



International Journal of Indian Medicine

www.ijim.co.in

ISSN: 2582-7634

Volume 2, Issue-4



IJIM

INDEXED

APRIL 2021



International Journal of Indian Medicine

Access the article
online



CRITICAL STUDY OF CONCEPT OF DISHA (DIRECTION) IN AYURVEDA & JYOTISH SCIENCE WSR TO ITS MEDICAL APPLICATION

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Abstract: *Disha* (Direction) is an ancient astrological concept and it is also applied clinically in Ayurveda with respect to anatomical locations of different organs, laboratory procedure of Tail bindu examination of urine and therapeutic procedure of bio purifications. The rationale behind the spread of oil drop in *upadishas* and bad prognosis is not still clear and there is need to find out this. Similarly Ayurveda, had asked to sleep while facing towards either north or east. The synonyms of directions in ancient literature gives the clue about the ancient residence of God. For e.g. The name *Eshanya* of Northeast direct indicates the direction of residence of lord *Shiva* /*Eshandeva* in the Kailash mountain ranges. The name *Kauberi* of north direction indicates the residence of *Kuber* (Treasurer of Gods) who lived in the north direction below the Himalayan mountains on the banks of river *Alaknanda*. The name *Varuni* of west direction indicates the residence of ancient God *Varuna* who used to live in the west direction towards Sindha region where he was popularly called as '*Zhulelal*'. The *Nirukti* Rakshas use to reside in *Nairutya* (Northwest) direction hence that direction is called as '*Nairutya*'. The *Marut ganas* use to reside in *Vayavya* (Northwest) direction hence that direction is called as '*Vayavya*'. Indra the God king use to reside in eastern region of '*Trivishtap*' (modern day Tibet), hence that direction is called as '*Aindri*'. It is observed and concluded that the concept of '*Disha*' is very well applied in Ayurvedic science in its various branches like Anatomy, physiology, internal medicine, preventive social medicine and surgery.

KEYWORDS – *Disha*, East, west, North, South, *Upadisha*

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How to cite this article: Waghe S.D., Critical Study of Concept Of Disha (Direction) In Ayurveda & Jyotish Science wsr to its Medical Application. Int. J Ind. Med. 2021;2(4): 33-40

INTRODUCTION

Disha (Direction) is an ancient astrological concept which is mentioned in both the Astrological and Ayurvedic sciences. The concept of direction is also applied clinically in Ayurveda with respect to anatomical locations of different organs, laboratory procedure of *Tail bindu* examination of urine and therapeutic procedure of bio purifications. The rationale behind the spread of oil drop in *upadishas* and bad prognosis is not still clear and there is need to find out this. Similarly Ayurveda, had asked to sleep while facing towards either north or east. One logic behind that is popularly given now a days is earth's electromagnetism. But exact mechanism how it works is still unclear. The synonyms of directions in ancient literature gives the clue about the ancient residence of God. For e.g. The name *Eshanya* of Northeast direct indicates the direction of residence of lord *Shiva / Eshandeva* in the Kailash mountain ranges. The name *Kauberi* of north direction indicates the residence of *Kubera* (Treasurer of Gods) who lived in the north direction below the Himalayan mountains on the banks of river *Alaknanda*. The name *Varuni* of west direction indicates the residence of ancient God *Varuna* who used to live in the west direction towards *Sindha* region where he was popularly called as

'*Zhulelal*'. The *Nirukti Rakshas* use to reside in *Nairutya* (Northwest) direction hence that direction is called as '*Nairutya*'. The *Marut ganas* use to reside in *Vayavya* (Northwest) direction hence that direction is called as '*Vayavya*'. *Indra* the God king use to reside in eastern region of '*Trivishtapa*' (modern day Tibet), hence that direction is called as '*Aindri*'.

REVIEW OF LITERATURE

What is *Disha* (direction) ?

The demarcating reference from which the *desha* (area) is divided into zones of east west sides is called as '*Disha*'^[1]

Number of Directions (*Disha Sankhya*) As Per Ayurveda

The directions are total 10 in number on the basis of differentiation of area.^[2]

These are 1. *Purva* (East), 2. *Paschim* (West), 3. *Dakshin* (South), 4. *Uttara* (North), 5. *Eshanya* (Northeast), 6. *Aagneya* (Southeast), 7. *Nairutya* (Southwest), 8. *Vayavya* (Northwest), 9. *Urdhwa* (Upper), 10. *Adha* (Lower).^[3]

Synonyms of The Directions

Types of Directions (*Dishas*) As Per Ayurveda

Major Directions

East (*Purva*), west (*Paschim*), south (*Dakshin*) and north (*Uttar*) are the four direction as per serial motion of the sun.^[4]

