

## RAKTADHATU VIKRUTI (KITIBH KUSTHA INDIVIDUALS) AND ITS RELATION WITH PRAMAN SHARIR W. S. R. TO SAMA AYAM & VISTARA

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### ABSTRACT

*In Ayurveda Rachana sharir* is the subject concern with the study of size, shape, measurement & detail structure of different parts as well as sub-parts of our body. All the major texts (*Samhitas*) have a separate section of *Sharira Sthana (Human anatomy)*. *Anguli Pramana (measurement of different body parts of an individual by his/her own fingure)* is one of the important concepts in *Ayurveda* which has anatomical as well as anthropological significance. Whereas the measurements of our body come under the concept – ‘*Praman sharir*’. “*Pramana-shareera*” has been elaborated in different Ayurvedic *samhitas* by different way. *Anguli pramana* is one of the type of measurement used in *Ayurveda* for measuring the dimensions like *Ayama* (height), *Vistara* (Length from the tip of middle

finger of right hand to the same of left hand in expanded position i.e. arm span), etc. of different parts and sub-parts of human body According to hypothesis about ‘*Sama Ayam-Vistara* given in *Charak-samhita Viman-sthana* 8/118, in healthy person, *Ayu* (longevity of life), *Bala* (Physical & Mental - Strength) etc. are best at its maximum if difference in *Ayam & Vistara* is less. Whereas the difference in *Ayam & Vistara* increases or decreases, *Ayu & Bala* will be more or less respectively. In this research project scholar has elaborated the relation of *Sama Ayam-Vistara* with *Kustha (Kitibh kustha)* individuals under *Raktadhatu vikruti* as an unhealthy status of a person. The statistical analysis illustrates that the difference in *Ayam & Vistara* in *Raktadhatu Vikruti* individuals lies approximate 2 to 4 *angula* and also

4 angula & above it. The outcome of the research project shows the more association between *Raktadhatu Vikruti* individuals and difference in *Ayam* and *Vistara*. It means in *Kustha*(*Kitibh Kustha*) individuals under *Raktadhatu vikruti*, the difference in *Ayam* & *Vistara* has a considerable association which indicate the unhealthy status of an individuals. So the concept of '*Sama Ayam-Vistara*' helps us to give an idea about the Healthy or Unhealthy status of an individual at its best.

**KEYWORDS:** *Kustha (Kitibh kustha)*, Anthropometry, *Raktadhatu Vikruti*, *Praman Sharir*, *Sama Ayam-Vistara* relation.

## INTRODUCTION

In Ayurveda Sushrut samhita under the concept of *pramanvat sharir*, Sushrutacharya has elaborated the *pramanvat sharir* and its relation with good health as well as longevity of life. On the basis of same concept Charakacharya has explained the concept of *Sama Ayam-Vistara*. It was observed whereas the difference in *ayam* & *Vistara* is zero or less, the person remains healthy with longevity of life (*Ayu*) , good Physical & Mental Strength(*Bala*), etc. It was also observed, whereas difference in *Ayama* & *Vistara* lies between 0 to 2 *angula* then *all criteria explained* above lies at its maximum. Whereas the difference in *Ayama* & *Vistara* lies between 2 to 4 *angula* then it lies at its medium and as difference between *Ayama* & *Vistara* lies above 4 *angula* then all criteria lies at its minimum.

In the present study, the relation of *Sama Ayam-Vistara* with unhealthy persons related with *Raktadhatu Vikruti* was considered. In this also the scholar has selected only individuals with *Kustha (Kitibh Kustha)* as a *Raktadhatu Vikruti* to evaluate the hypothesis. The main aim of this research study was an evaluation of *Sama Ayam Vistara* in individuals with *Kustha (Kitibh Kustha)* as a *Raktadhatu Vikruti*.

## AIMS AND OBJECTIVES

### Aim

- Evaluate the *Sama Ayam-Vistara* in individuals with *Kustha*(*Kitibh Kustha*) under *Raktadhatu vikruti*.

