

## CONCEPTUAL ASPECT OF ARISTA LAKSHANAS (SIGNS OF DEATH) IN HEAD & NECK

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### ABSTRACT

Ayurveda denotes life as the combination (*samyoga*) of body (*sharira*), organs of cognition (*indriya*), mind (*satva*), and soul (*atma*). Acharya Charaka in Indriyasthana of Charaka Samhita states that all Indriyas transcend the senses, henceforth it should be examined directly by the Vaidyas. Here some sign symptoms have been described indicative of the abnormal perceptions relating to the sense organs. These abnormal perceptions are indicative of death. Ayurveda explained Arishta on long basis. Vaidyas should identify proper Arishta lakshanas. Arishta is an indication of a future event. Arishta lakshanas are mentioned in Charaka Indriyasthana. It is very useful to Vaidyas for prognosis of diseases through Arishta Lakshanas. Hence all Vaidyas should have the knowledge of Arishtas. So that prognostic factor can be predicted based on location of Arishtas in concern body parts. Arishta is physically changed condition of a patient in which prakruti (normal homoeostatic) look manifest in the form of vikriti (Abnormal). Prakriti becomes Vikriti in the Arishta.<sup>[1]</sup>

**KEYWORDS:** Arista, Inauspicious signs, Sense organs, Indriyasthana.

### INTRODUCTION

Ayurveda denotes life as the combination (*samyoga*) of body (*sharira*), organs of cognition (*indriya*), mind (*satva*), and soul (*atma*). Acharya Charaka in Indriyasthana of Charaka Samhita states that all Indriyas transcend the senses, henceforth it should be examined directly by the Vaidyas. Here some sign symptoms have been described indicative of the abnormal perceptions relating to the sense organs. These abnormal perceptions are indicative of death. Ayurveda explained Arishta on long basis. Vaidyas should identify proper Arishta lakshanas.

Arishta is an indication of a future event. Arishta lakshanas are mentioned in Charaka Indriyasthana. It is very useful to Vaidyas for prognosis of diseases through Arishta Lakshanas. Hence all Vaidyas should have the knowledge of Arishtas. So that prognostic factor can be predicted based on location of Arishtas in concern body parts. Arishta is physically changed condition of a patient in which prakruti (normal homoeostatic) look manifest in the form of vikriti (Abnormal). Prakriti becomes Vikriti in the Arishta.<sup>[1]</sup>

Abnormal appearance in look of patient indicates healthy diseased state of the person. An experienced clinician

easily identifies the number of structural or morphological changes in patient while declaring prognosis of different diseases. A physician who knows these features can decide and plan the line of treatment of a patient and becomes a successful physician.

Arishta Lakshanas (Inauspicious) signs observed by great Ayurvedic physician as follows:

- Oshtha (Lips): The patient whose lips are blue like ripe Jamuna fruits should be regarded as one who's at life-span has finished.<sup>[2]</sup> This indicates lack of oxygen in the blood (i.e. Cyanosis)
- Netra (Eye /Vision): - If a patient views the sky as something solid (or like the earth) as something void (or like sky) he is sure to die soon as both these symptoms as inauspicious.<sup>[3]</sup> Both these symptoms are indicative of imminent death only when they appear simultaneously. As a matter of fact, symptoms indicative of imminent death pertaining to sense organs are already described in general terms.
- Jihva (Tongue /Taste): - If a person free from Stomatitis or Glossitis (Mukhpak) does not have the gustatory sensation at all or has a wrong gustatory sensation, he is also ripe for death.<sup>[4]</sup> The person does not perceive taste sensation, it indicates sudden sensory loss of tongue (cranial nerve)

