

Annexure II

Charaka samhita sharira Sthana 8 /51 descriptions enumerating the features related to lifespan

S N	Body parts	features
1	Kesah (hairs)	discrete,soft,sparse, deep rooted and black
2	Tvak (skin)	firm and thick
3	Sirah (head)	well endowed ,slightly bigger in size, proportionate, umbrella like
4	Lalatom (fore head)	broad,firm,even,united well with the temporals,endowed with upper three transverse, corpulent,wrinkled and half moon shaped
5	Karna (ears)	thick having large and even flaps ,equal,elongated,downwards depressed at the back having compact tragus and big meatus
6	Bhruvau (Eye brows)	slightly hanging downwards,disjoined,even ,compact,large
7	Caksu (eyes)	equal, having concentrated vision,with clear divisions and subdivisions,strong , lustrous and beautiful front and corners
8	Nasika (Nose)	straight,with large nostrils,well ridged,slightly depressed at the tip
9	Asyam (face & mouth)	big,straight, having well set teeth
10	Jihva (tongue)	sufficient length and breadth,smooth,thin , with normal colour
11	Talu (palate)	smooth,well developed,hot ,red
12	Svarah (voice)	profound,not poor,sweet,echoing,deeply risen and patient
13	Ostha (lips)	neither too thick nor too thin,having proper breadth,covering the mouth ,red in colour
14	Hanu (jaws)	Large
15	Griva (neck)	round,not very large neck
16	Ura (chest region)	broad and well developed
17	Parsve	unbending ,stable
18	Bahu (arms)	round,developed,long
19	Sakthi (pelvis)	round,developed,long
20	panipada anguli (palms, soles, fingers)	round,developed,long
21	Nakha (Nails)	stable,round,unctuous,coppery,high and tortoise shaped
22	Nabhi (umbilicus)	whirled,clock wise ,deep
23	Kati (low back)	1/3 less than chest,even,having well developed muscles

24	Sphica (buttocks)	roung,with firm and developed muscles,not too elevated
25	Uru (thighs)	tapering downwards,round and well developed
26	Jangha (calf)	neither too corpulent not too thin,resembling that of deers foot,hidden blood vessels, bones and joints
27	Gulphau (ankles)	neither too corpulent not too thin,resembling that of deers foot,hidden blood vessels, bones and joints
28	Pada (soles)	tortoise shaped