



ISSN 2456-3110

Vol 5 · Issue 5

Sept-Oct 2020

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Charaka
Publications

Indexed

Understanding of *Samhanana* based on Ayurvedic Concepts

Dr. Parvathy J¹, Dr. Usha Kumari², Dr. Haritha Chandran³, Dr. Leena P. Nair⁴

¹Post Graduate Scholar, ²Professor and HOD, ³Assistant Professor, ⁴Associate professor, Department of Maulika Siddhanta (Basic Principles of Ayurveda), Amrita School of Ayurveda, Amritapuri, Amrita Vishwa Vidyapeetham, Kerala, INDIA.

ABSTRACT

In Ayurveda, *Daśavida Parīkṣha* helps in assessing the patient in all aspects. All *Prakṛthyadi* examination except *Vikṛtaparīkṣha* is to assess the *Śarīra Bala* of a person in a *Svasta* (Healthy condition). By assessing *Svasta* condition abnormality easily can be perceived. *Samhanana* is an examination which included *Carakācārya* in *Daśavidaparīkṣha*. *Samhanana* can relate with the different Ayurvedic concepts like *Praśastha Puruṣa*, *Vyādhi Kṣamatva*, *Bala*, *Prakṛiti*, *Dhatu Saratha*, *Pramana*, *Guru Vyādhita* and *Laghu Vyādhita* and it can be relate with the some of the modern concepts. This paper aims to understand the *Samhanana* in different aspects.

Key words: *Samhanana*, *BMI*, *Samhanana*, *Ayurveda*.

INTRODUCTION

Ayurveda aims to maintain the health of the healthy person and cure the disease of the diseased person. *Swastha* is designated as the person who has balanced *Doṣa*, *Agni*, *Dhatu* and *Mala* and who has cheerful mind, Intellect and sense organs.^[1] Here *Samadhatutwa* can be assessed as the one of *Swastha Lakshana* and that can be assessed by *Anguli Pramana*, *Ayamavistaram*, *Samatva*, *Pourushamana*, *Samhananam*, *Sāra* etc. *Acharya Charaka* while explaining the *Bala Vruddhikara Bhava*^[2] (The factors increasing Strength) explained about *Sharira Sampath* (Excellence Physique) and the term *Samhanana*

explained in the *Dasavidha Pareeksha*.^[3] *Samhanana* examination is useful for knowing strength as well as immunity of a particular person. Immunity or strength depends on *Dhātubala* (strength of tissues). *Dhātubala* can be measured by subjective & objective criteria. Subjective criteria can differ from person to person. Objective criteria can bring uniformity in assessment. *Carakācārya* has explained *Daśavida Parīkṣa* to assess strength of a person.

One should examine the patient for his *Samhanana* (Compactness),^[4] the synonyms of *Samhanana* are *Samhanana*, *Samhati* and *Samhojana* are synonymous. Well compact body is said to be that which is symmetrically and properly divided bones well bound joints, properly attached muscles and blood vessels. These having well compact body are strong, weak and one having moderate compactness have medium strength and weak compactness have less strength. According to *Cakrapāni* stable compactness is called *Samhanana*

Acharya Charaka classified *Samhanana* mainly into three categories. In *Pravara Samhanana* symmetrically and properly divided bones, well bound joints, and properly attached muscles and blood vessels and in *Madhyama* and *Avara Samhanana* all the above features are Moderate and weak in nature.

Address for correspondence:

Dr. Parvathy J

Post Graduate Scholar, Department of Maulika Siddhanta (Basic Principles of Ayurveda), Amrita School of Ayurveda, Amritapuri, Amrita Vishwa Vidyapeetham, Kerala, INDIA.

E-mail: jparvathy6@gmail.com

Submission Date: 06/09/2020 Accepted Date: 29/10/2020

Access this article online

Quick Response Code



Website: www.jaims.in

Published by Maharshi Charaka Ayurveda Organization, Vijayapur, Karnataka (Regd) under the license CC-by-NC-SA

It can be co-relate directly or indirectly with the other principles of Ayurveda.

Samhanana in relation to principles of Ayurveda

Sarṁhanana and Praśasthapuruśa^[5]

In *Roga Chathushka* while explaining the term *Ashtou Ninditīyaadhyāyaṁ*, *Acharya* explains 8 undesirable qualities after that *Acharya* mentioned the desirable qualities of *Puruśa* that is called *Praśastha Puruśa Lakṣaṇas*. In *Praśastha Puruśa Lakṣaṇas*, *Acharya Caraka* mentioned the term *Samasarṁhanana*.

