

## CHIKITSA SUTRA AND MANAGEMENT OF DISEASES OF ANNAVAHA SROTAS WITH SPECIAL EMPHASIS TO SHAMAN THERAPY

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### ABSTRACT

The channel system of body is known as *Srotasa* which transforms *Dhatus* and *Sharirbhava*. The flow of *Rasadhatu* and food that nourishes the body, are particularly linked to *Anavahasrotasa*. This *Srota* is mainly related to the *Aharparinamkarbhav* and the process of *Pachan*. Ayurvedic principles state that vitiation of *Agni* is caused by a variety of etiological reasons. This can cause a variety of illnesses, most of which are related to the *Annavaha Srotas* and possess pathological symptoms of *Agnidushti*, *Grahani Roga*, *Amlapitta* and *Udararoga*. The disturbances in the *Annavaha Srotas* mainly related with the poor dietary and life style habits. Therefore Ayurveda suggested disciplinary conduction of concept of *Pathya* and *Apathya* to prevent these ailments. Medications possessing *Deepana* and *Pachana* properties can offers relief in such types of conditions. *Avipattikar Churna*, *Sutsekharas*, *Kamadudha Ras*, *Dashmooladyaghrta*, *Pippali* and *Haritaki*, etc. are vital drugs which works efficiently in treating disorders of *Annavaha Srota*. This article highlights *Chikitsa Sutra* and management of diseases of *Annavaha Srotas* with special emphasis to *Shaman* therapy.

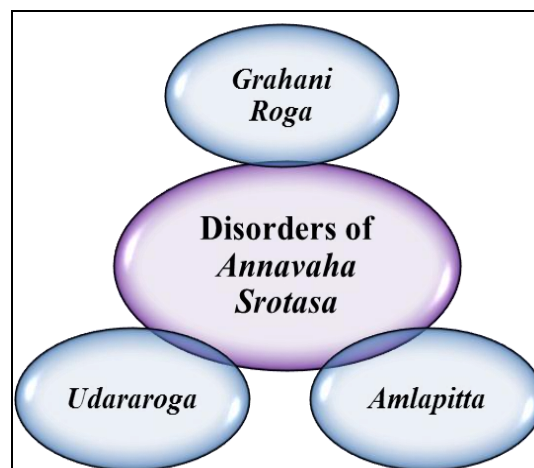
**KEYWORDS:** *Ayurveda*, *Chikitsa Sutra*, *Annavaha Srotas*, *Agnidushti*, *Shaman*.

### INTRODUCTION

*Annavaha Srotasa* is linked to the structural and functional elements that aid in nutritional absorption as well as the mechanical and chemical breakdown of food in the mouth, stomach, and small intestine. When food items are absorbed, the first *Dhatu*, which formed is known as *Rasa dhatu*. This *Dhatu* nourishes body and its formation as well as transportation is supported by *Rasa dhatu*. The stomach, *Grahani* and anatomical features such as the duodenum, jejunum, and ileum are the organs that are associated with *Annavaha Srotasa*. This *Srota* also witnesses some pathological conditions which greatly affects physiology of human body. Subsequent section of this article presented various ailments of *Annavaha Srotasa* and their management.<sup>[1-4]</sup>

#### *Annavaha Srotas Vikara*

The vitiation in physiology of *Annavaha Srotasa* may arises by several factors which mainly include dietary and life style habits, that can leads various disorders affecting process of digestion and metabolism. The major disorders of *Annavaha Srotasa* are depicted in **Figure 1**.



**Figure 1: Disorders of *Annavaha Srotasa*.**

As mentioned above *Grahani Roga*, *Amlapitta* and *Udararoga* are major pathological conditions associated with *Annavaha Srotasa*. Amongst them the *Amlapitta* is major one which develops when a person already prone to high *Pitta* production eats or drinks things that are incompatible, too sour or aggravates *Pitta*. These meals, which frequently cause heartburn, cause an irregular *Pitta* secretion, which leads to *Amlapitta*. Dyspepsia, exhaustion, sour and acidic burping, burning sensation,

anorexia and nausea, etc. are the clinical indications of *Amlapitta*.<sup>[4-6]</sup>

Those with poor nutrition or living in unsanitary settings are more likely to be affected by the prevalent disorder known as *Grahani Dosh*. Poor lifestyle, junk food consumption, stress, insufficient sleep and disregard for *Sadvritta*, etc. are the key contributing factors. Pathologically, this disorder results from poor food digestion, which vitiates *Agni* and *Dosh*s, which in turn causes the production of *Ama*. This results in symptoms like diarrhea and constipation, etc.<sup>[5-7]</sup>

*Udara Roga* is another pathological condition is brought on by consuming too many *Ushna*, *Kshara*, *Lavana*, *Vidahi*, *Amla*, *Guru Asana*, *Ruksha*, *Viruddha* and *Asucibhojana*, etc. Additional causes include conditions such as *Pliha*, *Arsha*, *Grahani Dosh*, *Karma Vibhrama* and *Vegavidharana*. *Udara Roga*, which impacts the *Annavaha* and *Purishavaha Srotas*, is caused by a qualitative imbalance of *Agni* and *Tridosha*. A primary ailment can often develop into a secondary disease, or one sickness may precipitate another.

