

A REVIEW OF ANVAHASORTAS WSR TO DIGESTIVE SYSTEM

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ABSTRACT

Digestive system is a prime system of human body.It is well explained in various ayurved and modern textbooks.Food is vital for life and its conversation ,digestion into a suitable form takes place in digestive tract.Ayurvedic digestion process includes *avasthapak* and *vipak* which are the unique concepts of *Ayurvedic annapachan* (digestion)process.¹

Annavaha srotas & pachan vichar (digestive disorders) are well explained in texts.This ayurvedic concept has a major role in treating the various digestive disorders like gastritis, ulcers ,acidity, dyspepsia, indigestion etc.

Key words- *Annvahasrotas,amashya, mahasrotaas,annvahi dhamni.*

Aim-

Aim of study is to present compilation & collection of digestive system functions, anatomy, pathophysiology especially with reference to *annvahasrotas*.

Review of literature –

Functional Anatomy—*Annvahasrotas* is one of amongst 13th srotas described in ayurvedic text. *Annvahasortas* (*Amasaya* -stomach,*pakvaashya* – large intestine) are the fundamental element of digestive tract.

According to Charak the main place of *Annvaha srotas* is *amashya(stomac)*

INTRODUCTION:

Ayurvedic digestive concept are very scientific, conceptual & logical. Digestive disorders, pathology, clinical manifestations,are correlated with *agnimandya*, indigestion. Digestive process described in ayurvedic text has a realistic approach which shows a close interrelationship with etiopathogenesis of various disease. Though these pathological explanation is described a long ago in our samhitas but shows a realistic clinical picture in today's modern era.

²and, *amparshva* hypochondric region)whereas *sushruta* stated that there is a paired structures of main place ie *amashya* & *annvahi dhamni*.³*annvahastroas dushti* is due to *atimatrabhojan* (*excess intake of food*), *akalbhojan* (irregular eating habits) *aheetkarbhojan* (unhealthy diet) & symptoms are *annabhilasha*(anreoxia), *arochak* (hypogusia),*avipaka* (gastric disturbances), *chhardi* (vomiting , regurgitation , gastroesophageal reflux)⁴

Annvasrotas consists of following structures.

- 1) **Amashaya** (stomach) – It is a hollow structure or *ashya* situated above umbilicus. Due to hollow structure stomach can hold food & pass into small intestine. *Kledak kapha* ⁵in *amashya* helps in *annakledan* ,*bhinnasangath* , *pachak pitta* ⁶helps in digestion. Here *prithvi* & *jala mahabhuta* get separated & *madhur avasthapaka* (sweet conversion of food)takes place in *amashya*
- 2) **vamparshva** – charak described *vamparshva*⁸ as a place of *annvasortas*. Actually it resembles with *annanalika* (oesophagus) also called as *annanadi*, situated behind trachea (*swashnadi*) .It is made up of

aakash & *vayu* having hollow structure transfers food from mouth towards *amashya*.

3) **Grahnee** It is the main site of agni where pittedharakala is situated⁹.

Annasya grahanath

Grahnee maintain *ayu*, *aarogya*, *agni*. *Saman vayu* located in *grahnee* helps for *agnisandhuskhn* (appetite stimulator)& food get digested. Here second *amla avasthapaka* (sour conversation of food)takes place & *teja mahabhuta* get separated

4). **Annvahi dhamni** – Sushruta described the main place as *annvahi dhamni* ¹⁰, it resembles with *annanalika* (oesophagus)as in his commentary *sushruta* described *dhamni* as *annanalika*.

5) **Pakwashaya** –(large intestine), (*koshtang*)- The digested food after entering *pakvashaya* becomes dry due to absorption of water & waste material is being converted into *purisha* (faeces) ¹¹,here *katu avasthapak* (bitter conversation of food)takes place ^{ch.chi.15/10}. *Purishadhara kala* helps in *sarrkitta vibhajan*.¹²

Process of Digestion—The process of digestion in ayurvedic view is described through *avasthapak* & *vipak*

First *avasthapaka* takes place in *amashya* where all food material is converted in *madhur pak*. The process well observed by external features like *tandra, alasya, nidra, gaurav*.¹³

Second *avasthapak* takes place in *grahni* where actual digestion process is completed with action of *saman vayu*¹⁴ & *pachak pitta*. *sarkittavivechan* started in *grahnee* completed in *pakvashaya*. Solid mala is converted into *purisha* (stool) ,liquid mala in *mutra* (urine)¹⁵. At the end of digestion *vipak* takes place¹⁶ which depends upon the intake of *rasa* ie *madhur ,lavan - madhur vipak , amla- amla vipak*¹⁷ . *katu, tikta, kashya – katu vipak*¹⁸.

