

Critical Comparative Study of Ayurvedic & Jyotish Shastrokta Chhaya Laxanas (Look of The Patient) & Its Impact on Health & Fortune

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ABSTRACT

Chhaya Parikshan have diagnostic and prognostic evaluation in Ayurveda. Hence, it is included as the clinical examination method which can fairly be correlated with modern look of the patient examination. But beside the physical characteristics, Ayurveda also mentioned the auspicious and inauspicious outcomes of the Chhayas which can further be explained with the help of Jyotish science. The Jyotish science is complimentary and contemporary to the Ayurvedic medical science. The principles of Jyotish science have been applied in Ayurvedic science at various places. The various body characteristics are described in ‘Sharir

Laxan Adhyay’ and ‘Ayurday Adhyay’ of Ayurvedic and Jyotish science respectively. Acharya Charaka had described the ‘Chhaya Pariksha’ in the Indriyasthan of his treatise ‘Charak Samhita’. Whereas in Jyotish science, they are explained by Acharya Varah Mihir in his book ‘Brihat Samhita’ and by Acharya Jagatdeva in his book ‘Nrusti Samudrik Shastra’. These Chhaya characteristics are used to predict the future outcome of health and socio economic status. The particular ‘Chhya’ influences the outcome of health and socio economic status. It is also essential to know whether individuals with certain Chhayas are better immune against diseases so as to enjoy the longevity and fortunes of the life. It is important to find

out the rationale behind the forecast made by ancient acharyas based on 'Chhaya laxanas'. Hence, there is a need to study the 'Chhaya laxanas' from both science point of view critically and comparatively.

The critical comparison of Ayurvedic and Jyotish shastrokta, dhatusarata laxanas, in the observation showed marked similarities between the body features of Chhaya laxanas and forecast regarding health and socioeconomic status. It is concluded that future outcome of health, and socioeconomic status can very well be predicted from the assessment of Ayurvedokta Chhaya Parikshan.

KEYWORDS – Chhaya, Praticchaya, Look of the patient

INTRODUCTION

Chhaya Parikshan have diagnostic and prognostic evaluation in Ayurveda. Hence, it is included as the clinical examination method which can fairly be correlated with modern look of the patient examination. But beside the physical characteristics, Ayurveda also mentioned the auspicious and inauspicious outcomes of the Chhayas which can further be explained with the help of Jyotish science. The Jyotish science is complimentary and contemporary to the Ayurvedic medical

science. The principles of Jyotish science have been applied in Ayurvedic science at various places. The various body characteristics are described in 'Sharir Laxan Adhyay' and 'Ayurday Adhyay' of Ayurvedic and Jyotish science respectively. Acharya Charaka had described the 'Chhaya Pariksha' in the Indriyasthan of his treatise 'Charak Samhita'. Whereas in Jyotish science, they are explained by Acharya Varah Mihir in his book 'Brihat Samhita' and by Acharya Jagatdeva in his book 'Nrusti Samudrik Shastra'. These Chhaya characteristics are used to predict the future outcome of health and socioeconomic status. The particular 'Chhya' influences the outcome of health and socioeconomic status. It is also essential to know whether individuals with certain Chhayas are better immune against diseases so as to enjoy the longevity and fortunes of the life. It is important to find out the rationale behind the forecast made by ancient acharyas based on 'Chhaya laxanas'. Hence, there is a need to study the 'Chhaya laxanas' from both science point of view critically and comparatively.

MATERIAL & METHOD

Literary method of research was adopted in the present study. Critical and comparative study of Ayurvedic

literature and Jyotish science literature was done to come to logical conclusion.

REVIEW OF AYURVEDIC & JYOTISH LITERATURE

What is Chhaya ?

● वर्ण आक्रामति छाया, प्रभा तु वर्ण प्रकाशिनी । (च.इ. 7 / 16)

Chhaya refers to the normal glow of the body which in turn depends upon the complexion (*Varna*) and lusture (*Prabha*) of the individual.

● छाया शुभाशुभफलानि निवेदयन्ती, लक्ष्या मनुष्यपशुपक्षिषु लक्षणज्ञैः ।

तेजोगुणान् बहिः अपि प्रविकाशयन्ती दीपप्रभा स्फटिकरत्नघटस्थितेव ॥ बृ.सं. 67 / 89

Chhaya refers to the internal radiance reflected externally on body surface as like the oil lamp kept in rock crystal pot (*Sphatik Ratna Ghata*) spread its radiance outside.

