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REVIEW ARTICLE

A Review of *Astha Nindita Purush* (Eight Type of Congenital Deformity) according to Present Era

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ABSTRACT

There are eight variants of congenital deformities (*Astha Nindita Purusha).* Individuals with these eight types of malformations are morphologically or genetically abnormal, as it conclude that people suffer from a wide variety of diseases and are difficult to treat because they are treatable with high risk *(yapya / krachha sadhya)* or incurable *(asadhya*). But now a days these *Ashta Nindita Purusha* are getting relevant treatment according to their disease and condition.

There are many diseases that can be included in this category, which are not categorized in *Ayurveda*. There need of understanding *Nindita Purusha* based on their morphological abnormalities like Trisomy, Gynecomastia, Progeria, Poliomyelitis, Congenital physical disability etc. that can be included that but not included yet. So, an effort has been done to understand the diseases along with its pathologies that can be included as *Nindita Purusha* and its importance in present era.

Key Words *Trisomy, Gynecomastia, Progeria, Poliomyelitis, Congenital Physical Disability, Auto Immune Diseases*

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INTRODUCTION

The specific abnormalities in humans as physical deformities, which have abnormal physical appearance and are generally difficult to treat or cannot be treated at all are eight in number which are called as *Nindita Purusha*, *Acharya Charak* mentioned eight types of *Nindita Purusha*, who have abnormal physical appearance called *Astha Nindita Purusha*[1].

Derivation:

The word Nindita is derived from two word "*Nind* and *kta*" Basic meaning of word '*Nindita*' is differently said by different dictionary and condition of status of person:

1. Sansrit-hindi Shabdkosh (Apte): - Tarnished, Infamous or Dishonorable, Disgraced[2].
2. Monier-Williams Sanskrit-English Dictionary: - Blamed, Censured, Abused, Defamed, Low, Despicable, Prohibited, Forbidden[3].
3. Encyclopedic Dictionary of Ayurveda: - Reviled, Blamed, Rejected, Prohibited, Forbidden[4].

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4. Shabda-Sagara Sanskrit-English Dictionary:-

a. Abused, reviled, reproved,

b. Low, despicable, worthy of being reviled.

c. Prohibited, forbidden.

d. *"Nid"* to abuse, affix *"kta"*[5].

Above description about of word '*Nindita'* in textbooks and Samhitas.

Eight types of condition developed due to hormonal and genetically may also be the cause[1].

1. *Ati Deergha* -Excessive tallness (Gigantism)
2. *Ati Hrisa* -Excessive shortness (Dwarfism)
3. *Ati Loma* -Excessive hair on body (Hirsutism)
4. *Aloma* -Excessive Hairless body (Alopecia)
5. *Ati Krushna* -Extremely dark skin complexion
6. *Ati Gaura* -Extremely fair (Albinism)
7. *Ati Sthula* -Excessively obese (Obese)
8. *Ati Krusha* -Excessively underweight (lean) (Emaciation)

Astha Nindita Purusha are considered as *Nindita* because they do not possess sufficient resistance power against diseases. The qualitative and quantitative proportions of the tissues are not proper in them. Eight types of *Nindita Purusha* described here are physically condemned and not mentally[1].

Among these *Atisthul purusha* **(**Excessively obese) and *Atikrish purusha* (Excessively underweight) is special condemnation as compared to other six types of *Nindita Purusha*, because the former six *Nindita Purusha* are blasphemy by society, while these two are condemned from the point of view of treatment[1].

The reasons can have been clarified by following term:

a. *Ati-sampuranam* - Eating too much.

b. *Bija-swabhav-aditi* - Heredity originated from the gene, from the parents. In such persons although excessive fattening occurs even after taking a normal diet[6].

Both *Atisthula purusha* **(**Excessively obese) and *Atikrisha purusha* (Excessively underweight) suffer from diseases always because of low immunity. In comparability *Atikrish purusha* (Excessively underweight) is better condition than *Atisthul purusha* **(**Excessively obese), because of the effect of the treatment[7].

