

## **UNVEILING THE CONCEPT OF ASHTOUNINDITIYA PURUSHA IN THE LIGHT OF ENDOCRINE SYSTEM**

**DR.NIDHIN V S<sup>1</sup>, DR. ZENICA D'SOUZA<sup>2</sup>**

<sup>1</sup>3<sup>rd</sup> year PG scholar, <sup>2</sup>HOD, Professor, Dept of PG Studies in Kayachikitsa, Alva's Ayurveda Medical College and Hospital, Moodbidri, Karnataka, India

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### **ABSTRACT**

According to ayurveda, Acharya Charaka has described Ashtouninditiya purusha (eight undesirable persons) according to the body constitution. These eight undesirable persons are Atidirgha(very tall), Atihrisva(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), Atikrishna(excessive thin or emaciated persons) and Atisthula(excessive obese or overweight). Ayurveda further stated that Obese and Lean individuals are more despised among above eight despised persons. Here an attempt is made to understand the ashtouninditiya purusha in view of endocrine disorders.

**Key words:** Ashtouninditiya, endocrine disorders, Atikrishna Atisthula

### **INTRODUCTION**

Ayurveda is the ancient system of Medicine in the world. Ayurveda, 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 Charaka Samhita, Acharya

Charaka has mentioned the symptoms of Prashasta purusha (Ideal person) <sup>2</sup>. According to Acharya Charaka 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 purusha<sup>3</sup>. Charaka Samhita also described eight kinds of men who are undesirable nature in respect of their body (Physique)<sup>4</sup>. They are called as Ashtounindatiya 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) Atigoura (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. Diseases occurs due to agnidushti which leads to the formation of ama. That avipakva rasa circulates through srotas and causes

obstruction. Ama combines with dosas and sama dosa causes dhatuagnimandya and leads to improper poshana of dhatus and leads to diseases. Here an attempt is made to understand the ashtouninditiya purusha in view of of endocrine disorders.

### **Atisthula(Excessive obese person)**

Acharya Charaka has mentioned Atisthaulya as a Kapha Nanatmaja roga<sup>6</sup>. Charaka also said to be Atisthaulya as "Atibrimhana janya vyadhi" & "Dushtimedaja vyadhi"<sup>7</sup>. Symptoms of Atisthula can be seen endocrinal conditions like Hypothyroidism & Cushing syndrome. In that, Hypothyroidism is a condition in which thyroid gland does not produce enough thyroid hormone and Cushing's syndrome also called hyperadrenocorticism or hypercorticism is a endocrine disorder caused by high levels of cortisol (hypercortisolism) in the blood.

### **Causes of Atisthaulya**

According to Acharya Charaka<sup>8</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

**Symptoms<sup>9</sup>:** Table no.1

**Table no.1: Ashtadosha of Atisthula, Symptoms of Hypothyroidism and Cushing Syndrome**

<b>Ashtodosha of Atisthula</b>	<b>Symptoms of Hypothyroidism</b>	<b>Symptoms of Cushing Syndrome</b>
<ul style="list-style-type: none"> <li>• Ayusho Hrasa(reduced lifespan)</li> <li>• Javoparodha(early onset of senility)</li> <li>• Kruchra Vyavayata(Find difficulty to perform sex)</li> <li>• Daurbalya (debility or general weakness)</li> <li>• Dargandhya(foul smell of body)</li> <li>• Swedabadha</li> <li>• Ati-Trishna(Increased thirst)</li> <li>• Ati-Kshudha(Increased appetite)</li> </ul>	<ul style="list-style-type: none"> <li>❖ Fatigue</li> <li>❖ Weakness</li> <li>❖ Weight gain or increased difficulty in losing weight</li> <li>❖ Dry hair</li> <li>❖ Dry, rough pale skin</li> <li>❖ Hair loss</li> <li>❖ Cold intolerance</li> <li>❖ Muscle cramps and frequent muscle aches</li> <li>❖ Constipation</li> <li>❖ Depression</li> <li>❖ Irritability</li> <li>❖ Memory loss</li> <li>❖ Abnormal menstrual cycles</li> <li>❖ Decreased libido</li> </ul>	<ol style="list-style-type: none"> <li>1.Upper body obesity</li> <li>2. A rounded face</li> <li>3. Increased fat around the neck</li> <li>4 Slender arms and legs.</li> <li>5 Children tend to be obese with slowed growth rates.</li> <li>6. Skin is fragile and thin, bruises easily, and heals poorly.</li> <li>7.Men may have decreased fertility with diminished or absent desire for sex and, sometimes erectile dysfunction.</li> <li>8.Irregular menstrual cycle</li> </ol>



**Role of sleep in Atisthoulya<sup>10</sup>**

Vigil during night causes roughness in the body; sleep during day time causes unctuousness and dosing in sitting posture does neither cause roughness nor unctuousness.