● छादयति नरस्य अंगे लक्षणम् अत्यन्तो नरच्छाया । सा पार्थिवी तथा आप्या ज्वलनभवा वायवी व्योम्नी ॥ नृ.सा.शा. 3 / 19

भवति शुभाशुभफलदा निजतेजस्तन्वती बहिर्देहात् । विमल स्फटिक घटान्तर्विलसति सा दीपककलिकेव ॥ नृ.सा.शा. 3 / 20

Chhaya refers to the coating of internal radiance on external body surface as like the oil lamp kept in rock crystal pot (*Sphatik Ratna Ghata*) spread its radiance outside. *Chhaya* is of five types. It indicates the normal or abnormal body state.

So, in short, Chhaya refers to the look of the patient.

Examination of *Chhaya* : - By inspection

Importance of Chhaya In Roga Nidana

● The look of the normal individual (*Chhaya*) having dhatu sarata may be radiant and pleasant.

For e.g.

● Pleasant look in Rasa-sara individual प्रसन्नछविः त्वकसारः (का.सं.सू. 28)

● The look of the patient (*Chhaya*) is altered in diseased states.

For e.g.

● The Dry and Dull look in Old Age रुक्ष म्लान छवि – वार्धक्य शोषी (सु.उ.तं.41 / 20)

● The Burnt and rough look in long walkers संभृष्ट परुष छवि – अध्व शोषी (सु.उ. तं.41 / 21)

● The Dry look in schizophrenics रुक्ष छवि – वातज उन्माद (सु.उ.तं.62 / 8)

● श्याव लोहित नील पीतिका वा अपि मानवम् । अभिद्रवन्ती यम् छाया परासुरा संशयाम । (सु.सू. 31 / 3)

● The person in whom, the glow suddenly becomes black, red, blue or yellow, is going to die shortly.

● संस्थानेन प्रमाणेन वर्णेन प्रभया तथा । छाया विवर्तते यस्य स्वस्थोऽपि प्रेत एव सः ॥ (च.इ. 7 / 7)

If the appearance of the individual is distorted with regard to shape (*Sansthan*), proportion (*Praman*) and the look (*Chhaya*), then he should be

considered as good as dead even when alive and treatment should not be carried out.

What is Prati-Chhaya ?

●प्रति प्रमाण संस्थाना जलात् आरशात् आतप आदिषु। छाया या सा प्रतिच्छाया छाया वर्ण प्रभा श्रया। (च.इ.7/9)

Pratichhaya (Image) refers to the image of the individual as reflected in water, mirror or in sunlight.

Examination of *Prati-chhaya* : - By inspection

●ज्योत्सनाम् आयाम आतपे दिपे सलिलात् दर्शयोः अपि। (च.इ. 7/4)

The body image should be observed in moonlight, sunlight, with lamp or in the mirror or water.

Importance :

●अंगेषु विकृता यस्य छाया प्रेतः तथैव च। (च.इ. 7/4)

Those having deformed shadow are considered to be dead.

●अंगेषु जल आदर्श आदिषु छायां विकृतां यः प्रपश्यति। गात्रेषु आद्रेषु सर्वेषु स अर्ध मासं न जीवति।

(बृहत्तदवैज्ञरंजन 71/138)

One who sees his shadow distorted in water or mirror and who sees sweating on his forehead is going to die shortly.

Types of Chhaya And Their Effect on Socio Economic Status & Wellbeing

खादीनां पंच पंचानां छाया विविधलक्षणाः। च.इ. 7/10

There are five types of Chhayas as follows :

1. नाभसी छाया (Nabhas look)

आयुर्वेद शास्त्र – नाभसी निर्मला नीला सस्नेहा सप्रभेव च॥ च.इ. 7 / 10

ज्योतिष शास्त्र – स्फटिकसदृशरूपा भाग्ययुक्तायुदारा निधिरिव गगनोत्था श्रेयसांस्वच्छवर्णा । बृ.सं. 67/93

स्वच्छ स्फटिकमणिनिभा देहिनामिह व्योम्नी । प्रायः श्रेयो निधिसुखधनसुतसौभाग्यदा पुंसाम् ॥ नृ.सा.शा. 3/25

2. वायवी छाया (Vayu look)

आयुर्वेद शास्त्र – रूक्षा श्यावारुणा या तु वायवी सा हतप्रभा। च.इ. 7 / 11

वायवी तु विनाशाय क्लेशाय महतेऽपि वा॥ च.इ. 7 / 13

ज्योतिष शास्त्र – मलिन परुष कृष्णा पापगन्धा अनिलोत्था जनयति वधबन्धव्याधनार्थार्थनाशनम् । बृ.सं. 67/93

