



ANALYSIS OF ASADHYA VYADHI LAKSHANAS WITH CORELATION TO VARNA AND SPARSHA ARISTA LAKSHANAS OF CHARAKA SAMHITA

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ABSTRACT

Ayurveda describes four types of diseases on the basis of prognosis and emphasizes the importance of knowledge of prognosis for successful management of disease. It is important to assess the prognosis of a patient before initiating treatment. Acharya Charaka explains regarding the role of therapeutics in the eradication of disease and prescribes the four components of Healthcare Management. He suggests that even the wisest physician and the most efficient therapeutic measure cannot prevent or cure an ailment without knowing its prognosis. The four types of diseases gives details of all the factors that are helpful in deciding the prognosis of a disease including Prakriti (body type). Among them some of the Asadhya Lakshanas (Non-Curable Symptoms) of diseases can be compared with the Arista Lakshana (Imminent signs of Death) related to Varna (Color) and Sparsha (Touch) that may lead to death of the patient. Hence Asadhya lakshanas of Vyadhis cannot be cured as many are similar to that of Arishta Lakshana.

KEYWORDS : Prognosis, Asadhya Vyadhis, Arista Lakshanas, Varna, Sparsha

Introduction

It is important to determine prognosis of a disease before starting the treatment to decide the quality of life of patient and whether it will be diseased or disease free. Four types of diseases on the basis of prognosis and emphasizes the importance of knowledge of prognosis for successful management of disease. It is important to assess the prognosis of a patient before initiating treatment. According to Acharyas the wisest physician and the most efficient therapeutic measure cannot prevent or cure an ailment without knowing its prognosis. Hence the Acharyas gives details of all the factors that are helpful in deciding the prognosis of a disease including Prakriti (body type). Some fundamental principles of management like nourishment therapy, fasting therapy, treating the root cause of disease, hot therapy and cold therapy are mentioned to exemplify the principle of dhatu samyata (maintenance of stable equilibrium or concept of homeostasis).

A physician who can distinguish between curable and incurable diseases and initiates treatment in time with the full knowledge (about the various aspects of the therapeutics) can certainly accomplish his objective (of curing the disease). On the other hand, a physician who undertakes the treatment of an incurable disease would undoubtedly subject himself to the loss of wealth, knowledge and fame and will also earn bad reputation and other royal sanctions or punishments.¹ Clinical decisions need to be taken, considering the prognosis of the disease in a patient. A disease should be treated only if it is curable and the physician should know the signs that indicate incurability of a disease. The Indriya Sthana of Charaka Samhita, is placed before Chikitsa Sthana in the chronology, so that prior to treatment, the Physician should know about those conditions which do not yield benefits to treatment and prognostic factors can be predicted based on location of Arista in concerned body parts. Varna and Sparsha related Arista Lakshanas are more common and similar to that of Asadhya lakshanas of different diseases.

It is important to determine prognosis of a disease before starting the treatment to decide the quality of life of patient, and whether it will be diseased or disease free.

Objective of the study

- To systematically compile and compare the available literature about Varna and Sparsha Arista Lakshana with Asadhya Lakshanas of Vyadhis.

Materials and Methods

Materials: Primary source of literature will be Charaka Samhita. Apart from this, the text books of Modern Medical Science, Medical

Journals, previous studies conducted on similar subjects at different universities and other research centres will be compiled. Information available on the internet will also be incorporated in the study.

Methods: The Asadhya Lakshana of different diseases mentioned in Charaka Samhita compiled and compared to signs and symptoms of the Arista Lakshana related to Varna and Sparsha.

Table 1: Asadhya Lakshanas of different diseases similar to that of Varna and Sparsha related Arista Lakshanas

Sr. No	Vyadhi	Asadhya Lakshanas	Arista Lakshanas
1.	Rakta Pitta	Excessive bleeding, if patient is weak, if patient is in old age, bleeding through hair follicles, bleeding with putrid smell of body and foul smell, in bleeding if blood color is black, yellow, blue, green, copper color then that disease is incurable. ¹	Bleeding associated with black, yellow, blue, green, copper color of blood.
2.	Kustha	Trishna and Daha. ²	High temperature in the body
3.	Bhutaja Unmada	Ashru srava from eyes, bleeding through mutra marga, srava from nose, excised skin, vikrut varna of body, putrid smell of body etc. ³	Abnormal color changes in the body
4.	Shwayathu	Shotha in emaciated and weak person, shotha with chardhi, if shotha present in Marma sthana, appearance of sirajala on the part of shotha, jala srava at the place of Shotha, if shotha is present all over the body. ⁴	Swelling in legs, hands. Distention of Abdomen
5.	Udararoga	Shunaksha (Swelling of eyes), curved pudendum, sticky and thin skin, Ksheena of bala, rakta, mamsa and agni, shotha in Marma Pradesha, if shotha associated with Shwasa, Hikka, Trishna, Chradi, Atisara etc. ⁵	Swelling of eyes and other body parts.

