

Asthi Sankhya in Ayurveda and Modern Skeletal Enumeration: A Comparative Review.

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Abstract: *The concept of Asthi Sankhya (enumeration of bones) is an important aspect of Ayurvedic anatomy described under Sharira Rachana. Classical Ayurvedic texts provide a systematic description of bones, their number, classification, and functions in maintaining structural integrity of the body. According to Ayurvedic literature, the human body contains 360 bones, whereas modern anatomical science describes 206 bones in the adult human skeleton. This difference arises due to variations in classification criteria, inclusion of teeth and cartilaginous structures in Ayurvedic counting, and differences in developmental interpretation. Classical treatises such as Charaka Samhita, Sushruta Samhita, and Ashtanga Hridaya provide detailed descriptions of skeletal structures and their enumeration. The present study aims to review the concept of Asthi Sankhya in Ayurveda and compare it with modern skeletal enumeration to understand similarities, differences, and conceptual perspectives between the two systems.*

Keywords: Asthi Sankhya, Asthi Dhatu, Sharira Rachana, Ayurveda anatomy, skeletal system