रूक्षा मलिना दीना चला खला मारुती भवेत्छाया। वधबन्धबन्धनपरा वित्तनाशं नृणां कुरुते ॥ नृ.सा.शा. 3/24

3. आग्नेयी छाया(Radiant look)

आयुर्वेद शास्त्र – विशुद्धरक्ता त्वाग्नेयी दीप्ताभा दर्शनप्रिया। च.इ. 7 / 11

ज्योतिष शास्त्र – चण्डाधृष्या पद्महेमाग्निवर्णायुक्ता तेनो विक्रमैः सप्रतापैः ।

आग्नेयीति प्राणिनां स्याज्जयाय क्षिप्रं सिद्धिं वाञ्छितार्थस्य दत्ते ॥ बृ.सं. 67/92

ज्वलनप्रभा च बालार्कप्रवालनकाग्निपद्मरागनिभा। पौरुष पराक्रमैः सा जयमर्थं तनुभृतां तनुते ॥ नृ.सा. शा. 3/23

4. जलीय छाया(Watery look)

आयुर्वेद शास्त्र – शुद्धवैदूर्यविमला सुस्निग्धा चाम्भसी मता। च.इ. 7 / 12

ज्योतिष शास्त्र – स्निग्धा सिता अच्छ हरिता नयनाभिरामा सौभाग्य मार्दव सुखाभ्युदयान् करोति ।

सर्वार्थसिद्धिजननी जननीव च आप्या छाया फलं
तनुभृतां शुभं आदधाति । बृ.सं. 67/91

आप्या अभिवाम्भोप्रदच्छन्नजलसन्निभा छाया । सर्वार्थ
सिद्धिजननी सौभाग्यमिह पंचमम् ।। नृ.सा.शा. 3/22

5. पार्थिवी छाया(Solid look)

आयुर्वेद शास्त्र – स्थिरा स्निग्धा धना श्लक्ष्णा श्यामा
श्वेता च पार्थिवी । च.इं 7 /12

वायवी गर्हिता त्वासां चतरस्त्रः स्युः सुखोदयाः । च.इं 7
/13

ज्योतिष शास्त्र –स्निग्धद्विजत्वग्नखरोमकेशारछाया
सुगन्धा महिसमुत्था ।

तुष्ट्यर्थलाभाग्युदायान् करोति धर्मस्य च अहन्यहनि
प्रकृन्तिम् ।। बृ.सं. 67/90

स्निग्धद्विजनखलोमत्वक्केशा पार्थिवी स्थिरा रेखा ।
नयनहृदयभिरामा दत्ते धनधर्मसुखभोगान् ।। नृ.सा.शा.
3/21

OBSERVATIONS

Nabhasi Chhaya – Characteristics	
Ayurved	Jyotish
- Nirmala (Clean)	- Sphatik Sadrush (like Rock Crystal)
- Neela (Bluish)	-
- Sa-sneha (Unctous)	-
- Sa-Prabha (Lustureful)	-

Ref – C.I. 7/10 , B.S. 67/93, N.S.Sha. 3/25

Vayavi Chhaya – Characteristics	
Ayurved	Jyotish
- Ruksha (Dry)	- Parush (Rough)
- Shyav Aruna (blackish, brownish)	- Krushna / Malin (Blackish)
- Hata-prabha (Lustureless)	- Chala (Unstable)
-	- Papgandha (Bad smelling)

Ref – C.I. 7/10, B.S. 67/93, N.S.Sha. 3/24

Aagneya Chhaya – Characteristics	
Ayurved	Jyotish
- Rakta (Red)	- Bal Arka Prabha (Like rising Sun)
- Deepta-Abha (Brilliant)	- Padmarag Nibha (Like Ruby stone)
- Darshanpriya (Pleasant)	- Prawal Nibha (Like coral)
-	- Hema Varana Yukta (Like Gold)
-	- Agni Varana Yukta (Like Fire)

Ref – C.I.7/11 , B.S. 67/92, N.S.Sha. 3/23

Aapaj Chhaya – Characteristics	
Ayurved	Jyotish
- Vimala (Clear)	- Achha (Clear like water)
- Snigdha (unctuous)	- Snigdha (unctuous)
-	- Nayan Abhiraam (Pleasant look)

