

YAKRIT SHARIR IN AYURVEDA: AN ANALYTICAL REVIEW

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Abstract

The concept of Yakrit (liver) is pivotal in Ayurvedic medicine, reflecting its comprehensive understanding of physiology, pathology, and therapeutic strategies. This review aims to elucidate the anatomical and physiological aspects of Yakrit as depicted in classical Ayurvedic texts, correlating them with modern scientific insights to foster an integrative approach to hepatic health.

Keywords: Yakrit, Liver, rakta vaha srotas, haematopoiesis etc

Introduction

Yakrit, known as the liver in modern anatomy, holds a significant place in Ayurveda. It is considered a critical organ for the production and storage of blood, detoxification, and metabolism. This paper delves into classical Ayurvedic descriptions of Yakrit and its relevance in contemporary medical research.

Materials and Methods

A thorough review of primary Ayurvedic texts such as Charaka Samhita, Sushruta Samhita, and

Ashtanga Hridaya was conducted. Modern scientific literature was also reviewed to compare and contrast the descriptions and functions of the liver.

Results

• Anatomical Description

In Ayurveda, Yakrit is described as a solid organ located in the upper right quadrant of the abdomen, beneath the diaphragm. Sushruta identifies it as a rakta vaha srotas (channel for blood), emphasizing its role in hematopoiesis and storage.

• Physiological Functions

Ayurvedic texts attribute several critical functions to Yakrit:

Raktadhara (Hematopoiesis): Yakrit is considered the primary site for blood formation and storage.

Pittashaya (Bile Secretion): It is associated with the production and storage of Pitta, akin to bile in modern terms, crucial for digestion and metabolism.

Agnikarma (Metabolism): Yakrit is involved in the regulation of Agni (digestive fire), governing various metabolic processes.

• Pathological Perspectives

Ayurvedic literature classifies liver diseases under Yakrit rogas, which are predominantly Pitta disorders. Conditions such as Kamala (jaundice), Yakrit Vriddhi (hepatomegaly), and Yakrit Ashmari (liver stones) are described with specific etiologies and treatment protocols.

• Therapeutic Interventions

Ayurveda offers various therapeutic measures for liver health:

Herbal Remedies: Formulations like Bhumyamalaki, Katuki, and Punarnava are extensively used for their hepatoprotective properties.

Panchakarma: Detoxification procedures like Virechana (purgation) are recommended for clearing Pitta dosha from the liver.

Diet and Lifestyle: Specific dietary guidelines and lifestyle modifications are suggested to support liver function and prevent disorders.

Discussion

The Ayurvedic conceptualization of Yakrit aligns closely with modern understanding of the liver's anatomy and physiology. The emphasis on blood production, bile secretion, and metabolic regulation mirrors contemporary knowledge. Ayurvedic interventions offer promising complementary approaches for liver diseases, highlighting the potential for integrative medical practices.

Conclusion

Yakrit in Ayurveda presents a holistic perspective on liver health, emphasizing prevention and natural therapeutics. Further research integrating Ayurvedic principles with modern hepatology could enhance therapeutic outcomes and promote a broader understanding of hepatic health.

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