

ELABORATION OF ETIOLOGICAL FACTORS VITIATING ANNAVAHA STROTAS WITH SPECIAL REFERENCE TO AMLAPITTA

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ABSTRACT

Strotas are the channels which perform functions like storage or collection, secretion, transportation, absorption, elimination, digestion, selectivity, diffusion and permeation. According to Acharya Charak there are 13 strotas and according to Acharya Sushrut there are 11 strotas. The common vitiating factors are stated depending upon the ahar-vihar which particularly affects specific dosha or dhatu. In day to day life, the lifestyle has become very fast leading to an untimely diet, lack of physical activity and stress. This leads to specific symptoms of vitiated strotas. Annavaaha Strotas is the most common strotas which is affected due to this hustle lifestyle. This leads to obesity, hyperacidity, hypertension etc. The main etiological factors which vitiate Annavaaha

Strotas are *Atimatra ahar*, *Akal ahar* and *Ahitsya ahar*. In this paper an effort has been taken to elaborate these etiological factors which may lead to Amlapitta.

KEYWORDS: Ahar, Amlapitta, Annavaaha Strotas, Atimatra ahar, Akal ahar, Ahitsya Ahar.

INTRODUCTION

In day to day life there has been a hurry about everything. This hustle is leading to many lifestyle disorders. Due to unhealthy food habits, lack of physical activity and increasing stress; diseases like obesity, hypertension, hyperacidity etc are seen on a larger scale. Most commonly GERD or hyperacidity symptoms are seen. The prevalence rate of GERD symptoms is 7.6% in India.^[1] Thus there is a need for the proper management of these symptoms. In Ayurved strotas are mentioned, describing the channels which perform various

functions like storage, secretion, transportation, digestion, elimination etc.^[2] Any vitiation in the strotas hampers the functions of the respective strotas. There are 13 strotas according to Acharya Charak and 11 strotas according to Acharya Sushrut.

Common causes for the vitiation depends on the aahar vihar. Generalised sign and symptoms of vitiated strotas are atipravrutti, sanga, sira granthi and vimargaman.

MATERIAL AND METHODS

Resources of literature review was done from Samhitas, Commentaries, Scientific journals, Research papers and websites [pubmed and google scholar].

RESULTS

The detailed study of Annavaha strotas and Amlapitta was done. The etiological factors were noted from the Samhitas, Commentaries and all the available related research work. Considering the prevalence rate there is a need for the proper management of amlapitta which is most importantly based on nidan parivarjan.

This includes proper food habits so as to avoid atimatra ahar that is unproportionate food quantity, akal ahar that is untimely consumption of food and ahitsya ahar that is the incompatible food for body.

DISCUSSION

1. Vitiating etiological factors of annavaha strotas^[3]

- a. Atimatra Ahar-Unproportionate consumption of food [Excessive food intake]
- b. Akal Ahar-Untimely food
- c. Ahit Ahar-Unwholesome or Incompatible food d.Vaigunyatpaavaksya- Disturbance of the digestive fire

2. Vitiating etiological factors of amlapitta

ACCORDING TO MADHAV NIDAN^[4]

- a. Viruddha ahar-Incompatible diet
- b. Dushta ahar- Stale food
- c. Amla ahar- Sour diet
- d. Vidahi and Pitta prakopak ahar- Pitta aggravating ahar

ACCORDING TO KASHYAP SAMHITA^[5]

- a. Adhyashan, Vishamashan- Consumption of food before previous food is digested
- b. Virudh- Ahar- Incompatible food
- c. Pishtanna- Grained food
- d. Madhya sevan-Alcohol consumption
- e. Ati ruksha- ushna- snigdha-Intake of too coarse, hot or fatty diet Amla drava- too sour or excessive liquid
- f. Paryushit Bhojan- Stale food.

ATIMATRA AHAR

Appropriate quantity of diet must be consumed.^[5]

The quantity depends on the digestive fire of person to person

In the modern era it has been seen that a particular calorie diet is advised for an individual.

But it is not same for everybody because the strength of digestive fire varies from person to person.

According to Charak stomach must be divided into 3 parts- one for solid ahar, one for liquid ahar and one should be kept empty for the movements of three doshas that is vata, pitta and kapha.^[6]

AKAL AHAR

According to Acharya Charak, Vishamashan and Adhyashan affects the digestive fire.

Vishamashan that is consumption of food too early or too late

Adhyashan that is consumption of food before the previous meal is partially digested

Thus a person should take meal only when he is hungry.

However the pitta period which is responsible for digestion is considered as early afternoon of the day, ideal for having lunch.

AHITSYA AHAR

The ahar which is not favourable for the body is ahitsya ahar.

Few examples from day to day life are mentioned below for a better understanding with respect to virudh ahar.^[7]

Desh virudh [place]	Snigdha, sheet ahar in anupa desha Consumption of cold drinks and ice cream in Mumbai
Kaal virudh [time]	Consumption of refrigerated water in Hemant [winter]
Agni virudh [digestive fire]	Over eating at buffets even inspite of mandagni
Satmya virudh	North indians consuming rice items South indians consuming wheat items
Dosh virudh	Alcohol consumption
Sanskar virudh	Ready to cook items with preservatives, bakery products,
Upachar virudh [treatment]	Drinking cold water after sneha pana
Samyog virudh [comination]	Milkshakes, Honey with hot water, Shrikhand, Shikran [fruit custard with milk] Fruit salad with cream
Hrud virudh [palatibility]	Excessive salt in food or no salt in food, Children for green leafy vegetables
Sampad virudh [richness in properties]	Expired food items, Over ripped or unripped fruits, Stale food
Vidhi virudh [rules of eating]	Not Following the rules of having food that is ahar vidhi visheshyatan

AHAR VIDHIVISHESHAYATAN^[8]

1. Prakruti

Nature of the food substance that in inherent attributes of the diet and drugs.

For example- Milk is considered as a whole nutrient food and is preferable from young to old age group.

2. Karana

Processing of the food results in the transformation of the substance and its attributes

For example- Curd is abhishyandi, heavy to digest and on the other hand buttermilk is light and good for digestion.

3. Samayoga

The combination of two or more substances which gives rise to new properties which is not seen in individually.

For example- Honey and ghee in equal proportion is poisonous

4. Raashi

Quantity of food substances which determines the result of their administration in adequate and inadequate amount.

The quantity of food taken in its entirety is sarvagraha. For example- nutrition provided by the entire food plate

The quantity of its ingredients is parigraha, for example- the composition from which a particular food item is made.

5. Desha

Desha relates to the habitat. It determines attributes due to the growth of particular type of food in particular locality of region.

For example- Rice consumption in the Konkan parts

6. Kala

Kala is nityaga and awastik

Time in the form of day, night and the state of individual that is condition of health and age. Awastik is related to the disease.

For example- Milk in nava jwar is contraindicated while can be consumed in jeerna jwar.

7. Upyokta

Upyokta is the person who consumes food. The action of the food depends on the psychological and physical attitude of the person.

8. Upyogasamtha

These stand for the dietic rules. One must follow all the mentioned rules or it may lead to dosh dusti leading to diseases.

CONCLUSION

The etiological factors affecting the annavaha strotas are mainly ati matra ahar, akal ahar and ahit ahar lead to amlapitta. In this paper the detailed review has been made regarding these factors. As the first aspect of every treatment is said nidan parivarjan that is the causative factors must be avoided, in the same manner to avoid deases of annavaha strotas like amlapitta one must avoid these etiological factors and must understand the importance of ashta vidhi vishsheshayatan.

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