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AN OVERVIEW OF THE DIGESTIVE PROCESSES AND TRIVIDHA AVASTHAPAKA

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ABSTRACT

Ahara is referenced early on, suggesting its importance, and it is regarded in Ayurveda as one of the *Trayopasthamba* that supports *Deha*. *Agni* aids in the digesting process, which transforms heterogenous *Panchabautika Ahara* into homogenous components. Diseases develop as a result of any modifications to these phases. Under the influence of the *Jathragni*, which participates in and regulates the digestion process, the composition of *Ahara Dravyas* alters during each of the stages of the process. *Avasthapaka* balances the *Pitta*, *Vata*, and *Kapha Doshas.*

KEYWORDS: *Avasthapaka, Madhura Avasthapaka, Amla Avasthapaka, Katu Avasthapaka*.

INTRODUCTION

Among the *Trayopastamba, Ahara* is regarded in Ayurveda.[1] *Agni* helps *Ahara* take care of and support *Deha, Dhatu, Ojas, Bala,* and *Varna*.[2] *Shad Rasa*-containing *Aharas* go through many stages of *Pachana* to feed the *Dhatu*.[3] *Avasthapaka* has three stages: *Madhura, Amla,* and *Katu*.[4] *Jataragni* helps the *Pachana* of *Ahara*.[5]

The corresponding *Dhatu* then absorbs the *Ahara Rasa*. Numerous diseases are caused by vitiation in this process.

AIM

To comprehend *Dosha* and *Trividha Avasthapaka's* relationship.

MATERIALS AND METHODS

Avasthapaka

Avastha means phases. *Paka*- signifies alterations made by *Agni*. *Paka* is the digestion of consumed food. This involves altering the form, structure, and taste of ingested things. Food requires digestion before absorption. According to Ayurveda, food particles follow a three-stage process during digestion. *Avasthapaka* refers to the three steps that food must go through during digestion. This process is separated into three phases of digestion because *Madhura, Amla*, and *Katu* become predominant in each phase.

Madhura avasthapaka

Madhura Paka is the first stage of digestion, despite the fact that the *Ahara Rasa* comprises six *Rasas*.[6] It occurs in *Urdwa Amashaya.* The *Udirana* of *Phenabhuta Kapha* is the outcome of sweetness (*Madhura Bhava*) manifesting as soon as the dish containing *Shad Rasa* is consumed.[7]

The mouth cavity is where carbohydrate digestion begins. Food is combined with saliva, which contains the enzyme ptyalin (Alpha-amylase), which breaks down carbohydrates, and mucus production, which contains mucin for lubricating and surface-protective functions. Saliva contains the enzymes *Pachana* and *Kledana*, which hydrolyze starch into the disaccharide maltose and other small glucose polymers.

The food only stays in the mouth for a brief amount of time. Before the food is combined with stomach secretions, starch digestion can last up to an hour in the stomach's *Prana Vayu* and *Samana Vayu* help with the digestion of food that has been chewed and sent to the stomach fundus and body. Chyme is a semifluid mixture generated when food and gastric fluids gets mixed in the stomach, comparable to *Phena Bhuta*. Before leaving the duodenum or upper jejunum, carbohydrates are nearly transformed into maltose and other little glucose polymers.[8] Because of the sweet flavor of these glucose polymers, this stage of digestion is known as *Madhura Avasthapaka*.

Amla avasthapaka

The *Amla Avasthapaka* occurs at *Adho Amashaya*.[9] *Teja* and *Jala Mahabhuta* are dominant in *Amla Rasa*. *Teja* and *Jala Mahabhuta* causes *Jataragni* to break down food into *Panchabauthika* elements after it has been partially broken up into tiny parts. They combine to create *Pitta Dosha* and *Amla Rasa*. *Amlatwa* of *Pachaka Pitta* appears to have put a stop to *Avasthapaka's Madhuribhava*.[10] *Madhura Avasthapaka's* partially digested meal passes through *Adho Amashaya* and into *Amlapaka*. Food remains in *Vidhagda* during this digestive phase, causing *Amlabhava* to form in *Pachyamanashaya* and *Pitta* to undergo *Udirana*. *Pitta* and *Amla Rasa* are generated during the second stage of digestion.[11]

