



Review Article

Volume 15 Issue 04

April 2026

INTEGRATION OF CLASSICAL RACHANA SHARIR PRINCIPLES WITH MODERN CADAVERIC DISSECTION METHODS

*Dr. Ranjan Kumar Jha¹, Dr. N. Madhuri Devi²

¹HOD and Professor, Department of Rachana Sharir, Shri Dhanwantary Ayurvedic College and Hospital Chandigarh 46 B-160047 and Ph.D Scholar, Department of Rachana Sharir, Glocal University, Mirzapur, Saharanpur, Uttar Pradesh, 247121 India

²Professor, Department of Shalya Tantra, Glocal University, Mirzapur, Saharanpur, Uttar Pradesh, 247121 India

*Corresponding Author - Dr. Ranjan Kumar Jha, HOD and Professor, Department of Rachana Sharir, Shri Dhanwantary Ayurvedic College and Hospital Chandigarh 46 B-160047 and Ph.D Scholar, Department of Rachana Sharir, Glocal University, Mirzapur, Saharanpur, Uttar Pradesh, 247121 India, Email id - dranjanjha1@gmail.com

ABSTRACT

Background *Rachana Sharir* forms the anatomical foundation of *Ayurveda* and provides a detailed description of body structures through concepts such as *Dhatu*, *Srotas*, *Marma*, *Snayu*, *Sira*, *Dhamani*, and *Asthi*. Classical scholars emphasized direct observation of the human body through cadaver examination for acquiring anatomical knowledge. Modern cadaveric dissection remains the gold standard for teaching anatomy and understanding structural relationships. Integrating classical *Rachana Sharir* principles with contemporary dissection methodologies can enhance anatomical education, improve clinical understanding, and promote evidence-based interpretation of *Ayurvedic* anatomical concepts. **Aim and Objectives** **Aim:** To review the integration of classical *Rachana Sharir* principles with modern cadaveric dissection methods. **Objectives:** To study the anatomical concepts described in *Rachana Sharir*. To analyze classical methods of cadaver examination. To evaluate modern cadaveric dissection techniques. To explore the educational and clinical significance of integrating both approaches. **Materials and Methods** Classical *Ayurvedic*

texts including *Sushruta Samhita*, *Charaka Samhita*, and *Ashtanga Hridaya* were reviewed. Modern anatomy textbooks and published literature on cadaveric dissection were analyzed. Relevant information was compiled and critically interpreted. **Discussion** Classical anatomical concepts show remarkable parallels with modern anatomical structures. Combined teaching methodologies can strengthen both theoretical understanding and practical anatomical skills. **Conclusion** Integration of *Rachana Sharir* and modern dissection methods provides a comprehensive framework for anatomical education and research. Such an approach promotes scientific validation and wider acceptance of *Ayurvedic* anatomical concepts.

Keywords *Rachana Sharir*, Cadaveric Dissection, *Marma*, Anatomy, *Sushruta*, Medical Education

INTRODUCTION

Rachana Sharir is one of the fundamental branches of *Ayurveda* dealing with the structural organization of the human body. Ancient scholars described various anatomical entities such as *Dhatu*, *Srotas*, *Marma*, *Asthi*, *Snayu*, *Sira*, and *Dhamani* through direct observation and logical interpretation. These concepts form the basis of diagnosis, surgical practice, and therapeutic interventions in *Ayurveda*.¹

Among ancient medical scholars, *Acharya Sushruta* gave special emphasis to anatomical knowledge and advocated cadaver examination as an essential component of medical education. The detailed descriptions found in *Sushruta Samhita* demonstrate a systematic approach to anatomical study that was advanced for its time. Cadaver observation was considered indispensable for understanding structural relationships and surgical anatomy.²

Modern anatomy has evolved significantly through scientific cadaveric dissection techniques. Formalin-preserved cadavers, plastination methods, microscopic studies, radiological imaging, and three-dimensional reconstruction have greatly enhanced anatomical learning. Cadaveric dissection continues to be the cornerstone of anatomical education in medical institutions worldwide.³

The integration of classical *Rachana Sharir* principles with modern dissection methodologies offers an opportunity to bridge traditional wisdom and contemporary science. Such integration may facilitate better understanding of *Ayurvedic* anatomy, strengthen research efforts, and improve teaching-learning strategies in medical education.⁴

AIM AND OBJECTIVES

Aim

To review the integration of classical *Rachana Sharir* principles with modern cadaveric dissection methods.

Objectives

1. To study anatomical concepts described in *Rachana Sharir*.
2. To analyze classical cadaver examination methods.
3. To review modern cadaveric dissection techniques.
4. To evaluate educational and clinical applications of integrated anatomy teaching.

