five have Snāyu-sannipata (nervous plexuses), one in each and the 'Medhra' (penis) has one Dhamani-sannipāta' (arterial plexus). In Maharṣi Kaśyapa view, the Kurccas are forty two in number. Based on both the ancient and modern views, the 'Kurccas' can be expressed in following medical terms:

- Hands (two): a) Palmar aponeurosis or b) Axillary parts of brachial plexuses.
- Feet (two): a) Planter aponeurosis or b) Lumber plexuses.
- Griva (one): a) Ligamentum nuchae or b) Cervical portion of brachial plexuses.

D) Medhra (one): a) Fundiform or suspensory ligament of the penis. b) Cavernous structure of the penis.

3)Kandara:

Kandaras are Big cord like structures-tendons or nerves Kandaras are sixteen in number. Out of these, four are in the feet and the same number is found in the hands, neck and back. Bhavamisra has also said that big Snayus (fibrous structures) are named as 'Kandaras, they are sixteen in number and their utility is seen in flexion and extension activities of the body.

4)Sanghata:

Sanghata are Clumps of bones or bony processes in different regions There are fourteen bony clusters enumerated in the body, but some one stand with the view of eighteen as mentioned in Susruta Samhita. Out of them, there is one in each 'Gulpha' (ankle), 'Janu' (knee), 'Vankṣana' (hip), 'Manibandha' (wrist), 'Kurpara' (elbow) and 'Kaksya' (shoulder) joints (total twelve) and one in 'Trika' (sacrum) and Sira (skull) separately (total fourteen). The followers of eighteen have four more additional viz. one above the 'Sronikanda' (ileolumbosacral region), one above the 'Vaksa' (middle thorax), one in 'Udarorah' Sandhāna (costal arch) and one in above the 'Amsakūta' (acromial region).

5)Simanta:

Simantas are Lines or sutures, indicating union or articulation in bony clumps Simantas also fourteen or eighteen in number and should be enumerated in the same fashion of 'Asthi-sanghatas' (bony clustures) because these are also found to be accompanied with them (simantas) in the form of sutures. The definition of Bhoja also expresses this view. Vrddha Vāgbhata has completed the additional four by accepting five 'Simantas' in the skull and called them 'sivani' (sutures).

6) Rajju:

Rajju are Long muscles-tendinous band or cords of sacrospinalis muscle Acarya Susruta has said that there are four 'Mansarajjus'. They are on both sides of the vertebral column, two superficial and two deep and serve the purpose to bind the muscles.

7) Jala:

Jala are a typical arrangement of muscles, vessels, ligaments, nerves, tendons and bones, in carpal and tarsal region Acarya Susruta says that 'Mamsa' (muscles), Sirā (veins), Snāyu (nerves) and 'Asthi' (bones); each of them has four types of Jala'-networks i.e. total sixteen. These are situated around the 'Manibandhau' (wrists) and 'Gulphau' (ankles) and are intermingled and crossed with each other forming a network with holes.

CONCLUSION:

From above discussion we can say that the terminology called Paribhasha Sharir explained in 5th chapter of Sushrut Sharir Sthan, In Paribhasha Sharir we get knowledge of Sivani, Kurcca, Kandara, Sanghata, Rajju, Jala. Sivani are Sutures or raphae, Kurcca are Brush like fibrous or membranous structures, Kandaras are Big cord like structures-tendons or nerves, Sanghata are Clumps of bones or bony processes in different regions, Simantas are Lines or sutures, indicating union or articulation in bony clumps, Rajju are Long muscles-tendinous band or cords of sacrospinalis muscle, Jala are a typical arrangement of muscles, vessels, ligaments, nerves, tendons and bones, in carpal and tarsal region

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