### OBJECTIVES

- Find out the relation of difference in *Ayam-Vistara* in the individuals with *RaktadhatuVikruti*.

## MATERIALS AND METHOD

- Total 10 Individuals of either sex were considered for the research project.
  - Individuals of either sex of 25 years to 60 years were taken for the present study.
  - Screw gauge micrometer to measure the *Swanguli praman* of an individuals.
  - Measuring Tape, Scale to measure the *Ayam & Vistara* of an individuals.
  - Case paper proforma for the detail information about Congenital / Developmental mental deformity & the all measurements.
- **Inclusion criteria**
    - *Raktadhatu Vikruti* individuals with *Kustha (Kitibh Kustha)*.
    - Individuals of either sex of 25 years to 60 years.
  - **Exclusion Criteria:**
    - *Kustha* individuals with accidental, traumatic history.

## METHODOLOGY

- The detail information of the already diagnosed *Kustha (Kitibh Kustha)* as a *Raktadhatu Vikruti* was taken by information sheets with details.
- The different measurements as below were recorded :
  - 1) *Swanguli praman* was measured by Screw gauge.
  - 2) *Ayam* was measured by measuring tape.
  - 3) *Vistara* was also measured by measuring tape.

The details of all foresaid measurements are furnished as below.

### 1) Measurement of *Swanguli-Praman*

For this measurement length of proximal inter-phalangeal joint of the middle finger of the hand was considered. As shown in the image below. For this measurement of *Swanguli praman* right hand was considered in right handed person and left hand in left handed person. The measurement was taken by using Screw gauge micrometer. The reading comes in mm, which is converted into cm and recorded in information sheet.



Fig 1.

- The *Ayama & Vistara* of the individuals were taken by measuring tape and then readings were recorded with dividing it by Swanguli-praman to convert it in Anguli praman.

## 2) Measurement of *Ayam*

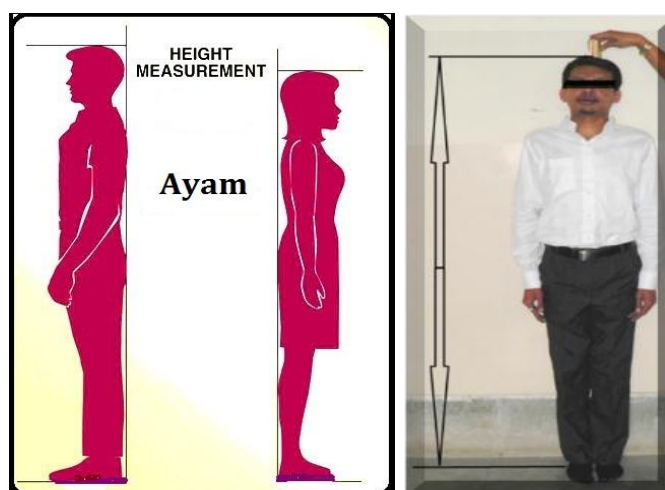
For this measurement the Height of a person was considered as shown in following image. The height of a person is measured in cm and converted into *Angula*.

If the measurement of height is considered as 'H' cm,

*Swanguli Praman* is considered as 'S', and *Ayam* is considered as 'A'

Then *Ayam* (A) is equal to:

$$A = \frac{H}{S} \text{ angula}$$

Fig 2. Measurement of *Ayam*.

## 3) Measurement of *Vistara*

For this measurement the length from the tip of middle finger of right hand to the same of left hand in expanded position was taken as shown in following image. This measurement (Arm span) was measured in cm and the converted into *Angula*.

