

View abstract information - Digital innovations in visualizing concepts of Ayurveda Sharira

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PURPOSE

Ayurveda's global significance is increasing significantly in the post-covid era. Ayurveda places a strong emphasis on a deep understanding of Sharira or physical body as the seat of consciousness, which is essential for effective diagnosis and treatment. However, a shortage of cadavers limits students' interaction with real human anatomy, compelling them to rely on traditional educational models. Consequently, there is a need for innovative digital learning approaches to supplement cadaver-based pedagogical tools. This study aims to evaluate the Virtual Dissection Table (VDT) in Ayurveda education. VDTs are digital innovation designed to provide interactive 3D visualizations that enhance the understanding of human anatomy.

METHODS

Students often struggle with ayurveda's view of the human body. Especially concepts like Rachana Sharira, which aligns with anatomical concept akin to tissues (dhatu), visceral spaces (koshta), organs (koshtanga), blood vessels (sira and dhamani), and vital areas (marmas), are difficult to grasp with traditional texts and models. This study investigated the efficacy of VDTs for digitally representing the key ayurvedic concepts. The participants of the study were assessed before and after their interaction with VDT to evaluate their understanding of complex anatomical relationships and their perception of ayurvedic terminologies related to doshas, dhatus, and srotas.

RESULTS

Results of the study indicated that comprehension of the participants regarding key ayurvedic concepts and anatomical relationships increased with the use of VDT. Therefore, the current study underscores the need for modernization in ayurvedic education. Furthermore, from the participants feedback it was proven that in today's digital era tools like VDTs address these gaps in ayurveda education.

CONCLUSION

In conclusion, by incorporating VDTs visualization of human anatomy and effective application of ayurvedic principles can be enhanced. VDTs serve as a valuable supplement to cadaveric studies, integrating traditional concepts with digital innovation for promoting modern teaching methods while preserving the richness of ayurvedic wisdom.

PERMISSIONS

Whether the work has been published before? **No**

Is Commercial product? **No**

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