What are Vi-disha or Upa-disha ? (Minor Directions)

The angle between the two directions is called as the 'Kona'. These are four in number and represent the four directions.^[5]

Vi-disha or Upa-disha Namani (Names of Minor Directions)

The direction between east and south is called southeast (*Aagneya disha*). The direction between south and west is called northwest (*Nairutya disha*). The direction between west and north is called northwest (*Vayavya disha*). The direction between north and east is called northeast direction (*Eshanya disha*).^[6]

Urdhwa Adha disha (Upper & Lower Directions)

The upward direction is called as 'Urdhwa Dik' and downward direction is called as 'Adho Dik'. The space between these two directions is called as 'Antaralak'.^[7]

Synonyms of The Directions

Synonyms of Purva Disha (East direction)

Purva, Prachi, Puro, Maghani, Endri, Maghwati are the synonyms of east direction.^[8]

Synonyms of Dakshin Disha (South direction)

Shamani, Dakshina, Awachi, Yami, Vaivaswati are the synonyms of east direction.^[9]

Synonyms of Paschim Disha (South direction)

Paschima, Pratichi, Varuni, Pratyak are the synonyms of west direction.^[10]

Synonyms of Uttar Disha (South direction)

Uttara, Kauberi, Daivi, Udichi are the synonyms of north direction.^[11]

Deciding the Directions

Which is Purva Disha (East direction) ?

The direction from which the hot rays of sun rise daily is called as 'Purva Disha'.^[12] Directions are divided into 8 parts. The direction upon which sun arises on equinox is ruled by the God king 'Endra', hence called as 'Aindri' or 'Prachya' or 'Purva' disha (East). Later the sun moves towards the south direction which is ruled by God 'Yama' and is called as Dakshin disha. After that sun moves towards the west direction which is ruled by God 'Varuna', hence this disha is called as 'Varuni' or 'Pratichya' or 'Paschim' disha. Later sun moves towards the north direction which is ruled by God 'Kuber', hence this direction is called as 'Kauberi' or 'Uttar' disha. In between these four major directions there are 4 minor directions which are called as vidisha. The direction between south and west is called as 'Nairutya' or 'Rakshomalini' (south west). The direction between north and east is called as 'Eshanya' (North east). The direction

between north and west is called as 'Vayavya' (North west). The direction between south and east is called as 'Aagneya' (south east).^[13]

Motion of Sun Through Various Directions

As Per Ayurveda

The sun moves through these 8 directions sequentially. In the first Prahara/Yama (3 hours) of morning, sun remains in east direction (*Purva disha*) ruled by Shatakratu/Endra and remains there for 3 hours (from 6 am to 9 am). In second Prahara/Yama, the sun goes to south east direction of Agni and remains there for 3 hours. (9 am to 12 Noon) In 3rd Prahara/Yama, sun goes to south direction (*Dakshin Disha*) ruled by 'Yama' and remains there for 3 hours (12 Noon to 3 pm). In the fourth Prahara/Yama, sun moves through south west (*Nairutya disha*) direction ruled by 'Nirutti/Rakshomalini' and remains there for 3 hours. (3 pm to 6 pm). In the fifth Prahara/Yama, sun moves through west direction (*Paschim disha*) ruled by 'Varuna/Vrushdhwaja' and remains there for 3 hours. (6 pm to 9 pm). In the sixth Prahara/Yama, sun moves through northwest direction (*Vayavya disha*) ruled by 'Maruta' and remains there for 3 hours. (9 pm to 12 midnight). In the seventh Prahara/Yama, sun moves through north direction (*Uttar disha*)

ruled by 'Kubera' and remains there for 3 hours. (12 midnight to 3 am). In the eighth Prahara/Yama, sun moves through north east direction (*Eashanya disha*) ruled by 'Kailashpati Eshan Mahadeva' and remains there for 3 hours. (3 am to 6 am).^[13]

Clinical Application of Disha Concept

A] Sharir Rachna

In anatomy disha concept is used to determine the location of the particular organ. For e.g.

- 1] Spleen – It is located in left hypochondrium (*Vam Parshwe Pleeha*)
- 2] Liver - It is located in right hypochondrium (*Dakshin Parshwastham yakritam*)
- 3] Heart – It is located on left side (*VamUrhastham Hridayam*)
- 4] Lungs – Bilaterally placed in chest (*Phuphusau dwau ubhaya parshwasthau*)
- 5] Eyes & Ears – Right and left
- 6] *Netra sandhi – Kaninika, Apanga*

B] Vikrutivigyan

In pathology disha concept is used to determine the spread of morbid doshas in different directions, ante grade or retrograde movement of urine or stool.

