



AYURVEDA PROPERTIES OF INTERNAL DRUGS USED IN DIGESTIVE AILMENTS

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ABSTRACT

Ayurveda described *Ahara* as the fuel of body, and stomach play important role in the digestion of food so as to convert it into nutritional elements. The proper process of digestion is considered responsible for overall health and happiness. The proper digestion produces *Dhatus*, *Ojas*, immunity, strength and good physical as well as mental health. The improper digestion described as *Agnimandya* in Ayurveda which mainly associated with weakened digestive fire. This condition is unable to convert *Ahara Rasa* into nutrition and *Ojas*. Ayurveda described several therapeutic measures for treating problem of indigestion. *Deepaniya*, *Pachaniya*, *Vatanulomana* and *Brimhaniya* drugs offer symptomatic relief in digestive ailment. The drugs used for such types of pathological conditions possess *Tikshna Guna*, *Tikta Rasa*, *Katu Vipaka* and *Ushna Virya*. Drugs like Clove, *Chitrak*, ginger, cumin, coriander, *Dadimastaka Churna*, *Lavanabhaskara Churna*, *Ajamodadi Churna* and *Agnitundi Vati*, etc. improves digestion, alleviate gas and acts as carminatives thus boosts metabolic activities.

KEYWORDS: Ayurveda, Indigestion, *Agnimandya*, *Kayachikitsa*, Drugs.

INTRODUCTION

Ayurveda mentioned various diseases of different organs, in this connection diseases of digestive system elaborated in Ayurveda system with their causes, symptoms and management. The improper digestion means indigestion mentioned in Ayurveda as *Agnimandya* or *Agni Dushti* or *Grahani Dosha*. The common signs and symptoms of digestive problems are excess salivation, dry mouth, heartburn, loss of appetite, constipation, nausea, vomiting, diarrhoea, weight loss and abdominal bloating, etc.^[1-4]

Agnimandya and *Ama* produces symptoms like *Amlaka*, *Aruchi*, *Chardi*, *Tikta asyata*, *Shoola*, *Malasanga*, *Atisara* and *Anaha*, etc. The vitiation of *Samana vayu*, *Apana vayu*, *Pachaka pitta* and *Kledaka kapha* play vital role in the pathogenesis of indigestion.

The following causative factors may triggers pathogenesis of digestive ailments

- *Asatmya ahara* (unaccustomed food)
- *Viruddha ahara* (incompatible diet)
- *Ashuchi bhojana* (unhygienic food)
- *Ayahara* (excess food intake) and *Adhyashana*
- *Divaswapna* (day sleep) and *Aswapna* (awakening at night)

The complications of digestive problem include ulcerative colitis, Chron's disease, irritable bowel syndrome, intestinal perforations and chronic constipation, etc. The Ayurveda drugs possessing specific properties as depicted in **Figure 1**; can be recommended to alleviate various digestive problems.^[4-7]

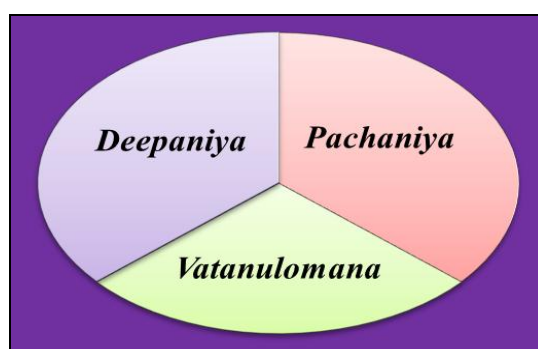


Figure 1: Properties of drugs required to treat digestive problems.

Amlapitta

Amlapitta is considered as consequences of *Agni Dushti* which associated with *Annavaaha Srotas* and as per modern science it can be correlates with peptic acid disorders. *Agnidustii*, *Agnimandhkarak*, *Grahani Dosa*, *Dusya of Rasa*, vitiation of *Annavaah Srotas* and *Ajirna* mainly involves in the condition of *Amlapitta*. *Trishna*, *Murcha*, *Sweda*, *Daha*, *Utklesha*, *Tiktodgara*, *Gaurava*, *Kanta Daha*, *Aruchi*, *Hritdaha* and *Amlodgara*, etc. are major symptoms of disease.

