



# International Journal of Indian Medicine

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# IJIM

SEPT 2020



# International Journal of Indian Medicine

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## CRITICAL ANALYSIS OF IMPACT OF DIFFERENT DIRECTIONAL WIND ON HEALTH AND DISEASE FROM AYURVEDIC & JYOTISHIYA POINT OF VIEW

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**Abstract:** The principles of Jyotish science have been incorporated in Ayurvedic science at various places. *Vayu Disha Aavarta* (Different Directional Wind) is one such concept which not only indicates about likely well being but also about worsening of diseases Ayurvedic acharyas are of the view that predominance of wind flow varies as per the seasons and in particular season , there is flow of wind from particular direction. For e.g. during *Vasant ritu* (spring season) , wind flows from south side and in *Sharad ritu* (autumn season) wind flows from north direction. As per them wind flowing from east , north and south promotes the health whereas wind flowing from the west direction leads to the demotion of the health. The Jyotish acharyas have highlighted the impact of wind from various directions on the environment and clouds in the sky and accordingly they predicted about the satisfactory or non-satisfactory rain in the region and loss of some crops. In the present study attempt is made to critically analyze this relationship between Jyostih and Ayurvedic science with regard to wind flow. It is observed that the gentle flowing pleasant wind without the dust from any direction is generally good for health whereas terribly flowing wind with dust and noise from any direction is bad for health. Wind from directions like east, north and south leads to promotion of health. The wind from west direction leads to demotion of health. Except for Eshanya (norh east) the wind from all other upa-dishas put bad effect on society.

**Keywords:** Purva disha (east), Paschim disha (west), Uttar disha (north), Dakshin disha (south), Upa disha (minor directions)

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**How to cite this article:** Waghe S.D. et al. critical analysis of impact of different directional wind on health and disease from Ayurvedic & Jyotishiya point of view. Int. J Ind. Med. 2020;1(6):203-209

**INTRODUCTION:**

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. *Vayu Disha Aavarta* (Different Directional Wind) is one such concept which not only indicates about likely well being but also about worsening of diseases Ayurvedic acharyas are of the view that predominance of wind flow varies as per the seasons and in particular season, there is flow of wind from particular direction. For e.g. during *Vasant ritu* (spring season), wind flows from south side and in *Sharad ritu* (autumn season) wind flows from north direction. As per them wind flowing from east, north and south promotes the health whereas wind flowing from the west direction leads to the demotion of the health. The Jyotish acharyas have highlighted the impact of wind from various directions on the environment and clouds in the sky and accordingly they predicted about the satisfactory or non satisfactory rain in the region and loss of some crops. In the present study attempt is made to critically analyze this relationship between Jyostih and Ayurvedic science with regard to wind flow.

**Review Of Ayurvedic Literature****Wind Dominance As Per Seasons**

In *Vasanta ritu* (spring), wind flows from *Dakshin* (south) direction. In *Varsha ritu* (rainy season), wind flows from *Paschim* (west) direction. During *Sharad ritu* (autumn), wind flows from *Uttara* (north) direction. During *Hemanta* and *Shishir ritu* (winter), wind flows from *Purva* (east) direction.<sup>[1]</sup>

**Eastern Wind**

The wind coming from east is pleasant, unctuous, acrid, heavy, cool, alleviates Pitta and aggravates Vata.<sup>[2]</sup>

The wind coming from east is pleasant, unctuous, salty, heavy, causes little burning and aggravates Raktapitta. It aggravates the pain of patients suffering from traumatic injuries, poisoning and Kaphaj diseases. It liquefies the pus and increases and spreads it. But this wind is beneficial for the patient suffering from Vataj diseases and fatigued persons.<sup>[3][4]</sup>

**Southern Wind**

The wind coming from south is good for eyes, offers physical strength, alleviates Raktapitta, promotes happiness, radiance and strength and it consists of six rasas.<sup>[5]</sup>

The wind coming from south is pleasant, non irritating, astringent, beneficial for eyes and offers physical strength. It alleviates the Raktapitta and does not aggravate the Vata.<sup>[6]</sup>

