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# Ayurvedic perspective of early deaths in young celebrities

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## ABSTRACT

Death is one of the scariest things in everyone's life. Especially the death of the fitness freak person or celebrities in their young age is most frightening thing in common man's life. Here an attempt is made to analyze the reason of the celebrities' deaths occurred recently in an ayurvedic perspective. i.e., why they got sudden massive heart attack in spite of having their daily workout and routine diet following. *Oja Kshaya* can be related to the Death / *Mrityu* in Ayurveda. *Oja* is residing in the *Hridaya Pradesh*. It means that the *Oja Kshaya* can be the Heart Attack.

**Key words:** *Oja Kshaya, Mrityu, Celebrities Death*

## INTRODUCTION

Death however natural conclusion to life may be, still manages to surprises all and sundry with its sudden arrival. While at times, it seems to be the natural progression to a long-lived life at other times of life gets suddenly cut short when silent death comes knocking at one's door at their prime life. While the passage of life is but normal, it still manages to raise our eyebrows when the person who has passed away was in the prime of their life and in perfect physical shape like

- Abir Goswami - Age 37 - Death on May 2013

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- Punneth Rajkumar - Age 46 - Death on October 2021
- Siddhartha Shukla - Age 40 - Death on September 2021
- Amit Mestry - Age 47 - Death on April 2021

We are having many examples still. Like in Maharashtra state, there were many deaths of Wrestlers, sportsperson during their workout.

In Ayurveda the death comes under the concept of *Oja kshaya*. *Oja* is *Swasadnya* of Ayurveda.

### Oja definition<sup>[1]</sup>

*Tatra Rasadinam Sukrantanam Yat Parm Tejastat |*

*Kalvojastadev Balamityucyate, Svasastrasiddhantat | |*

(Su.Su.15/19)

The *Param Teja* obtained from *Rasa* to *Shukra Dhatu* is *Oja* and it is the *Bala* of the body.

*Sarpirvarnam Madhurasam Lajagandhi Prajayate |<sup>[2]</sup>*

(C.Su.17/75)

*Oja* is having *Ghritha Varna*, *Madhu* like *Rasa*, *Laja Gandha*

**Types of Oja**▪ **Para Oja**

- *Matra* - 8 Bindu
- *Sthana* - Hridaya

▪ **Apara Oja**

- *Matra* - Ardha Anjali
- *Sthana* - Sarva Sharir

**Nidana for Kshaya**<sup>[3]</sup>

*Vyayamonasanam Cinta Rukshalpapramitasanam |*

*Vatatapau Baym Soko Rukshapan Prajagar ||*

*Kapasonitasukranam Malanam Cativartanam |*

*Kalobutopagatasc Dnyaatavya: Kshayahetav ||*

(C.Su. 17/76,77)

- **Vyayama** - Over exercise
- **Aanashana** - Upavas
- **Pramitashana** - Single *Rasa Sevan* and very low quantity food intake
- **Bhaya and Shoka** - Fear and stress
- **Ratri Jagarana** - full night Awakening
- **Ati Vata and Aatapa Seavan** - Excessive Exposure to wind and heat
- **Ruksha Pana Sevan** - excessive consumption of dry food items and drinks
- **Ati Pravratna of Vega** - Excessive expulsion of waste products (*Mala*)
- **Kala** - Age factor, *Adana Kala*
- **Bhutopaghata** - *Graha Badha*

**Samprapti of deaths occurring in Celebrities****Stage 1 - Vyanaavrutta Pran Vayu**

Symptoms - *Atisweda, Lomaharsha, Supta Gatrata*

**Stage 2 - Udanaavrutta Apana Vayu**

Symptoms - *Kasa, Shwasa*

**Stage 3 - Pittaavrutta Vyana Vayu**

Symptoms – *Dah, Sarvanga Klama, Gatravikshepa Sanga*

**Stage 4 - Kaphaavrutta Vyana Vayu**

Symptoms - *Gurugatrata, Adhika Sanga*

**Stage 5 - Vyanaavrutta Apana Vayu**

Symptoms - *Gulma, Udavarta*

Finally, we can say the probable *Samprapti* of deaths occurring due to massive myocardial infarction on the basis of *Samprapti* of *Gulma*<sup>[4]</sup> is as follows

*Nidana Sevana* → *Prakopita Tridoshas* → *Prakopita Pitta* and *Kapha* obstructs the *Vata* at the *Hridaya Pradesha* → The *Vata* gets *Prakopita* due to *Margaavrodha* (*Ruksha* and *Khara Guna* increased) → dries the *Kapha* and *Pitta* at that site only → which causes hardness (*Kharatwa* and *Rukshata*) in the *Hridaya Snayus* → due to this the *Para Oja* which resides in *Hridaya* doesn't get nourishment → Slowly it undergoes *Kshaya* → Death due to Sudden Myocardial Infarction.

**DISCUSSION**

The *Nidanas* of celebrities deaths will be observed as follows

*Vyayama* - Over exercise

*Aanashana* - Improper food taking time

*Pramitashana* - Taking protein supplements more amount to maintain body shapes

*Bhaya* and *Shoka* - Stress of daily life

*Ratri Jagarana* - Overnight Shootings

*Ati Vata Seavan* - Sitting in AC rooms only

*Ruksha Pana Sevan* - Over drinking of Alcohols, Cocktails

*Ati Pravratna of Vega* - without having *Vegas* trying to expel *Mala* and *Mutra*

*Kala* - doing hectic work at summer season also

*Bhutopaghata* - doing the work in-spite not having physical fitness

All these cause leads to many simple physical problems but people ignored on it and disease gets progressed step by step slowly. As the *Anyonya Avarana* gets started the chronicity of disease gets increased.

At first some controllable symptoms observed due to *Vyanaavrutta Pran Vayu*. As the *Vyana Vayu* resides in *Hridaya* and the *Gati* of *Pran Vata* is upward only, the *Vyana* does *Aavarana* over the *Prana Vata*. If still *Nidana Sevan* continues then the *Gati* of *Udana Vata* gets changed to downward and it does *Aavarana* over the *Aapna Vata*. The *Nidana Sevan* still continued then the *Prakopita Pitta* and the *Prakopita Kapha* at the *Hridaya Pradesh* does *Aavarana* over the *Vyana Vata*.

At last due to *Aavarana* of *Vyan Vata* over the *Urdhwagata Apana Vata* leads to improper nutrition to *Para Oja* (blood supply to heart), person goes to myocardial Infarction stage and death occurred.

## CONCLUSION

*Vyayama* and *Aahara* both are key of success for fitness but its improper i.e., *Atimatra* or *Hinamatra Sevana* leads to disease which can lead to death. So, the new physician have to observe very carefully before prescribing any diet or exercise. And its duty of the person also that he have to observe the signs and symptoms depicted by the body while doing exercise and following diet also. If any difficulty is observed then person have to inform the physician immediately and physician have to do corrections over it. There are lot of studies yet to be done in future. An attempt is made

to find out the early deaths in many celebrities' life. The research can be done in further and can be concluded with proper scientific validation

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