



SOME TRADITIONAL DRUGS FOR THE MANAGEMENT OF AAMATISARA: AN AYURVEDA LITERARY REVIEW

Vd. Pritam Vijay Patil*¹ and Vd. Swapnil Padte²

¹PG Scholar, Department of *Kayachikitsa*, SMBT Ayurved College and Hospital, Dhamangaon, Igatpuri, Nasik, Maharashtra, India.

²Professor & HOD, Department of *Kayachikitsa*, SMBT Ayurved College and Hospital, Dhamangaon, Igatpuri, Nasik, Maharashtra, India.

*Corresponding Author: Vd. Pritam Vijay Patil

PG Scholar, Department of *Kayachikitsa*, SMBT Ayurved College and Hospital, Dhamangaon, Igatpuri, Nasik, Maharashtra, India.

Article Received on 13/09/2017

Article Revised on 03/10/2017

Article Accepted on 23/10/2017

ABSTRACT

Aamatisara is one of the pathological condition occurs due to *Agnidosha* and *Ajeerna*. Clinically disease involve symptom like; frequent passage of liquefy stools, abdomen pain, fever & vomiting. Consumption of *Guru*, *Atisnigdha*, *Ushna*, *Drava* & *Sheeta Ahara* may cause *Aamatisara*. The treatment approaches involve *Nidan Parivarjan*, *Doshanuloman*, *Langhan*, *Deepan*, *Pachana* and *Shodhan chikitsa*. Ayurveda also recommended use of natural herbs for the same such as; *Shunthee*, *Haritaki* and *Bilva*, etc. Various traditional formulations like; *Nagaradi Yoga*, *Kutaj Shunthee Haritaki Vati*, *Anandbhairav Rasa*, *Laghugangadhara Churna*, *Bruhadgangadhara Churna* & *Kapithashtaka Churna*, etc. are also suggested for the management of *Aamatisara*. This article presented some ayurveda approaches for the management of *Aamatisara*.

KEYWORDS: Ayurveda, *Aamatisara*, *Agnidosha* & *Ajeerna*.

INTRODUCTION

The improper digestive fire (*Agnimandya*) leads formation of '*Aam*', & diarrhoea (*Atisara*) associated with *Aam* described as *Aamatisara* in ayurveda. The major causative factors are associated with diet (*Aharaj*), behavior (*Viharaj*), psychological (*Manasik*) & social (*Samajik*) etc. The vitiation of *Vata*, *Pitta* & *Kapha* also involve in manifestation of *Aamatisara*.^[1,2] The major factors which involve in pathogenesis of *Aamatisara* are as follows:

- *Agnimandya*
- *Aam nirmiti*
- *Dosh dushti*
- *Srotodushti*
- *Abdhatu dushti*
- *pureeshwaha srotodushti*
- *Dravikaran of pureesh mal*

Line of treatment of *Aamatisara* must encompass following approaches:

- *Aampachan*, *Agnivardhan* & *Purishgrahee*
- *Doshnuloman* of *Vibandha doshas*
- *Kshudhavaradhan*
- *Koshtha laghavata*
- *Kriminasha*



Figure 1. Clinical features of *Aamatisara*.

Ayurveda described different herbs and formulations for the management of *Aamatisara*. Drug such as; *Rajani*, *Saral*, *Devdaru*, *Gajpippli*, *Kantkari*, *Bruhati*, *Prushniparni*, *Nagarmotha*, *Ativisha*, *Pippali* and *Shringi* offer beneficial effects in *Aamatisara*. This article presented role of some traditional formulations in *Aamatisara*.^[2,4]

Bilva in *Aamatisara*

Bilva is a plant possesses various medicinal values & used in diarrhoeal, amoebic dysentery, haemorrhoids &

anaemia. It possess *Katu*, *Tikta* & *kashay Rasa*, *Grahi*, *Snigdha* & *Tikshna Guna*, *Ushna Virya* & *Katu Vipaka* thus offer relief in diarrhea, dysentery, thirst and vomiting. It also improves secretion of digestive enzymes. *Bilva* relieve abdomen pain, gastritis and balances all three *doshas*. The food stuffs of *Bilva* prevent formation of *Ama*.^[5] The various formulations of *Bilva* used in *Aamatisara* are as follows:

- *Laghugangadhara Churna*
- *Bruhadgangadhara Churna*
- *Kapithashtaka Churna*
- *Kutajavleha Changeri Gruta*
- *Masur Gruta*
- *Gangadhara Churna*
- *Kutajashtaka Avaleha*
- *Bruhadgangadhara Churna*

Kutaj Shunthee Haritaki Vati in Aamatisara

Kutaj Shunthee Haritaki Vati also play significant role in *Aamatisara*, it consisted of *Holarrhena antidysenterica*, *Zinziber officinale* & *Terminalia chebula*. These components possess bitter, spicy, astringent tastes, *Agni* and *Vayu mahabhut* properties. Thus improve digestion, detoxification and excretion of *Ama*. It offers *Anulomana*, *Koshtha laghava* and *Agni- Sandhukshana* action. *Zinziber officinale* known as *shreshtha Aamapachak dravya* improves digestion and control infection. *Terminalia chebula* help in *Anuloman* of *pakwa dosha* & *koshthagat Aampachan*. It also acts as *Krimighna* thus possess antibacterial activities & helps in removal of *Annavisha*; thus provide overall relief in *Aamatisara*.^[6,7]

