



Role of Arka Vilokana (Sun Gazing) as an Adravyabhuta Bheshaja in the management of Kshavathu Vegadharana

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ABSTRACT :

In *Ayurveda*, *Kshavathu Vega Vidharna* (suppression of sneezing) is known to cause a variety of disorders, especially in the head and neck region, due to the disturbance of Vata dosha. This review explores the role of *Arka Vilokana* (sun gazing) which is an *Adravya* mentioned by *Ashtanga Sangraha*¹ and *Arka vilokana* which is said as a treatment for *pravartana* of *Kshavathu* in *Ashtanga Hridaya Sutrasthana* 4/9, in managing the diseases resulting from sneezing suppression. By regulating *Vata* and *Pitta doshas*, *Arka Vilokana* addresses symptoms such as headaches, facial paralysis, neck stiffness, ear disorders, eye diseases, and rhinitis. Ayurvedic principles and classical references from *Brihat Trayi* are discussed to elucidate the underlying mechanisms and benefits of *Arka Vilokana* in these conditions.

Keywords: Arka Vilokana, Sun Gazing, Adravyabhuta bheshaja, Kshavathu vegadharana

Introduction :

In *Ayurveda*, natural urges like sneezing, yawning, bowel movements etc are considered physiological responses that should not be suppressed. *Charaka Samhita* mentions thirteen types of *Adharmeeya vegas*². All diseases are caused due to *Vegodeerana* (Initiation of urges forcefully) and *Vegadharana*³.

Kshavathu or *Bhrishakshava*, refers to a condition caused by irritation in the nose due to sharp objects, **sun exposure**, or contact with materials like thread or grass. These factors disturb the breathing mechanism in the nasal passages, leading to agitation. When this air travels to a specific area called the *Shringataka Marma* and then returns, it triggers excessive sneezing⁴.

Kshavathu Vega Vidharna, or the suppression of sneezing, is particularly detrimental as it leads to an imbalance in the *Vata dosha*, which governs movement and nerve function in the body. According to *Charaka Samhita (Sutra Sthana 7/16)*, suppressing sneezing can result in a variety of diseases, including headache (*Shirashula*), facial paralysis (*Ardita*), stiffness of the neck (*Manya Stambha*), Ear problems (*Karna Roga*), Eye diseases (*Netra Roga*), and rhinitis (*Pinasa*)⁵.

Arka Vilokana, or sun gazing, is an Ayurvedic practice wherein an individual gazes at the early morning sun to harness its subtle energy. "In the *Rgveda*, *Surya* is worshipped to remove sickness, diseases, etc., of the body with his rays"⁶. "In the *Taittirīyāranyaka*, the life-giving power of the sunrays is fully observed"⁷. "Surya is entreated to cure the heart diseases and jaundice"⁸. "In the *Atharvaveda*, the rays of the Sun contain the power to fight the worms, he is worshipped to smite the worms"⁹. "Surya is also worshipped to take away the venomous effect of the body caused by the snakebite"¹⁰. "Sūrya is also worshipped for removing the evil dreams"¹¹, and "evil-spirits"¹². "Thus, he is depicted as the healer of mental diseases, who bestows peace and prosperity"¹³. Classical texts suggest that this practice balances *Vata* and *Pitta doshas*, promoting health and vitality. This article explores the potential role of *Arka Vilokana* in mitigating the health issues associated with *Kshavathu Vega Vidharna*, based on classical Ayurvedic principles and references.

Materials and Methods :

This review is based on an examination of classical Ayurvedic texts, that includes *Brihat Trayi* to identify the prescribed treatments for conditions caused by *Kshavathu Vega Vidharna* and the role of *Arka Vilokana* in managing these ailments. Specific references to the use of sunlight in balancing *Vata* and *Pitta doshas* are analyzed in the context of nerve function, respiratory health, and sensory organ maintenance.

Result and Discussion :

Sneezing is a reflex controlled by the 5th cranial nerve and involves the medulla. It helps clear the nasal passages of dust, allergens, and foreign objects. If you try to suppress a sneeze by pinching your nose and closing your mouth, it can create significant pressure in the nasal cavity (up to 174 mm Hg). This increased pressure can lead to several potential injuries. In *Ayurveda*, *Kshavathu Vega vidharna* (Stopping the flow of sneeze) is known to cause *manyastambha*(stiffness of neck), *shirashoola* (Headache), *ardita*(Facial Paralysis), *Ardhavadhedhaka* and *Indriya Daurbalya*.

1. Ardita (Facial Paralysis)

Sushruta says that in *Ardita Roga*, the mouth and other regions e.g. The head is affected, while *Vagbhata* says half of the face is involved with or without involvement of the body. *Acharya Charaka* has described 80 types or *Vataja Nanatmaja Vyadhi*, in which *Ardita* is one among them. *Ardita* is one of the *Vata Vyadhi*. It is also correlated with facial palsy or 7th Nerve palsy. In *Ayurveda* it is explained as a specific disease afflicting the *Urdhvangha (Jatrurdhwa)* part above the neck particularly the face. *Acharya Charaka* says *Nidana* of *Vata Vyadhi* as *Nidana* of *Ardita* also and says *Ardita* as a complication arising due to suppression of the urge of sneeze.