Ref – C.I.7/11 , B.S. 67/91, N.S.Sha. 3/22

Parthiv Chhaya – Characteristics	
Ayurved	Jyotish
- Sthira (Stable)	- Snigdha Danta (Unctous Dentures)
- Snigdha (unctuous)	- Snigdha Nakha (Unctous Nails)
- Ghana (Solid)	- Snigdha Roma (Unctous Body hairs)
- Shlashna (smooth)	- Snigdha Twacha (Unctous Skin)
- Shyama (Blackish)	- Snigdha Kesha (Unctous scalp hairs)
- Shweta (Whitish)	- Nayan Abhiraam (Pleasant)
-	- Su-gandhi (Fragrance)

Ref – C.I. 7/12 , B.S. 67/90, N.S.Sha. 3/21

DISCUSSION

Look of the patient is an important aspect of clinical examination. It gives the preliminary idea about the physical and mental state of the patient without being examined physically and as such act as first hand report. As per Ayurved science, *Chhaya* refers to the normal glow of the body which in turn depends upon the complexion (*Varna*) and lustre (*Prabha*) of the individual.

As per Jyotish science, *Chhaya* refers to the internal radiance reflected externally on body surface as like the oil lamp kept in rock crystal pot (*Sphatik Ratna Ghata*) spread its radiance outside.

Chhaya helps in diagnostic and prognostic evaluation of the patient hence, included as part of clinical examination.

The effect of various Chhayas on socio economic status and general wellbeing can be discussed as follows from both science point of view :

1. Nabhas Chhaya :

Effect on Socio Economic Status & Wellbeing

Ayurved Science – This chhaya is normal.

Jyotish Science - This Chhaya (look) is endowed with fortune (*Bhagya Yukta*), wealth (*Dhana*), happiness (*Sukha*), Success (*Shreya*), generosity (*Audarya*), broad hearted (*Vishal hrudaya*).

2. Vavaviya Chhaya :

Effect on Socio Economic Status & Wellbeing

Ayurved Science – This chhaya is abnormal and brings sorrow and death.

Jyotish Science - This Chhaya (look) is endowed with diseases (*Roga*), loss of wealth (*Vitta Nasha*), murder (*Vadha*), imprisonment (*Bandhan*), kidnapping (*Apaharan*).

3. Agneya Chhaya :

Effect on Socio Economic Status & Wellbeing

Ayurved Science – This chhaya is normal.

Jyotish Science - This Chhaya (look) is endowed with radiance (*Teja*), Valour (*Parakram*), win (*Vijay*).

4. Jaliya Chhaya :

Effect on Socio Economic Status & Wellbeing

Ayurved Science – This chhaya is normal.

Jyotish Science - This Chhaya (look) is endowed with success (*sarwarth janani*), fortune (*saubhagya*), happiness (*Sukhi*), liked by everybody (*Tanu bhrutam*), Beneficent like mother (*Janani eva shubham*)

5. Parthiv Chhaya :

Effect on Socio Economic Status & Wellbeing

Ayurved Science – This chhaya is normal.

Jyotish Science -This Chhaya (look) is endowed with wealth (*Dhana*), dutiful towards mankind (*Dharma Pravrutta*), Happiness (*Sukha*) and enjoyment (*upabhoga*).

RESULT

6. Individuals with Nabhas Chhaya have radiant, clean and unctuous look and are fortunate.
7. Individuals with Vavaviya Chhaya have lusterless, dry and blackish look and are unfortunate.
8. Individuals with Agneya Chhaya have glowing shiny look and are full of energy and valour.
9. Individuals with Jaliya Chhaya have pleasant, clear, unctuous look and are successful.
10. Individuals with Parthiv Chhaya have whit to black pleasant unctuous look, emit fragrance and are fortunate.

CONCLUSION

1. The critical comparison of Ayurvedic and Jyotish shastrokta, Chhaya laxanas, in the observation showed marked similarities between them.
2. Chhaya can fairly be correlated with look of the patient and is an important tool in assessing the

psycho somatic health of an individual.

3. The description of Chhaya laxanas in Ayurved Shastra follows the Jyotish Shastrokta views with respect to body characters and futuristic outcome.
4. Assessment of 'Chhaya Laxanas' helps in diagnostic and prognostic evaluation of the patient.
5. Except for Vavyaviya Chhaya, all other Chhayas are normal, auspicious and are immune against diseases.
6. The future outcome of health and socioeconomic status can very well be predicted from the assessment of Chhaya laxanas.

ABBREVIATIONS

1. C.Vi- Charak Vimansthana,
2. B.S. – Brihat Samhita,
3. N.S.Sha. – Nrusti Samudrik Shastra

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Cite article:

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Ayurlog: National Journal of Research in Ayurved Science- 2019; (7)(3): 1 to 8