**Treatment of Atisthoulya<sup>11</sup>**

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

**Treatment of hypothyroidism**

- Varanadi kahsyam 15ml bd b/f
- Punarnava guggulu 2-0-2
- Vaiswanara churam 1tsp bd b/f
- Nasyam –Apamarga tailam 1ml

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

In Charaka Samhita, Karshya is included under Nanatmaja Vatavyadhi<sup>12</sup>. Krishata is well explained & defined in Ayurveda by our Acharyas in Ashtounindatiya Purusha chapter. But they have also mentioned a separate disease which is closely similar to the Krishata that is known as Rajyakshma. Symptoms of Atikrisha can be seen endocrinal conditions like Hyperthyroidism. In hyperthyroidism condition functions of thyroid gland will be increased.

**Causes of Krishata**

According to Acharya Charaka<sup>13</sup>

- Excessive consumption of Aahara which aggravates Vata dosha i.e. Katu(pungent), Sheeta(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<sup>14</sup>:**

**Table No.2: Symptoms of Krishata and Hypothyroidism**

Symptoms of Krishata	Symptoms of Hypothyroidism
<ul style="list-style-type: none"> <li>• Vyayama Atisouhityam(cannot withstand physical exercise)</li> <li>• Kshut(hunger), pipaasa(thirst)</li> <li>• Atisheeta, Ushna, Maithuna(cannot stand excessive cold heat and sexual act)</li> <li>• Pleeha Roga (spleenic disease), Kasa(cough), Kshaya(wasting), Shwasa(dyspnoea), Gulma(abdominal tumour), Arshas(piles), Udara</li> <li>• Shushkaspik Udaragreeva(buttocks ,abdomen and neck are emaciated)</li> <li>• Dhamani Jaala Santata(vascular network in the skin)</li> </ul>	<ul style="list-style-type: none"> <li>• Weight loss</li> <li>• Tachycardia</li> <li>• Fatigue</li> <li>• Insomnia and restlessness</li> <li>• Heat intolerance</li> <li>• Goiter</li> <li>• Diarrhoea</li> <li>• Loss of libido and potency problems</li> </ul>

**Importance of sleep in the management of Krishata<sup>15</sup>**

According to Acharya Charaka, 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.

**Principle of Treatment of Krishata<sup>16</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 Swedana (fomentation therapy). For example Aja ksheera and Mahisha ksheera.

**Treatments for hypothyroidism**

- Vidaryadi kashayam 15ml b/f
- Pravalapishti 500mg with milk bed time
- Virecanam
- Vasti
- Nasyam-ksheerabala tailam

### **Atidirgha and Atihrasva(Excessive tall and short person)**

Symptoms of Atidirgha & Atihrasva can be seen endocrinal conditions like Gigantism, Acromegaly Dwarfism, & Acromicria<sup>18</sup>. Factors influencing are Kulaprasakta, Desanupaatini, Jaatiprasakta.

#### **Gigantism**

Gigantism, also known as giantism derived from Greek word gigas, gigantas means "giant" is a condition characterized by excessive growth and height significantly above average. In this condition growth increases before puberty. Many of those who have been identified with gigantism have suffered from multiple health problems involving their circulatory or skeletal system.

