

## EFFECT OF ALTERED LIFESTYLE ON SENSE ORGAN WITH SPECIAL REFERENCE TO GYANENINDRIYA – A CONCEPTUAL REVIEW

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### ABSTRACT

According to *Ayurveda Indriyas* are the apparatus to attain knowledge for *Atma*. Sense organ is the only tool for gaining proper knowledge. Alteration of *Dincharya* changes in environment which altered *Rutucharya* affects overall body. These changes are overall said changed or altered lifestyle, proper maintenance of sense organ is necessary for long quality life. But now a day's modernization, changed era, style and development in each and every field changed the definition of living. Hence *Dincharaya*, *Ratriacharya* *Rutucharya* are changed. As per *Ayurveda*, life is sustained by a tripod of mental physical and spiritual factor constituted by body [*Sharir*] sense

[*Indriya*], mind [*Satva*] and *Atma* [spirit]. But maintaining sense organ and *Dosh Dhātu* for quality lifestyle with this altered lifestyle is very important. Hence in this article we will see the effect of altered lifestyle on sense organ [*Gyanendriya*] in detail.

**KEYWORDS:** *Indriya*, *Gyanendriya*, lifestyle, sense organ.

## INTRODUCTION

*Indriyas* are those who convey knowledge to soul or *Atma*. Synonyms: *Indriyas*, *Gyanendriya*, *Karana*, *Sadhan*.<sup>[1]</sup>

Word *Indriyas* is apparatus which exhibits symptoms about vitality.<sup>[2]</sup>

Along with balanced *Dosha Dhātu* and *Mala* energetic state of *Soul [Atma]* sense organ and mind plays vital role in maintaining health. Imbalance of *Dosha Dhātu* from external environment can cause damage to sense organ i.e. *Indriyas*.

*Indriyas* can paralyse our daily chores so we know that *Indriyas* got great importance in maintenance of health. Regular massaging to skin, nasal distillation, putting oil in ear cleaning our tongue and *Anjana* or *Tarpana* to your eyes.

There are five sense organ and everyone has dominance of one *Mahabhutas* and has respective senses.

Sense	Sense organ [ <i>Adhistan</i> ]	<i>Mahabhuta</i>
Vision	<i>Chakshu</i> [eye]	<i>Teja</i>
Hearing	<i>Shrota</i> [ear]	<i>Akash</i>
Smell	<i>Ghrana</i> [nose]	<i>Prithvi</i>
Taste	<i>Rasana</i> [tongue]	<i>Jala</i>
Touch	<i>Sparsh</i> [skin]	<i>Vayu</i>

Vital centre of sense organ is situated in head.<sup>[3]</sup> *Prana vayu* controls the activity of sense organ. Input received by sense organ are conveyed to mind by *Prana vayu*.<sup>[4]</sup>

When food of choice is eaten, mind in good mood. By catabolism anabolism it has to be replenished, by the way of its *Panchbhautik* structure, replenish nourish and refreshes *Indriyas*.<sup>[5]</sup>

*Indriyas* – functional support- *Prana Vayu*

*Indriyas*- nutritional support – *Tarpak Kapha*.

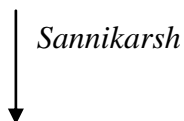
In intrauterine life, according to *Acharya Charak Sharir Sthana*;

In unicellular zygote everything is present yet for special senses and for other sense organ to develop and different it takes three month.<sup>[6]</sup>

From the excel part of *Srotas* of *Kapha* and *Rakta Indriyas* get originated.

Perception of knowledge<sup>[7]</sup>

*Atma + Indriyas + Mana + Artha*



Eye witnessed knowledge.

## MATERIAL AND METHODS

It is a literary review to explore the understanding of *Panchenindriya* w.s.r. sense organ with the help of data collected from classical and contemporary *Ayurvedic* text and published research articles.

## DISCUSSION

As per clinical point of view; we can treat sense organ by treating *Prana Vayu*, *Kapha* and *Rakta Dhatu*. The concept of *Dauhrudya* can be seen here after the third month of intrauterine life development and hence if they are not fulfilled there is a deformities in the organs.

As *Acharya Sushrut* explained *Indriya* formation from the *Satvik* and *Rajasik Bhava* we can take point of saints because their *Satva* is high and they can get sense properly.

As today's changing world use of earphones increases like fire in forest, which increases *Vata Dosha* in ear which is explained as *Sthan* of *Akasha Mahabhuta*. So daily *Karpuran* or simple *Abhyag* to ears as explained in *Sutrasthan* by *Vagbhat Acharya*<sup>[8]</sup> is very useful to increase the longevity of quality life.

Late night jobs and night shifts, increased use of computer mobile and laptops damages the eye in very young age. As eye being *Sthan* of *Pitta* and *Majja* due to late night jobs, lack of sleep *Pitta Dushti* takes place leads to *Agnimandya*, *Ajeerna*, *Mansik Rog* and even *Grahni*.

Skin can be prevented by dryness, fungal infections by daily *Abhyag*. Which is also useful for muscular strength, *Agni Pradipta*, relieves tiredness, acts as anti-ageing, increases eyesights reduces *Vata Dosha*, etc.

Dryness in environment with increasing pollution increased allergic rhinitis like conditions. This is because we forgot the beautiful concept of *Nasya*.<sup>[9]</sup> Which not only covers nasal pathology but also *Shirorog*.

## CONCLUSION

Hence we can conclude that, *Indriya* are very useful for the proper perception of knowledge. Any obstacle in the path of perception of knowledge can lead to *Pradyanapradha*.

And those *Indriyas* can be kept healthy for the quality living by following *Dincharya* and *Rutuacharaya*. Thus altered lifestyle can be prevented by these way through *Ayurvedic* approach.

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