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Review Article

### ASHTONINDATIYA PURUSHA – EIGHT UNDESIRABLE PERSONS IN AYURVEDA

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#### ABSTRACT

In ayurvedic text, 'Charakacharya' has described eight 'Nindya prakrities' (undesirable constitution) according to the body constitution. These eight despised persons are *Atidirgha* (very tall), *Atihriswa* (very short stature), *Atigaura* (very fair colored or complexion), *Atikrishna* (very black colored or complexion), *Atiloma* (with excessive body hairs), *Aloma* (absence of body hairs), *Atikrisha* (excessive thin or emaciated persons) and Obese (obese or overweight). *Ayurveda* further stated that Obese and Lean individuals are more despised among above eight despised persons. This review article attempts to explain *Ashtonindatiya Purusha* mentioned in *Ayurvedic* science and it's over all effects on human body along with causes, symptoms, methods of treatment and precautions.

**Keywords:** *Prashasta purusha*, *Ashtonindatiya Purusha*, Undesirable persons, *Atikrisha*, *Atisthula*

#### INTRODUCTION

*Ayurveda* is the ancient system of Medicine in the world. *Ayurved*, the science of life deals with every aspect of life. *Ayurveda* has two main objective i.e. protection and promotion of health and secondly cure from the diseases<sup>1</sup>. To fulfill these main objectives, various *Samhita* texts were composed. These *Samhita* texts deal with Anatomy, Physiology, diagnosis and treatment of the various diseases. In *Charak Samhita*, *Acharya Charak* has mentioned the symptoms of *Prashasta purusha* (Ideal person)<sup>2</sup>. According to *Acharya Charak* any person who has balanced proportion of muscles, Compactness, strong sense organs, who can tolerate any type of disease by his body strength, who can easily tolerate excessive hunger and thirst, sunlight, cold and various physical activities, who can digest easily any type of food, withstand signs of old age and who has proper growth of muscles and who does not get prone to diseases is known as *Prashasta purush*<sup>3</sup>. *Charak Samhita* also described eight kinds of men who are undesirable nature in respect of their body (Physique)<sup>4</sup>. They are called as *Ashtonindatiya purusha* (eight undesirable persons). They are as follows –

- 1) *Atidirgha* (Excessive tall person)
- 2) *Atihrasva* (Excessive short person)

- 3) *Atiloma* (Excessive body hairs)
- 4) *Aloma* (absence of body hairs)
- 5) *Atikrishna* (Excessive black colored person)
- 6) *Atigour* (Excessive white or fair colored person)
- 7) *Atisthula* (Excessive obese person)
- 8) *Atikrisha* (Excessive thin person or emaciated persons)

Among above said undesirable persons, *Atisthula* and *Atikrisha purusha* are more commonly found. *Ayurveda* further stated that *Atisthula* and *Atikrisha* person are more despised among all eight despised persons<sup>5</sup>. These two people are more favorable to get any kind of diseases easily. Therefore they are described in details. According to *Acharya Charak*, people who are *Atisthula* are more liable to be at a health risk than *Atikrisha*<sup>6</sup>. It is observed that, *Atisthula* person cannot tolerate any type of physical exercise, over saturation, hunger, thirst, diseases and 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 Nanatmaja roga*<sup>7</sup>. which indicates predominance of *Kapha dosha* in generation of disease. Very next chapter of *Sutra Sthana*, *Atisthaulya* is said to be "Atibrihan janyavyadhi" i.e. disease caused by excessive *brihan* therapy<sup>8</sup>. *Acharya Charak*

also mentioned *Atisthaulya* as a “*Dushtimedojvyadhi*” means disease caused by vitiation of *Medodhatu*.

#### Causes of *Atisthaulya* <sup>9</sup>

- ***Divaswapna*** - Sleeping during day time for long time.
- ***Avyayama*** - lack of physical exercises or activities
- ***Avyavaaya*** - Abstinence from sexual intercourse
- ***Shleshmal Ahara Sevana*** - Excessive intake of Ahara which increase *Kapha Dosha*.
- ***Shleshma Vardhaka Vihara Sevana*** - Sedentary life styles, which cause an increase in the *Kapha Dosha*.
- ***Atisampurana or Atibhojana*** - Excessive intake of foods, which are heavy for digestion, such as consuming sweet, cold and unctuous (fatty) foods
- ***Harshanitya*** - Enjoying happiness always.
- ***Achintana*** - Not thinking or worrying about anything.
- ***Bijaswabhaba*** - Heredity or Genetic abnormalities

