



“Study of Udgar lakshan in different diseases - A Critical Review”

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Abstract:

Lakshan i.e. Rupa are the Sign & symptoms of the disease. It explains the nature of the disease. They are stick up with the disease. When disease cured they are vanish away. Rupa or Lakshana helps in deciding the line of treatment of a disease or Vyahdi.

The term linga (rupa) means clinical features i.e., signs (chinnha), and symptoms (lakshana) of a disease. The clinical features of the disease are vital predictors of the severity of the underlying pathogenesis of the disease. Linga is a crucial component in understanding disease prognosis and other aspects of nidana panchaka (five factors necessary for understanding the severity, potency, pathology, and prognosis)

So, clinical significans of specific Rupa/Lakshan is necessary to study from ayurved (Rog nidan) point of view.

Keywords: *Udgar lakshan*

Introduction:

Definition: The term linga (rupa) means clinical features i.e., signs (chinnha), and symptoms (lakshana) of a disease. The clinical features of the disease are vital predictors of the severity of the underlying pathogenesis of the disease. Linga is a crucial component in understanding disease prognosis and other aspects of nidana panchaka (five factors necessary for understanding the severity, potency, pathology, and prognosis).¹

Cardinal features are specific clinical features of a disease. Linga is one of the three most essential aspects described in the trisutra principle of Ayurveda i.e., etiology (hetu), clinical features (linga), and intervention (aushadha).² It is necessary for the precise knowledge and practice of Ayurvedic medicines and treatment techniques. The treatment should be prescribed only after thoroughly examining causative factors (hetu) and the signs and symptoms (lakshana) of the disease.³

The unexpressed prodromal sign and symptoms that exhibit themselves with the disease's prognosis are called rupa.⁴

Some of the clinical features are manifested in a disease, and some are unmanifested. Linga describes the nature (svarupa) of the disease. Linga serves as a base for investigations in the three methodologies of examination of the subjects i.e., interrogation (prashna pariksha), inspection (pratyaksha pariksha), and inference (anumana pariksha).

Aims & Objectives:

To study the clinical significance of Udgat lakshan in different diseases.

Material & Methods:

Manual Searching & Collection.

Classification of the rupa:

1. Dosh specific features (dosha samashraya): The sign and symptoms of the disease that arise due to interactions of dosha with dushya (dosha-dushya sammurchana) are the dosha specific features of a disease. These are often exhibited in the early stages of disease and indicative of the commencement of pathogenesis of the disease.
2. Disease-specific features (roga samashraya): The sign and symptoms experienced by the subject physically or psychologically are disease-specific features. It represents a pathological event that surpassed the subject's body strength and immunity (bala & ojas) and led to the occurrence of the disease.

There are two types:

1. General features (samanya rupa): These are the general clinical features of the disease. For example, feverishness (santapa) is a prevailing clinical feature of fever (jwara); loose, watery stool (atisarana) is a general clinical feature of diarrhoea (atisara).

2. Specific features (vishistha rupa): These are the special clinical features of the disease. These indicate the specificity of the pathology.

Vishistha rupa *i.e.* *Udgar lakshan* of different diseases presented in following table.⁵

SN	Disease	Type of Udgar
1	Pittaj Hrudrog	Tiktamoldgar
2	Sahaj Arsha	Tiktamoldgar
3	Raktapitta	Shuktamla udgar
4	Grahani	Tiktamoldgar
5	Pittaj Gulma	Dhumamla
6	Arsha Purvarup	Amlodgar
7	Pittaj Pandu	Amlodgar

Discussion:

The clinical features of the disease are of high diagnostic and prognostic importance. Clinical features appearing due to disease are the markers of severity and intensity of the disease. Clinical features hold critical interventional importance. The physician implements the intervention based on the severity of signs and symptoms.⁶

The above mentioned rupa *i.e.* specific lakshan of the diseases is important from dosha dominance. Majority of the udgar lakshan mentioned are seen in pitta dosha dominance. so it is useful to diagnosis the dominance of the dosha. It also helps to diagnosis. The above mentioned Udgar lkashan is important for the purpose of planning of chikitsa. It is also helpful to select the drugs according to this specific lakshan.

Conclusion:

1. Specific Linga is an essential component of the five tools for knowledge of diseases (nidana panchaka).
2. Specific clinical features *i.e.* Udgar lakshan hold critical interventional importance.
3. It is also helpful to select the drugs according to this specific lakshan.

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