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### Review Article

## CRITICAL REVIEW OF ASHTONINDANT PURUSH WITH REFERENCE CHARAK SAMHITA

**Dr. Deepavali Kasare<sup>1</sup>, Dr. Amar Kamble<sup>2</sup>**

1. Associate Professor, Swasthavritta and Yoga dept., Manjushree research institute of Ayurvedic science Piplaj Gandhinagar Gujarat, India. Pin Code 382610
2. HOD and Professor, Rachana sharir dept., Manjushree reserach institute of Ayurvedic science Piplaj Gandhinagar Gujarat, India. Pin Code 382610

### Address for correspondence:

Dr. Deepavali Kasare<sup>1</sup>, Associate Professor, Swasthavritta and Yoga dept., Manjushree research institute of Ayurvedic science Piplaj Gandhinagar Gujarat, India.

Email Id: [deepakasare@gmail.com](mailto:deepakasare@gmail.com)

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### ABSTRACT

In Ayurveda classical text Charkacharya has described nindita purusha (undesirable constitution) & Anindita constitution (Desirable constitution) according to physical constitution in Ashtonindita chapter. These eight despicable person are Atidirgha (very tall), Atihrsva (very short), Atigaura (very fair), Atikrushna (very dark), Atiloma (very hairy), Aloma (devoid of body hair), Atisthula (very obese) & Atikrisha (very lean). Charakacharya further states that Atisthula & Atikrisha can be treated hence Acharya has mentioned the management of these two only.

### KEYWORDS

Prashta purusha, Ashtonindita purusha, Atisthula, Atikrisha

### INTRODUCTION

Ayurveda is unique science of life. Ayurveda has aim to prevent & promote health & to cure disease person.<sup>1</sup> Various classical texts were composed to fulfill these aim. These classical texts gives knowledge about Rachana sharir, kriya sharir, nidana, chikitsa of various diseases. Acharya Charak in charak Samhita sutrasthana 21 chapter has described prashat purush lakshan (Ideal person). According to Acharya charak any person who endowed with well formed muscles, compactness & strong sense organs will not afflicted with strong diseases, He can with stand hunger, thirst, heat, cold & exercise. The food gets digested & gets assimilated properly, resulting in proper nourishment of all dhatu.<sup>2</sup> Acharya Charak also described eight types of undesirable men according their physical constitution. They are called as ashtonindita purusha. (eight undesirable person).<sup>3</sup> They are as follows -

1. Atidirgha (Too tall)
2. Atihrashva (Too short)
3. Atiloma (over hairy)
4. Aloma (Hairless)

5. Atikrushna ( Too black)
6. Atigaura (Too fair)
7. Atisthula ( Over obese)
8. Atiruksha ( Over emaciation)

Among above said undesirable persons, Atisthula & Atikrusha purusha are more commonly found. Ayurveda further stated that Atisthula & Atikrusha person are more despised among all eight despised persons<sup>4</sup>. These two people are more favorable to get any kind of disease easily. Therefore they are described in details. According to Acharya Charak, people who are Atisthula are more liable to be at health risk than Atikrusha.<sup>5</sup> It is observed that, Atisthula person cannot tolerate any type of physical exercise, over saturation, hunger, thirst, diseases & drugs.

This Medoroga is categorized under diseases which are caused by over saturation i.e. under Santarpanajayna, Rogas. In sutra sthana, Acharya Charak mentioned Atisthaulya as a kapha dosha in generation of disease<sup>6</sup>. Sutrasthana, Atisthaulya is said to be "Atibrihan janyavyadhi" i.e. disease caused by excessive brihan therapy.<sup>7</sup> Acharya also mentioned Atisthaulya as a "Dushtimedojvyadhi" means disease caused by vitiation of Medodhatu.

### **Aim**

To understand the concept of Ashtonindita purush.

### **Objectives**

1. To study symptoms of Prashat Purush.
2. To study the causes, symptoms, treatment of Atisthula & Atikrusha.

### **Materials & Methods**

Data is collected from Classical text of Charak Samhita.

#### **Atisthula**

#### **Causative factors of Atisthaulya<sup>8</sup>**

1. Divaswapna – Sleeping during day time for long time.
2. Avyayama- Lack of physical exercise
3. Shleshma Ahara sevana – Excessive intake of Ahara which increase kapha dosha.
4. Shleshma vardhaka vihara – Sedentary life styles, which cause an increase in the Kapha dosha.
5. Atisampurna – Excessive intake of foods, which are heavy for digestion.
6. Harshanitya – Enjoying happiness always
7. Achintana – Not thinking or worrying about anything.
8. Bijaswabhabha – Heredity or Genetic abnormalities

#### **Ashtadosha or Eight defects of Atisthula Purusha<sup>9</sup>**

Atisthula Purusha is said to suffer from eight defects. They are as follows -

1. Ayushorhrasa (Shortening of life span)
2. Javoparodha (early onset of senility)
3. Kruchya vyavayita (Difficulty in sexual intercourse)
4. Daurbalya (General debility)
5. Dargandhya (foul smell of body)
6. Swedabadha
7. Ati-trishna (excessive thirst)
8. Ati-Kshudha (Increased Appetite)

#### **Pathogenesis of eight fold Dosha of Sthula Purusha<sup>10</sup>**

1. Ayuso-hrash – Except Medadhatu other dhatus do not grow uniformly, as a result of which longevity diminishes.
2. Javoparodha – Sluggish movements is due to looseness, tenderness & heaviness of Meda.
3. Krichha Vyavayata - Difficulty in sexual intercourse is due to inadequate semen along with obstruction to its normal path by Meda.
4. Daurbalya – General Debility is due to inadequate Dhatus.
5. Dargandhya – Foul smell from the body is due to inherent defect in Medas & general nature of meda followed by excessive salivation.

