

Review Article of Indriya Pradoshaja Vikaras W.S.R. to Modern Lifestyle

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ABSTRACT

Prana lakshanas are seen through the Indriya,s. These are also responsible for buddhi pravartana. The panch gyanendriya are the sadhana for the perception of Bahyagyana. When the dushita doshas reach the adhishthana of indriya it leads to partial or total loss of function i.e. upatapa and upaghata type of indriya pradoshaja vikara. respectively any function derangement can lead to temporary or permanent disability. Ayurveda also classified disease causes into three categories- 1] Asatmendriyarth samyoga 2] Pragyapradh 3] Parinama (kaal). Pragyapradh disrupts all the three sharirik dosha and mansik dosha resulting in various vyadhi's.

Lifestyle modification's are the result of the many Indriya upaghata and Indriya upatapa.

All the Indriya pradoshaja vikara's takes long time to manifest and once it encountered it is very tough to cure the vyadhi's.

Hence, Indriya,s are important faculties to our sharira, which are prone to get affected by various nidana. Today's mechanical life has changed the life style drastically.

Overpopulation, overcrowding of vehicles, excessive use of mobile phone's, Earphone's, leading to sound pollution, junk food habits etc. have brought many hazards to human life affecting the sense organ like Badhriya, Netrabhishyanda, nashashosha, gandhahani etc. The life style disorder of above organ's include deafness, otalgia, headache, otorrhoea, diabetic retinopathy etc. Acharya Charak has described 'Indriya upatapa' and 'Indriyaupaghata' are main features of Indriya pradoshaja vikara.

Keywords: Indriya pradoshaja vikara, pragyaparadha, asatmendriyarth samyoga, Parinama, Indriya upaghata, Indriya upatapa, Gyanendriya.

INTRODUCTION

Definition of indriya- Indra means 'prana' lakshan of jeevan (life) are observed in them. These are the sadhana for the perception of bahya gyana. Shabda, Sparsha, rupa, rasa, and Gandha are perceived by the Indriya's hence they are perceived by the Indriya's. Hence they are also called as Buddhi Indriya's. In every Indriya particular panch mahabhuta is predominant. The Indriya Vishaya perception is according to the mahabhuta predominance in the Indriya for e.g. in shravanendriya, Akash mahabhuta is predominant. The Akash mahabhuta Vishaya is Shabda, hence shravanendriya is responsible for Shabda.

Vikara- Vyadhi, Amaya, Gata, Atanka, Yakshma, Jwara, are the synonyms of vikara. Vikara is the changes which seen in the sharir and mana due to vyadhi. Vikara manifests when there is Dosha- Dushya

samurchana.

Indriys pradoshaja vikara- The Indriya stithsa dosha get's dushita due to nidana sevana and causes indriya pradoshaja vikara's. These are observed in the Indriya badhishthana.

Swasthya exists when there is sam Avastha (equilibrium) of the Tridosha's. These are the root cause of all the function's of the sharirs. when there is gunata, karmata, and dravyata vridhhi they leave their respective sthana and take ashrya in other srotas leading to srotodushti. It may be atipravritti, sanga, vimargagamana and siragranthi type, ultimately causes many vyadhi's.

Ayurveda also classified disease causes into three categories- 1] Asatmendriyarthasamyoga 2] Pragyapradh 3] Parinama (kaal). Pragyapradh disrupts all the three sharirik dosha and mansik dosha resulting in various vyadhi's. The unwholesome action performed by one whose intellect, restraint and memory are deranged is known as intellectual error (pragyapradh). (ch.sha.1/102)

Pragyapradh is composed of two words; pragya and aparadh. Pragya = Buddhi+Dhriti+Smriti and aparadh means misdemeanor. Derangement of the Buddhi, Dhriti, and Smriti can lead to asubhakarma. asubha karma vitiate all dosha's. An imbalance of dosha's is a leading nidana of vyadhi's. Indriya pradoshaja vikara is such a topic it's detailed description is not available in the samhita's. So interpretation of the possible effect of modern life style in Indriya pradoshaja vikara is much necessary.

