

HYPOTHETICAL UTILIZATION OF PRAMAN SHARIR WITH RESPECT TO SAMA AYAM VISTARA IN PRESENT ERA

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ABSTRACT

In Ayurveda Praman sharir is explained in different samhitas by different acharyas. The praman sharir is the concept related with the measurements of the different parts & sub parts of our body. The 'Sama Ayam-Vistara' is also one of the best hypothetical concept related with healthy & happy life of a person. According to Sushrutacharya pramanvat sharir has a good health as well as long life. On the basis of same concept Charakacharya has explained the hypothesis of Sama Ayam-Vistara. The scholar has already elaborated the results of conceptual evaluation of 'Sama Ayam-Vistara' in his previous publication. In this research article the scholar has focused his views on Hypothetical utilization of the 'Sama Ayam-Vistara'. In praman sharir the Ayam and Vistara are the measurements of our body measured by anguli praman. The height of a person is considered as

Ayam & full arm span or distance taken from the tip of middle finger of Right hand to the tip of middle finger of Left hand is called as **Vistara**. Anguli-pramana is one of the important ancient types of technique to measure the different dimensions of our body. The measurements of different parts of our body were measured by using anguli praman. As own angulipraman is used to measure this dimensions & this measurement technique is referred as 'Swangulipraman.' The statistical analysis of this research project illustrates that Ayu, Sharirik-bala & mansik-bala follows the hypothesis. It means that the person having less difference between Ayam and Vistara constitutes the longevity of life with good physical and mental strength. By examining Ayam and Vistara we can get idea about Ayu, Sharirk & Mansik bala of an individual which will help to select such personalities for different competitions. It also helps to select the proper person for the higher posts or Govt.

departments key posts. It also helpful for sport teacher to select the perfect candidates for the different sport competition. It means on the basis of hypothetical evaluation, the person having approximate equality of Ayam and Vistara constitutes the longevity of life with good physical and mental strength and this give the multi-directional utilization for the human being.

KEYWORDS: Praman sharir, Ayam Vistara, Hypothetical Utilization.

INTRODUCTION

“HYPOTHETICAL CONCEPT OF THE ‘SAMA AYAM-VISTARA’”

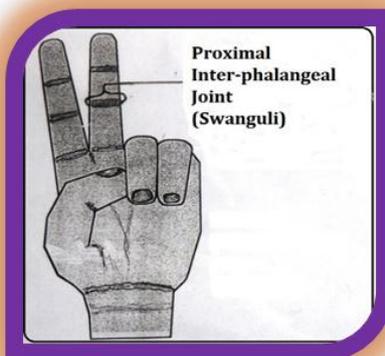
The ayam and vistara these are the dimensions of our body which are related to the concept of Sama Ayam-Vistarat. Generally these are known as height and arm span and their relation to each other respectively. This concept are based on Anguli-praman i.e. measurements.

Anguli-Praman

In ancient time at the time of Charakacharya & Sushrutacharya the length, breadth, circumference etc. of different anga-pratyanga was measured by using the fingers. This technique of measurement is called as **Anguli-praman**. As length & breadth of fingers of every person is differ from each other. That’s why to measure the dimensions of different parts of our body, own angulipraman is used to measure this dimensions & this measurement technique is referred as ‘**Swangulipraman**.’

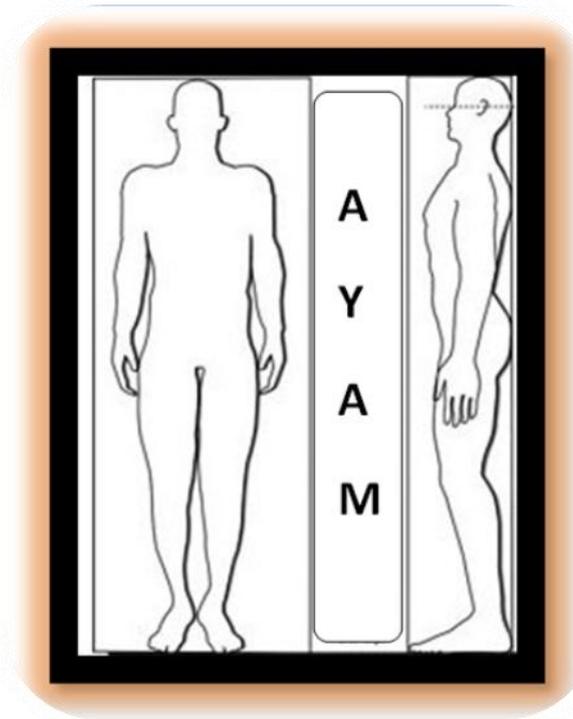
Swangulipraman

Swangulipraman is considered as a **length of proximal inter phalangeal joint (of right hand) called as Swanguli**. In right handed person right hand and in left handed person left hand is considered for Swanguli-praman.



