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## A Conceptual Understanding of *Anguli Pramana* w.s.r. to Height of the Person

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### ABSTRACT

Classical references have enlightened about Anguli Pramana, measuring the body part by using our own finger is called as Swaanguli<sup>1</sup>. It is difficult to use our own finger to measure different body part and in some places it is not possible to take accurate measurements. To avoid this problem it is needed to convert one Angula in to the centimeter value. Measuring tape is the best tool for the measurements of different body parts easily. a person's height is converted into centimeters in relation to the Angula Pramana. In Shushrutha Sutrastana 35<sup>th</sup> chapter it is said that the person height is 120 Anguli by his/her Swaanguli Pramana. Variations in the measurements were observed according to personality, Age and Area, which describes the physical health.

### KEYWORDS

*Anguli Pramanaa, Centimeters, Swaanguli, Ayama- Length, Vistara – Width, Parinaha- Circumference*



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## INTRODUCTION

Common proverb is “Health is wealth “one has to uphold the health by means of Ahara & Vihara according to Dinacharya and Rutucharya which is described in Ayurveda. Assessment of own health is important at any age, keeping health in good state is an art and continuous monitoring the food habit, exercise and mental health is essential at present days to overcome the Stress ,Obesity, Cardiovascular problems, life style disorder, digestive problems and metabolic abnormalities. By observing the body or built of the person one can easily assess the healthy or unhealthy condition.

Rogi pariksha has been stated in Ayurveda to assess the Built, Will power, Digestive strength, Immunity, Behavior of the person etc. By examination of above said parameters one can say about the socioeconomic condition & health of the person. The measurement of body parts is one of the important parameter to assess the health status and the measurements were expressed as Pramana Shaera, it defines the Dheergha ayu, Madyama ayu & Hina ayu<sup>2</sup>. Classical references are available about the body parts measurement in terms of length, circumferences and width of the body parts. If all the body measurement parameters are within the given range then

he will survive long life. Commonly practiced method is body mass index (BMI), in this body fat assessment is done by taking height & weight of the person, which conveys about the obesity (fat) of the person. Skin fold thickness, waist hip ratio and body fat percentage were also used commonly to assess the body compactness, stability and health condition.

## AIMS & OBJECTIVES

1. To explore the easy method to get the value of one Anguli in centimeter.
2. To establish the standard measurement table for assessment of physical health in relation to the AYU.

## METHODOLOGY

### Calculation

#### Step 1

120 Anguli = Height in centimeters

1 Anguli =?

Height in centimeters X 1 Anguli, result will be divided by 120 Anguli = 1 anguli will be \_\_\_ centimeter

**Example** - 165cm height X 1 Anguli = 165  
165/120 = 1.37 cm

**i.e. 1 Anguli = 1.37 cm**

#### Step 2

Each part - Observed value in centimeter divided by one anguli in centimeter = length of the body part in Anguli pramana



Observed value in centimeter = Length /width/ circumference of the body part in

### Anguli

One Anguli (in centimeter)

### Step 3

Add all the Anguli, which are present in Circumference (thigh, calf, foot & Neck) value – 82 Anguli

Add all the Anguli, which are present in Trunk (between pubic symphysis to suprasternal notch and between anterior superior iliac spines) – 54 Anguli

Add both the values – **82+54 = 136 Anguli, is the base line for the measurement.**

**Table 1**

1	Circumference	82 Anguli	136 Anguli to 146 Anguli (10 Anguli variation)
2	Trunk	54 Anguli	147 Anguli to 161 Anguli (15 Anguli variation)
	Total	136 Anguli	>162 Anguli

Compare the normal added value (136 Anguli) with add all the observed value (in Anguli) for the assessment of AYU or physical health.

**Table 2 Measurement Table**

According to shushurtha sutra stana 35 chapter

Name - Age / sex- Address -	Anguli pramana	Measurement points	Observation in Centimeters	Converting in to Anguli (step 2 )
Height (Anguli pramana)	120 Anguli	Foot to scalp		
Height (in cms)				
Weight (in kg)				
One Anguli pramana in centimeters	(step 1 )			
<b>Circumference</b>				
1 Uru (Thigh)	32 Anguli	Center of the Thigh		
2 Pada (Foot)	14 Anguli	Centre of the Foot		
3 Indrabasthi (Calf)	16 Anguli	Center of the Calf		
4 Greeva (Neck )	20 Anguli	Centre of the Neck		

### Trunk Measurements

5	Between penis & umbilicus (12 Anguli)	36 Anguli	Length Between pubic symphysis to Suprasternal notch
	Between umbilicus & heart (12 Anguli)		
	Between heart & Suprasternal notch (12 Anguli )		
6	Pelvis (kati)	18 Anguli	Pelvis – width between Anterior superior iliac spines
	<b>Total</b>	<b>136 Anguli</b>	

