

Relevance of Arista Vigyana in Present Perspective

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Abstract: The diseases are classified on the basis of their management as early curable, palliable, or incurable. During disease process certain disease develop few peculiar signs and symptoms which have grave prognosis, such type of symptoms are defined as Arista lakshana in Ayurvedic classics. Therefore before starting of treatment it is very crucial to know about the progression as well as prognosis of the disease. Treatment of incurable diseases defame the vaidya and come to be the causes of loss of wealth and esteem in society as well. At the time of selection of patient a good physician should concern about the qualities of the patients i.e aadhya, bhisakvashya, gyapak, satvavan, mentioned by Acharya Vagbhatt in ayushkamiya adhyay. Since inspite of the symptoms of bad prognosis, the disease may get hardly curable if the patient had scanty of these properties.

Keywords: Arista lakshana, Prognosis, Upadrava, Marana

1. Introduction

Arista lakshana indicates the incurable nature or bad prognosis of the disease resulting to death of the patient. In the context of classification of diseases Acharya Charaka has classified the diseases in various manner. Such as he categorised the diseases under curable, incurable, palliable and irremediable in mahachatuspada adhyay of sutrasthan. Acharya clearly mentioned that after thorough examination of the state of patient and category of the diseases vaidya should treat only diseases which are curable.

For the convenience of the physician Acharyas have described various signs and symptoms according to their site, shade of eye, skin and nails, body temperature, pulsation colour and consistency of waste products, odour, altered behavior, swapna visayaka arista lakshan under diseases & doota addhikar and many more. Complete indriya sthana solely consist of besides these lakshan by which vaidya cannot be get confused about the prognosis of the diseases and remaining life span of the patient as well, and not to become a part of criticism.

2. Material & Methods

Description of Arista vigyan is found ubiquitously in Ayurvedic texts. Acharyav Charak has given a complete Indriya Sthana¹ on it. Acharya sushruta has emphasized arista in Sutra Sthana². Acharya Vagbhatta enlightened arista in Sharira sthana³. Therefore a sufficient description of arista is found in Brihatayi. Additionally in purva khanda of Bhavprakash samhita the symptoms of arista has been discussed. Acharya Madhav also brief the lakshana of arista.

Aims & Objectives

- 1) To compare the classical arista lankshanas with prognostic sign and symptoms in modern medicine.
- 2) To evaluate the relevance of various arista lakshan in present perspective

Fatal sign and symptoms of the disease which can be considered under arista are as follows-

Hepatic Failure – There are many arista lakshan which can be considered under hepato-cellular failure like yellowish discoloration of skin, and mucus membrane, green coloured stool, dark urine, palmar erythema⁴ with weight loss and fatigue under varna visyaka arista, terry's nail under nakha visyaka arista, flank dullness under parimarsh janya arista fetor hepaticus under gandha visyaka arista, shortness of breath under uschvas visyak arista, swelling in lower legs under sotha visyaka arista.

Tridoshaja Pandu – Anaemia emphasize many arista lakshan like generalized pallor⁵, bloody stool, hematuria with fatigue and weakness considered under varna visyaka arista, pale gums under danta visyaka arista, coldness in hands and feet under parimarsh janiya arista, shortness of breath under uschwas visyaka arista..

Psychiatric And Behavioural Disorders- Number of arista lakshan are comparable under these disorders like visual hallucination under netra visyaka arista, auditory hallucination under shabda visyaka arista, altered smelling under gandha visyak arista, false taste under jihwa visyaka arista, manic depression under ek varshiya arista, memory loss under six months arista, features of obsessive – compulsive disorder are very comparable with the arista under the chapter avakasirsiya adhyay.

Murcha- It is the stage of unconsciousness/ semiconsciousness which is developed due to various causes. Shock is characterized by profuse sweating, weak or absent pulse, pale or ashen skin, rapid and shallow breathing, lackluster eyes, enlarged pupil corresponding with parimarsh janiya arista, varna visyaka arista uschwas visyaka arista netra visyaka arista.

Consequences of hyperglycemia- There are many arista lakshan which comes under this complication of the disease like necrobiosis lipodica, diabetic dermopathy with weight loss under varna adhikar visyaka arista, digital sclerosis, dysethesia under parimarshaniya arista, diabetic nephropathy⁶ under mutra visyaka arista, periodontal diseases under danta visyaka arista, impaired colour vision, floaters empty area of vision under netra visyaka arista, swelling of hands, feet, ankle, eyes under sotha visyaka

arista, rapid breathing under *uschwas visyaka arista*, diabetic ketoacidosis under *pushpiya indriya visyaka arista*