AIMS AND OBJECTIVE

- To find out *Nindita Purusha* related diseases at present time apart from *Astha Nindita Purusha* already mentioned in *Samhita.*
- To find out diseases with similar abnormalities which are not included under *Nindita Purusha* at the present time.
- To describe the reasons to get neglected in the society for *Nindita Purusha.*

There are many congenital, hormonal and heredity diseases or pathologies found in human body apart from *Astha Nindita Purusha*, but they are not highly prevalent and affect only a limited structure

or organs not the entire body it includes Trisomy, Gynecomastia, Poliomyelitis, chronic psoriasis, chronic vitiligo, congenital physical disability, progeria, auto immune diseases, generalized multiple lipomas. All the mentioned diseases can be correlated in the present time with the *nindita vyadhi,* which affects the human body and its entire lifestyle. As these diseases are not treatable *(Asadhya)* or difficult to treat *(Krichha Sadhya/Yapya).*

Diseases and conditions which are altered after birth or at any age and having above abnormalities cannot be categorized with *Nindita Purusha.*

MATERIALS AND METHODS

a. *Charak samhita* with its commendations.

b. Different dictionaries related to *astha nindita purush*

c. Related articles.

DISCUSSION

Apart from *Astha Nindita Purusha*, there are many other diseases which can be included under *Nindita Purusha*h. but some of them do not spread throughout the body but simply effect on particular or related structure. Diseases related to deformities like hormonal, genetically, physically can be related to *Nindita vyadhi* can be included under *Nindita Purusha*.

1. *Ati deergha* – Gigantism

Person will be excessively tall. This can be compared to gigantism which is of pituitary origin. Gigantism generally occurs due to a tumor in the pituitary gland that causes growth hormones to be released in an abnormal manner while a person is still young. It is rare, occurring in just three in a million[8], causing them to grow to heights ranging from seven to nine feet tall.

figure-1

figure-2

Most features and signs are related to bones, like very large hands and feet, long and thick bones, thick toes and fingers, studies have shown that the taller people are more prone to develop cancer[9]. It confirms that due to a greater number of cells in tall people, there is more cell division that makes more likely to develop cancer[10].

2. *Ati Hriswa* – Dwarfism

Person will be extremely short; this can be compared with dwarfism. Causes of disproportionate dwarfism include growth hormone disorders and metabolic disorders. The most common types of dwarfism, known as skeletal dysplasia, are genetic. Skeletal dysplasia are conditions of abnormal bone growth that causes dwarfism. They included: Achondroplasia, Spondyloepiphyseal dysplasia (SED), Diastrophic dysplasia. Dwarfism is generally defined as an adult height less than four feet[11].

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figure-3


figure-4

When there is an imbalance between *doshas*, bones may become long or short and lead to gigantism or dwarfism. The prevalence of dwarfism ranged from 0.36 to 0.60 per 10,000 livebirths[11].

3. *Ati loma* – Hirsutism

Person will have too much of body hairs. This can be closely compared to Hirsutism. It usually occurs due to excessive production of male hormones called androgens. It can be inherited and occur as a part of other pathological conditions. Hairs occur in both men and women on parts of body where hairs showed be normally absent or minimal, such as chin, chest, or face. Body hairs are excreta of bone tissue. When bone tissue increases, body hairs also increase[12].


figure-5


figure-6

Hirsutism can also be an adverse effect of certain medications. Androgen therapy that includes testosterone, dehydroepiandrosterone (DHEA), or the drug Danazol, may contribute to hirsutism[13].

***4. Aloma* – Alopecia**

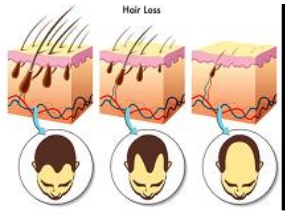

figure-7

figure-8

Person will have very less body hairs. This condition can be compared to Eunuchoidism. It is an abnormal condition in males characterized by lack of fully developed reproductive organs and development of certain female sex characteristics. High voice and lack of facial and body hair resulting from absence of normal production of male sex hormones are evident. Testes are present but fail to function. This condition occurs due to deficiency or absence of *shukra dhatu* i.e., semen and male hormones[14].

5. *Ati Krishna* – Hyperpigmentation

Person will be too dark complexion. This condition can be compared to hyper-pigmentation of Addison's disease. It is known as primary adrenal insufficiency and hypo-cortisolism. Here adrenal glands do not produce enough steroid hormones. Among many symptoms, hyper pigmentation i.e., darkening of skin is an important one which can be included in this category[15].


figure-9


figure-10

Melasma was the commonest cause of hyperpigmentation seen in 33.63% patients followed by post inflammatory hyperpigmentation in 12.52% patients. As an etiological, endocrinal cause was the commonest due to the inclusion of Melasma in the group[15].

