

## The Basic Units Of Life

ဒေါက်တာဦးမိတ် (မန္တလေး)

Cells are the microscopic fundamental units of all living things. Some organisms (eg; bacteria, protozoa ) have one cell (unicellular organism - ဧကကလာပ်သတ္တဝါ), but animals, including human beings are multicellular (ဗဟုကလာပ်သတ္တဝါ). An adult human body is composed of about one hundred trillion cells in about two hundred types. An organism as a whole can be understood through the collective activities and interactions of its cells.

**Aims** To promote the basic fundamental principles of Myanmar Traditional Medical Education  
To facilitate and support Myanmar Tradition Medical Healthcare System in the modern perspectives.

In DesanaNaya Myanmar traditional Medicine, understanding the various aspects of *Rupa*, is the prime importance and it is the fundamental principle of Anatomy and Physiology in Desana Naya. A nearest equivalent of *Rupa* is a 'matter'. But, *Rupa* comprises the characteristics of matter as well as those of energy according to DesanaNaya. *Rupa* changes stage, form and colour on account of heat and cold (*Tezo*) as matter does. In the ultimate sense, *Rupa* is formless, shapeless and mass less just as energy is. Scientists now know that matter and energy are interconvertible and identical in the ultimate sense.

But, unlike the laws of Science, in Myanmar Traditional Medicine Philosophy that *Rupa* arise and perishes incessantly at very short intervals. *Rupa* is very short lived. *Rupa* is incessantly produced from many sources namely, *Kamma*, *Citta*, *Utu (heat)* and *Ahara (nutriment)*. The rate of formation and the rate of dissolution of *Rupa* remains in equilibrium making Homeostasis of *Rupas* in a healthy body. Besides *Rupa* and *Nama* are interdependent and intertwined.