WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

i. Introduction to śarīra racanā kriyā

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Etymology and Scope

- **Śarīra**: The Sanskrit root "√śrī" or "√śr" connotes "to decay, to break down," implying that the **body** is perpetually subject to **change**, **growth**, **and decay**.
- Racanā: Means "anatomical structure" or "arrangement." It deals with how the body's organs, tissues, and systems are arranged and constituted.
- Kriyā: Implies "physiology" or the study of functions and processes that sustain life.

Thus, **Śarīra Racanā Kriyā** corresponds to **Ayurvedic Anatomy and Physiology**—encompassing a holistic view of the **human body's structure** and **its functional mechanisms** in both health and disease.

The Significance of Studying Śarīra Racanā Kriyā in Ayurveda

- 1. **Holistic Approach**: Ayurveda views the body as **interconnected** (physical, mental, and spiritual levels). A thorough understanding of the **anatomy** and **physiology** lays the foundation for the **principles of diagnosis** and **treatment**.
- 2. **Alignment with Doşas**: Body structure and functions are governed by **Vāta, Pitta, and Kapha**, the three doşas. Śarīra Racanā Kriyā explains how each doşa interacts with **various tissues (dhātu)** and **organs**.
- 3. **Individualization**: Knowledge of **body structure** (e.g., srotas, marma points, etc.) and **function** (e.g., agni, metabolism) is critical for **personalized treatments** and preventive care (svasthavṛtta).

Interplay of Mind and Body: Ayurveda emphasizes that manas (mind) and ātman (soul) also reside in the body. Studying śarīra racanā kriyā helps practitioners appreciate the psychosomatic dimensions.

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