

INDRIA STHANA OF CHARAK SAMHITA RELATED TO NETRA INDRIYA IN
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ABSTRACT

Title: *Indria Sthana of Charak Samhita related to Netra Indriya in Shalakyia Tantra: A Review* **Objective:** Deeply investigate The *Indriya Sthana* in *Charaka Samhita*. Bring clarity to the Principles tied to diagnosing and treating sensory organ conditions. Assess its significance in current integrative medicine. **Data Sources:** A Review that combines primary texts from *Charaka Samhita*, along with academic readings. Relevant literature on *Ayurvedic* customs to do with sensory organs. Specifically, focus on the eye, ear, nose, throat and head. **Review Methods:** A systematic Review was conducted. Historical contexts were analyzed. Pathophysiological insights and therapeutic strategies from *Indriya Sthana* were reviewed in depth. Key themes were noted. These concerned physiology and pathology of sensory organs. Their significance in the field of *Shalakyia Tantra* was emphasized. **Results:** *Indriya Sthana* offers thorough descriptions. It explains mechanisms that underlie pathophysiology behind sensory organ problems. There are also targeted *Ayurvedic* therapies These Aim to tackle the roots of these health issues. The text reveals an advanced comprehension Of Sensory health This Improves clinical practices. Patient Care under *Ayurvedic* frameworks is also enhanced. **Conclusion:** *Indriya Sthana* is vital text. This remains in *Ayurvedic* literature. It Offers classic insights in management of sensory organ disorders. Its teachings have Substantial relevance. Especially in the article focuses on current health contexts. They advocate the infusion of traditional *Ayurvedic* wisdom Their goal is to blend these practices with More contemporary medical strategies.

KEYWORDS: *Arishta, Chakshu Indriya, Indriya Sthana, Netra, Shalakyia Tantra.*

INTRODUCTION

The *Charak Samhita*, an ancient text dating back to the early centuries stands as one of the foundational treatises of Ayurveda, the traditional system of medicine in India. Composed by the sage Charaka, this monumental work is divided into eight sections (*Sthana*), each addressing specific aspects of health, disease, and treatment modalities. Among these, the *Indriya Sthana* occupies a central position, dedicated to the comprehensive study of sensory organs- anatomical structures, physiological functions, pathological conditions, diagnostic methods, and therapeutic interventions within the framework of *Shalakyia Tantra*—a specialized branch of Ayurveda focusing on diseases of the *Netra-Nasa-Karna-Danta-Gala-Shira* (~eye- nose-ear-tooth-throat and head).

Indriya Sthana comprises of 12 chapters which deals with prognostication of life expectancy based on '*Arishta Lakshana*' (fatal signs and symptoms which indicates imminent death). It provides detailed descriptions of the intricate connections between sensory perception and

overall health, emphasizing a holistic approach to understanding and treating disorders affecting vision, hearing, smell, taste, and touch. Also, deals with the observation of signs predicting lifespan and signs indicative of reduced duration of remaining life.

The word '*Indriya*' literally means organ, sense, force, vigor. In the present context, it means *Prana* (vital life force). The seat of *prana* in the body is *Sneha* or *Ojas*. *Indriya* (sense organs) are said to be the *Linga* (organs) of *Prana*.^[1]

Arishta Lakshana are the fatal signs which definitely occurs in a diseased person or sometimes even in healthy persons just before death. Physician should be alert to identify the *Arishta Lakshana* whenever they manifest, incorporate them in calculating remaining life expectancy and also in clinical decision making. It holds ample of references of various clinical conditions which are having poor prognosis, fatal and generally seen in patients who are at the end-of-life stages. Various neuro-

ophthalmology conditions are mentioned throughout the chapters in a scattered way. The present study attempts to screen various references pertaining to ophthalmology conditions of *Indriya Sthana* and to explore their rationality, clinical significance and prognostic importance in present era.

