



SAMHANANA: AYURVEDIC AND MODERN CONCEPT

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ABSTRACT:

Ayurveda aims to maintain the health of healthy individual and to treat the disease of patient. Before application of medication for treating a patient, organised examination of patient is carried out. Examination of patient and disease is important. *Acharya Charaka* describes *Dashavidha Pareeksha* for assessing strength of patient and healthy individual. *Samhanana* is part of *Dashavidha Pareeksha* in which person is examined for his body compactness to know *Bala*(strength). *Bala* is a factor which must be explored before taking the patient under consideration because “*Bala Adhishtanam Aarogyam.*” *Acharya Charaka* describe *Rakta*, *Mamsa* and *Asthi Dhatu* in the definition of *Samhanana*. Structural and functional aspect of *Rakta*, *Mamsa* and *Asthi Dhatu* should be considered for *Samhanana*. For assessing *Samhanana* of a person; quantity, quality and function of *Rakta*, *Mamsa* and *Asthi Dhatu* should be studied. *Samhanana* can be considered as examination tool for evaluating strength of person. This paper aims to study *Samhanana* in different aspects.

KEYWORDS: *Samhanana*, *Raktadhatu*, *Mamsadhatu*, *Asthidhatu*

INTRODUCTION:

Swastha is designated in whom, the *Doshas*, *Agni*, *Dhatus*, *Malas* and their activities are normal; his soul, sense organs and mind are calm/clear is called *Swastha*⁽¹⁾. Here, *Samadhatutwa* can be considered as one of *Swastha lakshana*. *Dashvidha Atura Pareeksha*⁽²⁾ which is very distinctly, descriptively and collectively explained in *Charaka Samhita* for *Bala* assessment. Among *Dashvidha Atura Pareeksha* except *Vikriti*, rest nine examination are for *Bala* assessment of healthy persons. *Samhanana* is part of *Dashvidha Pareeksha*.

According to *Monier Williams*, *Samhanana* word stands for compactness, solid or firm. *Samhanana*, *Samhati* and *samyojna* are synonyms. A well compact body is known by evenly well demarcated bones, well bound joints, well formed muscles and blood⁽³⁾.

Samhanana Pareeksha is used to assess the the strength(*Bala*) and immunity of a person. According to *Acharya Charaka*, *Samhanana Pareeksha* consist mainly examination of mainly three *Dhatus* i.e, *Raktadhatu*, *Mamsadhatu* and *Asthidhatu*. Therefore, quality, quantity and function of these three dhatus should be examined.

Clinically patient may be assessed as *Pravara*, *Madhyama*, *Avara Samhanana* depending on the compactness of body tissues.

Pravara samhanana: Symmetrical and well demarcated bones, well joints, well demarcated muscles and blood, excellent strength.

Madyama samhanana: Moderately symmetrical and demarcated bones,

moderately bound joints, moderately demarcated muscles and blood, moderate strength.

Avara Samhanana: Weakly Symmetrical and demarcated bones, weakly bound joints, weakly demarcated muscles and blood, weak strength.

AIM AND OBJECTIVE:

To study Ayurvedic and Modern concept of *Samhanana*.

METHODOLOGY:

Literary study has been done with the help of Classical texts, Modern texts, related articles, journals and through internet sources.

ASSESSMENT OF SAMHANANA:

According to *Acharya Charaka*, A well compact body (*Susamhata Sarira*) is known by evenly well demarcated bones(*Sam-su-vibhakta Asthi*), well bound joints(*Subaddha asthi*), well formed muscles and blood(*Su-nivishhta-Mamsa-Shonita*)⁽⁴⁾.

According to above definition, three *Dhatus* of body should be assessed by virtue of their quality, quantity and function before assessing anyone's *Samhanana*.

Discussion of above mentioned three dhatus:

Sunivishhta-Mamsa

Mamsa Dhatu is whole and sole responsible for strength, stamina and power of body. *Mamsa Dhatu* can be compared to muscular tissues in modern science. Well formed musculature of person indicates good and proper nourishment of individual. Person in whom such excellence of *Mamsa Dhatu* is present is resembled by *Mamsa saara Purusha*. *Mamsa saara* individuals has

physical features of well proportionate, heavy, stable and well limped joints.⁽⁵⁾ *Mamsa Dhatu* function is to provide support and nourishment to body. Therefore, it provides strength (*Bala*) and immunity to individuals. Muscle tissue covers bony skeleton in body. Bony skeleton and joints are coated by muscle fibres for their healthy movement. *Sharir Pushti*⁽⁶⁾ is function of *Mamsa Dhatu* concerned with *Samhanana*. *Mamsa Dhatu* provide nutrition to forthcoming *Dhatu* i.e, *Meda Dhatu*.

Features of individual with proper *Bala* and constitution are also mentioned by *Acharyas* as *Samhanana* means presence of proper and proportionate *Mamsa Dhatu* in body. According to modern science, strength of muscle can be assessed by a scale namingly MRC muscle power scale.

MRC muscle Power Scale ⁽⁷⁾

1. No contraction
2. Flicker or trace of contraction
3. Active movement with gravity eliminated
4. Active movement against gravity
5. Active movement against gravity and resistance
6. Normal Power

Investigations like Electromyography (EMG) can be done to assess strength of muscles. Electromyography is a process of recording electrical potential in human skeletal muscles.

