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FEATURES OF UPPER LIMB (SHOULDER, ARMS AND WRIST) HAVING FUTURE PREDICTIVE POTENTIAL AS PER LAKSHANADHYAYA OF KASHYAPA SAMHITA AND SAMUDRA SHASTRA AND THE RATIONALITY BEHIND THEM

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ABSTRACT

Introduction: Human arm is a complex anatomical structure, the morphology of which is multifactorially controlled. The physical examination of arm can thus provide valuable information regarding underlying overall health status, occupational risks, and predictive markers of diseases. The Vedic literatures of Lakshanadhyaya of Kashyapa Samhita and Samudra Shastra seem to have identified those features of shoulder, arm and wrists which can predict the future too. **Aim:** An attempt has been made here to find a scientific relevance behind these predictive findings. **Material and Methods:** An exhaustive review of the Lakshandhyaya of Kashyapa Samhita, Samudra Shastra, relevant modern literatures and journals was done. **Review and Discussion:** The shoulder, arm and wrists can have many variations which can significantly affect an individual's potential, life and decisions. Veda based literatures consider a dictating effect of Purva Karmas in giving rise to these variations/features. Scientific relevance can be found behind many of these described features. **Conclusion:** Early recognition of variations in shoulder, arm and wrist can help in timely planning an individual's life in right direction as they predict one's future as per one's Purva Karmas. Longitudinal scientific studies are however needed to affirm the predictive findings described in aforesaid Vedic literatures.

KEYWORDS

Future Prediction, Human Arm, Kashyapa Samhita, Lakshanadhyaya, Purva Karmas, Samudra Shastra

INTRODUCTION

The human arm is a complex anatomical structure composed of bones, muscles, nerves, blood vessels, and connective tissues, which are all multifactorially controlled and hence many variations are seen in the structure of the arm. [1] Ever since Vedic era human arm has been considered as a symbol of action, power, capability, and capacity to interact to the surroundings. Hence Vedic medical and Jyotish literatures have identified its special attributes which are suggestive of an individual's personality, career inclinations and potential challenges in life.

Thus physical examination of arm can provide valuable understanding regarding underlying health conditions, occupational risks, and predictive markers for diseases. However, apart from modern science recognized genetic/congenital, developmental, or pathological factors, the Vedic literatures also consider the effect of *Purva Karmas* and that too in a dictating manner in shaping of body parts as shoulder, arms and wrist in a way that can also be used to predict the future of the person. Two such ancient literatures are Lakshanadhyaya (of Kashyapa Samhita), which is an ancient Ayurvedic literature primarily concerned with pediatric healthcare and Samudra Shastra which is primarily a Jyotish based Vedic literature. Of all ancient Vedic literatures, it is these two that contain a relatively substantial description of human arm with respect to predictive aspects and hence were included in this study.

It is also noteworthy that most of the variations/features described in Lakshanadhyaya and Samudra Shastra seem to be non-pathological and hence there is a high probability that the predictions given against these variables are largely *Purva Karmas* determined. However, some findings may be the signs of past, present or future diseases.

Hence, adding the vedic future predictive findings to the modern clinical examination of arm can augment the benefits of physical examination of limb by adding the predictive dimension to it. The findings of Lakshanadhyaya are even more valuable in this regard, firstly because it is basically a medical literature of Vedic origin and secondly because it identifies these future predictive traits primarily in childhood. Even though Vedic findings are time tested and so resemble longitudinal studies, all these traits (especially with respect to future prediction), still need scientific validation in today's era.

AIMS AND OBJECTIVES

Firstly to identify the features of upper limb (shoulder, arms and wrist) having future predictive potential as per the Lakshanadhyaya of Kashyapa Samhita and the Samudra Shastra. Thereafter, to find scientific explanations behind those findings.

MATERIAL & METHODS

A exhaustive review of the relevant modern, Ayurvedic and Jyotish literatures was done, including an exhaustive search of online journals. The loci of study were the pediatric Ayurvedic literature Lakshanadhyaya of Kashyapa Samhita and the Vedic Jyotish based literature Samudra Shastra. The basic strategy was to find specific or general scientific relevance behind the predictive aspects of shoulder, arms and wrist described in aforesaid Vedic literatures.