6. *Ati gowra* – Hypopigmentation

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Person will be too fair in complexion. This condition can be closely co-related with Myxedema. Myxedema is a condition that results from hypothyroidism. Along with other symptoms there is thickening of skin due to collection of mucopolysaccharides and water beneath skin. It gives a shining appearance to skin. Skin looks dry and edematous but doesn't pit when pressed. This condition may not match directly with *ati gowra*[27].

figure-11

figure-12

Albinism is one condition which is caused due to deficiency of melanin pigment in body which satisfies criteria of *ati gowra* but since we are discussing endocrine link albinism needs to be ruled out because there are no hormones related to this condition. In myxedema, if we take shine component of swollen skin, it can be compared to *ati gowra*, though myxedema doesn't match exactly with *ati gowra*. But myxedema satisfies endocrine link since it is related to hypothyroidism[27].

7. *Ati sthula* – Obese

Person will be excessively fat, may be due to many causes. Closest correlation to *atisthula* is Froehlich's syndrome. It is also called as adipose genital dystrophy. It is a rare childhood metabolic disorder. It is characterized by – obesity, growth retardation, and hypogonadism due to hypothalamic-pituitary disorder. Retarded growth of genitals, increased appetite and depressed secretion of gonadotropin are also found. It will be genetically or hormonal. Overweight is usually defined as a condition in which a person's weight is 10%-20% higher than normal, as defined by a standard height/weight chart that is body mass index (BMI) of 25 to 30. Obesity is usually defined as a condition in which a person's weight is 20% or more above normal weight or as a BMI of 30 or more[16].

figure-13

figure-14

Too much obesity is caused by over satiation, consumption of heavy, sweet, cold, and fatty diet, absence of physical exercise and sexually act, day sleeping, continuous exhilaration, absence of any worry and due to genetic factor. Overweight and obesity tend to run in the family. Chances of being overweight are greater if one or both parents are obese. Genes also may affect the amount of fat stored in the body and where in your body you carry the extra fat[17].

8. *Ati krusha* – Lean

A lean person is very thin. Thinness can be caused by several reasons, including malnutrition and starvation. This condition may be closely linked to pituitary cachexia. Meaning of Cachexia weakness and wasting of the body. It is a wasting syndrome characterized by weight loss, muscle atrophy, fatigue, weakness, and loss of appetite.

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When a person is not trying to lose weight[18]. Also, these persons have a congenital tendency that makes them remain lean and thin throughout their life since birth.

Figure-15

Figure-16

It is called Simmonds's Disease also. It is form from hypopituitarism, which leads to atrophy of viscera, including spleen, heart, kidneys, liver, thyroids, adrenals, and gonads. It results in emaciation and death if left untreated[18].

PRESENT ERA DESCRIBED DISEASES

1. Trisomy:

a condition in which an extra copy of the chromosome is present in the nucleus, causing genetically abnormalities. A chromosome condition is caused by an alteration in the number or genetic structure of chromosomes. Trisomy means that the affected person has three copies of a chromosome instead of two. This means they have 46, instead of 47 chromosomes[19].

The most common types of autosomal trisomy that survive from birth in humans are:

- Trisomy 21 (Down syndrome)
- Trisomy 18 (Edwards syndrome)
- Trisomy 13 (Patau syndrome)
- XXX (Triple X syndrome)
- XXY (Klinefelter syndrome)
- X0

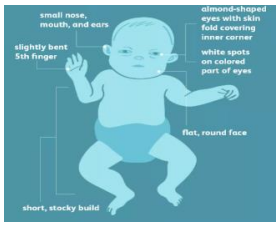

Figure-17

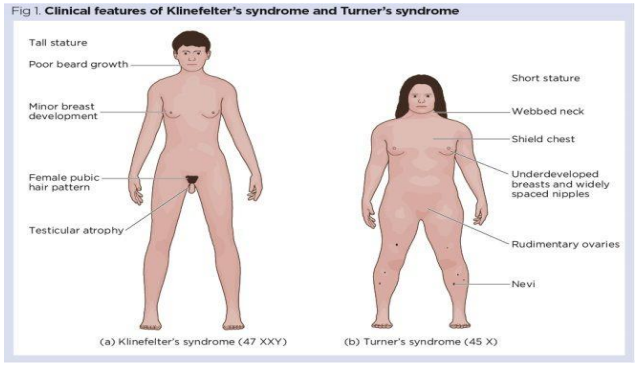

Figure-18

All these types of genetically disorder and abnormal physically appearance so it can be called as *Nindita Vyadhi.*