The concept of *pachan* in *annvahasortas* is well understood with modern digestion & various digestive juices. In ayurved *aharparinamkar bhava* like *agni* (temp) , *vayu*, (peristaltic movement) , *kleda* (mucus) , *sneha* (juices) , *kal* (time)¹⁹. The process of digestion undergoes day & night continuously as we require energy 24 hrs.

Pathology(, *samprati* –)

Digestive disorders are due to *dosha* & *dushya samurchanna*. Common causes of *annvahasortas dushti* are *atimatra*

*bhojan ,akal bhojan ,aheetkar bhojan. annanabhilasha, arochak, avipaka, chhadardi, are symptoms of annvaha sortas dushti*²⁰.

- 1) *Annanabhilasha*- anorexia 2) *avipaka* –gastric disturbances , *dyspepsia, ajirna*. 3) *chhadardi* – vomiting / regurgitation / gastrooesophageal reflux . 4) *arochak* –hypogusia.

1) *Annanabhilasha* – (Anorexia) – Due to *annanavahasortas dushti* decreased wish to take food. There are various causes of anorexia like inactive life , irregular eating& drinking , vitamin deficiency , psychological causes.

2) *Avipak* –(*dyspepsia, indigestion , ajirna*) Due to *agnimandya* food material is not digested properly & due to *tridosh prakop vataj, pittaj, kaphaj, vishtabhajirna , vidghajirna, rassheshajirna* subtypes are observed²¹. Common symptoms are *urodaha- heartburn, agnimandya* – loss of appetite, *udgar-* bloating, *chhardi- nausea, guruta-* feeling of fullness²²

3) *Chhardi-* vomiting , regurgitation, gastro oesophageal reflux disease .

Vomiting is usually associated with nausea, retching, salivation, anorexia , dyspepsia.

In ayurveda there are five subtypes,²³ *vataj-* retching, *pittaj* –burning in chest

, *kaphaj*- salivation , sannipatik – tridoshaj, dwisthgra –nervous pathway involvement.

4) *Arochak* (Gypogusia) - loss of taste sensation reduced ability to test sweet ,sour, salty, bitter.

According to ayurvedic text its having subtypes *vataj*, *pittaj*, *kaphaj*, *sannipatik*, *manas*.²⁴

Miscellaneous—

Agnimandya

Visuchika

Vilambika

Grahnee

Amlapitta

Shool

Parinamshool

Annah atoap

Gulma

Chikitsa – treatment –

Langhan-deepan –in *agnimandya* ,*ajirna*, *aruchi*, *chaardi langhan* & *deepan* are most effective²⁵

-*mukhdhavan kawalgrah* in *arochak*.²⁶

-*vaman* in *uradhvga amlapitta*

-*shankh bhasma*, *vidang churna*, *mayurpicchamashi* in *chard*.²⁷

-*dadimchurna pipali churna* in *arochak*.²⁸

Hingwashtak churna – *bhaskarlavan churna* ,*pathydichurna* in *ajirna*.²⁹

Nidan *parimarjan*- *aharvihar*, *dincharya*, *rutucharya palan*, *ampachan*, *pathyahar* are basic line of treatment.

Discussion & conclusion –

As per above references we can conclude that digestive disorders are dramatically treated with help of ayurved. Ayurvedic digestion process is having its own practical importance as we have discussed about *avasthapak* & *vipak*.

Langhan ,*deepan*, *amapachan*,*various churnas*, *kalpas*,*vati* play a important role in curing digestive problems,also we have many surgical procedures,dramatic medicines can definitely brings revolutionary change in modern discipline of medical science.

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