

Evaluation of Asthi Sanghata in sense of Trika – Sanghata

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Abstract:

For Implementation of principle of Ayurveda, we must know detail Ayurvedic Shaarir (Anatomy). In all Ayurvedic samhita (text) sharir sthana is separately described. Many structure with their functions are mentioned in it.

But some concepts mentioned by Acharya have lot of ambiguities. Detail anatomy & functions are not found. Such as *Simanta*, *Sivani* & *Sanghata*.

Sanghata means group & *Asthi sanghata* means group of bones. Group of bones in *Asthi sanghata* form a special Anatomical structure different than *Sandhi*.

Keywords: *Sanghata, Trika sanghata, Sandhi, urdhva trika Pradesh, shroni.*

INTRODUCTION

Utility of every science is for the prosperity of human being Ayurveda is also the greatest science, evaluation of Ayurveda is for the prosperity of human being.

The main aim of Ayurveda is “*Swasthya Rakshan*” i.e. maintaining good health¹ for maintaining good health and to become successful physician one should have complete knowledge about *sharir* and *shaarir*.²

All samhitakara have described separate section (*sthana*) on *shaarir* (Anatomy) in their respective samhita. In shaarir sthana, they described anatomy of various structure and their importance, function and applied e.g. *Dashapranayatan*, *Sptatwacha*, *Saptakala*, *Asthisandhi* etc.

Similarly all Acharya quoted/mentioned *Asthi sanghata*. For treatment point of view we must know detail anatomy of every structured related with body. All samhitakara described *Asthi sanghata* as well as *Asthi – Sandhi* of same name. Does *Asthi-Sanghata* and *Sandhi* both are same? Is there no difference between *Asthi-sanghata* and *Asthi-sandhi*? There are lot of ambiguities related with *Asthi-Sanghata*, to clarify these ambiguities and to state the anatomy, function, applied it is necessary to throw focus on *Asthi-Sanghata*.

MATERIAL AND METHODS

This is conceptual type of research, textual material are used for the study from which various references have been collected, Main ayurvedic texts used in this study are *Charak Samhita*, *Sushruta Samhita*, *Astang-Sangrha*, *Ashatanghridya* available Commentaries on it, Literature survey of modern text are also used. Research article available on internet also studied.

REVIEW OF LITERATURE

The description of *Asthi-Sanghata* is found in all three major Samhita i.e. Bruhattryi, Charak, Sushruta and

Vaghabhata^{3,4,5} and also in Bhavparkash⁶.

There were about 8 references quoted in Ayurvedic literature related with *Sanghata*. They mentioned the number and location of *Asthi-Sanghata*. There are 14 *Asthi Sanghata*, in lower extremity there are 6 *Sanghata* Present they are Right and Left *Vankshan*, *Janu* and *Gulpha* and in the upper extremity also 6 *sanghata* present. i.e. *Right and Left kaksha*, *Kurpura* and *manibandha*.

Among remaining two, one is found in *Sheer pradesh* and another found *Trika pradesha*.

According to commentator Dalhana-charya⁷ number of *Asthi-sanghata* are eighteen. He described four more along with above 14 *Asthi-sanghata*. These are one at site of *shronikanda*, one at the site of sternum, III at the junction of *ura* and *udara*, fourth one is present at the site of *ansakuta*.

Meaning of *sanghata* is *samuha* i.e. Group. Hence *Asthi-sanghata* means group of bones. The number of *trika sanghata* is one which is situated *trika pradesha* but there are differences related with *trika-pradesh*. There are two *trika pradesh*^{9,10}, *urdhva trika* and *udha trik*, *pradesha*. *Urdha trika Pradesh* means Intrascapular region and *udha trika pradesh* means sacral region¹¹. By searching and observing literature here *trika pradesh* consider as sacral region. So *trika sanghata* present at sacral region.

In *trika sanghata* there are group of one *trikasthi* (sacrum), two *kati-kapalasthi* (i.e. hipbone) and one *Gudasthi* (coccyx) thus the *asthis* of this *sanghata*

come together to form a special structure i.e. *Shroni (kati)*.

Three *asthi sandhis* are formed in *Asthi-samuha* i.e. *trika sanghta*¹². *Kati kapala* means hip bone and joints related with hip bone are three, they are right sacroiliac joint and left sacroiliac joint and pubis symphysis and also *trika sanghata* form bony pelvis, so functions of bony pelvis are more related with functions of *trika sanghata*.

- 1) The bony pelvis transmits weight in standing position from the vertebral column to the lower extremities.
- 2) It provides protection to the caudal part of alimentary tube and urogenital organ.
- 3) Female pelvis makes room for accommodation of foetal head and guides the act of parturition through the birth-canal.
- 4) Numerical measurement of pelvic girdle is called as pelvimetry which is important for diagnosis of structural deformities of pelvic girdle leading to cephalopelvic disproportion (CPD), obstructed labor, caesarean section.
- 5) The bony pelvis is important tools for sex determination.

DISCUSSION

- 1) Meticulous observation and studies of the ancient Ayurvedic text has been done and after the derivation of *sanghata* we can say *sanghata* means *samuha*¹³.

- 2) The number of *Asthi-sanghata* are fourteen and not eighteen because four extra *sanghata* mentioned by commentator *Dalhenacharya* are also included in 14 *sanghata* so there is no need to count it separately.
- 3) Genrally the *sanghatas* described by *samhitakaras* also described as *Asthi-Sandhi* with same nomenclature for e.g. *Manibandh sanghata* and *Manibandh Sandhi*, But number of *Sandhi* and *Sanghata* are different. *Asthi sandhi* are 210 and number of *sanghata* fourteen structural and functional classification of *sandhi's* are also described. Such classification of *sanghata* are not found.
- 4) There is relation between *sandhi* and *Asthi sanghata* i.e. one *Asthi Sanghata* there are one of more *Sandhi* (Joint) Found¹⁵.
- 5) *Sanghata* (Group of bones) form anatomically and functionally separate structure different than *sandhi*. Which is clinically and surgically important.
- 6) *Trika sanghata* present at sacral region and form a special structure i.e. *shroni* (Bony pelvis).
- 7) The group of bones in *trika sanghata* forms three joints.

CONCLUSION

- From above mentioned verses from Ayurvedic text it is clear that *Asthi Sandhi* and *Asthi Sanghata* both are totally different structure and function.

- The function of each *Asthi-Sanghata* differs with its position.
- There are 14 *Asthi-Sanghata*.
- There is only one *trika sanghata* which is present at sacral region.
- The *trika-sanghata* form *shroni* i.e. bony pelvis.

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