

IMPORTANT CAUSATIVE FACTOR – AMAVISHA

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ABSTRACT

Nidan panchak is one of the most important method not only to diagnose disease but also in prognosis. Nidan panchak consist of 5 sub types which are nidan (causes), poorvaroop (symptoms), roop (Signs), Upashaya (examination method), samprapti (pathogenesis). Diagnosis of disease by ayurveda depends on agni, dosha, prakruti etc factors. Diagnosis is important by treatment point of view. There are many technique use for diagnosis purpose like dashavidha pareeksha, ashthavidha pareeksha. Out of nidan panchak Hetu is one of the five cardinal tools of nidan. According to Acharya Sushrut “Nidanparivarjana” is the baseline treatment of all diseases. This is the basic principle to be followed to treat disease. Study of etiological

factors thus plays important role while dealing with these diseases. Ama is main hetu for most of the diseases, so it is necessary to know about this aetiological factor.

KEYWORDS: nidan, hetu, Ama, Amavisha.

INTRODUCTION

Ayurveda is traditional medicine science, before treatment it is important to diagnose the disease. There were many ways to diagnose disease by ayurvedic method. In Nidan-Panchak, Hetu is described as the first and foremost factor for diagnostic purpose. To identify and understand Hetu is of prime importance in Ayurvedic Nidan and Chikitsa, as Nidan parivarjan is a main part of treatment. In ayurveda hetuviparit chikitsa should be done first and then vyadhiviparit chikitsa.^[1]

Diagnosis is depends on aetiological factors of disease.

Ama is nothing but the unripe. According to ayurveda, proper digestion of food is one of the most important process in human body. In case, the food is not digested properly & completely or food is consume with improper procedure, a toxic residue is created & that can convert into amavisha & penetrate the deeper into body cells. This accumulation of ama and amavishais harmful for body & cause of all diseases.^[2]

Ama

Ama is concept states only in ayurveda as a medical science thousands of years ago. As of present no other system is aware of it.

Any substance or chemical elements that we take in with food or drink needs to be processed inside the body, procedure is called as digestion. Digestion separates useful content for the individual from the rest of waste which eliminate later.

When there is low digestive fire in the alimentary canal including stomach and intestines, it leads to insufficient and ill digestion of food particles and some food particles remain undigested, which is known as ama.^[3] However, this type of ama can only result in digestive ailments such as indigestion, appetite loss, malabsorption etc. It is not absorbable into the blood or lymph.

Ama is a term denoting a product that is an undigested form derived from food that gets absorbed into the system without proper assimilation. Such partly digested material cannot be used by the system, and acts to clog it, eliciting an immune reaction.

Causes of formation of ama

Improper nutrition and emotional stress contribute to the formation of Ama.

- Intense emotional tension caused by a feeling of grief, anger, worry, fear, etc.;
- Food containing incompatible products such as fruit milk;
- Heavy or indigestible food, for example consuming pork regularly;
- Overeating or irregular eating habits;
- Taking food that is unpleasant to you;
- Regular consumption of raw, cold and uncooked food such as salad;
- Food which produces distension of the abdomen;
- Foods which are irritating and capable of causing inflammation of the stomach and intestines;
- Consumption of unclean and contaminated/infected food, for instance food that has been stored in the refrigerator for a long period of time;
- Consumption of dry, fried or dehydrated food such as sandwiches;
- Food soaked in too much water.

Amavisha

When ama further metabolizes in the alimentary canal, it produces a toxic substances, which are known as amavisha. Intestines can absorb this amavisha into the blood or lymph. It can also mix with Humors (dosha), tissues (dhatus) and wastes products (mala) in the body, which leads to various diseases.

Ama in dhatus

The cells and tissues further process the absorbed nutrients (including major and minor nutrients) and use them for their energy requirement, growth and development.

There is a metabolic power in every cell and tissue, which is called dhatwagni in ayurveda. When this dhatwagni (metabolic power) becomes weak, it leads to improper processing of nutrients. Due to ill metabolism in cells and tissues, ama is also formed at cellular and tissue levels, which results in weakness of the dhatus.

Further, this ama can also clog the micro channels including information flow between the cells, which results in diseases. These diseases can occur at weakest part of the body where ama can accumulate easily.

Garvisha

The bioaccumulation of external or environmental toxins in the body is called garvisha. It also results in several diseases that occur due to pollution.

Signs & effects of ama

The following signs and effects indicate ama accumulation in the body.^[4]

1. Feeling of loss of energy or strength
2. Feeling of heaviness in the body
3. Laziness
4. Indigestion
5. Excessive salivation
6. Excess mucus production
7. Anorexia
8. Tiredness
9. Disturbance in bowel movement and elimination

Other symptoms, which may also indicate ama formation in the body, are as follows:

1. Reduced appetite
2. Bad breath
3. Coated tongue
4. Generalized body ache (dull type pain)
5. Depression with long-lasting sadness

Importance of assessment of ama in diagnosis

In present era, preserved, unripe, over ripen, roften food is consume frequently. All such a type of food are came under the viruddha ahara by ayurveda. It mainly cause to formed the ama in body.

Ama in various cells, tissues, humour shows various symptoms individually. Treatment point of view it is necessary to assess the all symptoms of ama in tissues.

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