MATERIAL AND METHODS

Literature compiled from *Charak Samhita* of Ayurveda, recited by *Acharya Charak*, provides detailed insights into *Arishta Lakshana*, specifically in the context of *Netra* (eyes) within *Shalakya Tantra*. *Indriya Sthana* delineates various morbid signs applicable to the entire body. *Shalakya Tantra* primarily addresses disorders related to the sensory organs of *UrdhwaJatrugat Roga*, fo cusing on *Indriya* (~senses) and their *Artha* (~functions). Within *Indriya Sthana*, *Acharya Charak* emphasizes *Karna* (~ears), *Twaka* (~skin), *Netra* (~eyes), *Jivha* (~tongue), and *Nasa* (~nose) *Indriya*, along with their associated functions such as *Shabda*(~sound), *Sparsh*(~touch), *Roop*(~sight), *Rasa*(~taste) and *Gandh* (~smell). The text vividly describes conditions directly linked to morbid states and poor prognoses in ophthalmology. Understanding the intricate connection between the eyes, known as "*Chakshu Indriya*," and overall health is crucial for detecting underlying diseases early. Conditions such as diabetes, jaundice, and neurological disorders like seizures or Alzheimer's can manifest through changes in eye structure and visual perception. For instance, immune-compromised individuals may experience frequent matting of

eyelashes and difficulty closing swollen lids, while crusting on eyebrows could signify serious health issues. Distorted vision, hallucinations, or perceptual abnormalities might indicate imminent danger. The eyes, integral to our perception of the world, reflect the health of the nervous system, and any dysfunction can hint at broader morbidity. Observing sudden changes in eye colour or unusual visual perceptions could prompt urgent medical attention, offering a critical window for intervention and care.

शरीरेन्द्रियसत्त्वात्मसंयोगोधारिजीवितम्

नित्यगश्चानुबन्धश्चपर्यायैरायुरुच्यते (charak sutra 1/42)

In *Charak Sutrasthan*, it is stated that *Ayu* signifies the unity of the physical body, senses, mind, and soul; any disruption in this unity can lead to various diseases or even death.^[2]

CONCLUSION

The abnormal signs of visual sensations can be observed on the patient. These can indicate specific underlying morbidity. These parameters can be applied for clinical assessment of relevant factor. There is a wide scope for research on implementing these practices to predict prognosis and life span of individual. *Arishta Lakshana* of *Indriya Sthana* by *Acharya Charak* in *Charak Samhita* related to visual sensation and related to *Netra* were summarized in tables.^[3]

Table 1: Specific signs on eyes and probable relevant morbidity.^{[4][5]}

Prognostic feature	Probable related morbidity
Exophthalmos (अत्युत्पिण्डिते)	Graves ophthalmopathy / Retro orbital or orbital tumours / Orbital cellulitis / Severe glaucoma etc
Enophthalmos (अतिप्रविष्टे)	The word 'Ati pravishthe' denotes 'Enophthalmos'. Unilateral ptosis can be seen in 'Horner syndrome' (HS). The combination of the upper eyelid ptosis and the lower eyelid elevation narrows the palpebral fissure, giving rise to an apparent enophthalmos. Enophthalmos can be defined as a relative, posterior displacement (ati pravishthe) of a normal-sized globe in relation to the bony orbital margin. Horner's syndrome / Marfan syndrome / maxillary hypoplasia/ Paget's disease/ Duane's syndrome / Silent sinus syndrome / Phthisis bulbi / senile enophthalmos/ Parry-Romberg syndrome/orbital varix/Blue rubber bleb naevus syndrome/ Atrophy etc
Crossed eyes (अतिजिहमे)	The word 'Ati jihme' denotes 'Strabismus or squint'. Strabismus is a frequent ocular disorder characterized by a misalignment (ati jihme) of the visual axes (convergent or divergent, horizontal or vertical, with variable angles of deviation). Squint or Strabismus / Acquired paralytic strabismus in Diabetes / Graves disease / Guillain-Barre syndrome (GBS) / Stroke / Brain tumours / abnormal weakness of extraocular muscles (muscular dystrophies, myopathies, myasthenia or abnormal muscular pulleys)/ Hydrocephalus / Cerebral palsy etc
Uneven (अतिविषमे)	Irregular astigmatism / Keratoconus / Central cornea islands / Map-Dot-Fingerprint dystrophy (MDF) / Cysts or tumours in one eye etc
Plegia (अतिमुक्तबन्धने)	Ophthalmoplegia / Myasthenia gravis / Chronic progressive external ophthalmoplegia (CPEO)/ GBS / Kearns-Sayre syndrome / Foville's syndrome / Miller Fisher Syndrome (MFS)/ Internuclear ophthalmoplegia / Multiple sclerosis / Parinaud's syndrome / Stroke / Wernicke encephalopathy / Cavernous sinus syndrome / Paralysis of cranial nerves (CN III, IV & VI) etc
Watering eyes (अतिप्रसृते)	Epiphora / Allergic or infective conjunctivitis / Trichiasis / Ectropion / Keratitis / Corneal ulcers / Chalazion / Bell's palsy / Dacrocystitis / Punctal eversion / Stevens-Johnson syndrome / Neoplasms etc

