

ROLE OF AMA IN SAMPRAPTI OF VARIOUS DISEASES

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ABSTRACT

Ama is the substance, which is not digested properly and need further digestion. Many factor play important role in the production of *Ama*. In *Ayurvedic* classic *Ama* which is the product of metabolic defect formed due to improperly metabolized by product of food at *Jathragni* level (macrolevel), *Bhutagni* level (microlevel) and due to accumulation of *Mala*, which considered as *Pratham Dosh dushti*, condition of mental stress like *Kama*, *Krodh*, *Shoka Bhaya*, *Chinta*, are the responsible factor for production of *Ama* in the body. *Ama* vitiates the *Doshas* and disturb *Dhatu Samyata* which lead to production of a disease. So the concept *Ama* is the most important and fundamental principal in understand the pathophysiology of the diseases. Nearly all diseases as per the *Ayurvedic* view have their origin from *Ama Dosh*. Even one of the synonyms of *Vyadhi Amaya* reiterates this. So the topic is entitled role of *Ama* in the *Smprapti* of various Diseases.

KEYWORDS: *Kama*, *Krodh*, *Shoka Bhaya*, *Chinta*.

INTRODUCTION

Although a number of theories contribute to *Ayurveda*; an approach for prevention health promotion and treatment of disease. To make a perfect diagnosis of a disease its very important to know the causative factors and *Ama* one of the entity which is considered responsible for many diseases like *Jwar*, *Tamak Shwasa*, *Grahani Roga* and *Amavata*. Today lifestyle pattern disturbs biological system of body, significantly especially digestive system disturb digestive power leads *Agnimandya* which resulted to form the *Ama*.

Relationship between ama and agni: *Jatharagni*, *Panchabhutagni* and *Dhatuagni* are main three *Agnis* in the body. *Jatharagni* is the *Agni* present in *Mahakostha* and its function is to digest food ingested food. *Jatharagni* is considered as *Pradhanagni* and it supports rest of *Agnis* in the body. Also other *Agnis* of body are directly affected by its *Mandata* or *Samyata*. The division of food into *Sara* and *Kitta* is its main function. When the function of *Jatharagni* is impaired, the ingested food is not digested properly and *Ama* is produced.

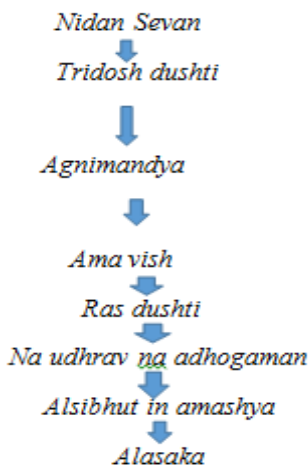
Formation of Ama



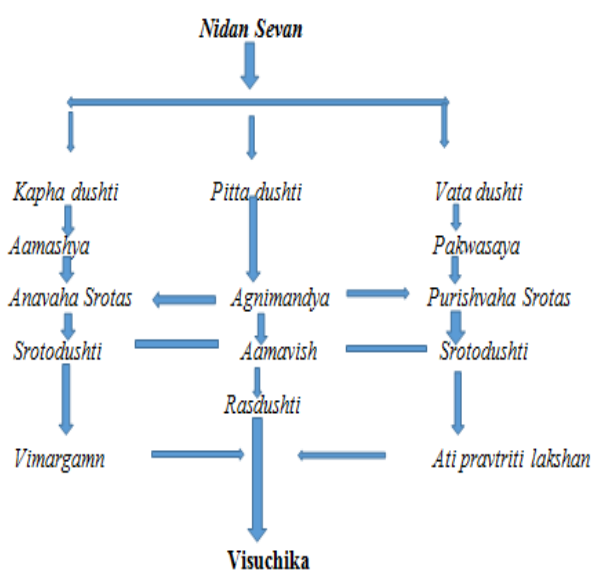
Role of Ama in development of disease: *Ama* is identified as unripe or unprocessed entity in *Ayurveda*. The normally digested food is easily absorbed in the gut and take it final outcome. But it is slippery, heavier and sticky in nature. When the *Ama* is absorbed in to the gut it produce obstruction in different channel or *Srotas* of the body and play an important role in the *Samprapti* of various diseases. *Charaka* tell us about role of *Ama* in the *Samprapti* of *Alasaka* and *Visuchika*. Due to

Agnimandya Alsaka and *Visuchika* are produce but *Ama* act as a precursor.