#### **Causes**

- Tumour on the pituitary gland of the brain
- Genetically through a mutated gene

#### **Types**

- Pituitary gigantism
- Cerebral gigantism

#### **Signs and symptoms**

- Headache
- Visual field loss or double vision
- Hoarseness
- Milk secretion from breast

- Sleep apnea
- Muscle weakness
- Numbness or tingling sensation
- Joint pain

#### **Diagnosis and tests**

- Physical examination
- Elevated blood glucose level
- Elevated IGF-1
- Elevated prolactin level
- Elevated liver function
- MRI pituitary tumor

#### **Treatment**

- Pituitary microsurgery to remove tumor
- Radiation
- Bromocriptine-decrease growth
- Octrotide-shrinks pituitary tumor

#### **Acromegally**

Abnormal growth of face, head, hand and legs are called as acromegally. In this condition growth increases after puberty. Acromegaly most commonly affects adults in middle age, and can result in severe disfigurement, serious complicating conditions, and premature death if unchecked. Acromegaly is often also associated with gigantism.

#### **Causes**

- Pituitary adenoma



### Symptoms

- Nose is widened and thickened.
- Cheekbones are obvious
- Forehead bulges.
- Lips are thick and the facial lines are marked
- Hand is large
- The fingers are widened, thickened and stubby
- The soft tissue is thickened
- The forehead and overlying skin is thickened, which may lead to frontal bossing (an unusually prominent forehead sometimes with a heavy brow ridge).

### Complications

- Severe headache
- Arthritis and carpal tunnel syndrome
- Enlarged heart
- Hypertension
- Diabetes mellitus
- Heart failure
- Kidney failure

### Investigation

- Radiography,CT scan,MRI

### Treatment

Current, treatment options include surgical removal of the tumor, drug therapy, and radiation therapy.

### Dwarfism

Dwarfism is a medical disorder. It describes a person of short stature. It

is sometimes defined as a person with an adult height under 4 feet 10 inches (147 cm). It is due to hypo-secretion of growth hormone. Infant may be normal at birth but growth is retarded later on.

### Causes

- Reduction of growth hormone secretion in infancy or early childhood.
- Due to atrophy or degeneration of acidophilic cells in anterior pituitary.
- Chromosomal abnormalities.

### Important features

- Many involve joint pain caused by abnormal bone alignment, or from nerve compression leg.
- 2 Early degenerative joint disease, exaggerated lordosis or listhesis, and constriction of spinal cord or nerve roots can cause pain and disability.
- Reduced thoracic size can restrict lung growth.

### Treatment

There is no single treatment for dwarfism. Individual abnormalities such as bone growth disorders can sometimes be treated through surgery

### Acromicria

Rare disease in adults. Charecterised by atrophy of extremities of the body.

**Causes**

- Defficiency of GH in adults.

**Signs and symptoms**

- Atrophy and thinning of extemities.
- Associated with hypothyroidism.
- Hyposecretion of adrenocortical hormone.
- Person become lethargic and obese.
- Loss of sexual function.

**Atiloma and Aloma(Excessive and absence of body hairs)**

Symptoms of Atiloma & Aloma can be seen endocrinal conditions like Lomasha ganda (Hairy chin) (Hirsutism) & Indralupta(Alopecia Areta)

**Atiloma-lomasha ganda/hirsutism**

Hirsutism derived from Latin word hirsutus =shaggy, hairy is the excessive and increased hair growth on female in those parts of the body where terminal hair does not normally occur or is minimal - for example, a beard or chest hair.

**Causes**

- Hirsutism can be caused by either an increased level of androgens.
- An oversensitivity of hair follicles to androgens.
- Male hormones such as testosterone stimulate hair growth, increase size and intensify the growth and

pigmentation of hair.

**Ayurvedic treatments**

**Romapaharana**<sup>19</sup> - removing hair growth

- Hair can remove by using-Kshura, Karthari, Sandamsha yantra
- Sankha Curna- 2 part+Haritala-1 part with Sukta are taken and mixed together, applied it and after sometime removed.
- Bhallataka(Semecarpus anacardium) Taila+ Snuhi(**Euphorbia neriifolia Linn.**) Ksheera are taken and mixed together, applied it and after sometime removed.

**Modern Treatment**

- Laser hair removal.
- One of the few treatments is the antiandrogen drug Spironolactone

**Aloma-indralupta/Alopecia areata**

Alopecia areata (AA) is a condition affecting humans, in which hair is lost from some or all areas of the body, usually from the scalp. It causes bald spots on the scalp, especially in the first stages, it is sometimes called spot baldness. In 1%-2% of cases, the condition can spread to the entire scalp (Alopecia totalis) or to the entire epidermis (Alopecia universalis).

