



Review Article

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EVALUATION OF ASTHI SANGHATA IN SENSE OF TRIKA – SANGHATA:

A REVIEW ARTICLE

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ABSTRACT

Ayurveda is a life i.e. Hitayu, Ahitayu, Sukhayu and Dukhayu. For Implementation of principle of Ayurveda, we must know detail Ayurvedic Shaarir (Anatomy). In all Ayurvedic samhita (text) sharirsthana is separately described. Many structures 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 & Asthisanghata means group of bones. Group of bones in Asthisanghata form a special Anatomical structure different than Sandhi.

Keywords: Sanghata, Trikasanghata, Sandhi, urdhvatrika 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 health for maintaining good health and to become successful physician one should have complete knowledge about *sharir* and *shaarir*.

All samhita kara 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 Asthisanghata. For treatment point of view, we must know detail anatomy of every structured related with body. All samhita kara described Asthisanghata 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*, *Ashatanaghradya* 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 Bhavparkash.

There were about 8 references quoted in Ayurvedic literature related with Sanghata. They mentioned the number and location of Asthi-Sanghata. There are 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 Trikapradesha.

According to commentator Dalhana-charya number of Asthisanghata 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 samuhai.e. Group. Hence Asthi-sanghata means group of bones. The number of trikasanghata is one which is situated trikapradesha but there are differences related with trika-pradesh. There are two trikapradesha, urdhvatrika and udhatrik, pradesha. Urdhatrika Pradesh means Intrascapular region and udhatrikapradesha means sacral region. By searching and observing literature here trikapradesha consider as sacral region. So trikasanghata present at sacral region.

In trikasanghata there are group of one trikasthi (sacrum), two katikapalasthi (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 asthisandhis are formed in Asthi-samuhai.e.trikasanghata. 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 trikasanghata form bony pelvis, so functions of bony pelvis are more related with functions of trikasanghata.

- 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 fetal 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.
- 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 AsthiSandhi with same nomenclature for e.g.Manibandhsanghata 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 sanghataare not found.
- 4) There is relation between sandhi and Asthisanghatai.e. one AsthiSanghata there are one of more Sandhi (Joint) Found.
- 5) Sanghata (Group of bones) form anatomically and functionally separate structure different than sandhi. Which is clinically and surgically important.
- 6) Trikasanghata present at sacral region and form a special structure i.e.shroni (Bony pelvis).
- 7) The group of bones in trikasanghata forms three joints.

CONCLUSION ·

- ✓ From above mentioned verses from Ayurvedic text it is clear that Asthi Sandhi and AsthiSanghata 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 trikasanghata which is present at sacral region. · The trika-sanghata form shronii.e. bony pelvis.

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