6.	Arsha	if shotha present in hands, legs, face, umbilical region, anal region and prostate, jwara, trishna etc. ⁶	Swelling present in hands, legs, face, umbilical region, anal region and Prostate.
7.	Pandu	Chronic stage of Pandu, excessive dryness, shotha in the body, person see the things like pale color, stool is badda, alpa, with kapha and green color, body becomes Shweta color, chardi, trishna, fainting, body turned into pale color to complete whitish color due to severe anemia. ⁷	Pale color in eyes, in all over the body, in stool, dryness in the body
8.	Kumbha Kamala	Hepatic failure - Stool and Urine color will be black, yellow, shotha in the body, face and eyes will be red color, vomit – stool – urine associated mixed with blood, burning sensation all over the body etc. ⁸	Stool and Urine color will be black, yellow, face and eyes will be red color, vomit – stool – urine associated mixed with blood, swelling in the body, burning sensation all over the body
9.	Atisara	Lower GIT infections - Stool with Vikrut color like yellowish, green, blue, Manjista, meat washed water color, black, white, fat of pig, digested blood color (Malena), piece of liver, excessive black, excessive blue, variegated in color, mixed with tantu, dirty, foul, putrid smell etc. ⁹	Stool with abnormal color like yellowish, green, blue, Manjista, meat washed water color, black, white, fat of pig, digested blood color (Malena), piece of liver, excessive black, excessive blue, variegated in color,
10.	Chardi	Chardi with complications, vomit associated with rakta and puya ¹⁰	Vomit associated with blood – red color.
11.	Vatarakta	Daha, Vivarna, Arbuda in sandhi etc. ¹¹	Burning sensation all over the body

Discussion

Rakta Pitta – can be correlated with Hemophilic Disorders. In this also the similar symptoms will appear like bruising hematomas, which is when there is bleeding into the muscle or soft tissues bleeding from the mouth and gums, bleeding after a circumcision, blood in the stool blood in the urine nosebleeds that are frequent and difficult to stop bleeding after vaccinations or other injections bleeding into the joints. In severe cases of hemophilia, a person may experience spontaneous bleeding, often in the muscles or joints. This can lead to pain and swelling and difficult to cure. Its complications like Deep internal bleeding. Bleeding that occurs in deep muscle can cause the limbs to swell, Bleeding into the throat or neck.¹² This can affect a person's ability to breathe, Damage to joints, Infection etc. in these complications by internal bleeding there may be discoloration of skin like red color varna related Arista lakshana and limbs swelling may resemble Sparsha related Arista lakshanas.

Causes of death: blood loss from body, shock because of low blood pressure. Death can occur if the bleeding cannot be stopped or if it occurs in a vital organ such as the brain.

Kustha – Can be correlated with Leprosy in that Discolored patches of skin, usually flat, that may be numb and look faded (lighter than the skin around), Growths (nodules) on the skin, Thick, stiff or dry skin, Painless ulcers on the soles of feet, Painless swelling or lumps on the face or earlobes, Loss of eyebrows or eyelashes.¹³

Complications like Numbness of affected areas of the skin, Muscle weakness or paralysis (especially in the hands and feet), Enlarged

nerves (especially those around the elbow and knee and in the sides of the neck) will be seen. These color changes from normal to abnormal and numbness of skin may be similar to that of Varna and Sparsha related Arista Lakshanas.