Drugs for Amlapitta

- *Shatavari*
- *Yashtimadhu*
- *Amalaki*
- *Sunthi*
- *Bhringaraj*
- *Haritaki Churna*

1. Bhringaraj

Bhringaraj possess *Katu* and *Tikta Rasa*, *Laghu* and *Rukshna Gunas*, *Ushna Virya* and *Katu Vipaka* thus provides *Ruchuvardakam*, *Kasahara* and *Rasayana* effect along with *Deepaka* and *Pachana* effects. *Bhringaraj* stimulates digestive power, help to balances *Pitta*, *Katu Rasa* of *Bhringaraj* potentiate digestive fire and treat *Mandagni*. *Ushna Virya* breaks *Ama* and facilitates elimination of *Ama* (toxin) from body.

2. Haritaki Churna

Haritaki Churna having *Tikta*, *Kashay* and *Madhur* properties therefore provides *Pitta-shamak* effects and improves digestion thus helps to treat gastrointestinal disorders like *Amlapitta*. *Haritaki Churna* possesses properties like *Laghu Guna*, *Madhura Vipaka* and *Ushna Veerya* therefore imparts *Tridosha samak* action and pacifies vitiated *Pitta Dosha*. *Ruksha guna* of *Haritaki* pacify aggravated *Pitta*, *Anulomana* property imparts therapeutic benefits in *Urdhvag Amlapitta*, vitiated *Pitta Dosha* pacified by *Madhur Vipaka* of drug. The *Deepniye* and *Pachniye* properties of *Haritaki Churna* restore digestive property and pacify vitiation of *Agni*. The *Anulomaka* property helps to cures symptoms like *Udar Shoola* and *Aruchi*, etc. The obstruction of *Annavaaha Srotas* clears by *Srotoshodhaka* effect of *Haritaki Churna*.

Haritaki helps to treat gastrointestinal disorders, heartburn, peptic ulcer, indigestion, stomach pain, hyperacidity and flatulence, etc. The carminative effect of *Haritaki* reduces bloating and eliminates abdominal gases.^[6-8]

Ajirna

Ajirna is pathological condition associated with *Agni Dushti* and *Mandagni*. *Ajirna* involves manifestation of irregular digestion and production of *Ama* which finally vitiates *Doshas* and causes obstruction of *Apanavayu*.

Shaithilya, *Avipaka*, *Bhrama*, *Murchha*, *Jwara*, *Aruchi* and *Trishna*, etc. are major symptoms of *Ajirna*.

Drugs for Ajirna

Ayurveda described drugs like *Lasunadi Vati*, *Sanjivani Vati*, *Hingvashtaka Churna*, *Chitrakadi vati*, *Lavanabhaskara Churna*, *Shankha Vati*, *Arogyavardhni Vati*, *Lavana Bhaskar Churna*, *Sukti bhasma* and *Agnitundi Vati*, etc. for the management of *Ajirna*.

- ✓ *Lavan Bhaskar Churna* alleviates gas production in the intestine and cures other issues associated with digestion. It offers soothing relief from irritation caused by acidity.
- ✓ *Hingwashtak Churna* is used as a digestive aid and helps to treat digestive disorders. It is also used as a household remedy to deal with the problems associated with defecation and flatulence. It offers carminative and antispasmodic properties.
- ✓ *Lasunadi Vati* imparts diuretic, stomachic and carminative properties. It improves appetite, digestion and assimilation of food. It is considered useful for gastro-enteritis that causes indigestion, loss of appetite and abdominal pain, etc.
- ✓ *Sanjivani Vati* has *Deepan* and *Pachan* properties, additionally helps in the retention of food and suppresses production of *Ama*.
- ✓ *Chitrakadi vati* is a potent digestive remedy used to treat indigestion, anorexia, abdominal distension, stomatitis and constipation, etc. It removes harmful *Ama* toxins from the body. *Chitrakadi vati* cure *Ajirna* by virtue of its digestive, stimulant, carminative and abrasive properties.

