

A YOGA OF TRIKATU AND HARITAKI CHURNA IN SAMPRAPTI VIGHATAN OF
AJIRNA W.S.R. TO INDIGESTIONDr. Chitra Devi Sharma*¹ and Dr. Aniruddha Singh Yadav²¹M.D. (Kayachikitsa), Asst. Prof, S.B.S.D. Ji Ayurvedic Medical College, Fatehgarh Farrukhabad U.P.²M.D. (Agadanttra) Asst. Professor, S.B.S.D.Ji Ayurvedic Medical College, Fatehgarh Farrukhabad U.P.

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ABSTRACT

[In present era Human being is suffering from very irregular life style. Especially the life style of Urban Society is becoming very fast and stressful. This circumstance frequently leads people towards problems like indigestion. Ayurvedic classics believe that the *Ajirna* (indigestion) is the root of many diseases. The word *ajirna*, itself signifies the state of incomplete process of digestion is *agnimandya*. (weakened digestive fire) *Ajirna* is a condition where the food remain undigested in gastro intestinal tract. It can occur with any of the four *Agni* conditions i.e. *Samagni*, *Mandagni*, *Teekshnagni*, *Vishmagni*. Because *Agni* also depends on the quantity of the *Ahara* (diet). The ratio of *Partantra Vikara* is much higher than *Swatantra Vikara*, *Paratantra Vikara* having *Jatharaghi Mandya* as a root cause which is frequent in & routine clinical practice. Classics also advocate *Annavaha Srotasa* and *Purisavaha Srotasa* (Gastrointestinal tract) are considered as a *Adhithana* for *Ajirna*. On basis of above-mentioned verse, the manifestation of *Ajirna* is takes place in two main regions situated in GI tract. They are *Amashya* and *Pakawasaya*, which are termed as a *Udbhavasthana* for *Paratantra Vikara*. (Ca. Vi. 6/3). The *Mala* (*Sarira Abadhakara Dhatu-Vitiated Dosa, Dhatu, Ama* etc.), which released from *Udbhavasthana* circulate in whole body and get *sthanasamsraya* in different *Dhatu*s which are in deficient status. This *Sthanasamsraya* manifests different “*Dhatu pradosaja Vikaras*. Among the types of *Ajirna*, *Amajirna* has been a loted as a *Slaismika Ajirna* because *Amashya* is *Vikara Adhithana* for it. *Amashya* is also mentioned as one of the prime *Adhithana* as a cause of different types of *Santrapanjanya Paratantra Vikara*. *Trikatu* have three drugs which help to eliminate *amadasha*, it also acts as *agnivardan*, *amapachana*. *Haritaki* act as also *deepan*, *pachana Anulomana* effect]

KEYWORD: *Agnimandya, Annavaha shrotas, Udbhavasthana, Trikatu, Haritaki.*

INTRODUCTION

The *Ajirna* possesses Kapha in *Vikara Prakrti* is termed as *Amajirna* The Kapha has properties opposite to *Agni* and consider as a dominant cause for the generation of *Agnimandhya*. *Amajirna* is a compound of two words i.e. *Ama* and *Ajirna*. *Ama-Avipakwa* (undigested), *Asanyukta* (not well formed) and *Ajirna* means- *na jirayati iti ajirna* is a condition where indigestion exists. *Ama* is also means undigested material .but the reason behind using *Ama* word instead of *Slesma* in *Kapha Ajirna* is specific .The nomenclature of *Ajirna* is done on the basis of *Sammuthana* (Pathogenesis). It is then compulsory to define its types on the basis on their particular *Sammuthana*. That’s why the nomenclature of *Vatika* and *Pittaja Ajirna* is done by using words *Vistabhada* and *Vidhagdha ajirna* the *Ama* word represents that, the *Ama* and *Slesma* comprises similar *Guna* which generates large amount of *Slesma Pradhana Ama* through *Sammurcchana* which is responsible for the

sammuthana of the *Amajirna*. There for *Ajirna* which possesses *Ama* as a main entity in the generation of pathology is termed as *Amajirna*.

What is *ama*-According to *acharya Vagbhata* due to diminution of *agni* the first *dhatu* namely *rasa* is not formed properly and the *annarasa* undergoes fermentation or putrefaction being retained in the *amashya* (stomach) –this state of *rasa* called *ama* also the impaired *vata*, *pitta*, and *kapha dosha* when mixed with one another lead to the formation *ama dosha*. Due to the inhibition of *jatharagni* if the ingested food is not properly digested are being retained in the *Amashya*, they undergo changes and yield toxic substances i.e. *ama* it produces *srotosanga* (Obstruction of channels), *balakshaya*, *gauravta*, *anila mudhta*, *klama*, *ajirna*, *vegavrodha mandhgni*, *angasada*.