REVIEW AND DISCUSSION

The chief aim of medical examination is to diagnose the status of health, which in turn has a profound impact upon the physical and mental performance of the individual and this in turn can have a profound impact on an individual's ability to excel in a particular field. The Vedic literatures of Lakshanadhyaya of Kashyapa Samhita and Samudra Shastra have described certain features of shoulder, arms and wrist which have future predictive potential too. Whereas modern medicine indirectly points towards the quality of life and probability for selection of a profession, by identifying the reasons behind the variations in the shape of upper limb and features which also suggest predisposition to some diseases or signs of certain diseases. Hence associating the findings of aforesaid Vedic literatures with modern descriptions can enhance the confidence in their future predictive elements. However many of the individual findings may have more than one medical implications, as is evident from the modern perspectives and observations discussed below.

The Findings of Lakshanadhyaya of Kashyapa Samhita and Samudra Shastra

As said above , ancient Indian scholars had considered a dominating impact of *Purva Karmas* in physical and mental shaping up of an individual and even opening of opportunities in a particular field/arena. *Purva Karmas* can be considered to impart their effects both at genetic and epigenetic levels. Following are a tabulated list of mentioned findings and the associated future predictions.

I. Regarding Shoulders:

a) As Per Lakshanadhyaya of Kashyapa Samhita -[2]

	Features/Variations	Predicted Future
1.	Hairy	Businessman/porter/gambler/dyer
2.	Thin, emaciated	Poor
3.	Dry and sometimes hairy	Long life, sometimes in vagabond too
4.	Smooth	Farmer
5.	Thick/well built	Rich
6.	Hard	Brave
7.	Lax shoulders	Weak
8.	Raised/protuberant	Praiseworthy in males (not so praiseworthy in females)
9.	Lax	Praiseworthy in females (not so praiseworthy in males)

*Praiseworthy in general implies disease free or a best state of physical, mental and social fitness along with good fortune.

b) As Per Samudra Shastra-[3]

	Features/Variations	Predicted Future

1.	Hair on shoulders	Unhappy life
2	Not being muscular, covered with hair, small sized due to fracture (post birth injury)	Poor
3.	Broad, elevated and muscular	Brave, well-off

II. Regarding Axilla:

a) As Per Lakshanadhyaya of Kashyapa Samhita -[2]

	Features/Variations	Predicted Future
1.	High, big, corpulent, well made	Praiseworthy
2.	Opposite of above	Unpraiseworthy
3.	Excessive hairy	Unpraiseworthy for females

b) As Per Samudra Shastra-[3]

	Features/Variations	Predicted Future
1.	Devoid of sweat, thick, elevated, fragrant, covered with uniform sized hair	Specially significant of wealthiness
2.	Opposite of above	Poor

III. Regarding Arms:

a) As Per Lakshanadhyaya of Kashyapa Samhita -[2]

	Features/Variations	Predicted Future
1.	Gradually tapering from shoulder to wrist, well covered with muscles, long, reaching up to knees when hanging sideways	Praiseworthy
2.	Has visible veins	Long life
3.	Is hairy	Will have progeny
4.	Absence of visible veins	No progeny/Infertile
5.	Has oblique veins	Troublesome life
6.	Has moles	Vagabond
7.	Has nodules/raised moles	Quarrelsome/ argumentive nature

b) As Per Samudra Shastra-[3]

	Features/Variations	Predicted Future
1.	Rounded, like elephant's trunk, both equal in size and thickness, and reach up to knees	Owns lands
2.	Small and hairless arms	Poor
3.	Is hairy	Will have progeny
4.	Absence of visible veins	No progeny/Infertile
5.	Has oblique veins	Troublesome life
6.	Has moles	Vagabond
7.	Has nodules/raised moles**	Quarrelsome nature

IV. Regarding Wrists:

a) As Per Lakshanadhyaya of Kashyapa Samhita -[2]

