



“EXPLORING THE SIGNIFICANCE OF ARISTA VIGYANA IN A DYNAMIC WORLD”

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ABSTRACT

Depending on the treatment, diseases are classified as early treatable, recurrent or incurable. During the pathological process, some diseases develop numerous characteristic symptoms that have a serious prognosis such symptoms are called *Arista lakshana* in classical *Ayurveda*. Therefore, it is very important to know the course of the disease and the prognosis before starting treatment. Treating incurable diseases defames *Vaidyas* and leads to loss of wealth and respect in society. When selecting a patient, a good doctor should pay attention to the patient's characteristics, e.g. *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*,

INTRODUCTION

Arista Lakshana indicates the incurability or poor prognosis of the disease leading to the death of the patient. As part of disease classification, *Acharya Charaka* classifies diseases in different ways. In the *Mahachatuspada Adhyay Sutra Sthana* divides diseases into curable, incurable, mild and incurable diseases. The *Acharya* clearly mentioned that the *vaidya* should treat only curable diseases after careful consideration of the patient's condition and the disease category.

For the convenience of the doctor, the *Acharyas* have described various signs and symptoms depending on place of residence, color of eyes, skin and nails, body temperature, pulse colour and consistency of excretions of waste

product, *Swapna Visayaka Arista Lakshan* under diseases and *Doota Addhikar* and many others. The complete *Indriya Sthana* consists only of the *Lakshans* with which the *Vaidya* cannot be confused in terms of prediction diseases and the remaining life expectancy of the patient are not part of the assessments.

Material & Methods

The description of *Arista Vigyan* can be found everywhere in *Ayurvedic* texts. *Acharya Charak* delivered a comprehensive *Indriya Sthana*¹ on the subject. *Acharya Sushruta* emphasizes *Arista* in the *Sthana Sutra*². *Acharya Vaghbhatta* enlightened *Artista* in *Sharira Sthana*³. A sufficient description of the *Arista* is therefore found in *Brihataya*. Furthermore, *Acharyas* discussed in *Purva Khand Bhavprakash Samhita*. *Acharya Madhav* also discussed the *Lakshana* of *Arista*.

Aims & Objectives

- 1) Comparison of classical *Arista Lakshanas* Prognostic signs and symptoms in modern medicine.
- 2) Appreciate the importance of various *Arista Lakshan* in current perspective.

Life-threatening signs and symptoms of illnesses that may occur considered under *Arista* are the following-

Hepatic failure-There are numerous causes that can be considered for hepatocellular insufficiency, such as yellowish discoloration of the skin and mucous membranes, green stools, dark urine, palmar erythema⁴ with weight Loss and fatigue under *Varna Visyaka Arista*, Sponge nail terrys nails under *Nakha Visyaka Arista*, Dullness of flanks under *Parimarsh Janya Arista* Fetor Hepaticus under *Gandha Visyaka Arista*, Shortness of breath under *Ushvas Visyaka Arista*, Swelling of lower legs under *Sotha Visyaka Arista*.

Tridoshaja Pandu -Anemia marked many *Lakshan* in *Arista vigyan* like general pallor⁵, bloody stools, hematuria with fatigue and weakness considered under *Varna Visyaka Arista*, pale gums under *Danta Visyaka Arista*, cold hands and feet in *Parimarsh Janiya Arista*, shortness of breath under *USchwas Visyaka Arista*.

Mental and behavioral disorders: The *Arista Lakshan* is comparable to disorders such as visual hallucinations in *Netra Visyaka Arista*, auditory hallucinations in *Shabda Visyaka Arista*, impaired sense of smell in *Gandha Visyaka Arista*, false taste in *Jihwa Visyaka Arista*, manic depression under *Ek varshiya Arista*, memory loss less than six months *Arista*, the characteristics of obsessive-compulsive disorder are very similar to *Arista* in the *Avakasirsiya Adhyaya*.

Murcha – *Murcha* is a state of unconsciousness/semi-consciousness that develops due to various reasons. Shock is characterized by profuse sweating, a weak or absent pulse, pale skin, rapid and shallow breathing. dull eyes, enlarged pupil corresponding to *Parimarsh Janiya Arista*, *varna visyaka arista uschwas visyaka arista netra visyaka arista*.

Consequences of hyperglycemia-There are many *Arista Lakshan* who suffer from this complication of the disease like lipido necrobiosis, diabetic dermopathy with weight loss like *Varna Adhikar Visyaka Arista*, digital sclerosis, dysesthesia under *Parimarshaniya Arista*, diabetic nephropathy⁶ under *Mutra Visyaka Arista*, the periodontal disease under *Danta Visyaka Arista*. Color vision disorder, floaters, blank field of vision under *Netra*

Visyaka Arista, swelling of hands, feet, ankles and eyes under *Soth Visyaka Arista*, rapid breathing under *Ushwas Visyaka Arista*, diabetic ketoacidosis under *Pushpiya Indriya Visyaka Arista*.