Metals And Gas poisoning – Cherry red skin under CO poisoning and cyanosis due to NO poisoning resembles with *varna visyaka arista* another feature of NO poisoning like pulmonary oedema comes under *uschwas visyaka arista*, cold and clammy skin under *parimarshniya arista*, intellectual disability due to Pb poisoning shows *arista lakshan* like hallucination *avakasirsiya adhyay arista* and *anu jyoti adhyay arista* other features like tingling sensation in hands and feet resembles with *parimarshniya adhyay arista*, dysarthria under *swara visyaka arista*, hyperprotenemia under *mutra visyaka arista*, pallor skin under *varna visyaka arista*, encephalopathy under *swara* and *gandha visyaka arista* As poisoning symptoms like Metallic taste⁷ under *rasa visyaka arista* encephalopathy under *swara* and *gandha visyaka arista*, peripheral neuropathy under *parimarshniya arista*, mees line under *danta visyaka arista* edema under *sotha visyaka arista*, garlic disorder in breath under *pushpitak adhyay arista* yellowing of eye and mucus membrane and white of eye under *varna visyaka arista* Cd poisoning symptoms like breathlessness under *uschwas visyaka arista* yellowing of teeth under *danta visyaka arista*, anaemia, cyanosis under *varna visyaka arista*, anosmia under *gandha visyaka arista*, tinnitus under cobalt poisoning shows *shabda visyaka arista*.

Acute cyanosis – Acute cyanosis a symptom of *varna visyaka arista* in which there is bluish discoloration of skin, nails⁸, mucus membrane, lips, fingers and toes it is a sign of fatal disease like choking, blocking of respiratory system, intracranial hemorrhage.

Irreversible encephalopathy – Hypoxic ischemic encephalopathy, static encephalopathy, toxic encephalopathy, salmonella encephalopathy, hepatic encephalopathy, uremic encephalopathy can be categorise under these as it emphasize towards many *arista lakshan* like jaundice under *varna visyaka arista* ascities, peripheral oedema under *sotha visyaka arista*, cereberal oedema, bad breath under *pushpa gandha visyaka arista*, slurred speech under *swara visyaka arista*, memory loss, asterixis, irritability, change in mood or change in personality, inverted sleep wake pattern, coma

Irreversible kidney damage - Kidney plays a major role in human body if it is get damage shows many *arista lakshan* like half and half nails, beau's line under *nakha visyaka arista*, shortness of breath under *uschwas visyaka arista*, swelling due to fluid retention under *sotha visyaka arista* *mutra visyaka arista*,

Relevance of dootvisyaka and swapna visyaka arista – Attendant with bundle of nerves shows the critical condition of the patient, sometimes the disease of the patients affects the family member as much as its also affects the mind of the messenger.

Relevance of gomaychurna visyaka arista- *Aushad visyaka arista* shows the delayed treatment of the emergency condition, *ahara visyaka arista* shows the terminal stage of the patient, the critical condition of the patient under

prognosis based on messenger, *vaidya visyaka arista* shows improper situation or busyness of the physician to treat the patient well, prognosis based on inauspicious omens occurring in way and home turn attention towards the hindrance causes delaying in reaching the destiny, funk mood of physician and panic condition of the family member, *swapna visyaka arista* shows the deeply effected inner conscious. however the lakshan describe under this chapter directly but indirectly they really plays a major role to indicate the critical condition of the patient even without seeing the patient.

3. Discussion

Arista lakshana can be understood as prodromal sign & symptoms of death, or the symptoms of last stage of incurable disease. In *indriya sthana acharya* has mentioned those *lakshana* which indicate towards terminal stage of the disease with the explanation of some other *purushanashrita arista lakshana*. the consultant can understand about the severity of the disease with the gestures of attended even after without attending the patient, by understanding these unique time of *purusha anashrita lakshana*.

Disease which are mentioned here can be classified under *lakshya nimmita* in which faulty life style, and dietary habits are the the major responsible factors. as bad habit like alcohol consumption leads to or precipitate the liver disease, sedentary life style inducing hyperglycemia and after being the patient of diabetes mellitus continuation of responsible factor, working in mines without proper safe guards, taking too much pressure wants to earn all the luxuries with in a very short time, comparing himself with the other is the precipitating factor psychiatric and behavioural disorder, taking too much medicine and gets upset with the little inconvenience of the body like pain precipitate the kidney and liver diseases.

Therefore physician should acquire a rigorous expertise over knowledge of *Arista*. Many times due to lack of time or other factors physician solely depends on laboratory investigation which is many times seems like wastage of money and time as well as the main tool for a clinical is physical examination of the patients.

4. Conclusion

The symptom of *arista* given by *acharya* contain pretty relevance with the modern era bad prognosis. Some diseases character of *arista* give glimpse of advance stage of disease and some correspond to complications of the diseases, these *arista lakshana* shows tremendous knowledge and incredible vision of *Acharyas*.

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