**Western Wind**

The wind coming from west is pungent, dries the phlegam and fat, emaciates the body and decreases the concentration of Pranvayu fast.<sup>[7]</sup>

The wind coming from west is clear, rough, dry, hard, alleviates the increased Kapha and Meda (fat). It reduces the liquid and oil content from the body and reduces the physical strength.<sup>[8]</sup>

**Northern Wind**

The wind coming from north is unctuous, soft, pleasant, astringent, cool and aggravates the doshas.<sup>[9]</sup>

The wind coming from north is unctuous, soft, pleasant, astringent, cool and promotes health. It is particularly beneficial to patients suffering from emaciation and pthisis.<sup>[10]</sup>

#### **Wind from Minor/Angular Directions**

The wind coming from southeast (*Aagneya*) is dry and irritating or burning. The wind coming from southwest (*Nairutya*) is non irritating. The wind coming from northwest (*Vayavaya*) is bitter. The wind coming from northeast (*Eshanya*) is acrid.<sup>[11]</sup>

#### **Wind from All Directions**

The wind coming from all directions gives rise to lot of diseases and is unhealthy. One should protect oneself from such air.<sup>[12]</sup>

#### **Review Of Jyotish Literature**

The evenly flowing, fragrant and compatible wind in all eight direction is beneficial and is auspicious.<sup>[13]</sup>

The wind of east direction, give rise to the clouds. The wind of west direction takes away the clouds. The wind of north and south direction leads to the raining.<sup>[14]</sup>

The wind of east direction, give rise to the clouds. The wind of west direction takes away the clouds except for *Shrawan* and *Bhadrapad* months. The wind of north direction leads to the raining whereas wind of south direction leads to cloudy sky and mild rain. The wind of

*Nairutya* (south west) and *Vayavya* (north west) leads to heavy rain with clouds. The wind of *Eshanya* (north east) leads to mild rain and slow wind. The intermixing of winds from various directions leads to heavy rain. The wind flowing in east direction if attracts the clouds below then there is heavy rain. The direction from which bad or foul smell comes, should be interpreted as suffering from wars.<sup>[15]</sup> If there is continuous and severe wind in all directions for 7 days then it leads to heavy rain, flood and fear. If the same wind continues for 12 days then there is loss of king or ruler. If it continue for 15 days then in such condition, wind from east direction give rise to hunger fear, and the wind from *Aagneya* (east west) leads to fear of hunger, fear of weapons, thieves. The wind from south leads to loss of flowers, fruits and roots and there is fear of wound, terror. The wind from *Nairutya* (south west) leads to rise in fear from insects, mosquitoes, scorpions and weapons. The wind of *Vayavya* (northwest) leads to loss of king or region from either due to scarcity of food or from weapons. The wind from north brings the prosperity. The wind of *Eshanya* (north east) leads to adequacy of grains. The wind moving from all directions causes fear among kings.<sup>[16]</sup>

### **OBSERVATIONS**

**Table No. 1 East Direction**

<b>Direction</b>	<b>Ayurveda</b>	<b>Jyotish</b>
<b>East</b>	Wind is pleasant, unctuous, salty, heavy, causes little burning and aggravates Raktapitta. It aggravates the pain of patients suffering from	The wind of east direction, give rise to the clouds.

	traumatic injuries, poisoning and Kaphaj diseases. It liquefies the pus and increases and spreads it. It is beneficial for the patient suffering from Vataj diseases and fatigued persons.	The wind flowing in east direction if attracts the clouds below then there is heavy rain. The continuous and severe wind from east for more than 15 days leads to hunger fear
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**Table No. 2 West Direction**

Direction	Ayurveda	Jyotish
<b>West</b>	The wind coming from west is clear, rough, dry, hard, alleviates the increased Kapha and Meda (fat). It reduces the liquid and oil content from the body and reduces the physical strength.	The wind of west direction takes away the clouds except for Shrawan and Bhadrapad months.

