

**UNDERSTANDING OF ANJALI PRAMANA****Maity Gouranga<sup>1\*</sup>, Jana Dipanjan<sup>2</sup> and Ballav Sourav<sup>3</sup>**

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Article Received on  
02 Oct. 2018,

Revised on 23 Oct. 2018,  
Accepted on 14 Nov. 2018

DOI: 10.20959/wjpps201812-12779

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**ABSTRACT**

A body having proper measurements of organs is endowed with longevity, strength, happiness, power and wealth, so proper administration of a drug there is need a scientific approach to measurement & weight. For better management of a disease we should know about the mental strength, physical strength & measurement of *dosas* of a normal person, because drug dosage are depend on increase & decrease of *dosas*. Definition of *Anjali* clearly stated that it is the quantity of liquid which fills the both hands when joined to form the shape of *Samputa*. It is also called as *Kudava* & *Ardhasharava*. It is said that the *Anjali Pramana* of a specific *Drava Bhava*. *Asanjali pramana* is based upon *swena anjali pramanena* it is highly specific and individualistic in its approach. In *Ayurveda* classics there is

various clinical aspect like *Ahara Matra*, *Uttara vasti Matra* described. This article is an effort to review our ayurveda classics and better understanding the importance of the concept of *Anjali Pramana* by comparing with different *Mana*.

**KEYWORD:** Mana, Anjali Pramana, Kudava, Samputa.

**INTRODUCTION**

Ayurveda is a science which deals with life. The knowledge of pramana is useful for each and every discipline of ayurveda. The importance of *Pramana Shareera*, both in anatomical & physiological point of view is well known. The unit of measurement of the tissue/liquid

dhatu in the body is Anjali. It is said that the Anjali Pramana of a specific Drava Bhava is particular for that individual, means *swena anjali pramanena*.<sup>[1]</sup>

## DISCUSSION

The means by which weight & measurement are made is known as mana. In ayurvedic classics mana are three types depending on the nature of measuring materials like *Pautava Mana* (measurement for weight), *Dravaya Mana* (measurement of liquid), *payya Mana* (measurement of length).<sup>[2]</sup> There is another classification based on the region these are *Magadha Mana* & *Kalinga Mana*. *Magadha Mana* was popular in Magadha desa (bihar) & *Kalinga Mana* was popular kalinga desa (odissa). In comparison with two mana *Magadha mana* is superior to *kalinga mana*.<sup>[3]</sup>

Again there is another unit for the measurement of human body as *Anguli Pramana* (for the measurement of length) & *Anjali Pramana* (for the measurement of liquid). Definition of Anjali clearly stated that it is the quantity of liquid which fills the both hands when joined to form the shape of Samputa.<sup>[4]</sup> It is also called as Kudava & Ardhasharava. Sarangadhar stated the unit of kudava is useful to measure volume. It is cylindrical cup shaped made with mud, wood & metal. The height, depth & breadth are 4 anguli.<sup>[5]</sup> While one *kudava* equal to two *prasrti*, similarly one *kudava* equal to one *Anjali*.<sup>[6]</sup>

**Table. 1: comparison between *Magadha Mana* & *Kalinga Mana*.**<sup>[7]</sup>

Magadha Mana	Kalinga Mana
One kudava =one anjali One Anjali= two prasrti two prasrti= four pala (one prasrti = two pala)	One kudava =four pala

**Table. 2: Anjali pramana of different body component (according to Acharya Charaka).**<sup>[1]</sup>

Tissue / fluid	Measurement in <i>Anjali Pramana</i>
Udaka	10
Ahara rasa	9
Shonita	8
Purisha	7
Shleshma	6
Pitta	5
Mutra	4
Vasa	3
Meda	2
Majja	1

Mastiska	½
Shukra	½
Shleshma	½
Ojas(apara)	½
Ojas(para)	8birdu

**Table. 3: Anjali pramana of different body component (according to Acharya Vagbhatas).<sup>[8]</sup>**

Tissue / fluid	Measurement in <i>Anjali Pramana</i>
Majja	1
Meda	2
Vasa	3
Mutra	4
Pitta	5
Shleshma	6
Sakrit	7
Rakta	8
Rasa	9
Jala	10
Oja	½
Mastiska	½
Retas	½
Stanya	2
Raja	4

Ahara matra explained in kasyapa samhith is one kudava, while Uttara vasti matra – swa prasritham (vaginal).<sup>[9]</sup>

## CONCLUSION

*Anjali* is the term which denotes the specific quantity of the liquids. I.e. it is ‘Druvaya’ Mana. There are number of Sharira Bhava which exists in liquid state. According to *Madhaba mana* & *Kalinga mana* the quantity of one anjali is almost equal (four pala).

Body of a person being different in its feature from one to another & being unstable of dosas, dhatu, mala cannot be stated accurately.<sup>[10]</sup> according to charaka’s view *swena anjali pramanena* means it (*Anjali Pramana*) will be depends on individuality. But now a days these Ayurvedic parameter should be express in modified approach which are globally acceptable.

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