

ROLE OF AMA TO INITIATE THE AUTOIMMUNE DISORDERS

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ABSTRACT

An autoimmune disease is a condition arising from an abnormal immune response to a normal body part, it is an illness that causes the immune system to produce antibodies that attack normal body tissues. The cause is generally unknown. Some autoimmune diseases run in families, and certain cases may be triggered by infections or other environmental factors. Autoimmune diseases occur when the body is working hard to defend against potentially hazardous substances our bodies, such as allergens, toxins, infections or food, but does not see the difference between the invaders and our own body cells. *Ayurveda* suggests that the immune system attacks the body's own cells do not

accidentally, but it does to defend against a form of harmful metabolites body, named 'Ama'. *Ama* is produced in the tissues that are attacked. There are several reasons for the emergence of *Ama*. *Ama* also produce a toxic substance called *Ama Visha*. Autoimmune diseases are usually caused by large amounts of *Ama* penetrate certain body tissues or physiological systems. In addition, prolonged exposure to poorly digestible food, pollutants, allergenic, toxic stuff, synthetic chemicals and drugs is another cause of autoimmune diseases. Poor treatment of the disease and repeated suppression of symptoms without addressing the cause, also accelerates disease progression. There are many medicines available in *Ayurveda* such as *Sanjeevani Vati*, *Chitrakadi Vati*, *Ajmodadi Churna*, etc. to treat *Ama* and diseases caused by *Ama*.

KEYWORDS: Ayurveda, Ama, Amavisha, autoimmune disease, Food.

INTRODUCTION

An autoimmune disease, is illness that occurs when the body tissues are attacked by its own immune system. At the core of the immune system there is the ability to tell the difference between self and foreign body. An interruption in this system can make the body unable to explain the difference between self and foreign body. When this happens, the body makes autoantibodies that attack normal cells by mistake. Patients with autoimmune diseases frequently have unusual antibodies circulating in their blood that target their own body tissues. The cause is generally unknown. Some autoimmune diseases run in families, and certain cases may be triggered by infections or other environmental factors. In addition, prolonged exposure to poorly digestible food, pollutants, allergens, toxic stuff, synthetic chemicals and drugs is another cause of autoimmune diseases. Autoimmune diseases occur when the body is working hard to defend against potentially perilous substances bodies, such as allergens, toxins, infections or vitiated food, but does not see the difference between the invaders and our own body cells. *Ayurveda* suggests that the immune system attacks the body's own cells do not accidentally, but it acts to defend against a form of harmful metabolites body, named '*Ama*'.

Concept of Ama

There are several reasons for the emergence of *Ama*. *Ama* also produce a toxic substance called *Amavisha*. Autoimmune diseases are usually caused by large amounts of *Ama* penetrate certain body tissues or physiological systems. According to *Acharya Vagbhatta* due to the diminution of *Agni* the first *Dhatu* namely *rasa* is not formed properly and the *anna rasa* undergoes fermentation and purifying retained in the *Amashaya* this state of *rasa* is *Ama*. So, the improperly digested *rasa* is *Ama*.^[1] *Lakshana* of *Ama* are - *Malvishtambha* (Stasis of faecal matter), *Balabhramsa* (loss of strength), *Shirashoola* (Headache), *Murchha* (Fainting), *Bhram* (Vertigo), *Jrimbha* (Yawning), *Angmarda* (Malaise), *Trishna* (Thirst), *Avipaka* (Indigestion), *Arochaka* (Anorexia), *Chhardi* (Nausea and vomiting), *Srotarodha* (obstruction of channels).^[2] According to *Acharya Charaka* undigested food is known as *Amavisha*. He explained that not only food taken in excess amount causes production of *Ama*, according to him these following factors are also responsible for *Ama* production like *Guru*, *Shita*, *Ruksha Ahara*, *Adharniya vega dharan*, *Divashayana*, *Alasya*. He also revealed about mental factors responsible for *Ama* like anger, greed, fear, jealousy etc. Due to all these