The term "dyspepsia" describes a collection of symptoms, such as nausea, bloating and pain that are believed to have their origins in the upper gastrointestinal system. Numerous variables, some of which may not be directly related to the digestive system, can contribute to this illness. Acid reflux and heartburn are two symptoms of different illnesses that are treated differently.<sup>[6-8]</sup>

Irritable Bowel Syndrome (IBS) is condition of *Annavaha Srotasa* which is characterizes by recurrent abdominal pain, irregular bowel movements and abnormalities in the gut, etc. The most frequent reason for IBS; is lower quality of life and unhygienic dietary practices.

#### Management of *Annavaha Srota* Disorder

Ayurvedic drugs possessing specific properties as shown in **Table 1**, offers symptomatic as well as therapeutic relief in the disorders of *Annavaha Srota*. Drugs possessing *Ushna*, digestive, *Tikta* and carminative properties mainly provide benefits in digestive ailments.<sup>[7-9]</sup>

**Table 1: Properties of Ayurvedic drugs helps in treating *Annavaha Srota* Disorders.**

Ayurvedic Property of Drugs	Benefits in <i>Annavaha Srota</i> Disorders
Digestive & Detoxifying	Digestive tonic, constipation relief & detoxification
<i>Ushna</i> & Carminative	Helps in indigestion, flatulence & bloating
<i>Sheetal</i> and <i>Lekhana</i>	Helps in gastric ulcers & IBS
<i>Tikta</i> & <i>Grahi</i>	Helps in diarrhea & dysentery
<i>Katu</i> , <i>Ushna</i> and <i>Deepana</i>	Helps in hyperacidity and acid reflux
<i>Vata-Pitta</i> balancing	Liver protection
<i>Deepana</i>	Improves appetite and digestion

*Vamana* and *Virechana* are the most effective ways to treat *Amlapitta* and *Samshamana Chikitsa* is used to calm any residual *Dosh*s using a variety of medications and lifestyle changes. *Sutsekharra*s, *Kamadudha Ras* and *Avipattikar Churna*, etc. are common oral treatments for *Amlapitta* that helps in digestion and acid neutralization. When treating *Grahani Dosh*, Ayurveda suggests using *Deepana* and *Pachana* medications, which help to eliminate *Ama* and ignite the *Agni*. In cases of weak digestion, medicated ghee preparations like *Dashmooladyaghrta* and *Tryushanadyaghrta* work well to stimulate digestive fire. Similarly *Chitrakadyagutika* and *Panchkoladishritam* are considered good for stimulating *Agni* and aiding in the digestion of *Ama*.

The main goals of *Udara Roga*'s treatment are body detoxification and enhancing the digestive fire. Using ingredients like *Eranda Taila* and *Gomutra*, *Agnideepana* is the first line of treatment, followed by *Nitya Virechana*. *Rasayana* treatments are also helpful for enhancing *Agni* and revitalizing the digestive tract. *Narayana Choorna* is utilized for efficient purgation, while *Panchakol* is used to treat *Agnimandya*.

*Bilva* is known for its *Deepana* and *Pachana* properties, which make it particularly helpful for irregular bowel

movements and persistent diarrhea. *Nagarmotha* has *Deepana*, *Pachana* and *Tridoshaghna* properties that aid in controlling *Agni*. *Kutaja* is considered good remedy for *Atisara* and dysentery, etc. *Mustaka* functions as a *Grahi* assisting in the regulation of intestinal motility and the reduction of *Ama*. With its *Deepana* and *Krimighna* properties, *Ativisha* is very helpful in pediatric *Grahani* situations. With its *Vata-Kapha-hara* qualities, *Sunthi* is a powerful *Deepana* and *Pachana* plant that helps to relieve flatulence and stimulate *Agni*. *Pippali* improves digestive capacity and treats *Ama* related diseases since it acts as *Deepana* and *Pachana* agent. Dietary recommendations are essential in Ayurveda for the treatment of digestive issues. *Haritaki*, *Masha*, *Dadhi*, *Go Dugdha* and *Peya* are examples of beneficial foods. These foods promote digestion and help to balance *Dosh*s.<sup>[8-10]</sup>

#### CONCLUSION

Ayurveda's major objective is to treat illnesses and preserve the health of healthy people. *Agni* and *Ahara* are closely related, and *Ahara* is important for both health and illness. *Annavaha Srotas Vikara* can be effectively managed with the use of Ayurveda's range of formulations, therapeutic treatments, and lifestyle advice. Health issues like *Atisar*, *Grahani*, *Arochak*, *Chhardi*,

*Parinamshool* and *Amlapitta* can result from any interference with these channels. Ayurveda provides specific therapy to treat certain diseases, such as the usage of formulations such as *Patoladi Kvatha*, *Shatavari Ghrita*, *Yavadi Kvatha*, *Chhinnadi Kvatha*, *Haritaki Churna* and *Vasa Guggulu*, etc. When paired with suitable lifestyle modifications, these therapies, which are classified as *Shamana Chikitsa* efficiently, treat *Annavaaha Srota* illnesses.

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