Ayam and Vistara

Ayam: The height of a person is considered as **Ayam**.



Vistara: Breadth it means full arm span or distance taken from the tip of middle finger of Right hand to the tip of middle finger of Left hand is called as **Vistara**.



In Ayurved samhita some acharya has given the measurements of ayam as below:

According to Sushrutacharya the Ayam is **120** anguli, according to Charakacharya the Ayam is **84** anguli & according to Astang Hridaya Sharir the Ayam is **3^{1/2}** hasta.

The hypothesis about SamaAyam-Vistara given in Charak-samhita Viman-sthana 8/118 states that-

तद आयाम विस्तार समं समुच्यते
 तत्र आर्युबलम् ओजः सुखम् ऐश्वर्यं वित्तं इष्टाश्च अपरे भावा
 भवन्ती आयत्ताः प्रमाणवती शरीरे विपर्ययस्तु अतो हिनेऽधिक वा ॥
 { च वि 8/118 }

Whereas the Ayam & Vistara of an individual is equal all the criteria stated in sutra as Ayu(longevity of life), Bala(Sharirik & Mansik Bala i.e. Physical & Mental – Strength/Health), Oja(Luster of face), Sukham(Happiness), Aishwaryam(Abundant wealth, Property) are best at its maximum. Whereas the difference between Ayam & Vistara increases or decreases, the benefits of all above criteria will be more or less respectively. The statistical analysis of this research project illustrates that Ayu, Sharirik-bala & mansik-bala follows the hypothesis. whereas the difference between the Ayam & vistara decreases the individual get sharirik & Mansikbala at its maximum and whereas the difference increases it shows bala at its medium or at its low depends upon the difference between Ayam and Vistara. It means that the person having less difference between Ayam and Vistara constitutes the longevity of life with good physical and mental strength.

DISCUSSION

Since the ancient time Ayurveda is used for the healthy & longevity of the life. The hypothetical concept of sama Ayam –Vistara also elaborate the same. At the time of Charakacharya and Sushrutacharya the relation of Sama Ayam and Vistara might have a consideration as below –

According to concept, Sama Ayam and Vistara results in deerghayushya with mind and sound body i.e. good sharirk and mansikbala. Its also said that sound mind in a sound body. As approximate equality of ayam and vistara gives sound body & arbitrarily we can say that sound body constitutes a sound mind. At ancient time out door sports and similar exercise prone activities has been given greater importance. Although due to different exercises like Horse ridding, Kusti, Malla-khamb, Talwarbaji, Malla-yudha etc. the sharirk-bala remains sound and naturally mansik-bala also. As good bala naturally results in Ojavridhhi (Luster of face/ charming glow). Due to best sharirik and mansikbala the victory in different war games become easy. Victory naturally gives the Vitta (wealth) and Vitta gives the Aishwarya. In this way collectively good bala, Oja, Vitta, Aishwarya results in Swasthatwa and that swasthatwa

results in Deerghayu. Which elaborate the conceptual evaluation of foresaid hypothesis. But now a days all these concepts are in different standard.

CONCLUSION

Hypothetical Utilization of Ayam Vistara

The Sama Ayam and Vistara of a person gives an idea about the normal healthy person those standing for selection by physical fitness examination. It will also helpful for the management committee to select the proper person for the Govt. based or Govt. depratment key posts like Inspectors, Managers, Directors, Chief Leaders etc.

As every person expect a very good life partner by all direction. Now a days this concept is also helpful to an individual to select a perfect life partner, as all above mentioned this things like Deerghayu, Physical & mental fitness, Vitta (Wealth) Aishwarya (Abundant property) etc. are related to the equality of Ayam & Vistara.

By examining Ayam and Vistara we can get idea about Mansik bala of an individual which will help to select such personalities for different competitions. Even this ayam vistara examination should be included in general examination form of physical fitness so that it will helpful to summarize the overall health impact of an individual. Which can arbitrarily give an idea about physical and mental health of a person.

In the higher school or college also this Ayam vistara examination is helpful for sport teacher to select the perfect candidates for the different sport competition.

The todays world is a competitors world, everywhere there is a competition. Everybody running and taking efforts for their existence at higher posts. Every student taking efforts for higher scoring for their good marks in the examination. Meanwhile the individual forgets to look after his physical fitness. So it is become mandatory to look forward for healthy food supplementary as well as physical exercise to achieve the perfection of Physical & Mental fitness which leads to Sama Ayam Vistara.

The measurements of the Ayam-Vistar and this hypothetical evaluation can also helpful to the Doctors to judge the physical & mental strength as well as the economical background of an individual to treat it at higher level also.

This hypothetical evaluation is also important to the every mother. Since the beginning every mother should kept this concept in her mind to take the proper diet for baby's growth. That's the initial provision for proper bony growth which may leads to "Sama Ayam Vistara".

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