Samprapti of Alsaka and Visuchika



Samprapti of Visuchika



Ama in sthaulya

Sthaulya is a predominant metabolic disorder. It is described by *Acharya Charaka* in *Ashtaninditiya Adhyaya*. Absence of physical activity, sleeping during day and intake of foods which increases *Kapha*, make the end product of digestion to become sweet which is turn causes increases of *Medas* (fat) and *Ama*.

Ama is one of the causative factor of obesity in certain instances since it blocks *Strotas*; accumulation of *Strotas* causes *Prakopa* of *Vata Dosha* this *Prakupita Vata Dosha* increases *Agni* which enhances appetite resulted condition like; obesity, this state also involves increase in *Kapha Dosha* and *Meda Dhatu* which affects metabolic process. In such a patient fats accumulation in large quantities in the body making the person incapable of all activities, difficulty in breathing even on slight exertion,

thirst, delusion, sleep, exhaustion, excessive hunger, bad smell of the body.

Ama in Grahni Roga: According to *Ayurveda Grahni* is *Agni Adhishatana*. Diseases affecting *Grahni* is named as *Grahni Roga*. *Amadosha* is the main causative factor. It is said that *Mithyahasavivaha* leads to *Agnidushti* which inturn cause *Amadosha*. In present era, diseases of G.I track which is caused by

- Indiscipline life style
- Excessive consumption of fast food
- Overindulgence of *Guru, Sheet, Atiruksh, Malin Aahar*
- Improper administration of *Vamana, Virechna*
- *Divaswapna, Vegavidharana* etc.

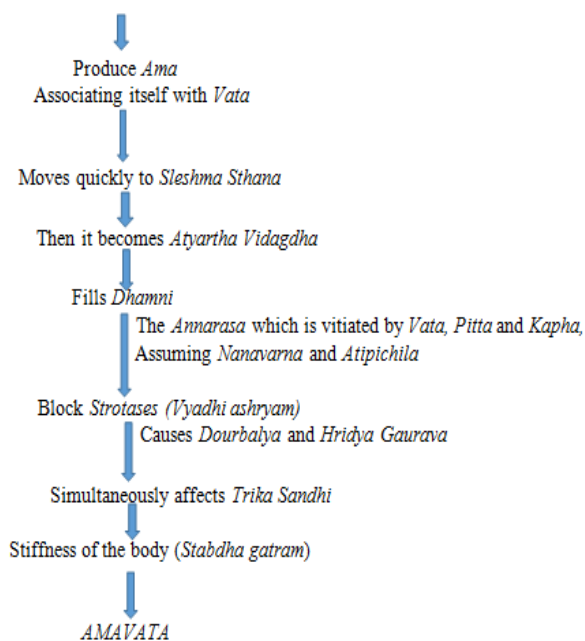
The above said *Nidana's* causes vitiation of *Agni* and ultimately form of *Ama*. This *Ama* when moves out downwards in *Ama/Pakv* stage is called *Grahni*.

Role of Ama in Amavata :In *Ayurveda 'Amavata'* was mentioned for the first time by *Acharya Madhavakara* as a special disease entity in which both '*Ama*' as well as '*Vata*' play a predominant role in the pathogenesis of the diseases.