2. Poliomyelitis:

Polio is a highly contagious disease caused by a virus called the poliovirus. It invades the nervous system and can cause total paralysis in a matter of hours. This type of condition is irreversible. Primary symptoms are headache, fatigue, fever, stiffness, vomit, of neck, pain in limbs. Polio mainly affects children under the age of 5 years[20].

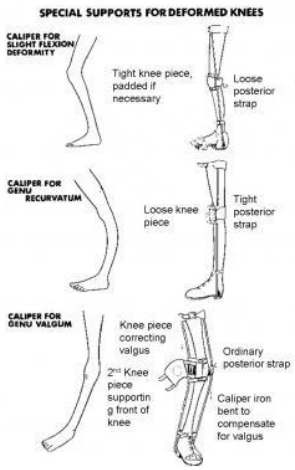

Figure-19

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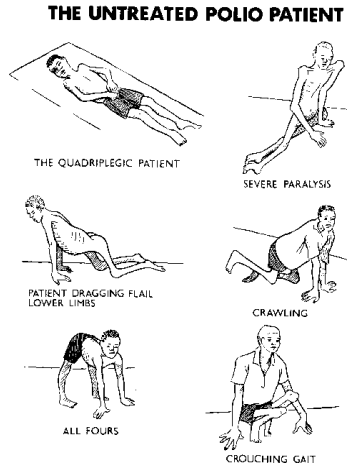

Figure-20

This is abnormal physically appearance so it can be called as *nindita vyadhi*. It can also occur genetically.

3. Auto Immune Diseases:

In this disease a condition in which the immune system mistakenly attacks its own body. It usually protects against germs such as bacteria and viruses. When sees these alien invaders, sends an army of fighter cells to attack them. In an autoimmune disease, the immune system considers certain parts of the body, such as the joints or skin, to be foreign. It releases proteins called autoantibodies that attack healthy cells[21].

Some autoimmune diseases target only one organ. Type 1 diabetes damages the pancreas. Other diseases, such as systemic lupus erythematosus (SLE), affect the entire body. It is not currently known exactly what causes autoimmune diseases. Genetics, diet, infection, and exposure to chemicals may be involved. There are over 80 different autoimmune diseases[21]. Here are some of the commonest diseases:

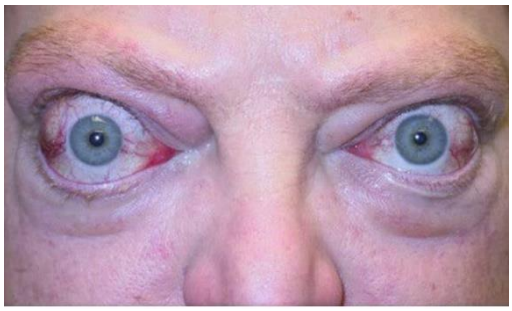

Figure-21

Figure-22

Type 1 diabetes, Rheumatoid arthritis (RA), Psoriasis/psoriatic arthritis, Multiple sclerosis, Systemic lupus erythematosus (SLE), Inflammatory bowel disease, Addison's disease, Graves' disease, Sjogren's syndrome, Hashimoto's thyroiditis, Myasthenia gravis, Autoimmune vasculitis, Pernicious anemia, Celiac disease.

Autoimmune disease symptoms

Early symptoms of many autoimmune diseases are very common, such as:

- Fatigue,
- Achy muscles,
- Swelling and redness,
- Low-grade fever,
- Trouble concentrating,
- Numbness and tingling in the hands and feet,
- Hair loss,
- Skin rashes.

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The main treatment for autoimmune diseases is medications, which reduce inflammation and help to calm an overactive immune response. The real reason for the origin of the disease is not yet known, so it can be called *nindita vyadi.*

4. Progeria:

Progeria, also known as Hutchinson-Gilford syndrome, is a genetic, extremely rare, progressive disorder that causes rapid aging in children in the first two years of life. Children with Progeria usually appear normal at birth. During the first year, symptoms such as slow growth and hair loss begin to appear. Heart problems or strokes are the cause of death in most children with Progeria[22].