Pepsin, the primary peptic enzyme in the stomach, is most active between pH 2.0 and 3.0 and becomes inactive above pH 5.0. Therefore, the stomach juices must be acidic for this enzyme to cause the digestion of proteins. The gastric glands create a significant amount of HCL. However, after mixing with the stomach's contents and nonoxyntic glandular cells, the pH averages between 2.0 and 3.0, which is a very favorable range of acidity for pepsin activity. Proteases, peptones, and a few polypeptides aid in the digestion of proteins. The upper small intestine, duodenum, and jejunum are responsible for the majority of protein digestion, which is aided by pancreatic proteolytic enzymes. Trypsin, chymotrypsin, carboxypolypeptidase, and proelastase are the main proteolytic pancreatic enzymes that attach to the partially broken-down products of protein foods as soon as they pass from the stomach into the small intestine.[12]

Katu avasthapaka

To finish the digestive process, the partially digested food is transported from *Adho Amashaya* to *Pakwashaya*. When the food product reaches *Pakwashaya*, *Agni* breaks it down and dehydrates it, resulting in *Katu*, a bolus that stimulates *Vata*.[13] The separation of *Vayu Mahabhuta* and *Akasha* is the cause of this stage. Together, they make up *Vata Dosha* and *Katu Rasa*.

All fat digestion takes place in the small intestine, with the exception of a little quantity (less than 10%) that is broken down in the stomach by lingual lipase and mixed with saliva. Fat digestion begins with the breakdown of fat globules into microscopic sizes, allowing water-soluble digestive enzymes to act on the globules' surfaces. This procedure is known as fat emulsification. Absorption of the remaining water and electrolytes begins as soon as the content reaches the large intestine.

Up to 5–8 liters of fluid and electrolytes can be absorbed daily by the large intestine. Bacterial activity is present in *Pakwashaya*. They are able to decompose a very small amount of cellulose. Vitamin K, vitamin B12, thiamine, and riboflavin are other compounds produced by bacterial action, and a number of gasses, particularly carbon dioxide, contribute to colon flatus. Colon flatus is also produced by a variety of gases, mostly carbon dioxide, hydrogen, and methane. The foul smell of fecal waste is caused by odoriferous compounds (Katu Bhava).[14]

DISCUSSION

When someone participates in *Kaphakara Ahara* too much, *Madhura Avasthapaka* takes over. In turn, excessive nourishment, *Vridhi* of *Medo Dhatu*, and *Sthoulya* result from the production of excessive Kapha Dosha by Ati Sampurna, Ati Madhura, Sheetha Snigdha, Avyayama, *Divaswapna*, *Sheshmakara Ahara*, and *Achintya*.[15]

When increased *Amla* nature of *Pitta* results in lengthier or intensified *Vidaha Avastha* of digestion, the resulting *Pitta* is referred to as *Amlapitta*. In patients with *Amlapitta* who follow *Virudha Bhojana*, *Vikritha Bhojana*, *Athyadika Amla*, and *Vidhaha Anna*, *Amla Avasthapaka* predominates in digestion.[16] *Amlapitta* is caused by altered *Amla Avasathapaka*. When someone engages in *Vishamashana*, *Ruksha Ahara Athilanghana*, *Rathri Jagarana*, *Ati Vyayama*, *Vega Dharana*, and *Chinthya* in excess, it aggravates *Vata Dosha* and disrupts *Katu Avasthapaka*, which results in *Dhushana* of *Apaana Vata* and *Vibhanda*.[17]

CONCLUSION

During several phases of *Avasthapaka*, *Aharapaka* karma takes place. Particular *bhava* predominates in each stage, resulting in the creation of the *dosha*, *Pitta Vata*, and *Kapha*, respectively. "Priyate *Yukte Chiram Jivati Anamayah Shante Agnim*." The *Paaka* is hampered by *Vikrutha Agni*, which also affects the physiological balance of the *Doshas*. Therefore, one must take into account the role of *Agni* and *Paaka* in understanding *Samprapti* before deciding on a course of treatment.

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