



AYURVEDA RESEMBLING OF AUTOIMMUNE DISORDERS W.S.R. TO AMA

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ABSTRACT

Autoimmune disorders are very common disorders which affects large population world widely. As per scientific view in autoimmune disorders there is misrecognition of antigen by body immunity. The antibodies attack on self body organs due to misrecognition which leads various diseases such as: Rheumatoid arthritis, Lupus, Irritable Bowel Syndrome, Crohn's Disease, Ulcerative Colitis, Psoriasis, Sclerosis and Polymyositis. This article presents Ayurveda perspective of Autoimmune disorders W.S.R. to *Ama* & *Amavata*.

KEYWORDS: Autoimmune disorders, *ama*, *Amavata*, Rheumatoid arthritis.

INTRODUCTION

Ayurveda considered *ama* as one of the root cause of autoimmune disorders; this *ama* generated due the *mandhagni* and disturbed *ojas*. Ayurveda described that *doshas*: *vata*, *pitta* and *kapha* may also contribute towards the autoimmune disorders. The aggravation of *vata* imparts light, cold, mobile and rough properties which make person very susceptible towards the autoimmune disorders related to the anxiety. When *pitta* is predominant then person may become very susceptible to the inflammation. The *kapha* aggravation may also induce progression of autoimmune disorders.

Autoimmune disorders affect various parts of the body and mainly involve process of inflammation. The literature reveals that vitiation of *pitta dosha* mainly contributes towards the autoimmune disorders. Females are more prone to autoimmune disorders; elderly females are more susceptible than females of early age groups. The treatment approaches involve improvement of *agni* and *ojas*. Ayurveda also described *ama* as one of the important aspects of autoimmune disorders, which produced in the body due to the various factors such as; excess of undigested food, aggravation of emotions, stress, environmental factors and adverse effects of drugs.^[1-6]

Ayurveda Diagnosis

Ayurveda described *agni* & *ama* as vital factors responsible for the autoimmune condition. The improper functioning of digestive fire (*agni*) affect resistance power of body and modify process of immune response.

Similarly *Ama* metabolic waste products may deposited in the body and affects physiological functioning of body. The further aggravation of *Ama* along with other physiological abnormalities leads inflammation associated with autoimmune response.

Ayurveda perspective

Ayurveda believe that the healthy human body possesses balanced status of *Vata*, *Pitta* and *Kapha Dosha* which is termed as *Sahaja Satmya*, body's own immunity does not attack on self organs and natural immune tolerance occurs. However factors such as *Daiva*, *Svabhavika* *Karanas* and others etiological factors leads imbalance to the *Sahaja Satmya* which leads loss of capacity of immune cells to identify self and foreign agents. *Gunas* like *Sheegra*, *Alpasmruti* and *Grahita* at the level of *Raktha* contributes towards the misrecognition of body tissues due to the disturbed *doshic prakriti*. *Pitta* predominance *Lakshana* includes *Guna* such as; *Teekshna Agni* and *Teekshna Parakrama* leads attack of immune system to the body's tissues. These all resulted consequences of autoimmune disorder especially due to the impaired functioning of *dosha (ojovisrams)*. The manifestation of diseases occurs at different body parts especially area where *Kha Vaigunya* has been manifested advancement to the *Dosha Dushya Samurchana*. The disease mainly involves *Vata* and *Pitta Prakopa*, however *Malarupi Kapha* is also formed as *Balakrut*. It also contributes towards *Slaishmika Ojas* or *Apara Ojus* which confer *Vyadhikshamatva Shakti*, so if there are any deformities in *Kapha* it will somewhat affects autoimmune response.^[2-6]

Prevalence of *Anyadosha Prakopa* causes *Kshaya* to *Kapha* resulting malfunctioning of immune system. *Ojas* & *Bala* which are the essence of *Dhatus* are driven by balanced functioning of *Kapha*, *Vata* and *Pitta*, thus any *doshic* imbalances resulted malfunctioning of *Ojas* & *Bala* which further may initiate disturbed autoimmune response.^[1-4]

AMA AND AUTOIMMUNITY

As per Ayurveda *Ama* is *aamyate ishat paschayate paak*: which resembles indigested food or body waste (*paakarahita* & *apakwa*). *Ama* it enters into circulation which may resemble free radicals as per modern science, that after it settles into the body & starts many complicated process. Virtue of this body loss capacity to identify its own products & immune system start on attacking the body tissues this process termed as auto-immunity.

Nidana

The *ama* & its disorders occurs due to the various factors such as; *apathya ahara sevana*, *viruddhahara sevana*, *manovyathaa*, *vega udeeran*, *ajeerna* & *agnimandya avasthaa*. Similarly the auto-immune diseases arise due to the various factors such as; genetic, hormonal factors, microbiological factors & environmental factors, etc.

Samprapti

The above mentioned factors aggravated which further vitiated *agni* which resulted *agnimandya apakwa anna rasa (ama rasa)*, this *ama* obstructs the *srotas* & *dosha-dooshya sammorchana* initiated. Further *Ama* circulates throughout the body & initiates cascade disorders associated with *Ama*. Similarly in autoimmune disorders the immune responses gets disturbed due to the aggravation of various etiological factors (mentioned above), this disturbed immune response leads excessive production of auto-antibodies/free radical (*ama*) which enters into the circulation & initiates cascade of auto immune responses which involve tissue damage & inflammatory process (*Amavata*).