Grahani Dosha

The most common pathological effects of *Agni Dushti* are *Grahani Dosha*, which mostly affects children and is considered a disorder of *Annavaaha Srotasa*. *Adhyashana*, *Samashana*, *Viruddhashana*, *Ratri Jagarana* and *Vega Vidharana*, etc. are to be considered as cause of *Grahani Dosha*. *Apachana*, *Ama Utpatti* and *Annavaisha* are the primary pathological associations of *Grahani Dosha*. *Alasya*, *Arochaka*, *Muhurdravam Mala Pravritti*, *Trishna* and *Mukha Vairasya* are primary side effects of *Grahani Dosha*. *Pitta Dushya*, *Kledaka Kapha*, *Annavaaha Srotasa* and *Amashaya* are mainly gets affected in this condition.^[8-10]

Drugs for Grahani Dosha

Deepaniya, *Pachaniya*, *Vatanulomana* and *Brimhaniya* drugs are mainly suggested for *Grahani Dosha*. Medications having *Tikshna Guna*, *Ushna Virya*, *Tikta Rasa* and *Katu Vipaka* alongside *Deepana* and *Pachana* properties helps in the avoidance of sicknesses related with *Agni Dushti* or *Grahani Dosha*.^[9-11]

- ✓ *Chitrak*, ginger and *Asafetida*, etc. are used to potentiate *Agni*.
- ✓ *Coriander*, *cumin* and *fennel*, etc. helps in digestion and offers carminatives property thus reduces gas.
- ✓ *Kutki* is used to alleviate burning sensations.

- ✓ *Praval Pishti* and *Dadimastaka Churna* help in acidity and cure symptoms of *Daha*.
- ✓ *Ajamodadi Churna* with warm water relief symptoms of disease.
- ✓ *Tekarajamarica Churna* balances digestion and increases metabolic activity.

Effects of Ayurveda Medicines on Digestive System

Pitta Shamak effects of medicines calms *Pitta Dosha* and *Kapha*-balancing drugs together work on the entire digestive tract and smoothen the activity of every part of the digestive system. Drugs that have *Tikta–Madhura Rasa*, *Madhura Vipaka*, *Sheeta Virya*, *Laghu* and *Ruksha Guna* helps to cure symptoms of hyperacidity and indigestion.

Effect on *Hrithkanthadaha*

Sheeta Guna and *Sheeta Virya* of drugs significantly reduced this symptom. *Pitta* pacifying drugs like *Shatavari*, *Eranda* and *Yava* normalizes vitiated *Pitta*.

Effect on *Agnimandya*

The stomachic and digestive properties of *Pippali*, *Patra*, *Ela* and *Jiraka* boost up digestive fire and relief symptoms of *Agnimandya*.

Effect on *Avipaka*

The digestive properties of *Nagakeshara*, *Ela* and *Twak*, etc. imparts *Ama Pachana* effects thus fasten digestion, metabolism and assimilation of ingested foods therefore relief symptoms of *Avipaka*.

Effect on *Gaurava*

Kapha Prakopa is the main cause of this symptom. The pacification of *Kapha*, *Lekhana* and *Laghu* properties of Ayurveda drugs may helps to relief symptom of *Gaurava*.

CONCLUSION

In Ayurveda, the condition of improper digestion known as *Agnimandya* is mostly linked to a weak digestive fire. This condition cannot transform *Ahara Rasa* into *Ojas* and nutrition. In Ayurveda, a variety of treatments for indigestion were described. The medications having *Deepaniya*, *Pachaniya*, *Vatanulomana* and *Brimhaniya* properties can alleviate digestive ailments. These drugs possess *Tikshna Guna*, *Katu Vipaka*, *Ushna Virya* and *Tikta Rasa* thus helps to clears *Ama* and relief symptoms of indigestion. Drugs like *Chitrak*, ginger, cumin, coriander, clove, *Lavanabhaskara Curṇa*, *Ajamodadi Churṇa*, *Agnituṇḍi Vaṭi* and *Dadimastaka Churna*, etc. are improves digestion, reduces gas and acts as a carminative, thereby accelerating metabolic processes. The digestive and stimulant properties of Ayurveda drug relieves symptoms of various conditions like; *Amlapitta*, *Ajirna* and *Grahani Dosha*.

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