MATERIALS AND METHODS

This review was conducted through a comprehensive study of classical *Ayurvedic* texts including *Sushruta Samhita*, *Charaka Samhita*, *Ashtanga Hridaya*, and relevant commentaries. Contemporary anatomy textbooks, cadaveric dissection manuals, anatomical research articles, and educational studies were reviewed. Information regarding anatomical concepts, cadaver preparation, dissection techniques, and educational applications was systematically collected and analyzed.

CONCEPTUAL STUDY

Rachana Sharir represents the anatomical branch of *Ayurveda*. Ancient scholars considered anatomical knowledge essential for understanding physiology, pathology, surgery, and therapeutics. The foundation of *Rachana Sharir* lies in careful observation and interpretation of body structures.⁵

Concept of Cadaver Examination in *Ayurveda*

Shava Vichhedana

Acharya Sushruta strongly advocated cadaver examination for anatomical education. Students were instructed to study the human body through direct observation of properly prepared cadavers.

The cadaver selected for study was required to possess:

- Intact body structure

- Absence of chronic disease
- Normal anatomical features
- Preservation through natural methods

Classical Method of Cadaver Preparation

According to *Sushruta Samhita*:

1. Cadaver wrapped with grass and bark.
2. Placed inside a cage.
3. Submerged in slowly flowing water.
4. Kept for approximately seven days.
5. Gradual decomposition facilitated tissue separation.
6. Structures observed layer by layer using brushes.

This method allowed systematic study of superficial and deep structures.

Anatomical Concepts in *Rachana Sharir*

Asthi Sharir

Detailed description of bones and skeletal framework.

Snayu Sharir

Description of ligaments, tendons, and supportive tissues.

Sira Sharir

Study of vascular channels.

Dhamani Sharir

Description of pulsating vessels and circulation.

Marma Sharir

Vital anatomical locations with surgical significance.

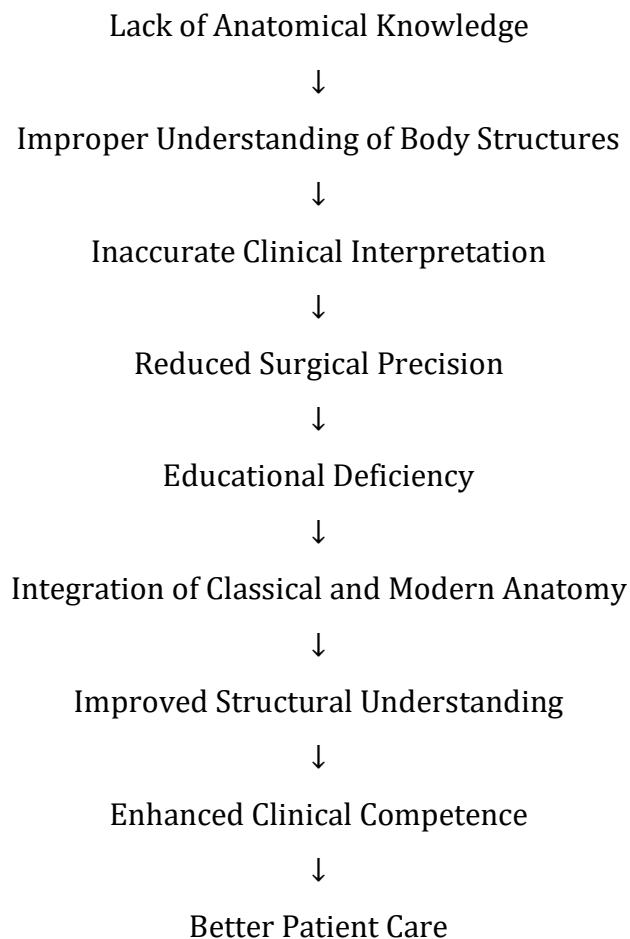
Srotas Sharir

Functional transport systems of the body.

Educational Importance of *Rachana Sharir*

- Foundation for surgical training.
- Understanding structural relationships.
- Identification of *Marma* points.
- Clinical application in diagnosis and treatment.
- Enhancement of observational skills.

SAMPRAPTI ⁶



MODERN REVIEW

Modern Cadaveric Dissection

Cadaveric dissection remains the most effective method for learning anatomy. It provides direct visualization of anatomical structures and their spatial relationships.

Types of Cadaver Preservation

Formalin Embalming

Most widely used preservation technique.

Soft Embalming

Maintains tissue flexibility and natural appearance.

Plastination

Produces durable anatomical specimens.

Fresh Frozen Cadavers

Provide realistic tissue characteristics.

Modern Dissection Techniques

Regional Dissection

Study of structures by body regions.

Systemic Dissection

Study according to organ systems.