	Features/Variations	Predicted Future
1.	Thick (wrist joint) in males Thin in females Three unbroken crease lines	Praiseworthy
2.	First crease unbroken	Prosperous
3.	Second crease unbroken	Leader
4.	Third crease unbroken	Has progeny & lives long life
5.	All the creases are unbroken, smooth, clear and deeply marked	King/ruler
6.	Four unbroken creases	Chief sage (mentor) of royal family
7.	Five or six unbroken creases	Has hundred progeny (very fertile)
8.	Seven unbroken creases	Divine/Godly figure
9.	At least one clear and unbroken crease line	Happy life

b) As Per Samudra Shastra-[3]

	Features/Variations	Predicted Future
1	Deep, firm, well formed, strong and stable	Owns multiple lands
2.	Small and lax wrists	Hands get amputated
3.	Noise coming from wrist	Poverty
4.	All three creases deep and clear	Strong, wealthy, intelligent and famous
5.	First crease has interruptions or is small	Struggles in life, anxious and wanderer
6.	Health and wealth creases are deep but with interruptions	Misfortune, only occasionally gets some wealth
7.	A clear triangle is present between the three creases	Happy, very strong, gets complete joy in older age
8.	First crease is deep , clear and interrupted	Very strong, proudy, low mentality, clinging nature
9.	Fortune crease is the smallest of all three creases	Liar, unethical, wicked
10.	A clear star is present between the three creases	Achieves the difficult to achieve money as hidden money

The Perspective and Observations of Modern Science in Regard to Above Features

I. The Normal Changes/ Variations

a) Modern Scientific Studies Showing the Role of Bone and Muscles in Overall Shaping of Upper Limb

The overall features of limb are largely dependent upon the makeup of bones and muscles, which is largely genetically determined,[4] followed by the "nurture" factors as metabolic, bio-chemical and bio-mechanical factors.[5] All these together contribute to making different (individual specific) body size and shapes, characterized by variability in size and strength of muscle, profile of limb, ultimately translating into variable performance abilities.

Some such normal variations in limbs which can play role in determining future of an individual are-

- **Arm length:** Genes, sex and age of an individual can cause significant variation in the length of arm. Early life micro and macro conditions has been shown to be have impact upon the length of arm.[6] The nutrition in early childhood is especially infant.[7]
- **Muscle Volume**: Although genes are major determinants, but endocrinal environment and exercise also have significant influence upon the volume and functionality of muscles. E.g. good muscle volume is seen with regular exercise, high testosterone levels, etc.[8]
- **Quality and Color of Skin**: These are a sum total of the effect of genes, nutrition, overall health and exposure to sun/inhabitance. Healthy skin has a profound impact on the confidence of any individual.

II. The Abnormal Changes/Variations

b) Modern Scientific Studies Showing the Role of Upper Limb in Prediction of Future Diseases (and Hence a Unhappy Life Ahead)

- **Diabetes:** As per the thrifty phenotype hypothesis, poor nutrition in fetal and early infantile period have detrimental effect on development of Beta cells of the islets of Langerhans, which increases the risk of developing diabetes in later life.[9] As per some cross-sectional studies, arm length was found to have inverse relation to diabetes.[10]

Thus reduced arm length can be used as a predictor of diabetes and hence a troublesome life ahead.

- **Tumors or Malignancies:** Many mechanisms can be common to a large number of cancers. E.g., angiogenesis is essential for growth of every solid tumor.[11] Likewise, apoptosis is a common mechanism for getting rid of damaged cells as cancerous ones. Insulin-like growth factor I (IGF-I) is the most powerful factor controlling apoptosis. Excessive IGF-I and low levels of its chief binding protein IGF- binding protein 3, may blunt this mechanism against cancer defense.[12] Hence prospective researches show that high levels of IGF-I levels are linked with higher risks of colorectal, prostate and breast cancers.[13] Elevated IGF-1 levels most commonly points to excess growth hormone (GH) production. GH plays important role in musculoskeletal development, especially during puberty. Thus altered IGF-production can on one side produce some typical features of limbs and on other side lead to production of tumors and malignancies too, thus leading to a unhappy life ahead.

c) Anatomical Musculoskeletal Variations May have a Bearing Upon Individual's Resistance to Repetitive Strain Induced Injuries.