Su-nivishtha-Shonita

Proper quality and quantity of *Rakta Dhatu* provide strength to other *Dhatu*s which ultimately provide strength (*Bala*) to body, leads to alleviation of *Samhanana*. *Jeevanam*, *Dhatupoornam*, *Mamsapushti* and *Bala* are functions of *Rakta Dhatu*⁽⁸⁾.

Rakta Saara person organs like ears, eyes, oral pits, tongue, palm, soles, nails, brows and penis are of red shading, glistening and gleaming.⁽⁹⁾ Following investigation can be done to know *Samhanana* related functions of *Rakta Dhatu*⁽¹⁰⁾(Blood):

- 1.CBC
- 2.ESR
- 3.CD4 Cell counts
- 4.Immunoglobulins etc.

Subaddha Sandhi

Susamhata Sharira should have well bound joints. Well bound joints indicates that there should not be any laxity or unsteadiness of joints. Proper examination of joints of both sides should be done for assessing *Samhanana*. Examination includes:

1. Inspection- to rule out any inflammation.
2. Palpation- to rule out tenderness
3. Joint crepitus
4. To check range of movements.
5. Normalcy of size of joints

Su-vibhakta-Asthi

Susamhata sharira should have well demarcate bones. *Asthi Dhatu* is related to *Dharana* of *Sharira* i.e, it provides strength to body. *Dehadharana*, *Majja Pushti*⁽¹¹⁾ and supporting the *Mamsa*, *Sira*, *Snayu* are the *Asthi Karma*. *Asthi* support the human body just as tree supported by the middle core *saara* present inside the trunk.⁽¹²⁾ For assessing qualities of *Asthi Dhatu*, organs like heels, ankle, knee, distance between elbow and tip of small finger, sternum and head can be measured. While doing *Asthi* examination anthropometry of whole body should be measured.

For assessing functions of *Asthi Dhatu*, Serum Calcium and Serum Phosphorus can be measured as they both provide strength to bones. Bone strength can be examined by performing BMD test.

BMD Test⁽¹³⁾ :- BMD test measures how much calcium and other types of minerals are in an area of your bone. The most common and accurate way uses a dual energy x- ray Absorptiometry (DEXA) scan. DEXA uses low dose x-rays.

The results of test are usually reported as T- score and Z- score:

- T- score compares your bone density with that of a healthy young woman.
- Z score compares your bone density with that of other people of your age, sex and race.

With either score, a negative number means you have thinner bones than average. The more negative the number, the higher your risk for a bone fracture.

A T- score is within the normal range if it is -1.0 or above.

IMPORTANCE OF EXAMINING SAMHANANA:

Acharyas describes *Dashavidha Pareeksha* for assessing strength of patient and healthy individual. *Samhanana* is part of *Dashavidha Pareeksha* in which person is examined for his body compactness to know *Bala* (strength). Knowing strength of patient is helpful in designing effective treatment blueprint. *Samhanana* examination can be employed to a “*Swastha Purusha*” to assess the risk factors and make necessary changes in *Ahara* and *Vihara* to prevent impending disease. With the help of *Samhanana*

examination we get an idea of *Ayu*, *Roga Bala* and *Rogi Bala* and help in diagnosis and treatment.

DISCUSSION:

Diagnosis and Prognosis in *Ayurveda* mainly based on *Roga Pareeksha* and *Rogi Pareeksha*. *Acharya Charaka* explained *Dashavidha Atura Pareeksha* i.e, ten fold examination of patients comprising of *Prakriti*(Body Constitution), *Vikruti*(Morbidity), *Saara*(Essence), *Samhanana*(Compactness of body), *Pramana*(Measurement of Body Organs), *Satmya*(Compatibility), *Satva*(Mental strength), *Ahara Shakti*(Appetite), *Vyayama shakti*(Exercise capacity) and *Vaya*(Age).

Assessment of *Samhanana* is important to know strength and immunity of a person. *Samhanana* is based on the *Dhatubala* and it can be measured by subjective criteria (include *Dhatusaara Lakshana*) and objective criterias (BMD, Serum Calcium and Serum Phosphate in case of *Asthi Dhatu* assessment, EMG and Muscle Power Scale in case *Mamsa Dhatu* assessment, CBC, ESR, Immunoglobulins and CD4 etc. in case of *Rakta Dhatu* assessment). Subjective criterias can vary from person to person but objective criteria can bring uniformity in assessment.

A well compact body (*Susamhata Sharira*) is known by evenly well demarcated bones(*Sam-su-vibhakta Asthi*), well bound joints(*Subaddha Asthi*), well formed muscles and blood(*Su-nivishhta-mamsa-Shonita*). Structural and functional aspect of *Rakta*, *Mamsa* and *Asthi Dhatu* should be considered for assessing *Samhanana* whether it is *Pravara*, *Madhyama* or *Avara*.

CONCLUSION:

Samhanana is compactness of body. *Samhanana* examination is one of most important criteria for assessing strength and immunity of person. Person having *Pravara Samhanana* would be more immune to diseases, can perform vigorous activities and would be more tolerant to high doses of medications. Person with *Madhyama Samhanana* will be moderately immune to diseases but those having *Avara Samhanana* would be more prone to diseases and can merely bear any stress.

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