Lagophthalmos (सततोन्मिषिते)	Lagophthalmos / Symblepharon formation / Acquired oculomotor synkinesis / Exophthalmos / Facial palsy (paralytic lagophthalmos) / Ectropion etc
Drooping / Ptosis (सततनिमिषिते)	Ptosis / Ocular myopathies / Horner's syndrome / Cranial nerve palsy (CN III) / Myasthenia gravis / Stevens-Johnson syndrome / Atrophy etc
Excessive blinking (निमिषोन्मेषातिप्रवृत्ते)	Corneal abrasion / Trichiasis / Inflammatory or allergic conditions of eyes / Benign essential blepharospasm / Tics etc
Dancing eyes (विभ्रान्तदृष्टिके)	Nystagmus / Cataracts / Strabismus / Meniere's disease / Multiple sclerosis / brainstem and cerebellar disease/oculopalatal myoclonus/Wipple's disease / Stroke / B12 or Thiamine deficiencies / Brain tumoursetc
Distorted vision (विपरीतदृष्टिके)	Metamorphopsia / Age related macular degeneration / Astigmatism / Keratoconus / Glaucoma / Migraine / Epiretinal membrane etc
Defective vision (हीनदृष्टिके)	Central retinal artery or vein occlusion / Ischemic optic neuropathy / Vitreous haemorrhage / multiple sclerosis/ neuromyelitis optica/ tubercular meningitis/ Retinal detachment / Acute glaucoma /Cavernous sinus thrombosis/ Transient ischemic attack / Tumours or infections in brain etc
Oscillopsia (व्यस्तदृष्टिके)	Seizures / Multiple sclerosis / Alzheimer's disease (AD)/ Attention deficit hyperactivity disorder (ADHD)/ Superior oblique myokymia / Stroke / Meningitis / Brain tumours / cerebellar ataxia/ Meniere's disease etc
Nyctalopia (नकुलान्धे)	Congenital high myopia / Tapeto-retinal degeneration / Glaucoma / Cataract / Diabetes / Retinitis pigmentosa / Vitamin A deficiency etc
Hamarlophia (कपोतान्धे)	Cone dystrophy / Achromatopsia / Central lenticular opacity / Central cataracts / Cancer associated retinopathy (CAR) etc
Bloodshot eyes (अलातवर्णे)	Chemosis / Various inflammatory & allergic conditions / Acute conjunctivitis / Sub conjunctival haemorrhage / Glaucoma etc
Eye colour changes कृष्णपीतनीलश्यावताम्रहरितहारिद्र शुक्लवैकारिकाणां वर्णानामन्यतमे नातिप्लुते वास्यातां, तदापरासुरिति विद्यात्	Panda eye / Jaundice / Heterochromia iridis / Iris nevi / Pigment dispersion syndrome / Horner's syndrome / Osteogenesis imperfecta / Arcus senilis / Keyser Fleischer ring in Wilson's disease etc

Table 2: Contemporary views of prognostic features.

Prognostic feature reference	Contemporary views and relevant disease condition
Signs on eyelashes ^[6] जटीभूतानिपक्ष्माणिदृष्टिश्चापिनिगृह्यते यस्यजन्तोर्नतंधीरोभेषजेनोपपादयेत्	Severe blepharitis comprises of matting of eyelids, swollen eyelids, burning vision and may cause death in patients in neoplasm, xerophthalmia, diabetes mellitus, or being in an immune-compromised state at the time of the clinical onset of blepharitis. Blepharitis due to parasitic or fungal eye infections with secondary immune suppression; Automminue disease with ocular manifestations.
Signs on eyelids ^[7] यस्यशूनानिवर्तमानिनसमायान्तिशुष्यतः चक्षुषीचोपदिहयेतेयथाप्रेतस्तथैवसः	An emaciated person who is unable to close his eyes due to swollen eyelids and also accompanied by burning eyes should be considered as good as departed. Grave's ophthalmopathy.
Signs on eyebrow ^[8] भ्रुवोर्वायदिवामूर्ध्नि सीमन्तावर्तकान्बहून् अपूर्वानकृतान्व्यक्तान्दृष्ट्वा मरणमादिशेत् त्र्यहमेतेन जीवन्तिलक्षणेनातुरानराः अरोगाणां पुनस्त्वेतत्पद्मात्रं परमुच्यते	A person having appearance of bare lines over the scalp, whirls over eye eyebrows or over scalp which were not present before, will die certainly. These patients will survive for three days, and healthy individuals having mentioned signs will survive maximum for 6 nights. Seborrhoea in an immune-compromised patient; Carcinomas with an opportunistic scalp fungal infections or autonomic dysfunctions; Skull base tumours or metastatic skull tumours or brain tumours.

