



### Literary study of importance *Ama* stages in *Grahani chikitsa*

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#### Abstract -

*Grahani* is disease which affects large population globally associated with improper food habits According to *ayurvedic* terms, *Grahani* is place of *Agni* which is digestive fire<sup>1</sup>. Ingestion, digestion, absorption of *Ahara* is regulated by *Grahani* pathology of *Grahani* is due to *Agnidosha*<sup>2</sup>. Disturbed function of *Agni* produce *Ama* in body<sup>3</sup>. After some time it produces various diseases<sup>4</sup>. According to site of *Ama*, symptoms vary in the body and accordingly treatment modalities change. The importance of *Ama* in every disease pathology is always focused by our *Acharyas*. Our *Acharyas* have explained treatment regarding specific site involvement. Treatment modalities like *Deepan*, *pachan*, *Vaman*, *virechan*, *Basti* are successful only when they are indicated.

**Keywords** - *Ama*, *Grahani*, *Agni*, *Deepan*, *pachan*, *Basti*, *Vaman*, *virechan*.

#### Introduction -

Now a days due to faulty lifestyle, consumption of junk food, disturbed food habits and sleep schedule are the major reasons for *Grahani Dosha*. Diarrhoea and

constipation are the main Symptoms which are developed due to *ama* formation. vitiated *Agni* and *Dosha* are basic factor For development of *Ama*. *Agnidosha* is key factor in developing symptoms of *Grahani*. *Agni* is responsible for *Dhatuposhan*, *Dehadharana*. improper digestion of *Ahararasa* produces *Ama* and further produces Symptoms of *Amadosha*. Produced *Ama* in *Annavaha Strotasa* restricts the proper functioning of *Grahani*. our *Acharyas* has explained the importance of vitiated *Agni* dosha in its corelation with *Ama* production. *Acharya Charaka* has further described treatment protocol according to various symptoms produced due *Ama Dosha*'s various stages. *Apakwa*, *Leena*, *Shariranugata* are the various Stages explained by *Acharyas* and they also mentioned treatment modalities with respect to the Symptoms developed by these stages.

#### Aims and objectives -

The main aim is to study the literature related various stages of *Ama* in *Grahani Chikitsa*. and How various treatment

modalities are effective according to stages of *Ama* in *Grahani Dosha*.

### Materials and methods –

Required data for the study is collected from *Ayurvedic* literature, articles, journal's

### Operational definitions

*Grahani Dosha* - Any kind of disturbance in functions of *Grahani* like *Anna Pachan*, *vivechan*, *Sara Kitta Vibhajan* that is digestion of food, absorption of food, separation of nutrients and waste part called as *Grahani Dosha*

*Acharya Charaka* has mentioned in *Chikitsasthana* various factor responsible for *Agni Dushti* which gives rise to symptoms of *Grahani Roga*<sup>5</sup>.

1. *Abhojana* - that is fasting which causes *Agnimandya*; lowering digestive fire.
2. *Ajir nabhojana* - taking food when previously taken food is improperly digested.
3. *Atibhojana*. - taking food when previously taken food is not digested.
4. *Asatmya Bhojana* - Food ingestion which is opposite to *Prakriti* of individual.
5. fatty diet ,packet food items, bakery products ,fried food.

### Tables No. 1

Site of <i>Ama</i>	Symptoms	Treatment
1. <i>Apakwa Ama</i> in <i>Amasahaya</i>	<i>Vishtambha</i> <i>Praseka</i> , <i>Aruchi</i> , <i>Gaurava</i> <sup>7</sup>	1. <i>Vaman with kosha jala</i> , 2. <i>Madanfal + pippali + sarshapa</i> <sup>8</sup>
2. <i>Leena</i> in <i>Amashaya</i>	<i>sashoola</i> , <i>fenil</i> , <i>tanu</i> , <i>vaibbadha</i> , <i>alpa malapravruti</i> <sup>9</sup>	1. <i>Deepan</i> , <i>pachan</i> drugs 2. <i>Shodhana – virechana</i> <sup>10</sup>
3. <i>Pakwashaya</i>	<i>safena</i> , <i>ama in mala</i> , <i>Picchila</i> , <i>Sasbhada</i> , Painful defecation, Flatulence, Pain <sup>11</sup>	1. <i>Agnipradeepaka</i> drugs 2. <i>Virechana</i> <sup>12</sup>
4. <i>Shariranugata</i>	<i>Srotorodha</i> ,	<i>Langhana</i>

6. *Vegavidharan* - Supressing the urge related to *Mahastrotasa* like *Chardi, Mala, Mutra*

Along with above mentioned factors following factors also contributes in developing disease.

