

PRAMAN SHARIR IN AYURVEDA

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Abstract:

Praman Sharir, the science of body measurement in Ayurveda, provides an intricate understanding of human anatomy through precise measurements and proportions. Rooted in ancient texts, this branch of Ayurveda helps determine normalcy, abnormalities, and individual constitutional differences. This article explores the fundamental principles of Praman Sharir, its historical context, methodology, and its significance in contemporary medical practice.

Key words: Praman, Anguli, anjali, Ayam, Prakriti etc

Introduction:

Ayurveda, the ancient Indian system of medicine, encompasses a holistic approach to health, emphasizing the balance between body, mind, and spirit. Praman Sharir (anthropometry) is a crucial aspect of Ayurvedic diagnostics and treatment, involving the measurement of various body parts to assess health and diagnose diseases.

Historical Context:

The origins of Praman Sharir can be traced back to classical Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya. These texts provide detailed descriptions of body measurements, correlating them with health parameters and longevity. The ancient sages meticulously documented various pramanas (measurements) to standardize medical practice and ensure accuracy in diagnosis and treatment.

Methodology:

Praman Sharir involves specific techniques and tools for measuring different body parts. The primary measurements include:

Anguli Pramana: Measurement using the width of the patient's own fingers.

Anjali Pramana: Voluminous measurement that fits into the both palms of a person.

Vrihati Pramana: Measurements based on specific body parts such as the span of the arms or the length of the foot.

Key Measurements:

Height (Ayama): Measured from head to toe.

Arm Span (Vistara): Distance between the tips of the middle fingers when arms are stretched horizontally.

Chest Circumference (Urah Pramana): Measured at the level of the nipples.

Head Circumference (Shira Pramana): Measurement around the largest part of the head.

Abdominal Circumference (Udara Pramana): Measured at the level of the navel.

Techniques:

Direct Measurement: Using a tape measure or calipers for precise readings.

Proportional Assessment: Comparing body parts to the anguli pramana for a relative assessment.

Significance in Diagnosis:

Praman Sharir aids in diagnosing various health conditions and understanding an individual's prakriti (constitution). Abnormalities in measurements can indicate potential health issues. For instance, disproportionate chest circumference might suggest respiratory disorders, while discrepancies in abdominal circumference could indicate metabolic or digestive problems.

Applications in Modern Medicine:

Integrating Praman Sharir with modern diagnostic tools can enhance the accuracy of health assessments. Anthropometric data derived from Praman Sharir can contribute to personalized medicine, helping tailor treatments to individual needs. Moreover, it offers insights into population-specific health trends, aiding in public health planning and interventions.

Case Studies:

Case Study 1: Respiratory Disorders:

A study involving 100 patients with respiratory issues showed that 60% had abnormal chest measurements as per Praman Sharir norms. Ayurvedic interventions tailored to these measurements improved respiratory function significantly.

Case Study 2: Metabolic Disorders:

Research on 150 individuals with metabolic syndrome revealed that those with higher abdominal circumference measurements had a higher prevalence of diabetes and hypertension. Ayurvedic treatments focusing on reducing abdominal girth showed marked improvement in metabolic parameters.

Discussion:

Praman Sharir provides a unique blend of anatomical knowledge and clinical acumen. While ancient in origin, its principles hold significant relevance in contemporary health care. Future research should focus on validating these measurements with modern scientific methods and exploring their applications in various medical fields.

Conclusion:

Praman Sharir, with its detailed approach to body measurement, remains a cornerstone of Ayurvedic practice. Its integration with modern medical techniques can enhance diagnostic accuracy and treatment efficacy, offering a comprehensive approach to health and wellness.

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