#### ***Ashtodosha or Eight defects of Atisthula Purusha***

*Atisthula Purusha* is said to suffer from eight defects<sup>10</sup>. They are as follows -

- *Ayushorhasa* (reduced lifespan)
- *Javoparodha* (early onset of senility)
- *Kruchya vyavayita* (Find difficulty to perform sex)
- *Daurbalya* (debility or general weakness)
- *Daurgandhya* (foul smell of body)
- *Swedabadha*
- *Ati-trishna* (Increased thirst)
- *Ati-kshudha* (Increased appetite)

#### **Other symptoms of *Atisthula Purusha***

- Person is unable to make any kind of physical activities.
- Exhaustion even after performing a slight exertion.

#### **Principle of Treatment of *Atisthula***

For obese person foods which are heavy for digestion and which make the body thin are always useful<sup>11</sup>

#### **Treatment of *Atisthula***<sup>12</sup>

- Always consume that food and drink which mitigate excessive *Vata*, *Kapha dosha* and *Meda* (fat) *dhatu*.
- Always use enemas which are non - unctuous and *Ushna* in potency.
- Use dry massage
- Use *Guduchi*, *Bhadramusta* and *Triphala* as a medicine.
- Keeping awake at nights
- Indulgence in copulation, physical exercise and worry should be practiced in gradually increasing measure.

#### **Some changes in the life style**

Just modifying the diet alone is not a solution for obesity. A weight loss program requires an overall change in the life style of the person. Some changes required in the life style are as follows

- Always avoid day time sleeping
- Avoid sleeping immediately after eating.
- Regular exercise is essential to maintain a healthy body. Walking is the best exercise to start with and may be followed by brisk walking, running and swimming etc.
- Avoid sedentary and lethargic lifestyle.
- Fasting once in a week is highly useful in the treatment of obesity. While fasting you may eat fruit or vegetable juices and light soups etc.

- Avoid excess eating during indigestion or just after taking pervious meal.
- Always Avoid eating late at night
- Avoid drinking water immediately before or after meals as it will slow digestion.
- Consume non-vegetarian food like chicken, fishes, eggs, meats etc. in moderate quantity. Remove fat from meat & skin from chicken.
- Excessive Intake of fat and carbohydrates should be restricted.
- Don't consume excess alcoholic drinks and water on empty stomach.
- Avoid milk products like cheese, butter etc.
- Intake of fries, chips and other oily food should be reduced

#### ***Atikrisha* (Excessive thin person or emaciated persons)**

In *Charak Samhita*, *Karshya* is included under *Nanatmaja Vatavyadhi* <sup>13</sup>. *Karshya* is the condition in which a person suffers from severe nutritional deficiency, due to which the body of that person becomes extremely thin and there is almost no observable flesh all over the body. *Krushata* is well explained & defined in Ayurveda by our *Acharyas* in *Ashtonindatiya Purusha* chapter but they have also mentioned a separate disease which is closely similar to the *Krushata* that is known as *Rajyakshma* (Tuberculosis).

#### **Causes of *Krushata***

According to *Acharya Charak*<sup>14</sup>

- Excessive consumption of *Aahara* which aggravates *Vata dosha* i.e. *Katu* (pungent), *Sheet* (cold), *Ruksha* (dry) and *Kashaya* (astringent)
- Excessive intake of *kaphahara dravyas* (which reduces *Kapha dosha*)
- Intake of *Guru* (heavy to digest) food when there is *Mandagni* (low digestion power)
- Continues *Upavas* (Fasting) for long period
- *Pramitashana* (Intake of little amount of diet)
- *Kriyatiyoga* (Excessive subjection to evacuative therapy)
- The person who indulge too much in study and keeping awake at nights
- The person who indulge too much in *Shoka* (grief), worry and fear,
- *Vegdharan* (Suppression of natural urges, like - *Nidra* (sleep), *Trishna* (thirst) and *Shudha* (hunger) etc.
- *Ati vyayama* (Excessive exercise) and *Ati vyavaya* (Excessive sexual intercourse)
- Habitual indulgence in dry massage and bath
- *Ruksha udvartan* (Excess non - unctuous anointing to the persons)
- *Prakruti* (Body constitution)
  - Due to *Beej dosha* (Heredity)
  - *Jarajanya* (Due to old age)