Add all the value in Anguli (step 3 )



## Rules of Measurements

1. Persons height is measured as per the measurement table from foot to scalp in centimeters.
2. Trunk measurements are taken – in vertical plane from the points between pubic symphysis to Suprasternal notch and the width in horizontal plane between anterior superior iliac spines.
3. Center of the Thigh, Foot, Calf and Neck (circumference) measurements are taken.
4. Measuring tape is used for taking measurements & all the values are in centimeters only.
5. The volunteer was asked to remove footwear and socks; the head of the volunteer was kept in Frankfurt's plane.
6. The volunteer was asked to inhale deeply and maintain full erect position while taking measurement.
7. It was assured that the volunteer's heels were not elevated while deep breathing.

## DISCUSSION

Ayurvedic classics explained about Rogi pariksha in detail to assess the health, in many parameters of the patient in terms of digestive power (ahara shakthi), strength (bala), age (vaya) , body compactness (sara), strong (vyavyam shakthi), mental power (satva), Prakruthi ( behavior) , (Pramana) body part measurements<sup>3</sup>.

Examination of the patient was done for the fitness. If Rogi (patient) is not fit, means patient is unable to take the medicine or surgical procedures, then one can change the treatment protocol according to strength of the Rogi. For the assessment of **AYU** the Pramana sharir is described, it gives the information about general health condition and compactness of the body. Chest and Abdomen should be in equal plane, it is considered as good health, if the abdomen is wider (fatty) than chest then it is considered as unhealthy person. Standard measurement table is to be prepared to assess the body parts that are possible to measure. Measurements are taken in terms of length, width and circumference of the body parts.

Significant variations in the measurements (circumference) were observed in the Abdomen, Waist, thigh, calf & Neck and width between anterior superior iliac spines and length between pubic syhmopsis to suprasternal notch. Below umbilicus is the commonest location for fat deposition. Excess fat is deposited in superficial fascia and internal fat around the organs, which determines the body shape, varies from person to person. Greater circumference indicates the overweight or obese and lesser circumference value indicates the lean or underweight. Compactness and stability of the body is assessed by measuring the



length of the different parts upper and lower limbs. Centimeter is the suitable value of converting the Anguli, which is used to measure different body parts accurately and comfortably. One Angula preferable more or less than one centimeter accords to height of the person.

Dheergha ayu laxan – No congenital deformity, absence of diseases, physical growth is normal according to age, normal mental activities & proper behavior, stable body parts, appropriate arrangements of the followings joints, vessels, ligaments, muscle and sense organs work normally . (Age more than 70), Madyama Ayu laxana – large wrinkles are present below the eye, raised tip of the nose, ear & lower limb are bulky and hefty, upward direction wrinkles (skin fold) on back of the body. (Age 70), Hina Ayu laxana – small finger joints, long penis, and rib cage compressed, and back of the body is small, abnormal position of ear, abnormal shape of the nose, teeth are visible during speech and laughing. (Age 50)<sup>4</sup>

There is no suitable description about measurements points in the classical references. For example they have stated that BHAHU is 16 Angula but not specified the appropriate measurement points of BHAHU. Measurement table is prepared on the basis of surface land marks of bony prominence; one can feel the bony

prominence over the skin surface. Example – Pelvis- between anterior superior iliac spines, Trunk- Length Between pubic symphysis to Suprasternal notch Etc.

## CONCLUSION

Calculation and comparisons according to **Table Number 1**

The range between 136 Anguli to 146 Anguli, is considered as Dheergha ayu, means the person is well built body, healthy, compact and stable body structures. Sama purush (**Healthy**) – muscular body, compact and stable body parts, normal perception of senses, power, tolerate the thirst, hunger & hot, no fatigue after exercise, digestive fire(Agni) is normal, proper food habits and normal digestion<sup>5</sup>.

The range between 147 Anguli to 161 Anguli, is considered as Madyama Ayu, means the person is moderate built body, may be healthy or unhealthy, may be slight overweight and stable body structures.

The range (more than) >162 Anguli, is considered as Hina Ayu, built of the body is weak, and may be unhealthy or obese /heavily overweight and <136 Anguli (Less than) is considered as lean/underweight. Atistuhla laxana(**obese**) – Reduced life span, lack of enthusiasm & sexual desire, fatigue, excess body odor, sweat, hungry&



thirst. Atikrusha laxana(**lean**)- Abdomen, buttock & Neck part are thin, visible veins and arteries on body surface, bony prominence and large joints are appreciated easily<sup>5</sup>.



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