- 1] **Doshgati (movement of doshas)** – The abnormal spread of morbid doshas could be in upward direction (*Urdhwa*), downward direction (*Adha*) or oblique (*Tiryak*).

2] **Raktapitta Gati** - The abnormal bleeding could occur from upward direction (*Urdhwa*), downward direction (*Adha*) or oblique (*Tiryak*).

3] **Amlapitta (acidity)** – It could reflux in upward direction (*Urdhwag Amlapitta*) or it can go downwards (*Adhog Amlapitta*)

4] Hydronephrosis – There is retrograde movement of the urine which is pathological

5] Intestinal obstruction – There is retrograde movement of stool which is pathological

6] **Tailbindu Gati** – The oil drop may spread in any direction when dropped into the urine. If it spreads to east, west, north direction then it indicates early recovery from illness

whereas if it spreads in south direction then recovery is gradual. If the oil drop spreads in upadishas then it indicates the bad prognosis.

B] Kayachikitsa

In therapeutics while purifying the body, doshas accumulated in upper part is removed by Vamana whereas doshas accumulated in lower part should be removed by Virechana. Raktapitta is treated by retrograde way (*Pratimargam hanyat Raktapittam*).

C] Balroga

1] Kumaragar and Prasawagar should be either east or north facing.

OBSERVATIONS:

SR	Directions	Synonyms
01	<i>Purva</i> (East)	Purva, Prachi, Puro, Maghani, Endri, Maghwati
02	<i>Paschim</i> (West)	Paschima, Pratchi, Varuni, Pratyak
03	<i>Dakshin</i> (South)	Shamani, Dakshina, Awachi, Yami, Vaivaswati
04	<i>Uttara</i> (North)	Uttara, Kauberi, Daivi, Udichi
05	<i>Eshanya</i> (Northeast)	Mahadevi
06	<i>Aagneya</i> (Southeast)	Jatvedi
07	<i>Nairutya</i> (southwest)	Rakshomalini
08	<i>Vayavya</i> (Northwest)	Sameernayika
09	<i>Urdhwa</i> (Upper)	---
10	<i>Adha</i> (Lower)	---



DISCUSSION:

Acharya Vagbhata had given the detail account of motion of sun through all eight directions in 24 hours in sequential order. Acharya Narhari had given the guideline to decide the east direction. In ancient *Vastushastra* (architectural science) there is great importance of deciding the directions. The principles of *Vastushastra* are also incorporated in Ayurvedic science particularly with regard to the construction of *Kumaragara* (Paediatric ward), *Praswagara* (Obstetric room), *Aaturalaya* (hospital), *Rasayan Kuti* (Geriatric room). The concept of direction is also applied clinically in Ayurveda with respect to anatomical locations of different organs, laboratory procedure of Tail bindu examination of urine and therapeutic procedure of bio purifications. The rationale behind the spread of oil drop in *upadishas* and bad prognosis is not still clear and there is need to find out this. Similarly Ayurveda,

had asked to sleep while facing towards either north or east. One logic behind that is popularly given now a days is earth's electromagnetism. But exact mechanism how it works is still unclear. The synonyms of directions in ancient literature gives the clue about the ancient residence of God. For e.g. The name Eshanya of Northeast direct indicates the direction of residence of lord Shiva / Eshandeva in the Kailash mountain ranges. The name Kauberi of north direction indicates the residence of Kuber (Treasurer of Gods) who lived in the north direction below the Himalayan mountains on the banks of river Alaknanda. The name Varuni of west direction indicates the residence of ancient God Varuna who used to live in the west direction towards Sindha region where he was popularly called as 'Zhulelal'. The Nirukti Rakshas use to reside in *Nairutya* (Northwest) direction hence that direction is called as '*Nairutya*'. The Marut ganas use to reside in *Vayavya* (Northwest) direction hence that direction is called as '*Vayavya*'. Indra the God king use to reside in eastern region of 'Trivishtap' (modern day Tibet), hence that direction is called as 'Aindri'.

CONCLUSIONS

1] The concept of *Disha* (direction) is very well documented in Ayurveda.

2] The concept *Disha* (direction) is very well applied in Ayurvedic Anatomy.

3] The concept *Disha* (direction) is very well applied in Ayurvedic diagnostic procedures like Tail Bindu Pariksha of Urine.

4] The concept *Disha* (direction) is very well applied in deciding the spread of doshas.

5] The concept *Disha* (direction) is very well applied in internal medicine with respect to diseases like 'Raktapitta'.

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