

AYURVEDA REVIEW ON DIGESTIVE AILMENTS AND THEIR MANAGEMENT THROUGH INTERNAL MEDICINES

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ABSTRACT

Digestion is very important physiological activity of human body that mainly associated with several factors that includes strength of digestive fire, quality of consumed food and bodily constitution, etc. The impairment in these factors can lead digestive ailments such as; *Amlapitta*, *Ajirna* and *Grahani Roga*, etc. The imbalance of *Kapha Dosha* causes metabolic digestive issue; *Vata dosha* imbalance can cause symptoms of gas, constipation and bloating. Similarly *Pitta dosha* imbalance can lead conditions of heartburn and acid reflux, etc. *Aruchi*, *Tikta asyata*, *Shoola*, *Chardi*, *Atisara* and *Malasanga*, etc. are major symptoms associated with digestive problems. Abnormalities in *Apana vayu*, *Samana vayu* and *Kledaka kapha* contributes towards the pathogenesis of digestive ailments. Ayurveda suggested various regimens for correcting indigestion including uses of *Vatanulomana*, *Brimhaniya*, *Deepaniya* and *Pachaniya* medicines. This review highlighted digestive ailments and their management through the uses of Ayurveda medicines.

KEYWORDS: *Ayurveda*, *Indigestion*, *Ama*, *Ajirna*, *Deepaniya*, *Pachaniya*.

INTRODUCTION

The conditions which affect gastrointestinal tract and physiology of digestion are come under the heading of digestive ailments. Bloating, gas trouble, constipation, heartburn and abdominal cramps, etc. are major symptoms associated with digestive ailments. Digestive issues may arise due to the various reasons as depicted in **Figure 1**.

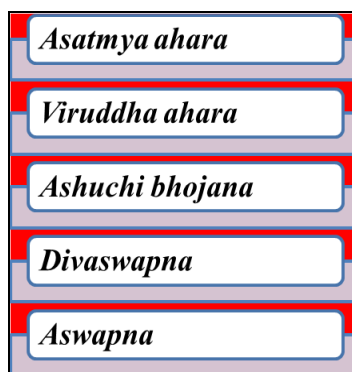


Figure 1: Major causes of digestive ailments.

Ulcerative colitis, irritable bowel syndrome, psychological disturbances and physical depletion, etc. are major consequences associated with digestive problems. Poor dietary habits (processed foods and overeating), stress, emotional factors, sedentary lifestyles and awful sleeping habits, etc. can hamper digestive physiology. Nutritional deficiencies, dehydration, weight loss and abnormal physiology, etc. are major complications of digestive ailments.

The common digestive ailments are as follows

- Gastroesophageal Reflux Disease
- Irritable Bowel Syndrome
- Constipation
- Peptic Ulcers
- Diarrhea
- Heart burn/Acidity, etc.

Ayurveda Management

Ayurveda believe that imbalances in *Doshas* and *Agni* can leads formations of *Ama* which become major cause of digestive issue. Thus drugs pacifying *Dosha*, correcting *Agni* and eliminating *Ama* can be administered to restore the harmony of digestive system. In this regards Ayurveda science suggested concept of mindful eating which involve regular interval for meal, avoidance of incompatible *Ahara* and overeating, etc. Stress management also considered crucial for combat against digestive problems by employing techniques of meditation and *Yoga*. Dietary modification includes avoidance of processed, spicy and oily foods. Utilization of herbal drugs and classical Ayurvedic formulations can also alleviates symptoms of digestive problems. Physical activity, *Yoga* and avoidance of sedentary life style provide benefits in such types of problems.

Restoring Agni

Agni is major factor associated with digestive problems, thus restoration of *Agni* can improves digestion and prevent formation of *Ama*. Drugs possessing *Deepanas* property like *Chitrak*, *Asafetida*, *Pepper* and *Ginger*, etc. can be advices for strengthening *Agni*. Similarly herbs like *coriander*, *fennel* and *cumin*, etc. helps to improve digestion and balances *Vayu* by pacifying *Vata*.

Restoring Vayu

Carminative herbs support process of absorption of nutrients, these herbs includes *fennel*, *coriander* and *cumin*, etc. These herbs regulate *Samana vayu* by virtue of their *Prabhava*.