Diagnosis/ Pariksha

The presence of *ama* in the body can be identified by changes in properties of stool & urine; slimy urine with foul smelling & high specific gravity. Stool possesses shades of various colours with foul smell & mucous. *Amavata* involve *Twachagata vikaras* which exist as clinical manifestation help to identify disease progression.

Similarly the detection of auto-antibodies may be done using agglutination reaction tests, immunofluorescence test & ELISA test.^[2-7]

Table 1. Comparative description of *ama* & auto-immunity:

	AMA	AUTO-IMMUNITY
Nidana	<i>Paaka rahita, apakwa & ishath paaka.</i>	Auto antibody, free radical. Immune responses
Sampriti	<i>Agnimandya → apakwa ahara rasa → Dosha-dooshya sammurchana → Sama dosha → Sroto dushti → Dosha – tridosha (vata pradhana) → samshraya Saama roga (vyaktavastha)</i>	Antigen-antibody → auto-antibodies → Enter into the circulation → complexes are formed → damage to the body tissue → Inflammation
Guna	<i>Guru, Snigdha, Picchila, Tantumaya, Avipakwa, Asamyuktha, Dourgandhya</i>	Antigen size, nature of the antigen, types of antibodies and complexion property
Example	<i>Amavata & Pandu</i>	Rheumatoid arthritis, diabetes, multiple sclerosis & SLE

Diversified autoimmune response

Ayurveda termed immunity as *Vyadhikshamatva* which means capacity to resist disease prevalence. *Vyadhi Bala Virodhitva* resembles antagonistic to the strength and virulence of disease while *Vyadhi Utpadaka Vibandhakatva* resembles capacity to inhibit or bind the causes of disease. *Vyadhi Bala Virodhitva* acts after the disease manifestation in the body, while *Vyadhi Utpada Vibandhakatva* controls disease *Samprapti* (pathogenesis). As per ayurveda various individuals possess different *Vyadhikshamatva* due to the different health status. *Vyadhikshamatva* depends upon *Ojas* & *Bala* which vary person to person due to the diversified nutritional supply. Similarly *Prakruti* also contributes towards the constitutional status of *Vyadhikshamatva*. Therefore every individual possess specific immune response which differ from other thus there are diversity in autoimmune diseases.^[4-8]

Ayurveda Recommendation for Autoimmune Disorders

The treatment approached as per Ayurveda involves; *nidana parivarjana*, *shodhana chikitsa* & *shaman chikitsa* along with drugs.

➤ Yoga

Yoga helps to open *shrotas* and improve circulatory process. It also offers cooling & calming effects thus relief process of inflammation.

➤ Ahara

One should consume food stuffs as per seasonal requirements which possess ability to pacify *pitta dosha*. *Ahara* should not be very spicy and hot but it should offer cooling effects to relieve process of inflammation. Chillies, tomatoes, beets and mushrooms should be

avoided while coriander, coconut, leafy greens and watermelon, etc. may be consumed.

➤ **Dincharya**

One should rise early & start daily routine with suggestive exercise to relieve autoimmune diseases associated with inflammation. The evening meal should be consumed at least 2-3 hours prior to sleep to prevent any indigested waste (*ama*) which causes autoimmune responses. Ayurveda also recommended to take proper sleep since it relaxes whole body & improves process of healing against auto immune response. Consumption of alcohol, tobacco and caffeine should be avoided since this may aggravates *doshic* imbalances and affect immune system.^[3-6]

Ayurveda Herbs

Turmeric possesses anti-inflammatory and antioxidant properties. Similarly *Pippali* acts as anti-inflammatory and immunomodulator agents. These herbs also help to enhancing *agni* and clearing *ama*.

Panchakarma

Panchakarma is a *shodhna-chikitsa* it detoxify body internally as well as externally and remove body waste (*ama*) which is responsible for the autoimmune response. It also relaxes whole body and prevents progression of autoimmune inflammation.^[7-10]

AMAVATA

Amavata is autoimmune disorder involve vitiation of *vata* along with *ama*. The disease consideration in ayurveda as follows:

Nidana

➤ **Vataj Amavata**

This condition involves *vata* predominance and pain.

- *Pittanubandi*: *Pitta* dominance possess burning sensation in effected joints along with redness.
- *Kaphanbandi*: *Kapha* dominance; loss of movement in joints.

Pratayatama Rupa

- *Sandhi Shoola*
- *Sandhi Shotha*
- *Stabdghata*
- *Sparshasahatva*
- *Sashabda Sandhi*

Chikitsa

- *Langhana*: Consumption of light food.
- *Svedana*: It is process which reduces stiffness & heaviness. *Rukshasveda* is used for this purpose using *Ushana Jala*.
- *Tikta-Katu* and *Deepana Dravyas*: Bitter & pungent *Dravyas* (*Chitraka*, *Guduchi*, *Pippali* & *Maricha*) are useful to digest *Ama*.
- *Virechana*: *Virechana* used for detoxification help to pacify vitiated *vata*.

- *Snehapana*: The therapy use to control *dhatu* and *Vata* & thus relief disease symptoms.
- *Basti*: *Anuvasana* & *Asthapana Basti* may be performed using *Saindhavadi Taila* and *Kshara* respectively for the management of *Amavata*.

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