CHARKOKTA ARISHTA LAKSHANAS AND CONTEMPORARY SIGNS OF DEATH

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ABSTRACT
The science of disease diagnosis and assessment are best described in Ayurved. Though the ancient Acharyas had no tools or instruments, they had a keen sense of to observe, on assess and to arrive at a proper prognosis. Amongst all the signs and symptoms of Arishta Vigyan (definite signs indicating death) is very unique and sometimes beyond normal perception.

Keywords: Arishta, Marana, ominous signs

INTRODUCTION
Arishta Lakshana are those signs and symptoms which herald the oncoming death just as flowers indicate the next oncoming fruit, the smoke indicates fire and clouds indicate rain¹. There is no death without Arishta and there will be no life after their appearance. Hence physician should acquire thorough knowledge of Arishta. According to Ashtang Hrudaya, the Chikitsa depends on Ayu hence if there is increased Ayu there will be good phala. If person is not having residual Ayu then the Arishta will be Vyakta and if such a person is treated there will be loss to Vaidya in terms of his Dhana, Yashas. People may start doubting the Shastra Jnana of vaidya. The mana of his ayu depends on prakruti and vikruti. As sarva padartha in this universe are nashwara, vinasha Kriya always happens and marana is swabhavika Kriya and hence the vaidya should be aware of marana kala.

Aim and Objectives:
Comparison of Arishta lakshanas to signs of death according to modern science.

Methods:
In above article the signs of death are studied and compared to Charkokta lakshanas of Arishta which are mentioned in Charak samhita.
Definition:-
According to Sushruta, abnormal changes happening in the body, temperament and constitution are in brief called as Arishta².
According to Charaka, Dangerous and Ominous symptoms suggesting definite death of a patient is Arishta³.
Critical illness is a condition associated with many variables and unpredictable factors. In critical illness assessment of prognosis is required for prompt intervention. Ayurveda explains about prognosis with aspects viz sadhyasadhyata of vyadhi, arishta lakshana, ojokshaya etc.

Factors to be examined for assessment of Arishta:
Varna, swara, gandha, sparsha, chakshu, shrotra, ghraana, rasana, sparshana, mana, bhakti, shaucha, sheela, achara, smruti, aakruti, prakruti, bala, medha, harsha, ruksha, sneha, tanda, gourava, laghava, ahara, vihaara, aaharparinama, upaya, apaya, purvaroopan, rupa, vedana, upadrava, chaya, pratichaya, swapna, bheshyaja, are the criterias in which Arishta has been explained in our samhitas.

Duration specific arishta, Disease specific arishta, arishta related to purva rupa are explained in Indriya sthana of Charaka samhita.

Death:-
Death is defined as the cessation of all vital functions of the body including the heart beat, brain activity including the brain stems and breathing⁴.
What signs indicate impending death?
Hospice care provides relief from pain and symptoms at the end of life. The following provides an overview of the signs and symptoms indicating death is near. Please remember each patient’s experience is unique, and these may vary.

1. Ominous signs one to two days prior to death-
The death signs are mentioned in our samhitas. Changes in breathing, decrease in blood pressure⁵ these symptoms can be co-related with the lakshanas mentioned in the sixth chapter of Charak samhita Indriyasthana as, that man who feels great pain in the upper region of his chest while speaking⁶.
Difficulty or inability to swallow⁷ is a symptom which can be co-related with the lakshanas mentioned in Charak Indriyasthana as a patient, who vomits the food eaten and whose ingested food is not digested even if retained⁸. Congestions or respiratory secretions, restlessness, sleeping most of the time, mottling-blotchiness to skin, surge of energy or alertness⁹ these symptoms can be co-related with the lakshanas mentioned in Charak Indriyasthana whose strength wanes quickly¹⁰.

2. Ominous signs one to two weeks prior to death-
Sleeping most of the time, but can be roused¹¹ symptoms can be co-related with the boastful patient who faints every time that he is raised in his bed, will not survive even for a week¹².
Continued decrease in food and fluids symptoms¹³ can be co-related with the lakshana as if a man, afflicted with disease, is emaciated, eats very little¹⁴.
Decreases in blood pressure, changes in breathing¹⁵ symptoms can be co-related with the lakshana as if the strongly provoked vata seizing both groins and the pelvic region of a man causes dyspnoea¹⁶.
3. Ominous signs one to three months prior to death:-
May withdraw from friends and family spends more time sleeping\textsuperscript{17} symptoms can be co-related with the lakshana as who develops body tremors, stupor, gait and speech resembling those of an intoxicated man\textsuperscript{18}.

4. Ominous signs three to six months prior to death:-
Increased oedema or ascitis, progressive weakness or fatigue, change in level of consciousness, increased confusion\textsuperscript{19} symptoms can be co-related with the lakshanas as, if the man of poor complexion, vitality and digestive power develops swelling in the hands, feets, genitals and the abdomen\textsuperscript{20}.

**Ominous signs urinary function:**
Possible urinary incontinence, concentrated urine\textsuperscript{21} symptoms can be co-related with the lakshanas passes condensed urine\textsuperscript{22}.

**Ominous signs respiratory function:**
Retention of secretions in the pharynx and to upper respiratory tract symptoms\textsuperscript{23} can be co-related with the lakshanas as in a person who develops inspiratory dyspnea and is overwhelmed with phlegm\textsuperscript{24}.

**Ominous signs of Dyspnoea:**
Shortness of breath\textsuperscript{25} symptom can be co-related with the lakshanas in a person whose respiration is either too long or too short as\textsuperscript{26}.

**Ominous signs of Cheyne stroke breathing:**
Notable changes in breathing\textsuperscript{27} symptom can be co-related with the man having breathed out a long expiration followed by a short inspiration and faints\textsuperscript{28}.

**Ominous signs of food and fluids:**
Decreased interest in food and fluid\textsuperscript{29} symptom can be co-related with emaciated, eats very little\textsuperscript{30}.

**DISCUSSION AND CONCLUSION**
Charkokta arishta lakshanas which are mentioned in Indriyasthana can be co-related with the signs of death in modern science. This article helps us to appreciate the science of ayurved\textsuperscript{2} and acharya Charak as a foreseer of death with the imminent signs right before death as well as up to six months prior to death.

**REFERENCES**

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