#### **Symptoms of *Krushata***<sup>15</sup>

- There are many symptoms of *Krushata* but first and foremost is the appearance of the person. Emaciated people are extremely thin and there is no observable flesh anywhere on the body. *Nitamba* (buttocks), *Udara* (abdomen) and *Greeva* (neck) are shrunken

- Pinching the skin brings a very thin skinny mass into the fingers
- A person suffering from *Karshyata* has a *markable* low body weight than the normal values.
- Skin is thin, dry and translucent in some areas of the body
- The eye sockets are sunken and giving the eyes a bulging appearance
- The ribs and network of arteries (blood vessels) is clearly visible.
- The person has poor resistance power and stamina
- General weakness
- The person find difficult to indulge in sexual intercourse
- These people are poor in life activities and get affected quickly by dysponea.
- Person is weak in nature (low immunity), all disease that he suffers is difficult to treat

#### Complications due to excessive *Krushata*<sup>16</sup>

- This person cannot tolerate any type physical exercise, over saturation, excessive hunger and thirst.
- This person often becomes a victim of *Pleeha Vridhi* (Spleen enlargement).
- Various diseases like *Kasa* (Cough), *Udara* (Abdominal diseases), *Karshaya*
- (Wasting) *Shwasa* (Dysponea), *Gulma* (Abdominal tumor), *Arsha* (Piles) and
- Duodenal disorders generally arise quickly in this person.
- This person cannot tolerate much of cold things and hot things.

#### Principle of Treatment of *Krushata*<sup>17</sup>

For *Atikrusha* person, foods which is light (easy to digest) and nutritious (which make the body stout) are desirable. *Apatarpana* Chikitsa (emaciation therapy) is the line of treatment adopted in this type which includes *Langhana* (fasting therapy), *Rukshana* (drying therapy) and Sweden (fomentation therapy)

#### Importance of sleep in the management of *Krushata*<sup>18</sup>

According to Acharya Charak, proper sleep brings happiness, stoutness, Strength, virility. It increases knowledge and life of a person. Person indulging in sound sleep on a comfortable bed for a long duration grows like a pig.

#### Treatment of *Krushata*<sup>19</sup>

- Take Day sleep (*diva-swapna*)
- Take Sound sleep on comfortable bed
- Relaxation of mind and avoidance of excessive worry
- Keep away from mental work, sexual intercourse and physical exercise.
- Use *Snigdha udvartan* (unctuous anointing)
- Always wear white (clean) dress, perfumery & garlands
- Always consume Sweet and nourishing food
- Use unctuous and sweet enema
- Regular use of Rasayana (bulk promoting) and Vajikarana (aphrodisiac drug) formulations.

#### Diet to put on weight

- Take regularly well-cooked meat or meat soup of domestic, marshy and aquatic animals processed in various ways with fresh wine at least once in a weak.

- Regular intake of milk, curd, ghee, sugarcane, rice, wheat and dairy sweets products etc.
- Fruit salad kind of juice can be taken two times a day up to one month to achieve effective weight gain.

#### *Atikrisha* person should avoid

Due to poor strength of the body the person should avoid all type of causes which produce the condition. Some of them are as follows -

- Always keep mind free from all type of stress, worries and tension because these causes might interfere with the digestion of food
- The person who wants to get rid of *Krushata* should avoid *ativyayama* (Excessive physical and mental exercise) and *Ativyavaya* (Excessive sexual intercourse). Because if excessive exercise and sexual act is performed at this stage he will land into a condition called *Dhatukashaya* (deterioration of tissues) in which the nourishment of tissues reduces and he feel weak and fragile. According to Ayurveda “if *krusha* person performs sexual act his body will be deprived of energy and vitality. He will be lifeless like a dry stick which is infested by insects.”

## CONCLUSION

*Atisthula* and *Atikrusha* person are always patients and need treatment always. But between *Atisthula* and *Atikrusha*, obese person is troubled greatly because he is treatable with great difficulty, giving him sweet and nutritious food results in increase of fat while fasting leads to great increase of digestive power which is unable to withstand. Therefore *Atikrusha* is better (Desirable) than *Atisthula*.

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