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 figure) 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.

  o **Inclusion criteria**
  - *Raktadhatu Vikruti* individuals with Kustha (*Kitibh Kustha*).
  - Individuals of either sex of 25 years to 60 years.

  o **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.
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:

\[ A = \frac{H}{5} \text{ angula} \]

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:

\[ V = \frac{B}{S} \text{ angula.} \]

![Vistara (Arm Span measurement)](image)

**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>
<thead>
<tr>
<th>Sr No</th>
<th>Deformity</th>
<th>Gender</th>
<th>Swanguli Praman in cm</th>
<th>Ayam</th>
<th>Vistara</th>
<th>Ayam &amp; Vistara Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>In cm</td>
<td>In Angula</td>
<td>In cm</td>
</tr>
<tr>
<td>1</td>
<td>Kustha (Kitibh Kustha)</td>
<td>M</td>
<td>1.82</td>
<td>162.5</td>
<td>89.2857</td>
<td>169</td>
</tr>
<tr>
<td>2</td>
<td>Kustha (Kitibh Kustha)</td>
<td>M</td>
<td>1.73</td>
<td>168</td>
<td>97.1098</td>
<td>172.5</td>
</tr>
<tr>
<td>3</td>
<td>Kustha (Kitibh Kustha)</td>
<td>M</td>
<td>1.81</td>
<td>170</td>
<td>93.9227</td>
<td>176.5</td>
</tr>
<tr>
<td>4</td>
<td>Kustha (Kitibh Kustha)</td>
<td>F</td>
<td>1.74</td>
<td>164.6</td>
<td>94.5977</td>
<td>174.5</td>
</tr>
<tr>
<td>5</td>
<td>Kustha (Kitibh Kustha)</td>
<td>F</td>
<td>1.8</td>
<td>167</td>
<td>92.7778</td>
<td>169.5</td>
</tr>
<tr>
<td>6</td>
<td>Kustha (Kitibh Kustha)</td>
<td>M</td>
<td>1.73</td>
<td>165.3</td>
<td>95.5491</td>
<td>172.5</td>
</tr>
<tr>
<td>7</td>
<td>Kustha (Kitibh Kustha)</td>
<td>F</td>
<td>1.84</td>
<td>158.3</td>
<td>86.0326</td>
<td>168.5</td>
</tr>
<tr>
<td>8</td>
<td>Kustha (Kitibh Kustha)</td>
<td>F</td>
<td>1.72</td>
<td>165</td>
<td>95.9302</td>
<td>170</td>
</tr>
<tr>
<td>9</td>
<td>Kustha (Kitibh Kustha)</td>
<td>M</td>
<td>1.74</td>
<td>159</td>
<td>91.3793</td>
<td>164.4</td>
</tr>
<tr>
<td>10</td>
<td>Kustha (Kitibh Kustha)</td>
<td>M</td>
<td>1.74</td>
<td>165.5</td>
<td>95.1149</td>
<td>174.3</td>
</tr>
</tbody>
</table>
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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