ROLE OF TRVIDHA AVASTHAPAKA IN VITIATION OF DOSHA - A REVIEW

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ABSTRACT

In Ayurveda digestion is divided in three stages. They are named as Avasthapaka of food. Agni, Prakruti, Dhatusrata, Dosha are the unique concept of Ayurveda. The food consumed by the mouth undergoes the process of digestion in order to achieve the nature of "Sharirbhava Swarup" The process of digestion takes place in various stages and during every stage, there are changes in the composition of Ahara dravyas under the influence of the Jathragni which participate & regulate the course of digestion. These changes refer the Avasthapaka.

KEYWORDS: Agni, Avastapaka, Vyadhi.

INTRODUCTION

In Ayurveda Ahara is consider as one among the Trayopastamba.[1]

Ahara maintains and supports Deha, Dhatu, Ojas, Bala and Varna with help of Agni.[2] Ahara containing Shad Rasa undergo Pachana at different levels in order to nourish the Dhatu.[3] Avasthapatka include three stages that is Madhura Avasthapaka, Amla Avasthapaka, Katu Avasthapaka.[4] Jataragni initiates and maintains Pachana of Ahara into Ahara Rasa. The Ahara Rasa then gets absorbed in to respective Dhatu.[5] Vitiation in this process lead to various disease. Hence the stages and process of Ahara Pachana Karma plays a vital role in maintaining the state of health.
AIMS AND OBJECTIVES: To understand Role of Trividha AvasthaPaka In Vitiation Of Dosha.

MATERIALS AND METHODS: Concept of Avasthapaka explained in Charaka Samhita, Sushruta Samhita, Astanga Hrudaya and Madava Nidana. with commentary is reviewed in consideration to Role of Trividha Avastapaka In Vitiation Of Dosha.

DISCUSSION

Process of Aahara pachana
Prana Vayu is responsible to bring the ingested food into the Koshta. Anna attains Mrudhuta by the action of Snehana, after which food splits into small particles in the Udara. Agni gets stimulated by Samana Vayu and it helps in further digestion of the food. As the fire cooks the rice kept in the vessel, so does the Agni helps in the digestion of food located in the Amashaya for the production of Rasa and Mala. [6]

Meaning of Avastapaka
अवस्था: Means Phases/ Stages पाक:Signifies changes take by Agni.
पाक: पचनं द्रव्याणां स्वरूपरसयोः परावृत्तिः। च.सू २५
Paka is digestion of ingested material. It involves changes from structure and taste of ingested material. Prapaka is the first outcome of Paka.

Avasthapaka with respect to Sthana
Pratama Avasthapaka takes place in Urdhwa amashaya, Dwitiya Avasthapaka takes place in Adho Amashaya, Tritiya takes place in Pakwashaya. [7]

Bhojana Kalena Dosha Prakopa [8]
Kapha Udhirana - Immediately after consuming food
Pitta Udhirana - During digestion of food.
Vata Udhirana - After digestion of food.

STAGES OF AVASTHA PAKA

Madhura Bhava in Amashya
Annasya Bhuktamanasya shatrasasya prapakatah
Madhuraghat Kaphoth bhavath PhenaBhuta Udhiryate || (Ch.Chi 15/9)
During this stage the ingested Ahara is subjected to initial phase of digestion. In this stage, digestion takes place in between Mukha and Urdwa Amashaya. The Ahara possessing Shad Rasa is subjected to digestion, among these Madhura Rasa is subjected to Paka, as it is predominant of Prithvi and jala Mahabhuta, it results in Udirana of Phenabhuta Kapha.\[^9\]

**Amla Bhava in Adhoamashya**

*Parantu Pacchamanasya Vidhgdhatsya Amlabhavath*

*Ashayayacchamansya Pittammucchhayam Mudhiryate// (ch.chi15/10)*

During this stage food enters Adho Amashaya, Undergoes Amlapaka with action of Pachaka Pitta and leads to formation of Vidhagdhata. Which results in sourness, While moving downwards from the Amashaya this stimulates the Production of a transparent Drava like Achha Pitta.\[^10\]

**Katu Bhva In Pakwashya**

*Pakwashyastu Praptasya shoshamanasya vanhinam
paripindapatpakwasya vayuh syath katubhavath (ch.chi15/11)*

When this food product reaches Pakwashaya, by the actions of Agni, Undergoes Shoshana and attains Paripindita Rupa, with predominant of Katu Bhava thus generating Vata Dosha.\[^11\]

### Pathological conditions of Trividha Avasthapaka

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**Madhura paka**

**Example**

When a person excessively indulges in Kaphakara Ahara, Madhura Avasthapaka predominates, compared to other two stages of Avasthapaka leading to formation of excessive kapha. In Sthoulya indulgence in Ati Sampurna, Ati Madhura, Sheeta, Snigdha, Avyaayama, Divasvapna, Shleshmakara Ahrra, Achinta leads to production of Excessive Kapha Dosha. As a consequence excessive nourishment of inducing Vruddhi of Medho Dhatu causes Marga Avarana And results in Sthoulya.\[^12\]
Example

Vishamasana, Asatmya Bhojana, Guru, Seeta, Snehadi vibramat. All these results in production of excess of Kapha during the Madhura Avasthapaka resulting in Agni Dushti there by Manifest Ajeerna Lakshna.[13]

Amla paka

The pitta generated due to the increased or prolonged Vidahavastha of digestion featured by excessive Amla nature of Pitta is termed as Amlapitta. Patients with Amlapitta indulge in Viruddha Bhojana, Vikrutra Bhojana, Atyadhika Amla and Vidhahi Anna Resulting in digestion predominating with Amla Avasthapaka. Thus Pitta Dosha Predominates more, Due to Amla Vipaka leading to the formation Vidagdha Pitta.Resulting in Amla Bhavata and Amlodgara and finally causes the Amlapitta. This is due to altered phase of Amla Avasthapaka.[14]

KATU PAKA

Example

If the person indulges excessively in Visamaasana, Ruksha Ahara, Atilanghana, Alasya, Ratri Jagrana, Ati Vyavaya, Veddharana, Chinta. Due to Vata imbalancing factors its blockes in the lower part of the large intestine, Disturbance of Katu Avshapaka leading to dushana of Apana Vata resulting in Vibandha.[15]

DISCUSSION

Ahara Agni Shreera Bhava's

For this process of transformation to happen, ingested Ahara should undergo both Avasthapaka & Vipaka. Thus aid the production of Dosha’s which is one among the Shareera bhava’s. As Chakrapani mentions in charaka chikista sthan, Avasthapaka produces Dosha’s which aid in physiological equilibrium, where as vipaka produces Alpa Paramana Mala Roopi Dosha's. When Agni is vikrutha due to Vividha Ahara Vihara, it hampers Paka ending up in production of Vikrutha Dosha's.

CONCLUSION

Aharapaka karma occurs in different stages of Avasthapaka. In each stage specific bhava predominates leading to formation of dosha, Kapha Pitta Vata respectively. "Shante Agnim Priyate Yukte Chiram Jivati Anamayah". Vikrutha Agni in turn hampers the Paaka it will impairs the physiological equilibrium in dosha’s also. Thus before planning the treatment,
while understanding the disease Samprapti, one has to consider the involvement of Agni and so is the Paaka.

REFERENCES


