REVIEW ON PRAMANA SHAREERA EXPLAINED IN AYURVEDA

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ABSTRACT
The shareera is defined as transformation process which at last proceeds to destruction.[¹] The shareera prama or measurements pertaining to body have been elaborately described in all major samhitas be giving us an insight to level of knowledge & understanding human body that existed during period of samhitas. human an Pramana shareece has been explained in context of aturapariksha by Sushrut. [²]Charaka also explains it under Rogabhisakjitiiya. [³]Vaghbhata while explaining chapter on prakriti. [⁴]In modern science, anthropometry. is branch of anthropology which specifically deals with measurements related to human body.

KEYWORDS: Shareera, pramana Aturapariksha, Rogabhisakjitiiya.

INTRODUCTION
In Ayurveda, shareera is given importance as one among which contribute to Ayu of individual Knowledge of shareera is important inorder to promote healthy life.[⁵]

In Ayurveda, Different types of type Ayu is depicted in Mana pramana which is on of its constitute.[⁶]

Before giving any chikitsa the Vaidya must examine the karyadesha or Shareera of Alura.[⁷]
Acharya Shusruta says that by doing examination bala of rogi is known which is main tool to get information about Ayu.\textsuperscript{8}

Dashavidha pariksha by charaka is also One pariksha used to examine Ayu of patient\textsuperscript{9} Pramana of purusha gives detailed, information regarding each parts in term of external features.

Here, pramanas which are mentioned to examine Ayu of rogi is being explained in detail.

**AIMS AND OBJECTIVES**
- To provide comprehensive information about prakruti pariksha using Pramana
- To study concept of pramana
- To do correlation with Anthropometry of modern science.

**MATERIALS AND METHODS**
- Interpretations are done with modern anatomy & ancient concept
- Literary study of Pramana Shereera is collected from Bruhatrayee, Lagutrayee & other related text books.
- Correlation with modern science is tried to be made with help of modern literature also through print medta, online information etc.

**REVIEW OF LITERATURE**
Shareela Pramana is only tool for determining the Ayu of an indivual. Ayurvedic classical literatures are documented along with many hypothetical concepts.

In classics Anguli Pramana of different parts of body is categorically mentioned Rogi pariksha will be appreciated by descriptions of measurement of different body part given by our Acharyas.

The unit of measurement used for this is the subject Swa Anguli Pramana under the present scheme of Anthropometry.

Acharya Chakrapani on Sushruta has indicated proximal interphalangeal joint of middle finger root of finger and thumbs 3 possible standards of Anguli Pramana. Acharya Dalhana says Swapanitala is the 4 angula.\textsuperscript{10}
Acharya Sushruta has explained before treatment of patient, physician should examine Ayu, if its on positive side then he should examine. Vyadi, Agni, Vaya & Desha.\textsuperscript{[11]}

The patient or individual having appropriate pramana of different Anga Pratyangas mentioned is considered to attain Deerghayu & Vittha and those with. He has mentioned Angula Pramana of Anga Pratyanga of human body determined by Utsedha, Aayama, Vistara of Anga.

According to Acharya Charaka, the height of 84 Aangula. According to him the person with Sama Shareera will have uttama Ayu, Bala, oja, sukha, Aishwarya.\textsuperscript{[12]}

Acharya Sushruta, has expressed a different opinion regarding height of the individual. He has mentioned height a man as 120 Angulas.

Vriddha Vagbhatta has explained Anguli pramana based on Swa Angula Pramana.\textsuperscript{[13]}

However, Acharya has explained the appropriate height of an individual is 3.5 times the length of his Haste.

Acharya Bhela specifies that individuals with Lalata, Karna and Nasika of length 6 Angula each will train Shatayu.\textsuperscript{[14]}

**Synonyms of Pramana:** Upalabdhi, sandhana, Pariksha

**Types of Pramana:** Angula pramana and Anjali pramana

**Angula Pramana:** To measure height, arm span, circumference of body organs by an individual's own anguli is known as Angula Pramana.

**Anjali Pramana:** To measure the composition of the body such as Rasa, Rakts etc. By joining both palms at little finger we get a measurement unit of anjali Pramana.

**DISCUSSION**

Maana is a tool of measurement. Different types of Maana described by Ayurveda shabdakosha are Tulamaana, prasthamaana and Anguli maana.
Acharya charaka describes 2 types of maana, Magadha maana and kalinga maana. In Amarakosha, 3 types of Maana were adopted Paaya maana, Pautavamaana and Druvyamaana.\textsuperscript{[15]}

Pramana sheera is described as knowledge related to body in context of life span etc.

The entire body is 84 angula in vertical length and its considered as sama pramana.

In ayurveda, concept of pramana is widely used in different branches like panchakarma, dravyaguna, bhaishajya kalpane etc.

Anthropometry of contemporary science is defined as study of human body in terms of bone, muscle, adipox tissue and correlated with risk of systemic as well as life style disorder.

Thus we can see concepts of anthropometry are described in samhitas at place with significant elaboration which shows concept of anthropometry in ayurveda and shows path for further explanation.

**CONCLUSION**

Concept of pramana was described in ancient era of ayurveda concept of pramana shareera is used in different branches of ayurveda like panchakarma, dravyaguna, bhaishajya kalpana etc.

In moderna science, pramana is form of new branch which is called anthropometry\textsuperscript{[16]} only difference is that in ayurveda the measurements were taken with help of swa anguli but in modern science use of instruments like vernies collipes is mode. thus ,elaborated description of pramana shareera in the ancient literature shows well established concept of anthropometry.

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