Hatu (Etiological factors of Ajirna)

The etiological factors according to types of *Ajirna* are not described by any *Acarya*. Only general etiological

factor in classics are as follows. it include all the *Aharaja*, *Viharaja* and *Mansika nidana*.

1. <i>Atayaambupanum</i>	excessive drinking of liquid materials	(<i>Su.su.46/507</i>).(<i>A.H.Su.8/32</i>)
2. <i>Vishamasnata</i>	Irregular eating	(<i>Su.su.46/507</i>).
3. <i>Vaganam cha vidaranata</i>	suppression of the natural urges	(<i>Su.su.46/507</i>).
4. <i>Sapanaviparyata</i>	Irregular sleeping habits	<i>Su.su.46/507</i>).
5. <i>Irasaya, bhaya, krodha, lobha, Dukha</i>	Envy, Fear, Anger, Greed, Sorrow	<i>Su.su.46/507</i>). (<i>Ca. Vi. 2/9</i>) (<i>A.H.Su.8/32</i>)
6. <i>Prajagarana</i>	Excessive awakening in night	
7. <i>Dwishta</i>	Food disliked by individual	<i>A.H.Su.8/31-32</i>
8. <i>Vistambhi</i>	Which causes obstruction in normal flow of <i>Vata</i>	<i>A.H.Su.8/31-32</i>
9. <i>Dagadha(Atipakavma)</i>	Excessively cooked or burn	<i>A.H.Su.8/31-32</i>
10. <i>Ama (Apakava)</i>	Improperly cooked	<i>A.H.Su.8/31-32</i>
11. <i>Guru,Ruksha</i>	Heavy for digestion, Diet of dry nature	<i>A.H.Su.8/31-32</i>
12. <i>Hima(Atisheetam)</i>	Very cold diet articles	<i>A.H.Su.8/31-32</i>
13. <i>Asuchi (Malina)</i>	Contaminated food stuffs	
14. <i>Uchistan keshadi dusti</i>	Hair,dust, maggots	<i>Arunadutta</i>
15. <i>Acintaya Prabhava</i>		<i>Arunadutta</i>
16. <i>Desa, kala ritu Vaismya</i>	incompatibility of country, Climate or season	(<i>Ch.chi.15/42 – 43</i>)

Types of Ajirna

According to *Dosha* predominance *Ajirna* is categorized into mainly four type.

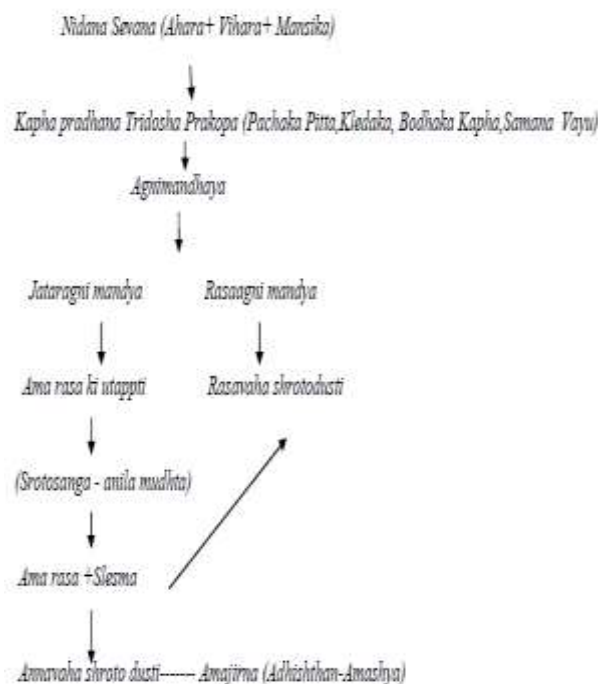
Amajirna, *Vidhagdhajirna*, *Vishtabdhajirna*, *Rasasajirna* And two are physiological type-*Dinapaki* and *Prakrita* (*Yoga. ratanakar*)

Symptom of Amajirna

Akshi-Gandha Shotha (Swallowing in cheek) *amajirna* is *kapha* and *ama dosha* dominated this lead to *gauravta* or fullness and accumulation of excessive *kleda*, which manifestation of *shotha* in *akshi-ganda*.

Sadhyo-bhukat Iev Uddgara (Belching) -the food material in fundus of stomach cannot be digested due to the presence of excessive *Ama*. The *Margavarodha* of *Vayu* performed by *Ama* generates *Pratilomatva* which suppresses the peristaltic movement. The food material becomes stagnant due to lack of peristalsis and excessive *Ama*. This results in *Sadhyobhukta Iva Uddgar* and this upward reflux is performed by the *Pratiloma Udana* and *Apana Vayu*.

