

## CRITICAL REVIEW ON CONCEPT OF PITAASHAYA

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## ABSTRACT

*Ayurveda* is an Ancient Medicine system which gives prime importance to health promotion and disease management.<sup>[1]</sup> In order to achieve these aims, understanding shareera's structural and functional aspects is essential. In *Ayurveda Acharya* explain the complete knowledge about *shareera* (body) and its *pratyanga*. In the human body, various vital element stored in hollow viscera are called as *Aashaya*. *Aashaya* refers to the *pratyanga* (organs or sub part of body), which acts as main seat of any constituent relating to the body.<sup>[2]</sup> *Pitaashya* is place which provides shelter to the *pita*. Concept of *pitaashya* is more than its literary meaning. It has vital importance in the *prakruta* (normal) and *vikruta* (Altered) karma of *pita[bile]*and disease where the *pita* is involved. It also has control over the regulation of *pitta*. In modern view, the gallbladder is the main organ for bile stores. In present article, effort has been made to explore the concept of *Pitaashaya* and its role in causation of disease related to *Pita*.

**KEYWORDS:** Ayurved, Ashaya, Pittaashaya.

## INTRODUCTION

- *Aashaya* - According to the acharya, an *Ashaya* is a location where *Dosha*, *Dhatu*, and *mala* can find refuge or a habitation. or the location where the various body parts are found. *Vayu* produces *ashaya* through repeated visits to a location.<sup>[3]</sup>
- In *Sushrut Samhita*, *Ashaya* connected to *Tridosha* is first stated. *Tridoshas* cannot function independently, despite their importance. They move through the body's circulation with the blood. Blood has been accorded equal weight by *Sushrut Samhita*. Blood and the other three humours work together to define how an organism and its parts are created, preserved, and disintegrated till the point of death.
- Anna Rasa provides nutrition to *Dhatu*. Both *Amavastha*, or partially digested food, and *Pakwa Awastha*, or digested food, are stages of the digestion process for ahara. Consequently, the above-mentioned *Ashaya* was given to Aama Anna (*Amashya*) and *Pakwa Anna* (*Pakwashaya*). Pachana is performed before Sara and kitta vibhajan. Kitta again divides into Purish and Mutra while Sara is consumed for nourishment. The *Pakwashaya*, or large intestine, is where *purisha* is retained.

- In the body, there are seven places called ashayas that serve as homes for aama anna, mootra, and other entities. It is the remains of pakwa anna. So Ashaya for purisha is not mentioned separately, but Mutra is stored in different site, so next Ashaya is mentioned for Mutra. According to different Acharyas of Ayurveda one extra Aashaya is considered in women body that is Gharbhaashaya it also called Asthmaashaya.
- They go by the names *Vataashaya*, *Pittaashaya*, *Shleshmaashaya*, *Raktaashaya*, *Amaashaya*, *Pakwaashaya*, & *Mootraashaya*. The extra *Aashaya* seen in females is known as *garbhashaya*.<sup>[4]</sup>
- One of them is *pitaashya* - Place, space, or abode of *pita* or bile.

## DISCUSSION

- *Aashaya* is place which gives shelter to the dosha, *Dhatu*, *mala* or any other components relating to the body.<sup>[5]</sup>
- *Pittaashaya* is place which provides shelter to *Pitta* or bile.