**Causes**

- Hereditary



- Autoimmune disorders
- **Ayurvedic treatments<sup>20</sup>**
- Siravyadhana
- Manasila+Kasisa+Tuttha+Maricha+Devadaru\_\_are taken and mixed together,applied it on the affected surface.
- Roma sanjanana - causing hair growth
- Hastidantamasi+Rasanjana are taken and mixed together,applied it on the affected surface.

**Modern Treatment**

- Proven treatments such as finasteride,dutasteride and topically applied minoxidil solution, in an attempt to prevent further loss and regrow hair

**Atikrishna and Atigoura(Excessive black and white or fair colored person)**

Influencing factors are Kula or jaati(caste), Beeja swabhava(hereditary), Ahara(food), Desa(place)

**Table no.3: Mahabhuta anusara varnotpatti**

Varna	Charaka	Susrutha
Goura	Agni+Jala+ Akasha	Agni+Jala
Krishna	Agni+Prithvi+ Vayu	Agni+Prithvi

**Hyperpigmentation**

Hyper-pigmentation occurs when there is either an increase in melanin production or melanocytes in our skin. This occurs when your skin is stressed. eg; due to sun exposure.

**Causes**

- An excess production of melanin.
- Melanin is produced by melanocytes at the lower layer of the epidermis.
- As the body ages, melanocyte distribution becomes less diffuse and its regulation less controlled by the body.
- UV light stimulates melanocyte activity and where concentrations of the cells are denser than surrounding areas, hyperpigmentation is effected

**Acanthosis nigricans**

Acanthosis nigricans is a brown to black, poorly defined velvety hyperpigmentation of the skin, It is usually found in body folds, such as the posterior and lateral folds of the neck, the axilla, groin, umbilicus, forehead, and other areas.

**Causes**

- Hypothyroidism or hyperthyroidism.
- Acromegaly.
- Polycystic ovary disease.
- Insulin-resistant diabetes.
- Cushing's disease.

### Treatment

- People with acanthosis nigricans should be screened for diabetes and, although rare, cancer.
- Controlling blood glucose levels through exercise and diet often improves symptoms.

### Albinism

The word "albinism" refers to a group of inherited conditions. People with albinism have little or no pigment in their eyes, skin, or hair. They have inherited altered genes that do not make the usual amounts of a pigment called melanin.

Albinism taken from Latin albus, "white" also called achromia, achromasia, or achromatosis) is a congenital disorder characterized by the complete or partial absence of pigment in the skin, hair and eyes due to absence or defect of an enzyme involved in the production of melanin

### Causes

- Most forms of albinism are the result of the biological inheritance of genetically recessive alleles (genes) passed from both parents of an individual, though some rare forms are inherited from only one parent.
- There are other genetic mutations which are proven to be associated with

albinism. All alterations, however, lead to changes in melanin production in the body.

**Vision Problems**(not correctable with eyeglasses)

- Vision problems in albinism result from abnormal development of the retina and abnormal patterns of nerve connections between the eye and the brain.

### Skin Problems

- While most people with albinism are fair in complexion, skin or hair color is not diagnostic of albinism.
- People with many types of albinism need to take precautions to avoid damage to the skin caused by the sun such as wearing sunscreen lotions, hats and sun-protective clothing

### Types of Albinism

1. Oculocutaneous albinism (OCA) involves the eyes, hair and skin
2. Ocular albinism (OA), which is much less common involves primarily the eyes while skin and hair may appear similar or slightly lighter than that of other family members.

### CONCLUSION

In Ayurveda, Charaka explains 8 types of undesirable persons. Their features are seen in different endocrine disorders. Ashtouninditiya purushas

are considered as undesirable because they do not possess any qualities of prashasta purusha mentioned by acharya charaka, virupatwa(vairupyam eva hetu) and they do not possess sufficient resistive power against disease.

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**Corresponding author:**

**DR.NIDHIN V S**

3<sup>rd</sup> year PG scholar (Dept. of Kayachikitsa), Alva's Ayurveda Medical College and Hospital, Moodbidri, Karnataka, India

Email: [drnidhinvs@gmail.com](mailto:drnidhinvs@gmail.com)

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