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Review on *Asthi Shareera* w.s.r. to *Nalakasthi*

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ABSTRACT

The *Shareera* is defined as the transformation process which proceeds towards disintegration, it undergoes continuous destruction. Combination of *Shukra*, *Shonita* in *Garbhashaya* along with different *Matrijadi Garbhakara Bhavaas* which leads to formation of *Garbha Shareera*. *Asthi* is one of basic and important structure of human body. It is one among 7 *Dhatu* of *Shareera*. As explained in classics it does dhaarana of body. *Pitrijadi Bhava* is responsible for formation of *Asthi*. With the help of *Asthi Saara*, *Deha* of person is lying just as how trees are supported by its core present inside trunk. *Asthi* or bones are the most important component for the compactness of *Shareera*.

Key words: *Shukra*, *Stonita*, *Garbhashaya*, *Ayurveda*, *Asthi Saara Deha*.

INTRODUCTION

In Ayurveda, scientific classification of *Asthi* with their clinical anatomy is explained. *Acharya Charaka* in *Shareerasthana* tells that *Bhishak* must know about the numbers of body parts with its divisions in different aspects of body like *Shaaka*, *Koshta* and in *Uttamanga*.^[1]

In *Atharvaveda* and *Yagnavalkya* 360 bones are told, by which it is clear that from *Vedic* era itself numbering of *Asthi* is mentioned along with giving importance to *Asthi Shareera*.^[2]

According to *Bruhatrayee* and *Laghutrayee* numbering

of different types of bones are done. *Sushruta* also does classification of bones into 5 different types based on their appearance and its location on different parts of body.^[3]

Here, along with concept of *Asthi Shareera* the knowledge of *Nalakasthi* is also being tried to understand which is one among type of *Asthi* mentioned by both *Acharya Sushruta* and *Acharya Bhvamishra*.^[4]

In modern science, Bones are mentioned as component of skeletal system of body and the one which provides skeletal framework to the body.^[5] Even in modern science bones are divided into skeletal framework as axial skeleton and appendicular skeleton.

AIMS AND OBJECTIVES

1. To provide comprehensive information about *Asthi Shareera*.
2. To do the interpretation between features of *Nalakasthi* in ancient science with modern era.

MATERIALS AND METHODS

Interpretations are done with modern anatomy and ancient concept.

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Literary and conceptual study of *Asthi Shareera Srotas* is collected from *Bruhatrayee*, *Laghutrayee* and other related textbooks.

Correlation with modern science is tried to be made with help of modern literature also through print mode, online information etc.

REVIEW OF LITERATURE

In *Charaka Samhitha*, *Astanga Sangraha* and *Kashyapa Samhita* number of bones are told to be 360.^[5] *Sushruta* and *Bhela* mentioned it as 300 itself.^[6]

Sushruta in *Shareerasthana* mentioned *Asthi* is long lasting component of body whereas *Twak* etc. degenerate earlier than *Asthi*.^[7]

Charaka in *Chikitsa Stana* mentioned origin of *Asthi* is *Meda* with *Prithvi*, *Vaayu* and *Agni*.^[8] Due to *Kharapaka* of *Meda*, *Asthi* is formed.^[9]

Synonym of Asthi

Keekasa Kulya, *Medoja* (*Amarakosha*)^[10]

Types of Asthi

- 5 by *Sushruta* : *Kapala*, *Ruchaka*, *Taruna*, *Valaya*, *Nalaka*^[11]
- 5 by *Bhavaprakasha* as mentioned by *Sushruta*

Location of different types of Asthi

Sushruta^[12]

- Kapala* - *Jaanu*, *Nitamba*, *Amsa*, *Ganda*, *Taalu*, *Shanka Shira*.
- Ruchaka* - *Dashana*
- Taruna* - *Graana*, *Karna*, *Greeva*, *Akshikosha*.
- Valaya* - *Paarshva*, *Prishta*, *Ura*.
- Nalaka* - *Shesha*.

Bhavaprakasha

- Kapala* - *Ashikosha*, *Shruti*, *Graana*, *Greeva*
- Ruchaka* - *Danta*
- Taruna* - *Shira*, *Shanka*, *Kapala*, *Taalu*, *Amsa*, *Jaanu*.

- Valaya* - *Paarshini*, *Paarshva*, *Prishta*, *Vaksha*, *Jatara*, *Paayu*, *Paada*.
- Nalaka* - *Hastha*, *Paadangulitala*, *Kurcha*, *Manibhanda*, *Baahudvaya*, *Janghadvaya*.

Functions of Asthi

- Dhaarana* - correcting posture of body and nourishment to next dhatu that is *Majja*.^[13]
- Tasmaat Chiravinashteshu Tvakmaamseshu Shareerinaam* - provide protection to underlying soft tissue and organs.^[14]

The *Nalakasthi* sites which are mentioned can be compared with classification of short bones, short long bones and long bones in modern science.^[15]

DISCUSSION

Asthi is a substance that is not generally decomposed as fast as other associated parts of body like *Mamsa* etc. Hence the term *Asthi* has been designated for bones.

While considering the concept of *Asthi Shareera* we should look after the function of *Asthi*, along with its formation, and classification on basics of different features.

The *Asthi* in Ayurveda can be composed to bones of modern literature. As the bone functions are similar to that of *Asthi* like they form central axis of body which is correlation to *Asthi* which stays as *Bhuruha* in *Shareera*.

Different classification of *Asthi* mentioned in classics can be correlated with modern science bone classification to some extent like *Kapala* (flat), *Ruchaka* (dentures), *Taruna* (cartilage), *Valaya* (ribs and cartilage), *Nalaka* (long bones).

CONCLUSION

Asthi Saara is the main aspect for sustainment of *Deha*. Similarly in modern science the bones which provide mechanical support to vital organs and which are essential aspect of locomotion are main constituent of body. Mentioning of different classifications of bones can also be correlated with axial and appendicular

skeleton classification on modern science. Hence, it can be told that the concept of *Asthi w.s.r to Nalakasthi* is also being explained in modern science but in different means.

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