1. . improper sleeping schedule.
  2. Unhygienic environment.
  3. *Virudha Ahara*.
  4. *Deshakala Viprit Ahara Vihara* .
  5. Various clinical features of *Grahani* as
  6. *Aalsya*
  7. *Trishna* - increased thirst
  8. *Annavidhaha* - Burning after ingestion of food.
  9. *Chirpaka*. - duration of digestion of food is longer.
  10. *Balakshya*. - diminished energy level.
  11. *Gaurava*. - Heaviness in the body<sup>6</sup>.
- According site of *ama* production specific symptoms can be seen in the body . our *Acharyas* given Treatment protocol according to stages and severity of *Ama Dosha* in *Grahani*.

	<i>Balabhransha, Gaurava, Inappropriate functions of Vata Dosha, Alasya, Apakti, Nishtiva, Malasanga, Aruchi, Klama</i> <sup>13</sup>	<i>Pachana with Yavagu</i> <sup>14</sup>
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**Table No. 2**

*Basti Prayog*

<b>Time</b>	<b>Symptoms</b>	<b>Type of Basti</b>
1. After <i>Pachana</i> of <i>Ama</i>	<i>Vataja Grahani, Vata -Mutra -Purisha Avarodha</i> <sup>15</sup>	<i>Niruha Basti with Vatanashka drugs</i> <sup>16</sup>
2. After <i>Virechana</i>	<i>Koshta Rukshata, Constipation</i> <sup>17</sup>	<i>Anuvasana Basti with Deepaniya drugs, Amla Rasa drugs, Taila Siddha with Vatanashka drugs</i> <sup>18</sup>

**Table No. 3**

*Aushadhi Kalpa Prayoga*

<b>Stages of Ama</b>	<b>Treatment</b>
1. <i>Prabuta Ama</i>	<i>Haritaki, Amalaki, Triphala, Gandharva Haritaki</i> <sup>19</sup>
2. <i>Niram Mala</i>	<i>Grahi drugs - Shunthi, Musta, kaprdika Bhasma Parpati Kalpa</i> a) <i>Daurbalya &amp; Bharkshya- Panchamruta Parpati, Suvarana Parpati</i> b) <i>Raktakshya &amp; pandu - Lohaparpati</i> c) <i>Kaphaja Grahani - Tamraparpati with Anupana – Ghrita</i> <sup>20</sup>
3. Excessive and liquid stool	<i>Stambana with drugs like Ahiphena, Bhanga, Jatiphala, karpooa</i> <sup>21</sup>
4. <i>Shamana [Amapachana]</i>	<i>Lashunadi Vati Chitrakadi Vati</i> <sup>22</sup>

Buttermilk is also suggested by our Acharyas as it is *Tridosha Shamak* by Properties.

Diet modification in *Ama* conditions-

Diet pattern which boosts *Agni* and prevents chances of *Grahani* should be adopted.

Food should be consumed at regular intervals.

While taking diet *Prakriti* of an individual should be assessed.

*Virrudha Ahara* must be avoided.

Dietary materials recommended in *Grahani*.

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1)Fibers, fruits, vegetables,yoghurt,grains.

2)*Yavagu,Panchakol*,

#### **Behaviour modification -**

1)Fear,grief,stress, sleeplessness should be avoided.

2)Habit of overthinking should be avoided.

3)*Diwaswap,Ratri Jagran* should be avoided.

4)Regular exercise, Meditation,Yoga, *Pranayama* should be in practice

#### **Role of various Aasana in Grahani -**

1)*Bhujangasana* - Improves digestion

2)*Mayurasana*. - Removes undigested food.

3)*Pashimottasana* - Boosts *Agni*.

4)*Matysendrasana*. - Stimulates *Jatharagni*.

5)*Sarvangasana*. - Specifies *Kapha, Pitta*, improper digestion<sup>23</sup>.

#### **Discussion -**

In present study, majority of patients are suffering from anxiety,tension, emotional Stress and depression leading to vitiation of *Agni* and it results into *Ama* formation in The chronicity,site of *Ama*, quantity of *Ama* are key factors in treatment of *Grahani*.

*Mandagni* due to various etiological factors results into vitiation of *Dosha* which leads to *Ama* formation and *Ama* plays imp role in *Samprapti* of *Grahani Roga*, Therefore it becomes very important to identify the stage of *Ama* in *Grahani* because of its correlation with symptoms. The treatment protocol differs according to sites of *Ama* differs as

*Amashaya,Pakwashya, Shariranugata,Leena Amadosha* which gives rise to Various symptoms. As per *Nidana,Asatmya,Ati bhojana,Ajirna,Bhojana,Vegavidharana* and others are responsible for vitiation of *Dosha*,which leads to *Agnidushti* and *Ama* formation. significance of diagnosis of stages of *Ama* in *Grahani Roga* directly related with treatment protocol.

#### **Conclusion -**

It is important to find out the *Hetus* of *Grahani* before treatment. The treatment changes according to *Shararik* and *Manasika Hetu*. It is important to confirm the sites of *Ama* before treatment. It is important to confirm the stage of *Ama* before treatment.

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