Sarṁhanana and Vyādhikṣamatva^[6]

A person who is having *Sunivishta māmsaSoṇitaasthi* (proper muscles, blood and bones) can be consider as *susarṁhanana* person and he is able to tolerate the diseases. Improper muscles, blood and bones can be consider as *avara sarṁhanana* and that persons cannot tolerate the *vyādhīs*.

Sarṁhanana and Bala

According to *Carakācārya*, *Susamhata Śarīra* person will have *Uttama Bala*, Opposite to *Susamhata* person will have *Alpa Bala* and *Madhya Sarṁhanana* person will have *Madhyama Bala*.

Sarṁhanana and Prakriti^[7]

Acharya Charaka while explaining the features of the each *Doṣik Prakriti* explained some bodily related features, that is in *Kapha Prakriti* included *Sara Sarṁhata Sthira Sarīra* (Firmness, compactness and stability of body), *Uttamabala* (strong), *Upacita Paripūrṇa Sarvāṅga* (all organs well developed and perfect), *Sama* (symmetrical). From these features *Kapha Prakriti* is more related to *Pravara Samhanana*, In *Pitta Prakriti* included *Dravatvaśithilamṛdu Sandhi Mamsa* (due to *Drava*, looseness and softness of joints and muscles), *Madhyamabala* (moderate strength). From these features *Pitta Prakriti* is more related to *Madhyama Sarṁhanana* and in *Vāta Prakriti* included *Anavasthitha Sandhi* (unsteadiness of joints), *Bahukanḍara* (prominent tendons), *Bahusira* (prominent vein), *Avarabala* (Less body strength). From these features *Vāta Prakriti* is more related to *Avara Samhanana*.

Sarṁhanana and Dhātusāratha^[8]

Dhatu Saratha is the essence or best quality. *Samhanana* person is having properly divided bones, well bound joints and properly attached muscles and blood vessels from these we can consider mainly the involvement of three *Sāra* i.e.; *Raktha*, *Māmsa* and *Asthi Sāra*. In *Raktha Sāra* included the features like *Shrimad* (Handsome), *Bhrajitaṣṇu* (shining or bright), and constitutional essence indicates happiness, intelligence, strong etc. In *Māmsa Sara* included features like *Sthira* (stable), *Guru* (heavy), *Māmsopachita* (properly covered with good musculature) and constitutional essence indicates tolerant, under control, non-greediness, wealthy, knowledgeable and strength and in *Asthi Sāra* included the features like *Sthūla* (prominence of etc. *Gulpha*, *Jānu*, *Sārasthira Sarīra* (strong and firm body), good tolerance for pain and longevity. In *Sarva Sara Puruśa Lakṣaṇas* also *Acharya Caraka* mentioned *Sthira Samāhitaśarīra* (have firm and well-formed body).

All these features more close to *Kapha Prakriti*, and it is the *Uttama Prakriti*, having *Sara Samhata Sthira Shareera* and *Uttama Bala* and from all these *Kapha Prakriti* can be considered as the *Pravara Samhanana* person.

Some of the criteria are used by some studies for the assessment of *Raktha*, *Māmsa* and *Asthi Dhātu*.

Criteria for Rakta, Mamsa and Asthi assessment^[9]

Raktha function	Assessment
Jeevana	Hb
Bala or strength	RBC
Varna Prasāda	Darshana examination
Sukha	Intellectual happiness Reading = 1, R+Discussion = 2 R+D+Listening = 3
Purana Karma	Nadibala (Uttam - 3, Madhyam - 2 & Hina - 1)

Sparshananjana	Sphygmomanometer
----------------	------------------

Mamsa function	Assessment
Lepa	Well bound muscle Yes/No criteria
Medha Pushti	Medha Pushti – Mamsadhatu - Snighakala - moisture meter
Bala	One's ability to perform work

Asthi Dhatu assessment		
Small joints, nails, teeth, chin	Vernier calipers	Sthulatha
Dharana and Majja Poshana Karma	serum calcium and serum phosphorus can be measured	To assess strength

Saṁhanana and Pramāna^[10]

Acharya Charaka mentioned *Puruṣāyāma* is 84 Angula. Here we can apply the *Prathi Puruṣa Siddhānta* i.e.; to assess the *Purushayama Angula* of that *Purusha* itself is use. *Charaka Acharya* mentioned the standard measurement of each body parts. Research study shows the result that the *Vata Prakruti* having more height as well as more length of individual measurements of Body, whereas while taking the circumference of different part of body, the *Kapha Prakruti* having more measurement.^[11]

Saṁhanana in Guru Vyādhita and Laghu Vyādhita^[12]

In *Guruvyadhita* and *Laghu Vyadhita* concept only we can connect the *Samhanana* with *Manas* and here we can get the relevance of *Adhara Adheya Bhava*. It says that there is an integral relationship between body and mind. *Acharya* mention that diseases person is of two types. *Guru Vyādhitha* and *Laghu Vyādhitha*. *Guru Vyādhitha* person will suffer from severe disease and appears to be suffering from mild disease to the good *Satva Bala* of the patient and in *Laghu Vyādhitha* suffering from mild disease and appears to be suffering from severe disease due to the *Alpa Bala* of

Satva. So for treatment purpose there is equal important to both *Śarīra* and *Manas*.

