

CONSIDERATION OF AMA AS CAUSATIVE ENTITY OF RASAVAHA STROTASA DISEASES

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ABSTRACT

Ama is the pathological condition which occurs due to improper functioning of *agni*, it is considered as main cause of various diseases. *Ama* caused due to undigested food known as *apakwa ahara rasa*. Due to improper digestion of food causes *doshadushti*. Conditions of mental stress like *krodha*, *shoka* and *bhaya* are also important factors for occurrence of *Ama*. *Ama* combines with various materials like *Dosha* known as *saam Dosha*, when it combines with *Dhatus* known as *saam dushya* and when it get combines with various *malas* it known as *saam mala*. These all conditions of *ama* are responsible for occurrence of various diseases. And this article summarizes the role of *ama* in *rasavaha strotas* diseases.

INTRODUCTION

Ama is one of the entity which is considered responsible for many diseases, in this article *rasavaha strotasa vyadhis* are described. Due to the changed lifestyle pattern disturbs the various systems of the body especially digestive systems gets disturbed and it leads to *agnimandya* which is caused due to the *Apakwa ahara rasa* known as *Ama*. It is produced mainly because of *mandagni* and represents undigested food material as toxins. This *ama* get mixed with *tridosha*, *dhatus* and *malas* becomes permeated with *ama* produced in *amashaya* which results in various diseases. This article emphasizes the role of *ama* in *rasavaha strotas* diseases viz. *Jwara*, *pandu*, *aamvata*, *Hrudroga*. The first *dhatu rasa*, which by weakness of the fire (digestive activity) remaining undigested or not properly processed, becomes vitiated or abnormal, accumulates in the *amashaya* in stomach and small intestine is known as *Ama*.

Samprapti of Ama

By intake of excess food, intake of food before digestion of food, cold food, poisonous food, excessive medicated emesis, excessive purgation, loss of energy due to various diseases, *Wegavidharana* causes *Dushta agni*. Fear, stress, sadness also causes *agnimandya*. And due to *agnimandya* formation of Ama occurs, ama is the main cause of various diseases, due to improper digestion of food, causes *doshadushti*. When it combines with *Dosha*; *saamdosha* occurs, when it combines with *malas* it known as *saam mala*, these all complexes responsible for occurrence of various diseases.

Ama in Jwara

Jwara vyadhi is important among all the diseases as described by *charakacharya*. It is a *Daarun vyadhi*. *Doshaprakopa* due to *mithya ahara* and *vihara* is the first incidence in occurrence of *Jwara*. *Vitiated doshas* comes into *amashaya* and gets settled down. And the cycle of *Agnimandya* – *aamotpatti* – *strotorodha* is going on. Hence natural occurrence of *pachaka pitta* blocked. *Pachaka pitta* gets vitiated due to *apakwa ahara rasa*. And it gets mixed with *rasadhatu* and runs all over the body. Due to *agnimandya* *rasa dhatu* gets *saam*. And due to this, *rasavaha* and *swedavaha strotas* gets blocked. Blockages in *rasavaha* and *swedavaha strotas* due to *Ama* is responsible for block in natural body temperature, *indriya santaap* get rise. The vitiated *pachaka pitta* settles at the place of *sthana samshraya* like *Deha*, *indriya* and *mana*. And *Jwara* occurs.

Ama in Pandu

Pandu is a *rasavaha strotas* disease as said by *charaka* and *vagbhata* but according to *sushruta* it considered as *raktvaha strotas vyadhi*, *panduta* means paleness. Patient's skin named as *Bhekawarna* in *pandu vyadhi*. By intake of alkaline, salty, too hot, incompatible and unsuitable food, excessive use of *nishpawa*, oil cake, black grams, day sleeps leads to *mandagni* and results in *tridosha prakopa* and leads to formation of *Ama*. And *strotorodha* occurs due to it which leads to *Kuposhana* of *rasadi sapta dhatus*. After, when the disease manifested the patient suffers from loss of digestion, debility, malaise, exhaustion, giddiness, pain in body, fever, dyspnoea, loss of luster, pain in all over the body. Due to vitiation of *sadhaka pitta*; Depression, fear and Palpitation occurs as said by *acharyas*, vitiated *pitta* runs all over body with *rasa* and *rakta* hence heaviness in body occurs. *Saptadhatu*s are not properly formed and *Bala*, *varna* and *oja* going to decreases also *raktakshaya* and *medakshaya* occurs.

Ama in aaamvata

Indulgence in incompatible foods and habits, lack of physical activities or doing physical activity after taking fatty food and those who have poor digestive capacity even normally produce Ama in body. This ama associates itself with vata moves quickly to different regions of kapha in the body filling them, and the channels filled with waxy material thus the ama associates with vata, pitta and kapha assuming different color blocks the tissue pores and passage with thick waxy material called as *ama*. It is responsible factor of the disease *aamavata*. Undigested or immature *ahara rasa* which get absorbed in system and taken up by the vitiated *vayu*, vitiated *vayu* along with *ama* gets aggravated and enters in *koshtha* leads to loss of taste, fever, stiffness, heaviness in the body. *Amavata* is the disease which involves pain all over the body, ama accumulate in the joints leads to restriction of movements, pain, tenderness and swelling in joint resulted in *Aamavata*.

Ama in hridroga

Intake of excess dry food, hot food, sharp nature which causes gut irritability, lack of exercise, undertaking frequent purgation as shodhana, undertaking cleansing enemas as shodhana, excessive and unnecessary thinking, worry, anxiety, stress, fear, panic, tensions, scares causes mal production of rasadhatu and vyanavayu gets vitiated and vaigunya occurs at the site of hridaya. Aggravated doshas gets settled down at site of vaigunya and with Dosha - dushya sammurchana and Hridroga occurs.

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