



CLINICAL CONSIDERATION OF PITTAJ ATISARA: A REVIEW BASED ON AYURVEDA

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ABSTRACT

Diarrhea is one of the major disease scattered word widely, especially in tropical and sub-tropical countries. The medical science paid significant attention towards the curbing of this problem. The prevalence of *Atisara* is high in children especially age below 4 years, may be due to the unhygienic condition and contamination due to the infectious organism. Ayurveda considered *Atisara* as Diarrhea and have mentioned various treatment modalities for the prevention of *Atisara*. *Gangadhar Churna* & *Balachaturbhadra Choorna* are such formulation used in Ayurveda for the management of *Atisara*. The literature mentioned that these formulations control vitiation of the *Strotasa* initially and *Deepana*, *Pachana* and *Grahi* properties of these drugs relieved *Annannabhilasha*, *Avipaka*, *Arochaka*, *Atidrava mala*, *Atibahu mala*. The traditional text of Ayurveda described that use of such Ayurvedic formulation control *Agnimandya* and reduces production of *Ama* which is main pathological factors of *Atisara*. The research investigation proved that use of these drugs in *Atisara* helped in digestion of *Ama* and in the improvement of *Agni* due to their *Pachana* and *Deepana* effect. This article presented various aspects of *Atisara* and its Ayurvedic management.

KEYWORDS: *Atisara*, Gangadhar Churna, Balachaturbhadra Choorna, Diarrhea.

INTRODUCTION

Atisara is disease associated with intestinal disturbances may occur due to the lack of resistance against causative pathogens and associated with water & electrolyte disturbances, malnutrition and under-nutrition. *Atisara* is serious health problem since it is responsible for infant mortality in tropical and sub-tropical countries. The intake of contaminated water & food stuffs are considered as main cause of *Atisara*. *Charaka* described properties of medicines which should be used in *Atisara*; the medicine should be *Madhura*, *Mridu*, *Laghu*, *Surabhi sampurna*, *Sheetal* & *Sanshamaka*. Ayurveda emphasized six types of *Atisara* i.e. *Vataja*, *Pittaja*, *Kaphaja*, *Sannipataja*, *Bhayaja* and *Shokaja* (*Aamaja*). *Atisara* also involve vitiation of *Strotasa* namely *Annava*, *Udakva* and *Malava*.^[1-4]

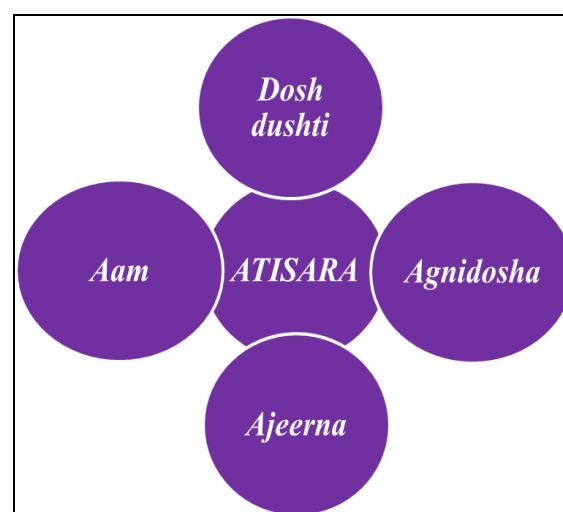


Figure: 1. Pathological factors of *Atisara*.

Causes

Ayurveda mentioned that *Atisara* arises due to the deficient digestive fire (*Agnimandya*) and production of *Aam* (product of improper digestion). The *Agnidosha* and *Ajeerna* play significant role in disease prognosis. There

are various causative factors associated with *Atisara* such as; *Aharaj*, *Viharaj*, *Manasik*, *Samajik*, “vitiation of *Vata*, *Pitta*, *Kaphaj*”, *Sannipataj*, *Aamatisar* and *Raktatisar*.

Symptoms

- Continuous liquefied defecation.
- Weakness.
- Nausea and vomiting.
- Symptoms of low blood pressure.
- Spasm.
- Abdominal pain.

Treatments

The treatment approaches involve *Nidan Parivarjan*, removal of vitiated *Dosha*, boosting of *Agni*, *Langhan-Deepan-Pachana*, *Shodhan chikitsa*, reduction in *Aam*, *Grahee chikitsa*. *Kutaj*, *Shunthee*, *Haritaki* and electrolyte therapy also suggested for the treatment of *atisar*. The therapy for *atisar* aimed to achieve cessation of liquefied defecation, reduction in abdominal pain, improvement in appetite and maintenance of electrolyte imbalances. Ayurveda also mentioned that use of some traditional formulations such as; *Gangadhar Churna* and *Balchaturbhadra Churna* offer beneficial effects in Diarrhoea.^[2-4]

Gangadhar Churna in Atisara

Gangadhar Churna is polyherbal Ayurvedic formulation used in treatment of diarrhoea and dysentery; it is consisted of *Mustaka*, *Araluka*, *Shunthi*, *Woodfordia fruticosa*, *Lodhra*, *Sugandh bala*, *Bilva*, *Motch ras*, *Cissampelos pareira*, *Holarrhena antidysenterica*, *Mangifera indica*, *Aconitum heterophyllum*, *Mimosa pudica*.

Clinical significance of Gangadhar Churna

- Diarrhoea.
- Dysentery.
- Irregular bowel movements.
- Improving digestion.

Balchaturbhadra Churna in Atisara

Balchaturbhadra Churna is poly-herbal Ayurvedic formulation. It is used in cough cold and diarrhea. It improves digestion, immunity and regulates physical growth. *Balchaturbhadra Churna* is consisted of *Motha*, *Ativish*, *Pippali* and *Kakar Singh*.

Clinical significance of Balchaturbhadra Churna

- *Atisaar*
- Dysentery
- Nausea, vomiting
- Improves appetite, digestion and immunity
- Cough, cold & Asthma
- Abdominal pain^[5-6]

Summary

Atisara is disorder of intestinal disturbance and *samprapti* included *Aaharaj*, *Agnimandya*, *Aam nirmiti*,

and vitiation of *Dosh*, *Abdhatu dushti*, *pureeshwaha srotodushti* and *dravikaran* of *pureesh mal*. Socio economical status play significant role in *Atisara* and high number of incidence observed in lower income groups due to the prevalence of unhygienic condition.^[7-8]

The problem is more prompt in developing countries due to the poor hygiene, malnutrition and insufficient medical awareness. The *Pitta* vitiation is most predominate *Doshika* vitiation amongst three *Dosha* in *Atisara*, these *Pitta* vitiation may be due to the improper functioning of *Agni*. The treatment approaches involve improvement in *Agni* and Ayurveda suggested use of some conventional formulation like; *Gangadhar Churna* & *Balachaturbhadra Choorna* for the management of *Atisara*, the efficacy of these ayurvedic *Choorna* in *Atisara* may be attributed to their *Deepana*, *Pachana* and *Grahi* properties. The *Deepan* effect of the drugs improves appetite, *Grahi* property of *Churna* relieve frequent defecation while it is suggested that *Pachana* and *Vatanuloman* actions *Churna* relief abdomen pain, tenderness and distension of abdomen.

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