- Nose (Smell / Gandha): - If olfactory sense of a person fails to distinguish between good or bad smells or is not responsive to any smell at all, he is considered as a moribund person.<sup>[5]</sup> This also indicates the sudden death due to sensory nerve loss (Olfactory Nerve).
- Neck (Greeva): - The person whose head & neck are unable to bear his own body weight, whose lower jaw is unable to hold the bolus of food put into the mouth.<sup>[6]</sup> These all three are Arishta, because of Lack of nervous control of the muscle (paralysis of Nerves)
- Head (Shir): - If an unctuous powder resembling that of cow dung appears in and falls down from head, the patient may live for one-month only.<sup>[7]</sup> Also, on application of oil disappears on head is one of the arishta lakshana. This indicates the lack of blood supply to the periphery of the body can be declared close to death.
- Nasa (Nose): - Whose nose is very largely dilated or contracted, having severe swelling at the top, cracked or lusterless.<sup>[8]</sup> In this Rishta the size of the nose becomes enlarged or small elevations and inflamed, ruptured or dirty, these are the signs of death due to the lack of motor disturbance (brain tissue) concerning nose.
- Body parts: - Whose body (Anga) & Body parts become either heavy very Heavy or very light without any cause.<sup>[9]</sup>
- Body Orifices: - Bleeding from Romakop (hair follicles) or other orifices of the body without intake of poison by a person in known as an arishta<sup>9</sup>. Because of haemorrhagic tendency below the skin and body.
- Body Surface (deha): - He on whose body water floats like floating on the lotus leaf (without moistening it) He lives only for six months.<sup>[10]</sup> It is a fatal prognostic sign. Because of abnormality present in nervous & vascular system.

## DISCUSSION

There are some factors and conditions which must be taken into account for knowing the remaining lifespan of person. They are as follows.....

Varna (complexion) relating Arista (C.I.1/10).<sup>[10]</sup>

Change in body complexion and another half may have abnormal complexion which has been clearly demarcated. Appearance of natural and unnatural complexion may simultaneously appear in face and other parts of the body may be arista.

Appearance of pilu, vyang tilkalak and pidaka in the face of patient may resemble Arista.

Swara indicating ARISTA-(C.I.1/4-5)<sup>[11]</sup>- sudden appearance of abnormal voice and mixture of various voices like sheep, feeble voice inaudible, indistinct

voice, choaked, hoarseness, poor and stammering voice is arista lakshana,

Gandha indicating ARISTA- (C.I.2/8-16)<sup>[12]</sup>- one who emits constant fragrance resembling that of various flowers like blossomed forest with many trees and Creepers full of flowers is known as pushpita, this indicates person will die within a year.

If person emits smell like that of urine, faeces, dead body all are unpleasant smell are Arista lakshana.

Rasa indicating ARISTA-(C.I.2/17-22)<sup>[13]</sup>- the taste of human being gets two type of changes before death of an individual, that is one is bitter taste or in the form of external sweetness. In case of bitter taste of flies, wasps, and mosquitoes get away from the body having an abnormal test but in case of sweetness flies are attracted constantly even after he has taken bath or applied cosmetics.

Sparsa indicating ARISTA-(C.I.3/4)<sup>[14]</sup>

Following points indicate Arista by touch.....

Absence of pulse in pulsating area Soft organ become hard Coldness in those which normally remain hot Dislocation or looseness of joints either downward or sidewise Chakshu indicating ARISTA-(C.I.3/6)<sup>[15]</sup> Matting of eyelashes Unevenness in eye Constantly wide open or closed Excessive blinking Blindness of pigeon that is- they view everything black during day time Eye become black red like fire brand Charak indriya sthan has described all Arista which are indicated by Rasa, Gandhas, sparsha, and many more. And some of them are listed above. Physician should not announce the imminence of death without being especially requested for that, even if he is aware of onset of bad prognostic sign. Wise Physician should however refrain from treating such patient having sign of imminent death without making announcement of approaching death. Sometime Arista are not recognised by an intelligent Vaidyas due to their minuteness or miss understanding or by carelessness because Arista develop instantaneously before the death of an individual. Once the symptoms developed death is certain.

## CONCLUSION

As per the Ayurveda Arista lakshanas can be distinguish as a pre-symptom of the imminent death. Clinical Anatomy of Head & Neck can be seen in this topic of arista in Ayurveda. There are multiple signs & symptoms valuable in prognosis of death and also can be utilized as a diagnostic tool for treatment in chronic illness in patients.

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