Layer-by-Layer Dissection

Sequential exposure of anatomical structures.

Microsurgical Dissection

Detailed examination of fine structures.

Imaging-Assisted Anatomy

Modern anatomy incorporates:

- CT scan
- MRI
- Ultrasonography
- Three-dimensional reconstruction
- Virtual dissection tables

These technologies complement traditional cadaveric studies.

Correlation with *Rachana Sharir*

Classical Concept	Modern Correlation
<i>Asthi</i>	Skeletal System
<i>Snayu</i>	Ligaments and Tendons
<i>Sira</i>	Veins and Vascular Channels
<i>Dhamani</i>	Arteries
<i>Marma</i>	Neurovascular Junctions
<i>Srotas</i>	Functional Body Systems

Advantages of Integrated Teaching

- Better conceptual understanding.
- Improved retention of anatomical knowledge.
- Enhanced surgical orientation.
- Correlation between traditional and modern sciences.
- Promotion of interdisciplinary research.

PATHOGENESIS⁷

RESULTS AND FINDINGS

1. Classical *Rachana Sharir* provides detailed anatomical descriptions based on direct observation.
2. *Sushruta* advocated cadaver examination as an essential educational tool.
3. Modern dissection techniques offer superior structural visualization.
4. Many classical anatomical concepts correlate closely with modern anatomy.
5. *Marma* points correspond to important neurovascular structures.
6. Integrated teaching improves anatomical comprehension.
7. Combined methodologies enhance clinical relevance.
8. Integration promotes scientific validation of *Ayurvedic* anatomical principles.
9. Cadaveric studies strengthen anatomical research in *Ayurveda*.
10. Interdisciplinary approaches improve medical education outcomes.

DISCUSSION

The principles of *Rachana Sharir* reveal a remarkable understanding of human anatomy achieved through direct observation and logical analysis. The emphasis placed by *Acharya Sushruta* on cadaver examination demonstrates the scientific spirit of ancient *Ayurvedic* scholars and highlights the importance of experiential learning in medical education.⁸

Modern cadaveric dissection provides highly detailed visualization of anatomical structures and serves as the foundation of contemporary anatomical sciences. Preservation techniques, imaging modalities, and microsurgical methods have enhanced the precision and effectiveness of anatomical education. These advancements provide valuable tools for validating and interpreting classical anatomical concepts.⁹

Integration of classical and modern anatomical approaches offers significant educational and research benefits. By correlating *Ayurvedic* anatomical descriptions with contemporary anatomical structures, students gain a more comprehensive understanding of human anatomy. Such integration can promote interdisciplinary research, strengthen evidence-based *Ayurveda*, and contribute to improved clinical practice.¹⁰

CONCLUSION

The integration of classical *Rachana Sharir* principles with modern cadaveric dissection methods provides a holistic approach to anatomical education and research. Classical *Ayurvedic* anatomy and contemporary anatomical sciences complement each other by offering unique perspectives on human body structure. Combined teaching and research methodologies can improve anatomical understanding, promote scientific validation of traditional concepts, and contribute to the advancement of medical knowledge and healthcare education.

CONFLICT OF INTEREST- Nil

SOURCE OF SUPPORT - None

REFERENCES

1. Sharma PV. *Sushruta Samhita of Acharya Sushruta*. Vol. 1. Varanasi: Chaukhambha Vishvabharati; 2018.
2. Murthy KRS. *Sushruta Samhita. Sharira Sthana*. Vol. 1. Varanasi: Chaukhambha Orientalia; 2017.
3. Standring S, editor. *Gray's Anatomy: The Anatomical Basis of Clinical Practice*. 42nd ed. London: Elsevier; 2020.
4. Moore KL, Dalley AF, Agur AMR. *Clinically Oriented Anatomy*. 8th ed. Philadelphia: Wolters Kluwer; 2018.
5. Sharma RK, Dash B. *Charaka Samhita*. Vol. 1. Varanasi: Chaukhambha Sanskrit Series Office; 2019.
6. Singh RH. Exploring Issues in the Development of Ayurvedic Anatomy. *J Res Educ Indian Med*. 2004;10(1):1-8.
7. Snell RS. *Clinical Anatomy by Regions*. 10th ed. Philadelphia: Wolters Kluwer; 2019.
8. Zysk KG. *Asceticism and Healing in Ancient India: Medicine in the Buddhist Monastery*. New York: Oxford University Press; 1991.
9. Tank PW. *Grant's Dissector*. 17th ed. Philadelphia: Wolters Kluwer; 2021.
10. Drake RL, Vogl W, Mitchell AWM. *Gray's Anatomy for Students*. 5th ed. Philadelphia: Elsevier; 2023.