Figure-23

Figure-24

The average age of a child with Progeria is around 13 years old. Some may die from this disease at a young age and others may live longer, and sometimes even 20 years. There is no cure for Progeria, but the drugs that have been obtained through ongoing research work, they do have some benefit[22].

5. Gynecomastia:

Enlargement of a man's breasts, it can affect one or both breasts, usually due to hormonal imbalance and hormone therapy.

figure-25

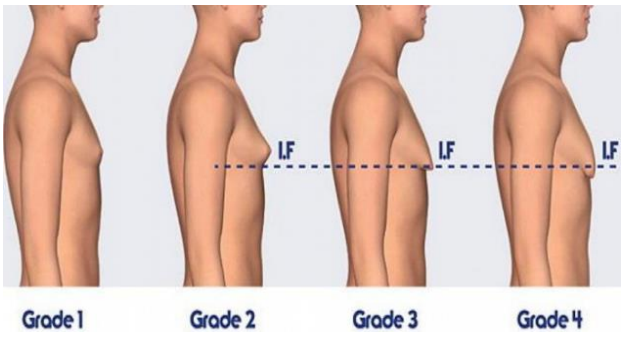

Figure-26

There are many other conditions that can cause gynecomastia. These include[23]:

- Obesity
- Lack of proper nutrition
- Liver disease
- Hypothyroidism
- Hyperthyroidism
- Kidney failure
- Hypogonadism

This is hormonal disorder and abnormal physically appearance so it can be called as *nindita vyadhi.*

6. Congenital Physical Disability:

An often-inherited medical condition that occurs at birth of before birth. *Acharya Charak* said about it in *viman sthan*, this type of congenital physical disability can be said as *Nindita* according *dashvidh parksha praman* [24].

figure-27

figure-28

Eg. *Anghaani* or *adhiang* in *ayurveda;* Cleft palate or lip, spina bifida, club feet, etc. Some are curable and some are incurable. These all type of disability

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can occur genetically and abnormal physical appearance, so can be said as *nindita Vyadhi*[24].

7. *Khshudra rog*:

Khsudra rog explained by *Acharyas* can also be included under this category because its characteristic featurs[25]. Many of the diseases included under it are is low in intensity and easily curable but many diseases in their chronic condition are difficult to treat and all *khudra rogi* are physically having bad appearance. Some *Khsudra rog* can be called as *nindita vyadhi* in their chronic condition as*: Kustha* (Leprosy), *pama* (eczema*), Granthipradhan Vatvyadhi* (Generalized multiple lipoma), *vicharchika* (Ichthyosis), *indralupta* (Alopecia), *nyachha* (naevus or hemangioma)[26], etc.

figure-29

figure-30

This is abnormal physically appearance so it can be called as *nindita vyadhi.* It can also occur genetically.

CONCLUSION

Apart from *Astha Nindita purusha* related to deformities like hormonal, genetically *(beejdosh),* physically, which can be related to *Nindita vyadhi* and such people can be called as *Nindita Purusha.* There are many diseases which have *nindita lakshan* similar to *Nindita Purusha Vyadhi* but at the present time we cannot include them in *Nindita Purusha,* because such diseases and conditions which are getting altered after birth or at any age cannot be categorized under *Nindita Purusha.*

Astha Nindita Purusha referred as condemned people from society according to *Acharyas*, but they were not seen as inferior nor they were society biased as in present era *Astha Nindita Purusha* are not considered even in condemned people in society, while they are linked to the society itself.

Apart from that, other mentioned diseases in the present time also can be termed as *nindita vyadhi*. Even after, on another hand these diseases cannot be include under *Nindita Purusha* because there is availability of symptomatically treatment at present time for these diseases.

Astha Nindita Purusha described by *Acharyas*, which is *Apta Vachan* and this cannot be opposed or disagreed. At the present era sedentary lifestyle result many diseases and can be included in *Nindita vyadhi*. These diseases were not present during that period of *Acharyas* but can be included under *Astha Nindita Purusha* with its characteristic features. So, it can have concluded that *Astha Nindita Purusha* are fix, not more or not less.

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