The word Indriya are the prasada amsha of saptadhatu's and their poshana is by aahara rasa. Amongst the 11 (ekadash) Indriya's, indriya pradoshaja vikara's explains the panch Gyanendriya vikara.

AIM AND OBJECTIVE

The aim of the narrative review is to find out the relation between Indriya pradoshaja vikara and modern life style changes.

Types Of Indriya Pradoshaja Vikara=

There are 2 types – upatapa and upaghata is total loss of function or permanent. Upatapa is partial loss of function or altered function.

Some of the vyadhi which can be categorized are listed in the table below-

	INDRIYA	UPATAPA	UPAGHATA
1.	Shravanendriya	Karna nada Karna kshveda Karna srava Karna vidradhi Karna arsha	Badhriya
2.	Chakshurendriya	Arma Savrana shukra Avran shukra Nakulandhya	Andhyata
3.	Rasanendriya	Jihva shotha	Kaphaja much roga Vataja jihva kantik
4.	Ghranendriya	Putinasya Kshavathu Pratishyaya	Apeenasa

EXCESSIVE USAGE OF EAR PHONES /HEADPHONE'S RELATIVELY CAUSES SHRAVANENDRIYA PRADOSHAJA VIKARA

World wide generally new development's have led to an advancement i=of science and technology with a marked dispersal of technology information. As observed listening music,video's,and playing games on personal players via the earphone's/headphone's has become common amongst the youth through seemingly switching over the adults and even some elderly people.

Earphone's are a pair of small listening devices that are designed to be an worn on or around the head over a user's ear.They are electroacousdtic signal to a corresponding sound in the usesr's ear.

Noise can be designed as 'an undesirable sound' and it's perception could be different depending on the listener.Noise intensity, exposure time, and physical characteristucs will determine how much it can damage hearing health.The intensity, the kind of noise, it's duration and quality are determining in the hearing alteration aquasition process.

Acharya charak has described Trividha aayatana of vyadhi- These are Atiyoga, Ayoga,and mithyayoga of indriya, karma, kala.

Atiyoga of earphones/headphones shravanendriya pradoshaja vikara.

HARMFULL EFFECT OF EXCESSIVE USE OF HEADPHONES-

1. KARNA BADHIRYA(loss of hearing)-

Almost all the headphone's exposes ears to high decibel sound waves which can cause some serious damage to ears as well as permanent hearing loss.

2. KARNASHOOLA(Earache)-

Prolonged use ocf earphone's or listening to music on very high volume may lead to karnashoola.

3. EAR INFECTION-

Sharing earphone's may cause unwanted infection's

4. CONGESTED AIR PASSAGE-

Nowdays most of the high quality earphone's requires to place them in the ear canal,which is very close to ear drum using these earphone's foe extended hours means it is restricting the flow of the aie in the air canal making it more susceptible to ear infection's .

5. KARNA NADA(tinnitus)-

Listining on to music for extended hours on earphone's may also lead to ear numbness.It may lead to lose hearing abilities temporarily.But if these signs are ignored and continue with the same habits them then it also result in permanent hearing loss.

CONCLUSION

Indriya's are Gyanendriya's and may functional derangement leads to temporary and permanent disability, As the the old proverb says prevention is better then cure, one should prefer not just on treating the disease but also an preventing the avoidable disease's.

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Excessive use of earphone's consists under the atiyoga of indriya (shravanendriya) casuses many types of shravanendriya vikara.

DISCUSSION

Indriya pradoshaja vikara's mainly explains the Gyanendriya pradoshaja vikara. Ayurveda says that there are 11(Ekadas) indriyas in the sharira.They are 5 gyanendriya ,panch karmendruia and mana.The indriya's of the manav sharira plays a very vital role in carrying out dincharya (day to day activities) of the manav sharira.

Indriya's are panchbhautika even though they are panchbhautika but in a particular dominancy of one particular mahabhuta Pradhan. The knowledge of Shabda that is hearing is pretained by the help of srota indriya. any derangement of dosha can cause shravanendriya pradoshaja vikara.

Excessiive usase of earphone's which are electro acoustic transducer's, which convert into an electrical signal to a corresponding sound in the uses's ear.The high intensity, long duration usase of earphone's causes many hearing alteration.

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