
**CLINICAL CONSIDERATION OF PITTAJ ATISARA: A REVIEW BASED ON
AYURVEDA**
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Article Received on 30/11/2016

Article Revised on 21/12/2016

Article Accepted on 12/01/2016

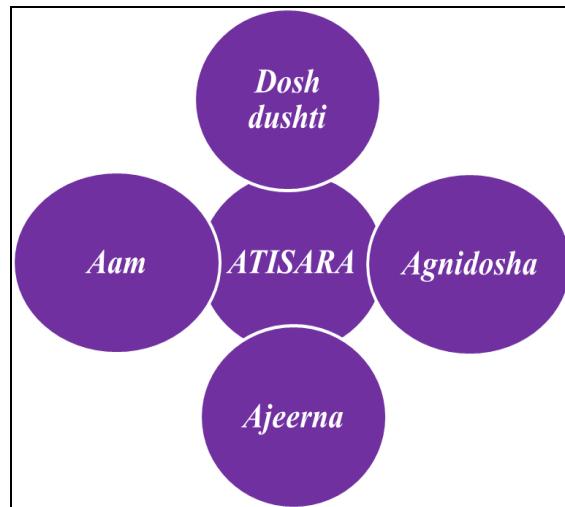
ABSTRACT

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 & Balachaturbhadrach* *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, Balachaturbhadrach, 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 *Annavaha, Udavaha* and *Malavaha*.^[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 *Balachaturbhadra 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.

Balachaturbhadra Churna in Atisara

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

Clinical significance of Balachaturbhadra 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.

ACKNOWLEDGMENT

Authors are thankful to Dr. Sadhana Babel, Professor & Dr. Amit Jagtap Associate Professor of Department of Kaumarbhritya, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, India.

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