Praseka and Utklash-The provocation of *Bodhaka Kapha* is performed by vitiated *-Prashka* (Excessive salivation), *Utklash* (Even though nausea, water brush, spitting and distress in the cardiac area are there, but food does not come out of the stomach; this condition should be known as "*Utklesha*")

Samprapti of amajirna

Nidana Sevana causes *Tridosha prakopa* which lead to *Jatharanimandhya*, immediately it produces *Ama* and *Slesma* in *Rasadhatu*. Here, one can consider *Annarasa* in addition to *Rasadhatu* because in *Amashya* the *Annarasa* and *Rasadhatu* exist together. The term *Annarasa* refers to *Sara* of digested food, which is not yet processed by *Rasagni* to convert in to *Rasadhatu*. The consideration of *Rasadhatu* possesses a specific reason for its involvement in manifestation of systemic symptoms of *Amajirna* like *Angagaurava*, *Aruci*, *Alasya*

etc. Therefore, the *Vikara Prakrti* of *Amajirna* comprises, *Jatharagnimandhya Janita Ama*, vitiated *Slesma* and vitiated *Rasa*. *Dosa-Dusya Sammurchhana* for *Amajirna* is takes place in *Amashya*. The *Amashya* is the *Vikara Adhithana* for *Amajirna*. The properties of *Slesma* are *Sneha*, *Sauklya*, *Gaurava*, *Madhura*, *Saitya*, *Picchila* and *Martsanya*. The *Ama* also posses similar properties which create a condition where accumulation of *Slesma Pradhana Ama* is carried out in *Amashya*. This *Ama* with sticky characteristics can obstruct the *shrotasa* this is called *Srotosanga*. This *Srotosanga* which also produce *Margavarodha* (obstruction) for *Samana Vayu* . which produced *annava shroto dusti*, *rasavahashroto dusti* and causes *amajirna*

Chikitasasutra of amajirna- Langhan

Langhan are 10 type-*vamana Virachana*, *Shirovirachana*, *Niruha Basti*, *Pipasa*, *Maruta*, *Atapa*, *pachaka medicine*, *Upavasha*, *Vyayama*.

Rasa Panchaka of Trikatu and Haritaki

Name	Rasa	Guna	Veerya	Vipaka	Karma
<i>Sunthi (Zingiber officinate)</i>	<i>Katu</i>	<i>Laghu, Snighdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kapha vata shamaka</i>
<i>Maricha (Piper nigrum)</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatakaphashamak</i>
<i>Pipali (Piper longum)</i>	<i>Katu</i>	<i>Laghu, Tikshna</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatakaphashamak</i>
<i>Haritaki</i>	<i>Panchrasa except lavana</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosha shamak (especially Vata shamaka)</i>

Total Pharmacodynamics of the drug under trial of are as follow

	No.	Percentage
Rasa		
Madhura	1/4	25%
Amla	1/4	25%
Tikta	1/4	25%
Katu	4/4	100%
Kasaya	1/4	25%
Lavana	0/4	0
Guna		
Laghu,	4/4	100%
Tiksna	2/4	50%
Ruksha	1/4	25%
Snighdha	1/4	25%

Veerya		
Ushna	4/4	100%

Vipaka		
Katu	1/4	25%
Madhura	3/4	75%

Samprapti Vighatana

Trikatu have three drugs *Sunthi*, *Pipali*, *Maricha* which have *Katu rasa* and *Ushna veerya* which help in *Kapha dosha samana* and *agni deepan*. Besides *Kapha Samana* property *Katu*, *Tikta Rasa* and *Ushna Veerya* also causes *Amapachan*. Thus, *Kapha Samana*, *Ama Pachan* and

Acharya Vagbahta have 12 type-10 + *Deepan* and *Raktamokashana*

Langhana- Indicated in *Alpa Amadosha*

Langhana-Pachana-Indicated in *Madhyama Amadosha*.

Shodhana - Indicated in *Prabhuta Amadosha*.

So Ajirna (Alasaka-Vishuchika) classified in *Madhyama Dosh Vyadhi*. So we are choice *Deepan – Pachan yoga* for cure *Ajirna*.