Due to *Nidana Sevana*

↓

Vata Dosha gets vitiated

↓

Get localized in the regions of head, nose, chin, forehead, eyes

↓

Results in imbalanced *Raktadhatu Pravahana* (reduce blood supply)

↓

Ardita

Mechanism of *Arka Vilokana*: Sun gazing helps in stimulating the nerves and improving circulation in the face. By balancing *Vata* and restoring proper nerve function, *Arka Vilokana* serves as a preventative and corrective measure for facial paralysis.

2) Shirashula (Headache)

Charaka Samhita identifies that suppression of sneezing can lead to headaches due to imbalance of *Vata* in the head.

Mechanism of *Arka Vilokana*: Early morning sun gazing warms and relaxes the forehead region, reducing *Vata dushti* and tension in the head.

3) Neck Stiffness (Manya Stambha)

Charaka Samhita associates neck stiffness with the suppression of sneezing, as it affects *Vata* movement in the neck.

Mechanism of *Arka Vilokana*: Sunlight's warmth improves blood circulation and reduces muscular stiffness in the neck. The heat element of *Tejas* absorbed from the sun pacifies *Vata* and helps alleviate neck stiffness.

3) Ear Problems (Karna Roga)

Suppressing sneezing causes ear disorders due to *Vata dushti* in the ear canals, as outlined in *Charaka Samhita*.

Mechanism of *Arka Vilokana*: Early morning sunlight reduces ear congestion and supports *Vata* balance in the ear regions.

4) Eye Diseases (Netra Roga)

Charaka Samhita states that suppressing sneezing can lead to eye diseases, as the obstructed *Prana Vayu* affects vision.

Mechanism of *Arka Vilokana*: *Arka Vilokana* directly stimulates the optic nerves, improving vision and reducing strain on the eyes. The early morning sun's rays, when practiced regularly, are known to enhance ocular health and prevents *Vata*-related eye issues.

5) Rhinitis (Pinasa)

Suppressed sneezing aggravates nasal congestion and rhinitis, as per *Charaka Samhita*.

Mechanism of *Arka Vilokana*: Sun gazing can help clear nasal blockages by reducing *Vata* induced dryness and inflammation in the nasal passages. The gentle warmth of the sun aids in decongesting the sinuses.

Discussion :

The classical Ayurvedic texts provide a strong foundation for understanding the role of *Arka Vilokana* in managing conditions resulting from *Kshavathu Vega Vidharna*. The therapeutic application of sunlight helps restore the balance of *Vata* and *kapha doshas*, which are primarily disturbed in these cases. Early morning sun gazing acts on the nerves, respiratory system, and sensory organs, making it a simple yet effective practice for treating headaches, facial paralysis, neck stiffness, ear conditions, eye diseases, and rhinitis.

The classical references from *Charaka Samhita* and *Sushruta Samhita* underline the significance of sunlight as a natural healer, especially in conditions related to suppressed physiological urges. In the context of *Kshavathu Vega Vidharna*, *Arka Vilokana* serves not only as a preventive practice but also as a remedy to address the resultant disorders by balancing the disturbed *doshas*.

It can be observed that there are two types of *Kshavathu* mentioned by *Sushruta Samhita*, *Nija* and *Agantuja Kshavathu*. In *Agantuja Kshavathu Nidana*, *Arka (Surya)* is one of the factor mentioned.

In the management of *Kshavathu vegadharana*, *Arka vilokana* measure specified act's as a *hetu vipareetarhakari vihara* or *Hetu-Vyadhi Vipareetarhakari vihara* that act's as an *Adravyabhuta bhashaja* in managing the *Kshavathu* condition by inducing *Kshavathu*. In fact, here inducing *Kshavathu* is doing *Udeerana* for *vegadharana*, as *Udeerana* is the *chikitsa* for *Vegadharana*.

Conclusion :

Arka Vilokana is a valuable therapeutic practice in managing the negative effects of sneezing suppression (*Kshavathu Vega Vidharna*). By harnessing the healing potential of early morning sunlight, it helps in alleviating a wide range of disorders related to *Vata* imbalance. In the concept of *Sadvritta* in *Ayurveda*, it's advised not to look directly at *Purva Atapa* (sunlight of the East direction) because it can harm your eyes. To protect your eyes, it's better to avoid staring directly at the sun and instead enjoy the benefits of sunlight indirectly, such as through natural light in the environment. In the concept of *Atapa Guna-Karma*, It is said that it causes confusion, thirst, sweat, burning, fainting, discolouration. It increases bile, blood and fire and destroys shadow etc. Classical Ayurvedic texts such as *Charaka Samhita* and *Sushruta Samhita* offer robust evidence for the role of sun gazing in treating headaches, facial paralysis, neck stiffness, ear problems, eye diseases, and rhinitis. In conclusion, regular practice of *Arka Vilokana* under proper guidance can contribute to holistic healing and prevent further complications from the suppression of natural bodily urges.

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