Saṁhanana in view of modern system of medicine

Compactness is the proper union of body parts. The body measurements infer about the human body composition, physique and nutrition. Physiological maturity can be evaluated by taking body measurements. In the 1940's, William Herbert Sheldon claimed that a body type is of three types that is ectomorph, endomorph and mesomorph. Endomorphic having the characteristics like physically round, wide hips, narrow shoulders and pear-shape, extra fat on their body, arms and thighs, skinny ankles and wrists that make the rest of their body look even bigger. Mesomorphic persons having large head and broad shoulders with a narrow waist, Attractive and desirable body with strong muscular body, arms and legs and little fat on the body. Ectomorphic persons having narrow shoulders, thin legs and arms, little fat on the body, a narrow face and chest and they always stay skinny.^[13]

There is no direct link to assess the compactness in allopathic science. BMI and fat measurement helps to assess the normal physique of the body. Maintaining an ideal weight and BMI can help prevent obesity or weight loss and other diseases, and lead a long life. Body fat percentage refers to the amount of body fat mass in regards to the total body weight. From the research papers we can get the knowledge that *Kapha Prakriti* persons are having higher BMI and *Vata Prakriti* persons is having low BMI and *Vata Pitta Prakriti* has lesser BMI as compared with *Kapha Pitta Prakriti* and *Kapha Prakriti* individuals having higher body fat and *Vata Prakriti* individuals having lower body fat percentage.^[14]

DISCUSSION

A person, who is having properly divided bones, well bound joints and properly attached muscles and blood vessels can be considered as the well compacted physique. *The Prasasthapuruṣa, Bala, Prakṛti, Vyādhī Kṣamatva, Dhātusāratha* and *Pramāna* all these features related with the physiological

condition of an individual and which is helpful for assessing the health of the patient. *Praśastha Puruṣa* can tolerate the strength of all the diseases. A person with excellent compactness will have good *Vyadhikshamatva*. From each *Prakriti* features we can consider the *Kapha Prakriti* as the *Pravara Saṁhanana*, *Pitta Prakriti* as *Madhyama Saṁhanana* and *Vāta Prakriti* as *Avara Saṁhanana*. In *Sāra*, *Raktha*, *Māmsa* and *Asthi Sāra* examination is the main criteria for the *Saṁhanana* assessment (Properly divided bones (asthi), Properly attached muscles (*Māmsa*) and blood vessels (*Raktha*) *Sarīra bala* depends on the *Saṁhanana* of the person. There is equal importance to assess the *Saṁhanana* of the body as well as *Satva Bala* of mind.

Ayurvedic *Prakriti* when correlate with the modern concept Endomorphic features can be correlate to *Kapha Prakriti Mesomorphic* with *Pitta Prakriti* and Ectomorphic with *Vata Prakriti*. Body have relation with the mind through diseases like schizophrenia more seen in Asthenic (weak body) or athletic (muscular) body, manic depressive patients are common with short build, Slim and delicate physique are associated with introversion and Rounded, heavier and short bodies are more prone to cyclothymic (moody) disorders and people with a muscular and attractive body tend to be competitive and want power and dominance so most of the criminals were mesomorphs.^[15]

The Body Mass Index tables are excellent for identifying obesity and body fat in large populations. Mainly four factors which affecting the body mass index i.e.; Genetic Factor, Psychological Factor, Economical Factor and Life Style Factor. Higher Body mass index causes risk of certain diseases like diabetes, high blood pressure, heart diseases, gallstone and certain cancers. Lower Body mass index causes anaemia, low immune function, mal nutrition, vitamin deficiency etc. Normal body mass index persons are healthy and they will have well compact body that is symmetrically and properly divided bones well bound joints, properly attached muscles and blood vessels (*Saṁhanana*). Maintaining an ideal

weight and BMI can help prevent obesity or weight loss and other diseases, and lead a long life.

CONCLUSION

Persons having proportionate musculature and compactness of the body no doubt possess very strong sensory and motor organs and as such they are not overcome by the onslaught of disease. *Guna Sampat* (*Sara*, *Samhanana* etc.) is one of the criteria for maintaining the normal life span. Mere *Samhanana Pareeksha* may lead to misdiagnosis like in *Guru Vyādhita* and *Laghu Vyādhita*. *Samhanana Pareeksha* helps to know the *Sarira Bala*, *Dosha Bala* and *Ayu*.