If this measurement is considered as 'B' cm,  
Swanguli Praman is considered as 'S', and Vistara is considered as 'V'

The Vistara is equal to:

$$V = \frac{B}{S} \text{ angula.}$$

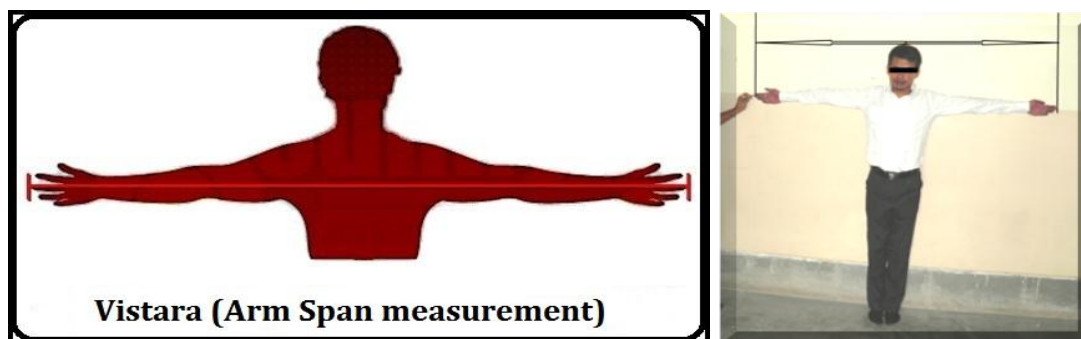


Fig: 3 Measurement of Vistara.

- After the record of all these measurements the difference in the *Ayam and Vistara* was calculated and recorded in case paper.
- Information about already diagnosed Kustha (*Kitibh Kustha*) as a *Raktadhatu Vikruti* was recorded in case paper.
- Then all the observations were recorded collectively in different tabulating form.

Then all this data was furnished for statistical analysis.

## OBSERVATIONS AND RESULTS

### Observations

Table no 1 : Observations : Kustha individuals under Rakta-Dhatu Vikruti									
Sr No	Deformity	Gender	Swanguli Praman in cm	Ayam		Vistara		Ayam & Vistara Difference	
				In cm	In Angula	In cm	In Angula	In cm	In Angula
1	Kustha (Kitibh Kustha)	M	1.82	162.5	89.2857	169	92.8571	6.5	3.57143
2	Kustha (Kitibh Kustha)	M	1.73	168	97.1098	172.5	99.711	4.5	2.60116
3	Kustha (Kitibh Kustha)	M	1.81	170	93.9227	176.5	97.5138	6.5	3.59116
4	Kustha (Kitibh Kustha)	F	1.74	164.6	94.5977	174.5	100.287	9.9	5.68966
5	Kustha (Kitibh Kustha)	F	1.8	167	92.7778	169.5	94.1667	2.5	1.38889
6	Kustha (Kitibh Kustha)	M	1.73	165.3	95.5491	172.5	99.711	7.2	4.16185
7	Kustha (Kitibh Kustha)	F	1.84	158.3	86.0326	168.5	91.5761	10.2	5.54348
8	Kustha (Kitibh Kustha)	F	1.72	165	95.9302	170	98.8372	5	2.90698
9	Kustha (Kitibh Kustha)	M	1.74	159	91.3793	164.4	94.4828	5.4	3.10345
10	Kustha (Kitibh Kustha)	M	1.74	165.5	95.1149	174.3	100.172	8.8	5.05747