Restoring Apana Vayu

Apana Vayu eliminates waste, it governs the process of defecation and imbalances in *Apana Vayu* can lead digestive troubles. *Nutmeg*, *red raspberry*, *psyllium*, *Shatavari* and *Trivit*, etc. can be used for alleviating the symptoms of vitiated *Apana Vayu*. These drugs offers bitter, astringent and bulky properties thus facilitate process of bowel evacuation and prevent chances of constipation. Ayurvedic formulation *Triphala* also considered good for balancing *Apana Vayu* and drugs like *Senna* advices as strong purgative for relieving condition of chronic constipation associated with vitiated *Apana Vayu*.

Prevention and treatment of Ama

Ama acts as toxin that produces due to the improper processing of digestive system. This *Ama* itself can trigger pathogenesis of other digestive issue and obstruct the path of channels of circulation, thus prevention and treatment of *Ama* is prerequisite. *Pancha Karma* mainly advocated for removing *Ama*, in this regards purification therapy and drugs pacifying *Ama* can be administered.

Role of Specific Drugs

- ✓ *Isabgole* is considered useful for constipation and also reduces bowel movement.
- ✓ *Yatimadhu* reduces acidity and control chest congestion.
- ✓ *Lavanga* provides relief from acidity.
- ✓ *Ginger* maintains proper functioning of digestive system. It also cures flatulence and gas trouble.
- ✓ *Turmeric* soothes digestive tract and relieves inflammation. *Turmeric* is considered useful for conditions such as irritable bowel syndrome and ulcerative colitis, etc.

- ✓ Fennel is carminative remedy that reduces bloating and gas trouble. It also employed to stimulate appetite.
- ✓ Peppermint possesses cooling property; that reduce inflammation of digestive tract.
- ✓ The drugs such as; *Bhunimba*, *Vacha*, *Pippalimoola*, *Haridra*, *Haritaki*, *Chitraka*, *Pippali* and *Shunthi*, etc. relieve symptoms of digestive ailments.

Role of Ancient Formulations

- ✚ *Navjeeban rasa* improves liver function, it restore enzyme secretion and helps to stimulant appetite.
- ✚ *Vasant kusumakar rasa* pacifies *Pitta*, imparts rejuvenation effect, boost pancreatic functioning and regularizes metabolic activities thus contributed towards the treatment and prevention of digestive issues.
- ✚ *Rudra rasa* manages liver diseases.
- ✚ *Vanga bhasma* improves digestion by virtue of its *Laghu Guna*, *Tikta rasa* and *Ushna Virya*, etc.
- ✚ *Yakrit plihari loha* is advices for bloating and jaundice, etc. This also cures liver issue and regulates enzymatic functioning of body thus prevent and treat digestive ailments.
- ✚ *Chandraprabha vati* employed for the treatment of metabolic syndrome.
- ✚ *Rambana rasa* prepared from *Vatsanabh*, *Shudh gandhak*, *Lavangi* and *Marich*, etc. this formulation improves digestion and maintain food assimilation process thus cure impairment of digestion.

CONCLUSION

Ayurveda often considers digestive health crucial for overall well-being. The digestive problem significantly affects health of person which mainly arises due to the condition of *Agnimandya*. *Aruchi*, *Tikta asyata*, *Shoola*, *Chardi* and *Atisara*, etc. are major symptoms associated with digestive ailments. These symptoms are associated with imbalances in the *Apana Vayu*, *Kledaka Kapha* and *Samana Vayu*, etc. Factors contributing to digestive problems include poor dietary habits, stress, sedentary lifestyles and emotional factors, etc. Ayurveda recommended uses of drugs having *Deepaniya*, *Pachaniya*, *Vatanulomana* and *Brimhaniya* properties to alleviate symptoms of digestive ailments. These drugs possess *Katu Vipaka*, *Tikshna Guna* and *Tikta Rasa* thus cures indigestion. Drugs like *Chitrak*, *Lavaṇabhaskara Curnā*, *Agnituṇḍi Vati* and *Ajamodadi Churnā*, etc. are also improves digestion and prevent pathogenesis of digestive problems.

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