Dose of medicine use

Route of administration- Oral

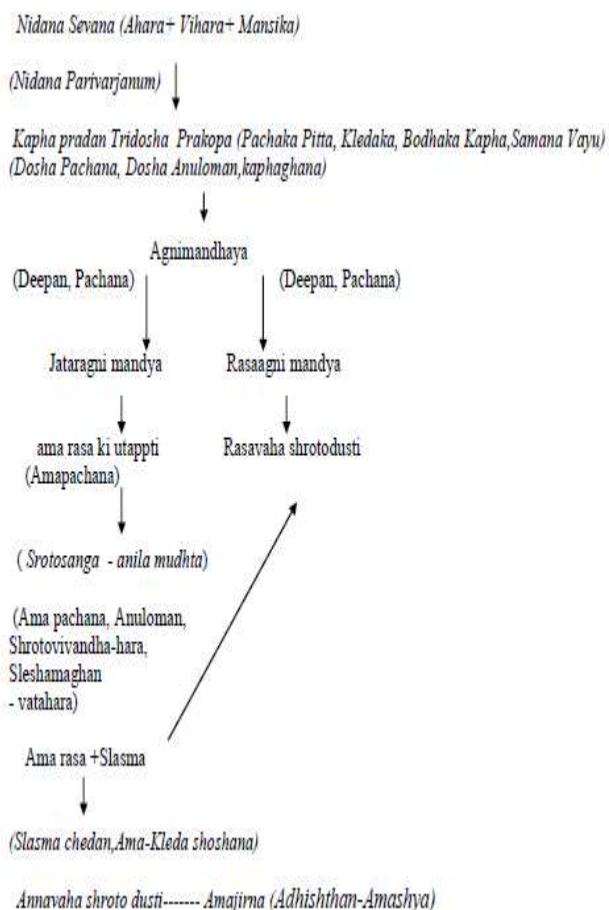
Trikatu churna- 3gm+ *haritaki Churna* 3gm –twice in a day before meal

Haritaki Churna- 5 gm at night after taken meal

Anupana- *koshna jala*

Agnivardhan take place due to above drugs which plays a key role in breaking the *Samprati*.

Maricha have *Kapha-vata jita*, *ruchikara*, *agnideepan*, *chedan* and *shoshana guna*. *Sunthi* is *kaphavata-samaka*, *vrushya Amapachan*. *Pipali* have *Agnideepan*, *rechana*, *Rasayana* property. *Pipali* with *guda* cure the *ajirna (sh. Sam. Ma.khanda 7/24)*, *Haritaki* also have *deepan*, *Pachana*, *Dosha anuloman*, *shrotovibandhar*, *hrudya* guna. so it directly work on *ajirna samprapti*. *Madura vipaka* have *vatahara* and *anuloman* guna.



Probable Mode of Action

The Amajirna acquires the Shalsmik Ama dominant Vikara Prakrti. Except Ganda-akhsi Shotha, all the symptoms Amajirna are the symptoms of Annava Shrotodusti (Udara Gaurava, Praseka, Utklasha, Sadyobhakta Iva Udgara). The accumulation of Shalsmik property dominant Ama in Amashya and is various systemic regions should be consider as the ultimate reason for manifestation of symptoms of Amajirna. Trikatu and Haritaki are Samana drug which have Deepan Pachana, Anuloman properties so acts on agnimandya, Ama-pachana, Kapha Chedana it's Ama and Kleda Shoshana guna help to eliminate ama dosha. Shrotovivandhahara, Kaphavatahara guna decrease shrotoavarodha, kaphaghana, Vataanulomana. Pipali Which has Rechan property, Maricha have Bhedan property due to these properties Apan vayu gets it's Prakrit anuloman Gati .In addition to this Madhur vipaka of Sunthi, Pipali are also helpful.

In correction of vitiated Vata.

Samprapti Ghataka

- Dosha – Kapha pradhana Tridosha (Samana Vata, Pachaka pitta, kledaka kapha)
- Dushya- Anna, Rasa
- Agni- Jatharagni
- Aama- Jatharagni ama
- Srotas-Annava, rasavaha
- Srotodusti- Sanga
- Udbhava Sthana-Amashya
- Adhishtan-Amashya
- Roga marga- Abhyantara

Patya- Apatya in Ajirna

Item	Pathya-ahara	Apathya-ahara	Pathya-vihara	Apathya-vihara
Cereals	Barley, special variety of grain (sanvaka, Kodrava wheat, rice)	Freshly harvested grains,	Usanodaka Snana, Vyaayaama, Matraavata Asana, Kaalabhajana Chakramana Ratri-jagaran Swedan, Langhana, Phalavarti	Tikasan-virachana, Vagavidharna, Adayasan, Samasana, Vishamasana, Raktamokasana
Pulses	Mudga (green gram),	Udada (Black-gram)		
Fruits and Vegetable	Patola, Adaraka, Bitter gourd (karavellaka) Amalaki , Haridra, black pepper, Shigru, Dhanyaka, Yavani, Methika, Ajmoda	Sweet fruits		
Rasa	Laghu Ahara, Katu and Tikta dravya,	Guru, Vistambhi, Virudha, Asatamaya, ahara, Atimadhura and lavana rasa		

CONCLUSION

Trikatu and Haritaki churna have good role to clearifies ama dosha srotasangha, Anila-mudhata, Utaklesh. It's also help to increase Agni. In Ajirna main causes

Anaatamavantum pasuvat bujayata yanapramana (Who are crazy eaters and can't control their tongue). Which cause Agnimandha. Trikatu Acts as Agnivardhan so help in Samprapti Vighata.

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