Metal and gas poisoning – Cherry red skin due to CO poisoning and cyanosis due to NO poisoning are similar to *Varna Visyaka Arista*. Another feature of NO poisoning, such as pulmonary edema, is the subject of *ushwas visyaka arista*, cold, clammy skin under *Parimarshniya Arista*, mental retardation due to lead poisoning shows *hallucinations Arista Lakshan Avakasirsiya Adhyay Arista* and *Anu Jyoti Adhayay Arista*. Other features like tingling in hands and feet resemble *Parimarshniya Adhyay Arista*, *dysarthria* under *Swara Visyaka Arista*, hyperproteinemia under *Mutra Visyaka Arista*, pallor of skin under *Varna Visyaka Arista*, encephalopathy under *Swara* and *Gandha Visyaka Arista*. As poisoning symptoms as 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 Breathing under *Pushpitak Adhyay Arista*. Yellowing of the eyes, mucous membranes and whites of the eyes under *Varna Visyaka Arista*. CO poisoning symptoms such as shortness of breath under *Ushwas Visyaka Arista*. Yellowing of teeth under *Danta Visyaka Arista*, anemia, cyanosis under *Varna Arista*, loss of smell under *Gandha Visyaka Arista*, tinnitus under *Shabda Visyaka Arista* due to cobalt poisoning.

Acute Cyanosis – Acute cyanosis is a symptom of *Varna Visyaka Arista* that involves a bluish discoloration of the skin, nails⁸, mucous membranes, lips, fingers and toes. This is a sign of a life-threatening illness such as asphyxia, respiratory blockage, or intra cranial hemorrhage.

Irreversible encephalopathy – ischemic encephalopathy, static encephalopathy, toxic encephalopathy, salmonella encephalopathy, hepatic encephalopathy and uremic encephalopathy can be classified under it as they focus on *multiple Arista jaundice type Lakshan* under *Varna Visyaka Arista*, peripheral edema under *Sotha Visyaka Arista*, cerebral edema, halitosis under *Pushpa Gandha Visyaka*, cerebral edema, cerebral edema, cerebral edema, loss of pushpa halitosis, irritability, mood or personality change, reversal of sleep-wake cycle, coma.

Irreversible Kidney Damage – The kidney plays an important role in the human body. When damaged, *Arista Lakshan* resembles half and half nails in Beau's line under *Nakha Visyaka Arista*, shortness of breath under *USchwas Visyaka Arista*, swelling due to water retention under *Sotha visyaka arista* *Mutra visyaka arista*.

Meaning of Dootvishyaka and Swapna Visyaka Arista – An Attendant with a bundle of nerves shows the critical condition of the patient, sometimes the disease of the patient affects the family member as well as it affects the mind of the messenger.

Meaning of Dootvishyaka and Swapna Visyaka Arista – A nurse with a bundle of nerves shows the critical condition of the patient, sometimes the disease of the patient affects the family member as well as it affects the mind of the messenger.

Meaning of Gomaychurna Visyaka Arista – *Aushad Visyaka Arista* shows delayed treatment of emergency condition, *Ahara visyaka arista* shows terminal stage of patient, critical condition of patient unfavorable prognosis based on messenger, *vaidya visyaka arista* shows bad situation or professional doctor treated the patient well, the prognosis is based

on bad traffic signs and draws attention to an obstacle that delays arrival at the destination, funk mood of doctor's and the panicked state of a family member, *Swapna Visyaka Arista*, reveal a deeply affected inner consciousness. However, *Lakshans* are described directly in this chapter, but indirectly they actually play an important role to indicate the critical condition of the patient even without admit a patient to hospital.

DISCUSSION

Arista Lakshana can be understood as prodromal signs and symptoms of death, i.e. symptoms of the final stage of an incurable disease. In the *Indriya Sthana* the *Acharya* has mentioned *those Lakshanas* which indicate the final stage with the explanation of another *Purushanashrita Lakshana*. The counselor can understand the seriousness of the illness based on the measures taken by him even if he does not take care of the patient by understanding this special moment of *Purusa Anashrita Lakshana*.

The diseases mentioned here can be classified *Lakshya Nimmita*, which is Bad living and eating habits are the main responsible Factor. Bad habit like Alcohol consumption causes or accelerates liver problems, sedentary lifestyle causing hyperglycemia and the patient suffered from diabetes, Responsible officer working in the mines without a proper safe goalkeepers put too much pressure and want to win everything luxury goods in no time, compare yourself with the second is a psychiatric trigger and conduct disorder, excessive drug use and being upset by a minor physical inconvenience, such as pain cause kidney and liver disease.

Therefore, the doctor should acquire more in-depth specialist knowledge of *the Arista vinyan*. In many cases, due to lack of time or other factors, the doctor relies solely on laboratory tests, which often seem to be a waste of time and money, and the most important tool of clinical examination is the patient's physical examination.

CONCLUSION

The *Arista* symptoms describe by the *Acharya* are closely related to the poor prognosis of modern Dynamic world. Some *Arista*-specific diseases indicate an advanced stage of the disease, others are associated with complications of the disease. *Arista Lakshana* demonstrates great knowledge and extraordinary visions of the *Acharyas*.

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