It can thus affect an individual's occupational choice. Some such variations are-

- **Deformities of Joint**: E.g. rheumatoid arthritis can cause swan neck or boutonniere deformities.
- **Rupture of Tendon:** E.g. presence of accessory heads of biceps can alter its biomechanics, leading to symptoms as pain and weakness and even enhance the possibility of rupture of tendon.
- Syndromes associated with hyper mobility and joint laxity, e.g. Marfan syndrome or Down syndrome cause increased risk of dislocation. Excessively lax shoulders are seen in cleidocranial

dysplasia.
- **Muscle Bulk Changes**: Thin arms suggest muscle wasting owing to disuse, malnutrition, damaged nerve, muscular atrophy or some systemic disease or chronic diseases as AIDS, malignancy, or a failing heart.

However, the overall contour and tone of the arm muscles may simply suggest an individual's basic working pattern/personality. E.g., hefty, muscular arm suggest a hardworking and resolute person, whereas soft or loose arm suggest a relaxed working nature of person working.

d) Miscellaneous Findings/Conditions that May Affect The Individual's Future:
- **Autoimmune Issues**: E.g. rashes and arthritis can be seen in Systemic lupus erythematosus; inflammation and deformities are seen in rheumatoid arthritis, etc.
- **Metabolic Issues**: E.g. swelling and joint pain may be seen in Gout; deformities and fractures can occur in Osteoporosis.
- **Endocrine Issues**: E.g., Diabetes mellitus (neuropathy, skin changes); Hyperthyroidism (tremors, muscle weakness).
- **Dermatological Issues**: E.g. skin may become itchy and inflamed in eczema; scaly patches are seen in Psoriasis; abundant hair on arms may occur in hormonal imbalances (e.g., hirsutism); thick folded skin of upper arm may be seen in Cutis Verticis Gyrata, in neurofibromatosis or hormonal disturbances; moles or nodules can be pathologically seen in Cafe au lait or neurofibromatosis; velvety, hyper-pigmented skin on the arms (Acanthosis Nigricans) occurs due to insulin resistance and hence heralds type 2 diabetes.[14]
- Variations in Hair Growth Patterns as sparse hair can be a sign of some genetic syndrome too in which the development of hair follicle gets affected.
- **Variations in Sweat Gland**: E.g. Anhidrosis impairs thermoregulation and increases the risk of heat-related illnesses; Hidradenitis Suppurativa is a chronic inflammatory disease of apocrine glands of axilla/arm which has association with metabolic syndrome and obesity.
- **Arm Span:** If it exceeds height by more than five centimetres, it is an early sign of potential growth disorder or genetic issues as Marfan's syndrome. Increased arm span may also be seen in conditions as coarctation of aorta and Klinefelter's syndrome. Arm variations can thus have predictive markers for a wide category of diseases such as musculoskeletal, systemic diseases, metabolic, nutritional or genetic which can have a profound impact upon an individual's life.

In the light of above variations we can find one or more scientific reasons behind the future predictions of Vedic literatures. Thus it is clear that while the Lakshanadhyaya and Samudra Shastra associate arm features with their bearer's fortune, success, and identity**,** modern medicine correlates them with anatomical, genetic, and physiological factors. The consideration of *Purva Karmas* by Vedic literatures can most convincingly justify this difference.

CONCLUSION

Variations in arm encompass a wide range of anatomical differences which eventually can predispose individuals to different medical conditions or at least restrict/promote his physical and mental abilities in a direction in accordance with those differences. So an early recognition of these variations and *Karmic* (*Purva Karma*) predispositions can help a lot in timely future planning best suited for that individual. This was probably the reason why the Vedic literatures as Kashyapa Samhita and Samudra Shastra came up with some features of human arm that resonate well with the individual's future. Scientific explanations may be found for most of the described findings. However, a longitudinal scientific study needs to be planned on large samples to affirm these findings, on the basis of which a comprehensive physical examination of upper limb may be developed convincingly.

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