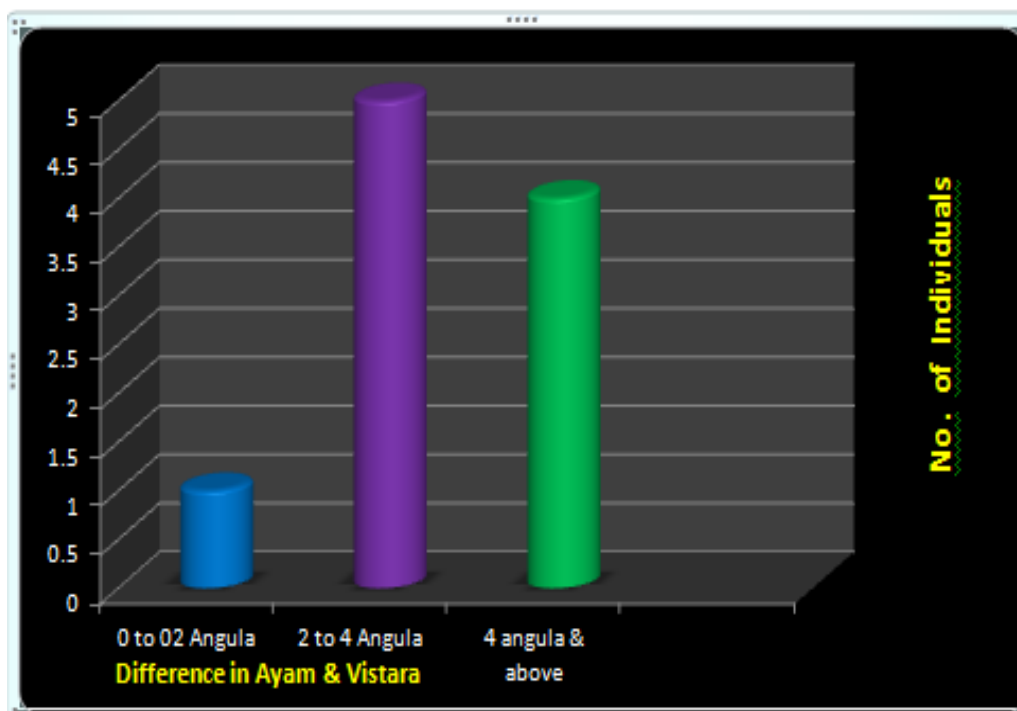


**Fig. 1: Raktadhatu vikruti (Kitibh Kustha).**

## RESULTS

The Statistical analysis show the following results

- ❖ 01% individuals have 0 to 2 *angula* difference between *Ayam* & *Vistara*.
- ❖ 05% individuals have 2 to 4 *angula* difference between *Ayam* & *Vistara* and
- ❖ 04% individuals have difference between *Ayam* & *Vistara* as 4 *angula* & above.



**Graph no. 1: Raktadhatu Vikruti Individuals & Difference in Ayam & Vistara.**



## DISCUSSION

According to the concept of *Sama Ayam-Vistara* the difference in the *Ayam & Vistara* is smaller or negligible in the healthy individuals. Whereas we can say that the individual with approximate equal of *Ayam & Vistara* is a healthy individual and the individual with greater difference in *Ayam & Vistara* leads with unhealthy category. Arbitrarily this was considered for the evaluation of the study only. Because the individual with greater difference in *Ayam & Vistara* may not leads to be unhealthy all times.

The outcome of the concern research project shows the average association between the type of deformity & difference in *Ayam & Vistara*.

In Kustha (*Kitibh Kustha*) as a *Raktadhatu Vikruti* individuals it was observed that

- 01% individuals have 0 to 2 *angula* difference between *Ayam & Vistara*.
- 05% individuals have 2 to 4 *angula* difference between *Ayam & Vistara* and
- 04% individuals have difference between *Ayam & Vistara* as 4 *angula* & above.

The highlighted cases shows the outcome as below

- Overall maximum no of cases has the difference in *Ayam & Vistara* is 2 to 4 *angula*.
- The analysis of the observations shows the greater association between the *Raktadhatu Vikruti* individuals with Kustha and difference in *Ayam and Vistara*. The outcome of the research projects shows the considerable associations in the category 4 *angula* & above 4 *angula* also.

## CONCLUSION

- Whereas from above outcome it proves that, in *Raktadhatu Vikruti* individuals with Kustha(*Kitibh Kustha*) the difference in *Ayam & Vistara* with majority lies in the category 2 to 4 *angula*.
- The outcome of the results also shows the considerable association in the category 4 *angula* & above 4 *angula*.
- So we can say that in *Raktadhatu Vikruti* individuals with Kustha (*Kitibh Kustha*)the difference in *Ayama & Vistara* lies approximately 2 to 4.
- The Statistical analysis shows the difference in *Ayam and Vistara* is greater in *Raktadhatu Vikruti* individuals with Kustha(*Kitibh Kustha*) which indicates the unhealthy status of an individual.

- So the concept of '*Sama Ayam-Vistara*' helps us to give an idea about the Healthy or Unhealthy status of an individual at its best.

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