In addition to the complications of leprosy, people affected by leprosy (PALs) can suffer from chronic diseases. While leprosy cannot be the direct cause of death, it leaves permanent disabilities when it is not properly treated or when the infection is not spotted early enough. Suicide, cardiovascular disease (CVD), and organ failure are major causes of death in active leprosy patients.¹⁴

Bhutaja Unmada – Can be correlated with Psychological disorders or Mental Health. Symptoms like Difficulty sleeping, Dizziness, Dry mouth, Feelings of nervousness, worry, panic, fear, and unease, Muscle tightness, Nausea, Rapid or irregular heartbeat, Sweaty or cold hands and/or feet, Tingling or numbness in the hands or feet, Unable to be calm or hold still (<https://www.verywellmind.com/anxiety-disorder-2510539>)

Complications like headaches, migraine, muscle tension and soreness, digestive issues such as diarrhea, stomach pain, and appetite changes, sleep issues or disorders, feelings of sluggishness, pain, digestive issues, fatigue, headaches, eye problems will be seen in mental illness. Some symptoms like dry mouth, sweaty or cold hand/feet can be correlated with Sparsha related Arista Lakshanas. People with mental illness is distorted, and this illness, as well as suicidal ideation, are often reversible. Depression is a common thread throughout the articles, also known to be the most common disorder among people who die by suicide. (<https://www.ncbi.nlm.nih.gov › articles › PMC6165520>)

Shwayathu – can be correlated with Swelling or inflammation. Flushed skin at the site of the injury, Pain or tenderness, Swelling, Heat, fever eventually start damaging healthy cells, tissues, and organs. (<https://my.clevelandclinic.org/health/symptoms/21660-inflammation>)

Causes of death: Over time, this can lead to DNA damage, tissue death, and internal scarring. Idiopathic causes. (<https://www.healthline.com › health › chronic-inflammation>)

Flushed skin, swelling of different parts of the body can be correlated with Sparsha related arista Lakshanas.

Udararoga – can be correlated Ascites. Swelling in the abdomen, Weight gain, Sense of fullness, Bloating, Sense of heaviness, Nausea or indigestion, Vomiting, swelling in the lower legs, Shortness of breath, Hemorrhoids ascites can lead to infection or allow the fluid to move into the chest and surround the lungs, making breathing difficult. Complications like Spontaneous bacterial peritonitis (a life-threatening infection of the ascitic fluid), Hepatorenal syndrome (kidney failure), Weight loss and protein malnutrition, Mental confusion, change in the level of alertness, or coma (hepatic encephalopathy), Bleeding from the upper or lower gastrointestinal tract, Build-up of fluid in the space between your lungs and chest cavity (pleural effusion), etc.

Bleeding from the upper or lower gastrointestinal tract, swelling in the abdomen, swelling in the lower legs can be correlated with Varna and Sparsha related Arista Lakshanas.

(<https://www.hopkinsmedicine.org/health/conditions-and-diseases/ascites>)

Ascites is the main complication of cirrhosis. It is a landmark of the progression into the decompensated phase of cirrhosis and is associated with a poor prognosis and quality of life; mortality is estimated to be 50% in 2 years. (<https://www.ncbi.nlm.nih.gov › articles › PMC3860926>)

Arsha – can be correlated with Carcinoma of Rectum, Signs and symptoms of rectal cancer include: A change in bowel habits, such as diarrhea, constipation or more-frequent bowel movements, Dark maroon or bright red blood in stool, Narrow stool, A feeling that your bowel doesn't empty completely, Abdominal pain, Unexplained weight loss, Weakness or fatigue, bleeding, obstruction, and perforation. (<https://www.mayoclinic.org/diseases-conditions/rectal>)

cancer/symptoms-causes/syc-20352884) Dark maroon or bright red blood in stool can be correlated with Varna related Arista Lakshanas. Complications of internal haemorrhoids can include: internal bleeding, infected internal hemorrhoids, a prolapsed internal hemorrhoid, which emerges from your anus and becomes visible. Complications of external haemorrhoids can include: thrombosis (blood clots) due to blood flow concerns, strangulated hemorrhoids, hardened lumps and skin tags (<https://www.healthline.com/health/can-hemorrhoids-ki>)

Pandu – can be correlated with Anemia. Signs and symptoms are Fatigue, Weakness, Pale or yellowish skin, Irregular heartbeats, Shortness of breath, Dizziness or lightheadedness, Chest pain, Cold hands and feet, Headaches, Anemia can lead to tachycardia, which is an abnormally fast heartbeat, or heart failure, where the heart fails to pump enough blood around your body at the right pressure. (<https://www.mayoclinic.org/diseases-conditions/anemia/symptoms-causes/syc-20351360>)

Pale or yellowish skin, Irregular heartbeats, Cold hands and feet, tachycardia can be correlated with Varna and Sparsha related Arista Lakshanas.

