



CONCEPT OF ARISTA IN AYURVEDA

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ABSTRACT

Ayurveda postulates that dosas, dhatus, malas, strotas, strotodusti, agni are the vyadhi ghatakas (components of disease process). Each one having its definite role to play in causation of disease. Dosh, dushyas strotas, and agni in their normal condition help in maintenance of Health and bring about ill health or disease when they become abnormal. Once these doshas are vitiated it results in vyadhi occurrence. Sometimes some signs are produced by vitiated dosas which have transcended the sphere of treatment and pervade all over the body are known as Arista.

KEYWORDS: dosas, dhatus, malas, strotas, strotodusti, agni.

INTRODUCTION

It is accepted by our acharayas that without involvement of dosas disease won't manifest in the body. It is also well known that dosas, dushayas, dhatus, malas, strotas, agni strotodusti are the important vyadhi ghatakas (components of disease process). When they are in their normal state i.e. samyavastha, it leads to healthy condition and when it is in abnormal condition or vaishamyavastha leads to vyadhi occurrence. When this vyadhi ghatakas are vitiated it leads to vyadhi occurrence along with some specific sign and symptoms.

Appearance of certain sign and symptoms which indicate death of the patient is called Arista. Sometimes some signs are produced by vitiated doshas which have transcended the sphere of treatment and pervaded all over the body are known as Arista.

AIM

The main of this article is to explore the concept of and importance of Arista in contemporary era.

MATERIAL METHOD

The content of this article is taken from various ayurvedic text books and journals.

DISCUSSION

What is Arista?-

Niyatmarankhyapkam lingamristam (M.N.1/2_3)

Means Appeared symptoms which indicate definite death of the patient is called Arista.^[1]

According to Acharya Charak

Kriyapathamtikrantaah kewalam dehmatluta/

Chinham kurvanti yaddoshastdarishtam nirucchayate// (C.I.11/29)

The indications which the morbid humor give of their having transcended the stage of treatment and having pervaded through out the entire body is called Arista (evil symptoms) prognosticative of death.^[2]

Pushpam yatha purvarupam phalasyedam bhavishyatah Yatha lingamristakhyam purvarupam marishyatah// (C.I.2/3)

Means...flower indicates the forthcoming fruit. In the same manner appearance of particular symptoms anticipate imminent death of patient.^[3]

- Ristabhas^[4]- Generally exacerbated dosas manifest powerful symptoms resembling that of Arista but they are not Arista is called ristabhas-(A/Hr/Sh5/3)
- Ristabhav^[5]- Certain factors like Roopa indriya, swara, Chhaya, kriya, etc change their normal functions and become abnormal without any apparent cause is known as ristabhav.

Types^[6]

- According To Acharya Charak- (C.I.1/4)^[7]
 1. Purushamanashrita- This are not related to the patient and are to be understood by authoritative statement and rational thinking.
 2. Purusasamsrayani – This are observed in patients and can be ascertained by normal constitution and morbid dispositions.
- According To Acharya Dalhan-(S.Su28/2-3dalhan)
 1. Niyat- Means definite leading to death
 2. Aniyat- Means indefinite event about the future event leading to death.^[8]

- ACCORDING TO ASTANG HRIDAYA-(A.H.Sa5/3-4)^[9]
1. Sthayi (permanent)- Means definite death
Asthayi (temporary)-Means subsides by mitigating dosas.

Clinical Aspects of Arista

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)^[10]
Change in body complexion and other 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)^[11]- 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)^[12]- 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)^[13]- 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, bees, 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)^[14]

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)^[15]
- 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 Vedyas 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.^[16]

CONCLUSION

The features which indicate imminent death have been described in various Ayurvedic textbooks. These features would be complexion of patient in general, in lips, teeth, tongue, nose, eye, hair, etc. or abnormality in different physiological function of body.

A historical and comparative research into this various sign and symptoms which indicate imminent death would be worthwhile from point of view of history of medicine.

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