**Accha Pitta [bile]**

- The Accha Pitta generated in the second stage of digestion bears striking similarity with bile which is stored in gall bladder. Hence the gall bladder can be named as 'Pittashaya'. Daily basal secretion of hepatic bile is around 500 – 600 ml.<sup>[6]</sup>
- Which promotes digestion and absorption of dietary fat, eliminate certain catabolites (including bilirubin), emulsify the fat soluble vitamins to enable their absorption, acts as bactericides destroying many of the microbes that may be present in the food.
- According to Ayurveda, all these functions are like Pachan Karma of Accha Pitta. Moreover, the two enzymes produced from bile viz. stercobilin and urobilin gives the normal colour to the faeces and urine respectively. This function is nothing but the Ranjan Karma of Pitta i.e. to give the Prakrit Varna to Purisha and Mutra.
- Acharya Sushruta has mentioned 'Pittavabhasata' as one of the symptoms of Pitta sanchaya (accumulation of Pitta). Pittavabhasata indicates the yellowish appearance of the body which according to modern science is due to the increased secretion of bile. Hence the Achha Pitta can be considered as bile based on similarity in location, functions and abnormality. This Achha Pitta is generated from liver and stored in gall bladder; hence the gall bladder is considered as Pittaashaya.<sup>[7]</sup>
- Establishment of pittaasaya in Ayurveda is a challenging task where two different concepts have been used.
- The polemic of gallbladder in Ayurveda with respects to its name, structure as well as location by the different acharyas. Some of the glimpses in ancient texts are as follows.
- Acharya Susruta who is known to be a Father of Surgery describes about Aashayas which is nothing but the potential space for the location of organs.<sup>[8]</sup>
- Acharya Dalhana while commenting it stated that Aashayas are nothing but the space, where the dhatus are located in normal condition, and the aashayas facilitate them for their normal physiology.<sup>[9]</sup>
- According to Susruta, there are sapta Aashayas in which Pittaasaya is one among them.
- According to Sharangadhara Samhita, instead of pittaasaya he has mentioned agnyaashaya which is inside the pakwaashaya.<sup>[10]</sup>
- The exact location of pittaashaya is quiet controversial. According to Astanga sangraha while describing the garbhaasaya is situated between pittaasaya and pakwaashaya.<sup>[11]</sup>
- So from the above references the location of gallbladder can be taken as pittaasaya. There are many synonyms for gallbladder as pittaasaya, pittakosha, kloma, tila. There were no tools to compare accurately so that it was given a major importance and it was explained in short. Acharya

Charaka and vagbhata has included kloma as one among the kostangas. Susruta has mentioned that kloma is situated below kalakhanda on the right side and it is popularly known as tilaka. Acc. to Adhamala, kloma is situated near the liver and it is known as tila.

- Acc. to Kasyapa Samhita,kloma is present right to the hrudaya. The Accha pitta generated in the second stage of digestion bears striking similarity with bile which is stored in gallbladder. Hence gallbladder can be named as Pittaasaya. From the above points, we can conclude the fact presented above that the Notion of pittaasaya is already laid in Ayurveda, but it is labelled morphologically with liver.
- So however, kloma, tilaka may be considered as gallbladder. Kloma would be considered along with the liver that might be the probable reason that's why it has not been mentioned separately.
- Acc. To Susruta, Pittavabhasata as one of the symptoms of Pita sanchaya. Here it indicates the yellowishness of body. Hence can be considered as a bile based on similarity in location, function, and abnormality.
- This Accha pita is generated from liver and stored in gallbladder. So that Gallbladder stores pita (Bile), hence the organ can be considered as pittaasaya.

**Clinical importace of Gallbladder**

- **Anomaly-** Phrygian cap –Fundus constricted and turn back on itself.
- Moynihan'hump- also known as caterpillar hump right hepatic artery tortuous seen in Calot'striangle instead of cystic artery.
- Boas'sign- hyperaesthesia below right scapula in acute cholecystitis.
- Courvoiser's Law –in patient with obstructive jaundice ,if obstruction due to stones in gallbladder ,gallbladder not palpable.(undergoes fibrosis)
- When Obstruction due to malignancy in CBD GB will be palpable.When the gall stone lodges in hepatopancreatic ampulla causing progressive jaundice.Stones in hepatopancreatic duct ampulla block both biliary and pancreatic duct system bile may enter the pancreas and cause non infectious pancreatitis.
- F.Gall stone are commonly impacted in distal end of hepatopancreatic ampulla.
- Cholecystitis- referred pain ,pain of stretch of CBD or GB is referred to A.Epigastrium (T 7-T9)(VAGUS), B.Right shoulder through right phrenic nerve (C3,C4) ,C.Inferior angle of right scapula through sympathetic
- Murphy's point –it is the point of intersection at linea semilunaris and right costal margin at the tip of 9th costal cartilage .when the anterior abdominal wall is pressed at this point patient winces due to pain in acute cholecystitis.

- Murphy's sign – inspiratory arrest with deep palpation in the right upper quadrant pain in the acute cholecystitis.

### Cholelithiasis

Commonly seen in (4F'S) forty, fatty, fertile, female. gallstone may lodge in fundus of gallbladder ulcerate through fundus of and reach the transverse colon Pass naturally into rectum. Gallstones may be lodged in body of Gallbladder ulcerate through body and reach to duodenum then held up in ileocecal junction and produce intestinal obstruction. Gallstone in the bile duct obstructs the bile flow leading to jaundice.

### CONCLUSION

The Accha Pitta can be considered as bile on the basis of similarity in location, function and abnormality. This Accha Pitta is generated from liver and stored in gall bladder; hence the gall bladder is considered as Pittaashaya.

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