reasons the impairment of *Agni* may be brought which not let the food digestion properly and generation of *Ama* takes place.^[3] This *Ama* produces *Ama dosha* in which *tridoshas*, *dhatu*s and *malas* becomes permeated with *Ama* produced in the *amasaya* which result as generation of various disease.^[4] It can be responsible for number of conditions, ranging from occasional diarrhea (diarrhea) to chronic diseases, such as, increase level of blood urea, uric acid, *Aamvata* (Rheumatoid Arthritis) etc.^[5]

Correlation of Concept of Ama and Free Radical Theory

Number of diseases begins with the formation of *Ama* in the body. As per modern aspect, *Ama* is supposed to be deadly free radical. Free radicals are atoms, ions or molecules that contain an unpaired electron. Free radical are unstable chemicals formed in the body during normal metabolism or exposure to environmental toxins such as air, food and water pollution. Free radical exist in an incomplete metabolic state which is also the state of *Ama* described as *Avipakvam* (incompletely digested/metabolised). The *Ama* is responsible for the production of various diseases, in the same way free radicals are also found to be the root cause of many diseases.^[6]

Management of Ama

In *Ayurveda Chikitsa* is of two type's i.e *Santarpan* and *Aptarpan Chikitsa*, for the treatment of *Ama Aptarpana Chikitsa* should be done.^[7] *Aptarpan chikitsa* include *Langhana*, *Swedana* and *Rukshana Upkarma* and among these *Langhana chikitsa* is much effective to destroy *Ama*. According to *Charaka Aptarpana Chikitsa* is of three type's i.e *Langhana*, *Langhana Pachana* and *Dosha avsechana*.^[8] To eliminate *Ama* firstly *Deepana* and *Pachana* drugs will be used and then *Snehana* and *Swedana* will be followed. *Dosha* located in *Amashaya* will be eliminated by *Vamana karma* (through *Mukha marga*) and *dosha* located in *Pakvashya* are removed by *Virechana Karma* (through *Guda marga*) and *dosha* located in *Udharvajatrugata* will be eliminated by *Nasya Karma*. To avoid repetition of the accumulation of *Ama* in the body, there are special *Ayurvedic Ama Dosha nashak Aushadh yoga* like- ***Rasa and Bhasmas*** – *Agnitundi rasa*, *Rambana rasa*, *Agni sandipana rasa*, *Ajirnakantaka rasa*, *Agnikumar rasa* etc. ***Churna*** – *Panchkola Churna*, *Lavanbhaskara Churna*, *Hingvashtak Churna*, *Ajmodadi Churna*, *Panchsama Churna*, *Trikatu Churna* etc. ***Vati*** – *Shankh Vati*, *Chitrakadi Vati*, *Sanjeevani Vati*, *Lehsunaadi Vati*, *Rasona Vati*, *Amapachaka Vati* etc. ***Asava/Arishta*** – *Dashmularishta*, *Drakshasava*, *Panchkola asava*, *Jirkadyaarishta* etc. ***Kwatha*** –

Dhanyapanchaka Kwatha, Shunthi jeeraka Kwatha etc. Ghrita – Piplyadi Ghrita, Panchkola Ghrita, Chitarkadi Ghrita, etc.

CONCLUSION

Autoimmune disease, needs vigorous and proper care which having minimum side effects on the health, as for long term use of medicines. *Aptarpana Chikitsa* followed by *Langhan*, *Swedna* and *Rukshana upkarma* is beneficial to extract Ama from the body which is root cause for autoimmune diseases, *Aushadhis* having *Deepana pachana*, *Kapha- Vata Shamaka* properties are much effective to make interference with the pathogenesis of the disease. All these *Chikitsa Karma* and *Aushadha yoga* together make very good effect on the immune system, which is used by body in order to neutralize the activity of hazardous, deadly free radicals.

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