Table 3: Prognostic features of visual perceptions.

Abnormal visual perception	Relevant pathology
Abnormal perception of sky and earth ^[9] घनीभूतमिवाकाशमाकाशमिवमेदिनीम् विगीतमुभयंहयेतत्पश्यन्मरणमृच्छति	A person who views the sky as something solid (like the earth) and the earth like something void (like the sky), he is sure to die soon as both the above signs are inauspicious. Visual perceptual distortions (VPDs)
Seeing wind in atmosphere but not seeing flame in kindled fire ^[10] यस्यदर्शनमायातिमारुतोऽम्बरगोचरः	One who visualizes the wind in the sky in a physical form but does not see the flame of a kindled fire, should be considered as a moribund person. Visual hallucinations

अग्निर्नायातिचादीप्तस्तस्यायुःक्षयमादिशेत्	Achromatopsia / Dyschromatopsia / Scieropia
Seeing net in clean water ^[11] जलेसुविमलेजालमजालावततेनरः स्थितेगच्छतिवाद्दृष्ट्वाजीवितात्परिमुच्यते	A person if views net like appearance in clean water either stagnant or moving one, when actually there is no such net, then it constitutes the premonitory symptom of forthcoming death. Myodesopsia
Views of dead bodies, ghosts, demons when awake and any other extra sensorial or super natural views ^[12] जाग्रत्पश्यतियःप्रेतान्नक्षांसिविविधानिच अन्यद्वाऽप्यद्भुतंकिञ्चिन्नसजीवितुमर्हति	If a person when awake, perceives various kinds of <i>Pretas</i> (ghosts) and <i>Rakshasas</i> (demons) or any other supernatural creatures he will not survive for long. Visual hallucinations / Complex visual hallucinations / Photopsia
Abnormal colours and view of fire ^[13] योऽग्निप्रकृतिवर्णस्थनीलं पश्यति निष्प्रभम् कृष्णं वायदिवाशुक्लं निशां व्रजति सप्तमीम्	If a person perceives fire burning in its natural colour but is lustreless, bluish, black or white, it is indicative of death of the patient after seven nights. Monochromats / Dichromats / Achromatopsia/ Cerebral dyschromatopsia
Seeing lightning without clouds ^[14] मरीचीनसतोमेघान्मेघान्वाऽप्यसतोऽम्बरे विद्युतोवाविनामेघैः पश्यन्मरणमृच्छति	If a person visualizes <i>Marichi</i> (cloud light) or cloud or lightening when there is such no cloud or lightening present in the sky, it is indicative of imminent death of the person. Visual hallucinations
Abnormal views of the Sun and Moon ^[15] मृन्मयीमिवयःपात्रीकृष्णाम्बरसमावृताम् आदित्यमीक्षते शुद्धं चन्द्रं वानसजीवति अपर्वणियदापश्येत्सूर्योचन्द्रमसोर्ग्रहम् अव्याधितो व्याधितो वा तदन्तं तस्य जीवितम् नक्तं सूर्यमहश्चन्द्रमनग्नौ धूममुत्थितम् अग्निं वा निष्प्रभं रात्रौ दृष्ट्वा मरणमृच्छति प्रभावतः प्रभाहीना निष्प्रभांश्च प्रभावतः नराविलिङ्गान्पश्यन्ति भावान्भावाञ्जिहासवः व्याकृतीनि विवर्णानि वि सङ्ख्योपगतानि च विनिमित्तानि पश्यन्ति रूपाण्यायुःक्षयेनराः यश्च पश्यत्यदृश्यान्वैदृश्यान् यश्च न पश्यति तावुभौ पश्यतः क्षिप्रं यमक्षयमसंशयम्	To see the sun or the moon painted or fixed on an earthen plate covered with a black cloth; To see solar or lunar eclipse when there is no such occasion. To see the sun at night, moon in the day, the smoke when there is no fire or to perceive fire without flame at night Appearance of bright things without lustre and the ones having no lustre as bright i.e. unable to view real or actual characteristics. To have visual perception of things in a distorted manner i.e. to visualize things as having multiple forms, devoid of complexion and in inaccurate numbers without any reason and To visualize the invisible ones and not to visualize the visible ones. Scieropia / Scierneuropia/ Achromatopsia/ Hemeralopia/ Simple or complex visual hallucinations/ Colour agnosia/ Photopsia / Hyperchromatopsia/ Metamorphopsia / VPDs/ Micropsia / Macropsia / Pelopsia / Teleopsia / Dysmetropsia / Prosometamorphopsia / Visual illusions/ Dyschromatopsia/ Diplopia / Polyopia / Entomopia/ Apperceptive agnosia / Agnosopsia / Visual agnosia

Table 4: Other prognostic features of visual perceptions.