Anandbhairav Rasa in Aamatisara

Anandbhairav Rasa is ayurveda formulation & mentioned for the management of various forms of *Atisara*. Antimicrobial activity of *Anandbhairav Rasa* offer remarkable relief in pathogenesis of *Atisara*. It significantly improves symptoms such as; *Jwara* and *Pravahika* which are mainly associated with microbial infection occur in *Atisara*. *Hingul*, *Tankan*, *Vatsanabha*, *Maricha* & *Pippali* are the main ingredients of *Anandbhairav Rasa*. The content of formulation acts as *Agnivardhak* and *Kaphaprapok Nashan*. The *Katu*, *Ushna*, *Agni*pradiptakar & *Vaatrogghara* properties of formulation stimulates liver functions. The *Rasayan*, *Amvathara* & *Shoolhara* properties of formulation offer relief in disease symptoms. The *Anandbhairav Rasa* control *Samprapti* of *Atisara* by treating *Agnimandya* and pacifying *Dushti Vayu* and *Kapha doshas*.^[8,9]

Nagaradi yoga in Aamatisara

Nagaradi yoga is ayurveda formulation recommended for the management of *Aamatisara*. It consisted of *Nagar*, *Musta*, *Ativisha*, *Indrayava* & *Balaka*. *Nagar* possess *Katu Rasa*, *Laghu* & *Snigdha Guna*, *Ushna Virya*, *Madhur Vipaka*, *Kapha-Vata Shamaka* action & improve *Pachan*. *Musta* having *Katu*, *Tikta* & *Kashaya Rasa*, *Sheeta Virya*, *Kapha-Vata Shamak* action thus help in *Deepan* & *Pachan*. *Ativisha Tikta* & *Katu Rasa*,

Ushna Virya, *Katu Vipaka*, *Kapha-Pitta Shamak* & *Kriminashak* action; thus relief symptoms of *Aamatisara*. *Indrayava* having *Katu Rasa*, *Sheeta Virya*, *Tridosh Shamak* action thus offer relief in *Aamatisara*. *Balaka* having *Madhur* & *Tikta Rasa*, *Laghu* & *Ruksha Guna*, *Sheeta Virya* & *Kapha-Pitta Shamak* action. These all properties of different contents of *Nagaradi yoga* make it useful formulation for the management of *Aamatisara*. The formulation offer *Deepan*, *Pachan*, *Grahi*, *Krimighna* and *Atisaraghna* properties thus help to control pathogenesis of *Aamatisara*.^[10,11]

Other formulations used in Aamatisara

- *Bhuvaneshvara Rasa*
- *Ramabana Rasa*
- *Ashtakshari gutika*
- *Ahiphenasava*
- *Jatiphaladya churna*
- *Mustakadyarishta*

❖ **Pathya for Aamatisara:** *Mand*, *vilepi*, *bilva*, *dhanyaka*, *munga*, goat-milk, *langhna* & rest.

❖ **Apathya for Aamatisara:** *Pea*, *Urada*, *Nishpava*, sugar-cane, barley, *kshar*, heavy and unctuous food, over-eating, exertion & smoking.

ACKNOWLEDGEMENT

Authors are highly thankful to Vd. Varsha Chaudhary & Vd. Ankush Gunjal (Department of *Kayachikitsa*, SMBT Ayurved College and Hospital, Dhamangaon, Igatpuri, Nasik, India) for their support in literary work.

REFERENCES

1. Dr. Suraj Gupte, The short Textbook of Pediatrics, Eleventh Edition, Jaypee Brother Medical Publishers (P) Ltd, Page no.444.
2. Acharya Charaka, Charaka Samhita, Hindi commentary By Pandit Kashinath Shashtri, Dr. Gorakhnath Chaturvedi, Chaukhambha Bharati Academy, Varanasi, second Edition 1998, *Atisarachikitsa Adhyaya* 19, Page no.565.
3. Baishajya Ratnavali, Hindi commentary By Prof. Venimadhav Ashwni Kumar Shastri, Chaukhambha Kruhsnadas Academy, Varanasi, Page no 670.
4. Acharya Kashyapa, Kashyapa Samhita, English commentary by Prof. (Ku) Premvati Tiwari, Choukhamba Vishvabharati, Varanasi, 1st Edition; 1996, Page no 54, *Suthrasthana* 25/14.
5. Ganesh N. Sharma, Susheel K. Dubey, Piush Sharma, Nitin Sati; Medicinal Values of *Bael (Aegle marmelos (L.) Correa)*: A Review; IJCPRR, 2011; 1: 3.
6. Agnivesha's Charak Samhita', revised by Charak and Dridhbala with *Ayurveda* Dipika commentary of Chakrapanidatta, edited by Acharya Yadavji Trikamji Vaidya, Second edition- 1935, Nirnaya sagar Press, Bombay.
7. Vagbhata's Ashtang Sangraha, with Indu commentary by Vaidya Anant Damodar Athwale, Shrimada Atrey Prakashan, 1980, Pune.

8. Rasatarangini by Sadanand Sharma, 2012 edition, Motilal Banarsidas publication, chapter 24/93-95, page no. 665.
9. Rasatarangini by Sadanand Sharma, 2012 edition, Motilal Banarsidas publication, chapter 13/77-78, page no. 318.
10. Kliegman, Stanton, ST. Geme, Schor, Behrman, Nelson Textbook of Pediatrics, 19th edition, vol. II, Published by Elsevier, New Delhi, Reprint 2012, Chap. 332, p. 1323.
11. Vrindamadhava of Siddhyoga Edited & Translated by Dr. (Km.) Premvati Tewari Chaukhambha Vishvabharati, Varanasi, 1st Edition 2007, Siddh Yoga 66 / 23.