'*Amavata*' is one of the crippling diseases causing the maximum loss of human power. It is not only joint disorder but is also a systemic disease and is named after its chief pathogenic costituent which are '*Ama*' and '*Vata*'.

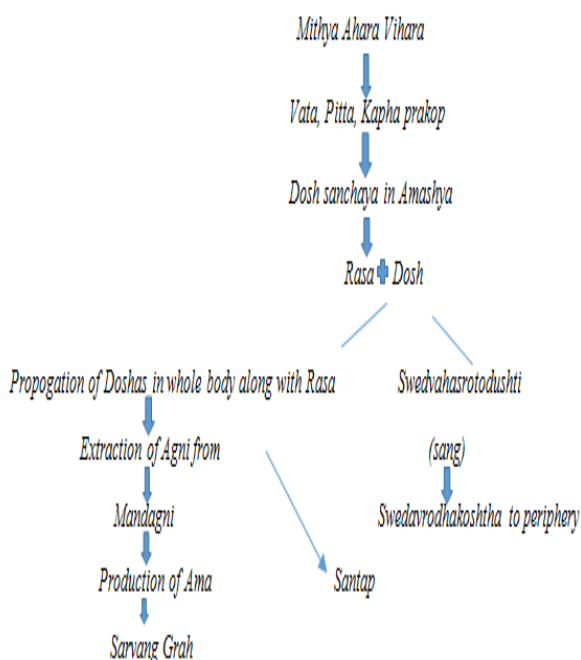
Samprapti of Amavata

- Indulgence in *Virudha Ahara* and *Chestha*
- Lack of physical activity
- Taking *Snigdha Ama* those who have *Mandagni*
- Doing exercise after taking *Snigdha Anna*



Samprapti of Tamakswasa: *Tamka Swasa* a disease affecting *Pranavaha srotas*, arises due to dust, smoke, wind, residing in cold space and using cold water, physical exertion irregular meal, overindulgence in *Guru, Abhishyandi* and *Sleshma ahara*. *Agni* become Manda due to above said reasons and which inturn lead to *Jatharagni Vaishmya*. These result in formation of *Ama*. *Ama* causes *Pranavayu* vitiation and aggravates *Kapha Dosha* which makes *Avarana* of *Vayu*. Since obstruction occurs in the *Pranavaha Srotas* leads to narrowing of airways, *Stambha* and *Sankocha* occurs. Thus the disease, *Tamaka Swasa* manifested.

Samprapti of Jwar



DISCUSSION

The human being is as old as his *Agni* in the body. *Agni* specifically is required for carrying out processes of human being catabolic and anabolic processes. In definition of *Swasthya*, "*Samagnita*" is stated, which indicates the equilibrium status of digestive hormones, juices and enzyme. But if, due to *Pragyaparadha* or faulty life style, the *Agni* is deranged then the metabolic activity become disturbed at cellular, tissue or organ level and it facilitate to the formation of *Ama*. Chemical behavior or composition of *Ama* is suspicious and very hard to demonstrate. It can be under stood at GIT level but when we see its impact on tissue or cellular level, several queries arises in mind. In *Ayurveda*, *Ama* is also compared with *Visha* and *Garavisha* and produces several acute and chronic diseases. Some *Ayurvedic* physician believe that *Ama* act as an oxidant or toxic byproduct generated due to improper activity of digestive machinery. Some expert also elaborate, the *Ama* as a triggering factor for a particular disease. This concept could be commendable in the context of genetically

predisposed diseases but can not be accepted universally. Infact the *Ama* is a concept of anything that indeed progresses the pathogenesis of a particular disease but its nature, from and mode of effect, is not determined so far.

CONCLUSION

Ama is the major cause of *Mandagni*. In *Ayurveda* *Ama* is taken as a causative factor for varities of disorders. *Ama* has been described in two states i.e. *Sama* and *Nirama avastha* which set a specific strategy for finding particular disease. By knowing these *Awastha of Ama* we can specify different stages of diseases.

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