Anemia is a condition where you don't have enough healthy red blood cells, to carry oxygen throughout your body. Anemia can be temporary or long term (chronic). In many cases, it's mild, but anemia can also be serious and life-threatening. Red blood cells carry oxygen throughout your body. When you don't have enough red blood cells, your organs don't get enough oxygen and can't work properly. This can have severe consequences. (<https://www.healthline.com/health/can-anemia-kill-you>)

Kumbha Kamala – can be correlated with Hepatic failure - Symptoms of liver failure may include: nausea, loss of appetite, fatigue, diarrhea, jaundice, a yellowish color of the skin and eyes, weight loss, bruising or bleeding easily, itching, edema, or fluid buildup in the legs, ascites, or fluid buildup in the abdomen. These symptoms can also be attributed to other conditions or disorders, which can make liver failure hard to diagnose. Some people don't show any symptoms until their liver failure has progressed to a fatal stage. (<https://www.healthline.com/health/hepatic-failure>)

Acute liver failure often causes complications, including, Too much fluid in the brain (cerebral edema). Too much fluid causes pressure to build up in your brain, which can lead to disorientation, severe mental confusion and seizures. Bleeding and bleeding disorders.

Yellowish color of the skin and eyes, edema, or fluid buildup in the legs, ascites, or fluid buildup in the abdomen etc. can be correlated with Varna and Sparsha related Arista Lakshanas.

Liver failure can affect many of your body's organs. Acute liver failure can cause such complications as infection, electrolyte deficiencies and bleeding. Without treatment, both acute and chronic liver failure may eventually result in death. (<https://www.healthline.com/health/hepatic-failure>)

Atisara – can be correlated with GI tract infections. Symptoms are nausea, vomiting, fever, loss of appetite, muscle aches, dehydration, headache, mucus or blood in the stool, weight loss, GI complications are issues that occur within the GI tract, which can include bleeding, bloating, constipation, diarrhea, heartburn, incontinence, nausea, vomiting, and stomach pain.

(<https://www.healthline.com/health/gastrointestinal-infection#symptoms>)

Mucus or blood in the stool can be correlated with Varna related Arista Lakshanas.

Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. (<https://www.ncbi.nlm.nih.gov/articles/PMC7152102>)

Chardi – Nausea and vomiting commonly occur in those with infections ranging from influenza to gastroenteritis. Symptoms that occur with nausea and vomiting include, Abdominal pain, Diarrhea,

Fever, Lightheadedness, Vertigo, Rapid pulse, Excessive sweating, Dry mouth, Decreased urination, Chest pain, Fainting, Confusion, Excessive sleepiness, severe dehydration, Aspiration of the vomitus into the air passage and lungs (<https://www.everydayhealth.com/vomiting/guide/>)

Fever, Rapid pulse, Excessive sweating, Dry mouth can be correlated with Sparsha related Arista Lakshanas. Causes of death: Infections origin- Viruses, bacteria, parasites, fungi – dehydration, irregular heartbeat, low blood pressure, loss of fluid in body, shock leads to very severe disease leads to death. (<https://my.clevelandclinic.org/health/symptoms/177>)

Vatarakta – can be correlated with Gout. Symptoms will be Intense pain, Redness, Stiffness, Swelling, tenderness, even to light touch, such as from a bedsheets, Warmth, or a feeling like the joint is "on fire, permanent joint damage, deformity, and stiffness. (<https://my.clevelandclinic.org/health/diseases/4755-gout>)

Redness, Stiffness, Swelling, Warmth can be correlated with Varna and Sparsha related Arista Lakshanas.

Causes of death: Change in body physiological changes like sense, temperature regulation- brain pathological changes – revealed by histopathological changes, loss of homeostasis in the body leads to death. (<https://www.ncbi.nlm.nih.gov/articles/PMC8907510>)

Conclusion

Knowing this lakshanas of Asadhya Vyadhis would help a physician to make a sensible choice of the patients and diseases which he could treat within the boundaries of his capacity and knowledge. This will also help the physician to avoid treating diseases which are out of his capacity. In fact, it enables them to refer to the concerned specialty.

Without the knowledge of prognosis if the physician attempts to treat disease he would not only be harming the life of a patient but also would be an enemy of his own reputation and fame. A physician should not try to treat incurable diseases because they are incurable.

If the incurable diseases are associated with Arishta Lakshanas, the physician should not even think of attempting to treat diseases.

Arista Lakshanas of diseases may produce out of unwholesome regimens transcends all therapeutic measures and such a person may suffer from Asadhya Vyadhi then the Dasha which produce such diseases may also produce the Arista Lakshanas of imminent death. Hence physician should give importance to Arishta Lakshanas and Asadhya Lakshanas. This will give better idea about the prognosis of the disease and longevity of the patient.

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