REFERENCES

1. Vaidya Jadavji Trikamji Acarya, Susruta Samhita of susruta with the nibandhasangraha commentary of sri dalhanacarya, Edition 2014, Chowkhamba krishnadas academy: Varanasi, Sutra Sthana, Chapter 15 , Sloka no:4)
2. Vaidya Jadavji trikamji Acharya, Charaka samhita by Agnivesha revised by Charaka and Dridabala with the Ayurveda Dipika commentary of Chakrapanidutta, Chaukhambha Prakasan, 2013, on Sarira Stana, Chapter 6, Sloka No. 13)
3. Vaidya Jadavji trikamji Acharya, Charaka samhita by Agnivesha revised by Charaka and Dridabala with the Ayurveda Dipika commentary of Chakrapanidutta, Chaukhambha Prakasan, 2013, on Vimana Stana, Chapter 8, Sloka No. 94)
4. Vaidya Jadavji trikamji Acharya, Charaka samhita by Agnivesha revised by Charaka and Dridabala with the Ayurveda Dipika commentary of Chakrapanidutta, Chaukhambha Prakasan, 2013, on Vimana Stana, Chapter 8, Sloka No. 116)
5. Vaidya Jadavji trikamji Acharya, Charaka samhita by Agnivesha revised by Charaka and Dridabala with the Ayurveda Dipika commentary of Chakrapanidutta, Chaukhambha Prakasan, 2013, on Sutra Stana, Chapter 21, Sloka No. 18-19)
6. Vaidya Jadavji trikamji Acharya, Charaka samhita by Agnivesha revised by Charaka and Dridabala with the Ayurveda Dipika commentary of Chakrapanidutta,

- Chaukhambha Prakasan, 2013, on Sutra Stana, Chapter 28, Sloka No.7)
7. Vaidya Jadavji trikamji Acharya, Charaka samhita by Agnivesha revised by Charaka and Dridabala with the Ayurveda Dipika commentary of Chakrapanidutta, Chaukhambha Prakasan, 2013, on Vimana Stana, Chapter 8, Sloka No.95)
 8. Vaidya Jadavji trikamji Acharya, Charaka samhita by Agnivesha revised by Charaka and Dridabala with the Ayurveda Dipika commentary of Chakrapanidutta, Chaukhambha Prakasan, 2013, on Vimana Stana, Chapter 8, Sloka No. 102-103)
 9. A Conceptual Study Of Samhanana As A Measuring Tool, Waghulade Hemangini Sanjay Professor& HOD Department of KriyaSharir, Dr. D.Y. Patil College of Ayurved and Research Centre, Nerul, Mumbai, Maharashtra, India
 10. Vaidya Jadavji trikamji Acharya, Charaka samhita by Agnivesha revised by Charaka and Dridabala with the Ayurveda Dipika commentary of Chakrapanidutta, Chaukhambha Prakasan, 2013, on Vimana Stana, Chapter 8, Sloka No. 117)
 11. Study on Pramana Shareera in relation to Prakriti” - Rajendra Pai. N,. Department Of Shareera Rachana, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Udupi,
 12. Vaidya Jadavji trikamji Acharya, Charaka samhita by Agnivesha revised by Charaka and Dridabala with the Ayurveda Dipika commentary of Chakrapanidutta, Chaukhambha Prakasan, 2013, on Vimana Stana, Chapter 7, Sloka No. 3)
 13. Pallavi LC, Sivakumar G, Malagi K, Shastry A, Shivaprakash G, Nayak VKR. A comparative study of anthropometric and body composition analysis variables in different human constitution types of Indian Traditional Medicine. Natl J Physiol Pharm Pharmacol 2018;8 (Online First). Doi: 10.5455/njppp.2018.8.0309422032018
 14. Rotti H, Raval R, Anchan S, Bellampalli R, Bhale S, Bharadwaj R, et al. Determinants of Prakriti, the Human Constitution Types of Indian Traditional Medicine and its Correlation with Contemporary Science. J Ayurveda Integr Med 2014;5:167-75.
 15. <https://sites.google.com/site/psychologyofpersonalityperiod8/home/type-and-trait-theories/sheldon-personality-theory>

How to cite this article: Dr. Parvathy J, Dr. Usha Kumari, Dr. Haritha Chandran, Dr. Leena P. Nair. Understanding of Samhanana based on Ayurvedic Concepts. J Ayurveda Integr Med Sci 2020;5:369-373.

Source of Support: Nil, **Conflict of Interest:** None declared.