**Table No. 3 North Direction**

Direction	Ayurveda	Jyotish
<b>North</b>	wind is unctuous, soft, pleasant, astringent, cool and promotes health. It is particularly beneficial to patients suffering from emaciation and pthisis.	The wind of north direction leads to the raining

**Table No. 4 South Direction**

Direction	Ayurveda	Jyotish
<b>South</b>	wind is pleasant, non irritating, astringent, beneficial for eyes and offers physical strength. It alleviates the Raktapitta and does not aggravate the Vata.	The wind of south direction leads to cloudy sky and mild rain. The continuous and severe wind from south for more than 15 days leads to loss of flowers, fruits and roots and there is fear of wound, terror.

**Table No. 5 Updisha and Ayurveda**

Direction	Ayurveda	Jyotish
<b>Eshanya</b>	Dry, irritating/burning	leads to adequacy of grains.
<b>Aagneya</b>	Acrid	leads to fear of hunger, fear of weapons, thieves.
<b>Nairutya</b>	Non irritating	leads to rise in fear from insects, mosquitoes, scorpions and weapons.
<b>Vayavya</b>	Bitter	leads to loss of king or region from either due to scarcity of food or from weapons.

**DISCUSSION**

The analysis of literature shows that Ayurvedic science emphasize on the health impact of the wind coming from different directions whereas Jyotish science highlights on environmental impact of the wind coming from different directions in the form of rains and effect on various crops. Acharya Narahari gave an account of the predominant wind direction as per the seasons. As per acharya **Sushruta**, the wind coming from east gives rise to burning in body whereas as per acharya **Narahari**, it reduces the burning. The opinion of acharya Narhari seems to be rationalistic in this regard as the wind fro east alleviates the Pitta. Acharya Sushruta had also mentioned about its impact on wounds whereas acharya Narahari had not mentioned about its impact on wound or on other diseases. As per acharya Sushruta, the wind coming from north is beneficial in all debilitating diseases whereas as per acharya Narahari, it leads to the aggravation of all the doshas. Rest description of wind coming from rest direction is similar in the text of both the acharyas. Jyotishacharya **Parashara** had mentioned the effect of all seasoned wind whereas acharya **Varahamihira** had mentioned about the wind in Ashadh month. In Ayurveda, the effect of wind coming from different direction is mentioned by acharya **Sushruta** and author of '**Rajnighantu**' the king **Narhari**. The effect of wind coming from angular minor directions in Ayurveda is mentioned by acharya **Bhavamishra** only. Whereas Ayurveda mentioned about tatste and nature of the wind coming from angular minor directions, the Jyotish science had mentioned about its effect

on crops, diseases and wars. On analyzing the other ancient literature for the evidence of impact of wind from various directions, it is observed that in **Ramayana** there is a reference to fast flowing, noisy, dusty wind during the fight of Ravana and Kartavirya [Valmiki Ramayana Uttarkand]. In **Shrimad Bhagwat**, there is reference that during the birth of demon king Hiranyakashapu, there was rough, dry and noisy, dusty fast flowing wind. In **Ramayana**, there is reference to fast flowing terrible wind during the defeat of Parashurama [Ramayana Aadikanda] In **Mahabharata**, there is reference to fast flowing terrible wind during mahabharat war [*Mahabharat Bhisma parva*]. In Ayurveda, there is description of wind coming from 4 major directions but in Jyotish science there is description of wind coming from 4 major and 4 minor directions. The social and environmental impact of atmospheric wind is also observed in hindi movies also. There are songs describing the wind from various directions. (*Purva Suhani Aayi Re--*, etc) in hindi movies describing the social view of the peoples about the wind coming from different directions.

There is need to study the impact of wind coming from different directions in different seasons on health and disease under controlled conditions using various modern parameters like magnetic compass (to decide the directions), speedometer (to measure the speed of the air), hygrometer (to measure the humidity of the air). The modern air quality index (AQI) data may also be included in the research study.

**CONCLUSIONS**

1. The gentle flowing pleasant wind without the dust from any direction is generally good for health.
2. The terribly flowing wind with dust and noise from any direction is bad for health.
3. Wind from directions like east, north and south leads to promotion of health.
4. The wind from west direction leads to demotion of health.

5. Except for *Eshanya* (north east) the wind from all other *upa-dishas* put bad effect on society as per the ancient science.
6. There is need to study the different directional wind using modern tools of air quality index.

**Financial support and sponsorship**

Nil.

**Conflicts of interest**

Nil.

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