6. Swedabaddh – When meda is associated with Kapha, which is fluid, multitudinous & heavy & it cannot stand physical exercise leading to excessive sweating.
7. Kshudha Atiyoga – Excessive appetite is due to enhanced digestive fire along with excess presence of vata in koshta.
8. Pipasa Atiyoga – Excessive thirst is due to enhanced digestive fire along with excess presence of vata in koshta.

#### **Pathogenesis of Atisthula Purusha <sup>11</sup>**

1. The excessive fat in the body produces obstruction
2. So the movement of Vayu is specially restricted to koshta
3. This stimulates the digestive power & food taken gets digested quickly & assimilated very fast, so he eats more.
4. The agni & vata are the two most trouble some complicating & burns the obese individual like the forest fire burning forest.
5. Excessive fat produce severe type of diseases all of a sudden by vata etc factors, which may lead to instantaneous death.

#### **Symptoms of Atisthula Purusha <sup>12</sup>**

Excessive increase Meda & Mamsa, Buttocks, abdomen, & breast become pendulous.

There will be disproportionate in strength in comparison to physical growth.

#### **Principle of treatment of Atisthula <sup>13</sup>**

For obese person food which are heavy for digestion & which

Make the body slim are always useful.

#### **Management of Atisthula <sup>14</sup>**

1. Diets having the property of vata, kapha, meda alleviation should be given.
2. Always give enema of ushna, sharp, dry drugs.
3. Use dry massage with dry powder.
4. Use guduchi, Bhadramusta & Triphala, Takraarishta, honey as medicine.
5. Vidanga, nagar, blackiron powder, yava, amalaka along with honey is advised.
6. Briuhat Panchmool with honey, Shilajatu with decoction of Agnimantha is indicated.
7. Ahara like Prasatika, priyangu, shayamaka, yava, kodrava, mudga, kulattha, Adhaki, patola Amalki should be used.
8. Honey water is used.
9. Awakening at night.
10. Sexual indulgence, physical exercise & worries should be practiced.

#### **Atikrasha ( Emaciation)**

Krushta is defined & well explained by Acharya Charak in Ashtanindatiya Purusha. In Charak Samhita Acharya Charak Karshya is included under Nanatmaja Vatavyadhi<sup>15</sup>.

#### **Causative of Krushta <sup>16</sup>**

According to Acharya Charak

1. Excessive consumption of Aahara which aggravates Vata dosha i.e. Katu (pungent), sheet (cold), Ruksha (dry) & Kashaya.
2. Excessive intake of kaphhara dravyas ( which reduces Kapha dosha)
3. Intake of unctuous diets & drinks.
4. Continuous Upavas ( Fasting) for long period.
5. Pramitashana (Intake of little amount of food.)
6. Kriyatiyoga ( Excess of elimination therapies.)
7. The person who indulge too much in shoka ( grief ), worry & fear.
8. Suppression of natural urges like- Nidra ( sleep), Trishna ( thirst) & Kshudha (hunger).
9. Ati Vyayama ( Excessive physical exercise) & Ati vyavaya ( Excessive sexual intercourse)
10. Dry massage ( Ruksha udavartana )& bath.
11. Beej dosha ( Heredity)
12. Jarajanya ( Due to old age)
13. Long chronic disorders

**Symptoms of Kruṣṭa**<sup>17</sup>

1. Wasting prominent marked in buttocks, abdomen & neck.
2. Prominent vascular net work in the body.
3. Remnants of skin & bone.
4. Joints are prominently.

**Diseases due to excessive kruṣṭa**<sup>18</sup>

1. This person cannot tolerate any type physical exercise, excessive hunger, thirst.
2. This person often becomes a victim of Pleeḥa vridhi (Spleen enlargement)
3. Diseases like kasa (cough) udara (Abdominal tumor), Arsha (Piles)
4. The person cannot tolerate much of cold things & hot things.

**Principle of Treatment**<sup>19</sup>

Light & nourishing diet should be given for very lean person to make him fat.

Light diet helps to increase Agni, Santarpaka food nourishes the body.

**Treatment of Kruṣṭa**<sup>20</sup>

1. Take day sleep.
2. Take sound sleep on comfortable bed.
3. Avoidance of excessive worry & sexual act.
4. Peace of mind.
5. Avoidance of physical exercise.
6. Regular oil massage
7. Basti prepared of unctuous & sweet drugs.
8. Use of white cloths, scents & garlands.
9. Use of Rasayana & Vjikanarāna drugs.

**Diet**<sup>21</sup>

1. Regularly take newly harvested rice, flesh of marshy & aquatic animals & processed meat.
2. Regular intake of curds, ghee, milk, sugar cane, wheat & products made of jaggery.

**CONCLUSION**

Both the obese & emaciated person always suffer from diseases, they are treated by depleting therapy & nourishing therapy.

Among two, emaciated is better, because treatment of obese is difficult, as nourishing therapy increase obesity.

He can not treated by fasting therapy, because due to excess of Agni, he cannot with stand fasting therapy. (Langhana)

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