Abnormal perception	Relevant pathology
दृष्ट्यां यस्य विजानीयात्पन्नरूपां कुमारिकाम् प्रतिच्छायामयीमक्ष्णोर्नैनमिच्छेच्चिकित्सितुम् ^[16]	Loss of shadow image in eyes or pupillary reaction The condition in which loss of shadow image is observed in the pupil (eyes) of the patient, should be discarded for treatment.
यस्य श्यावेपरिध्वस्ते हरिते चापि दर्शने आपन्नो व्याधिरन्ताय ज्ञेयस्तस्य विजानता ^[17]	If patient eyes are brownish/blackish, distorted or displaced or greenish in colour, then such condition indicates impending death.
समीपे चक्षुषोः कृत्वा मृगयेताङ्गुलीकरम् स्मयतेऽपि च कालान्ध ऊर्ध्वगानि मिषेक्षणः ^[18]	The person who searches for his own fingers and hands putting them before his eyes and smiles with upward gaze and unblinking should be considered as blinded by approaching death.
भ्रुवौ यस्य च्युते स्थानादन्तर्दाहश्च दारुणः ^[19]	If the eye brows of patient are dislocated (drooped) and severe burning sensation in the body develops, and patient suffers from hiccup, he instantly dies.
सप्तर्षीणां समीपस्थानो न पश्यत्यरुन्धतीम् संवत्सरान्ते जन्तुः स सम्पश्यति महत्तमः ^[20]	If a person is not able to see the star <i>Arundhati</i> situated adjacent to the constellation of <i>Saptarshi</i> (The Great Bear), he succumbs to death one year thereafter.

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Conflicts Of Interest
There are no conflicts of interest.

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सारांश

शीर्षक: शालक्य तंत्र में नेत्र इंद्रिय से संबंधित चरक संहिता का इंद्रिय स्थान: एक समीक्षा

उद्देश्य: चरक संहिता में इंद्रिय स्थान की गहराई से जांच करना है। संवेदी अंग की स्थितियों के निदान और उपचार से जुड़े सिद्धांतों में स्पष्टता लाना है। वर्तमान एकीकृत चिकित्सा में इसके महत्व का आकलन करना है।

डेटा स्रोत: एक समीक्षा जो शैक्षणिक अध्ययन के साथ चरक संहिता के प्राथमिक ग्रंथों को जोड़ती है। संवेदी अंगों से जुड़े आयुर्वेदिक ढांचों पर प्रासंगिक साहित्य है। विशेष रूप से, आंख, कान, नाक, गले और सिर पर ध्यान केंद्रित करना है।

समीक्षा के तरीके: एक व्यवस्थित समीक्षा व ऐतिहासिक संदर्भों का विश्लेषण किया गया है। इंद्रिय स्थान से विकृत-शरीरक्रिया विज्ञान की अंतर्दृष्टि और उपचारात्मक रणनीतियों की गहराई से समीक्षा की गई है। लाक्षणिक आयुर्वेदिक उपचार भी शामिल हैं, जिनका उद्देश्य इन स्वास्थ्य समस्याओं की जड़ों से निपटना है। यह पाठ संवेदी स्वास्थ्य की उन्नत समझ को प्रकट करता है और नैदानिक प्रक्रियाओं में सुधार करता है। आयुर्वेदिक ढांचे के तहत रोगी की देखभाल भी बेहतर होती है।

निष्कर्ष: इंद्रिय स्थान एक महत्वपूर्ण पाठ है जो आयुर्वेदिक साहित्य में बना हुआ है। यह संवेदी अंग विकारों के प्रबंधन में शास्त्रीय अंतर्दृष्टि प्रदान करता है। इसकी शिक्षाओं में पर्याप्त प्रासंगिकता है, विशेष रूप से वर्तमान स्वास्थ्य संदर्भों पर ध्यान केंद्रित किया गया है। ये पारंपरिक आयुर्वेदिक ज्ञान के संचार की वकालत करते हैं और उनका लक्ष्य इन प्रथाओं को अधिक समकालीन चिकित्सा रणनीतियों के साथ मिश्रित करना है।