

AN AYURVEDIC REVIEW OF PATHYA – APATHYA [DIET] IN THE MANAGEMENT OF ATISARA

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ABSTRACT

Diarrhoea is one of the common diseases among the developing countries and second common cause of death in children worldwide. According to WHO, diarrhoea was estimated to have caused 1.1 million deaths in people of age 5 year or more and 1.5 million deaths under the age of 5 years. Diarrhoea is defined as a change in consistency and frequency of stool i.e. liquid or watery stools that occur more than 3 times a day.^[1] Atisara (diarrhoea) is a passably widespread disease in today era, due to irregular and harmful practices related to ahara and vihara, which cause sarira and manavaigunyata (physical and psychological involvement). Although atisara (diarrhoea) rarely constitute a hazard to human health, it can persist and be quite painful. Atisara (diarrhoea) is becoming more familiar every day due to influence of western eating habits, bad nutrition practises and mental stress. Here, we dissertate Nidana Panchaka with Samprapti of Atisara (diarrhoea) as mentioned in Ayurvedic literature. Understanding the Nidana Panchaka and the samprapti in-depth allows for making appropriate management of pathya -apathya[Diet] for preventive measures of Atisara.

KEYWORDS: Atisara; Psychological; Ayurvedic; Physical.**INTRODUCTION**

In clinical practise, diarrhoea is the most often encountered ailment. Diarrhoea, one of the many lists of gastrointestinal disorders, holds a special place in people's lives because everyone experiences it at least once in their lifetime. According to ICD 10, there are various types of diarrhoea, including functional diarrhoea, non-infective diarrhoea, infected diarrhoea, and irritable bowel syndrome with diarrhoea. One of the top 10 diseases that contribute to worldwide daily is diarrhea.^[2] There are three clinical types of diarrhoea:

- Acute watery diarrhoea lasts several hours or days, and includes cholera.
- Acute bloody diarrhoea – also called dysentery.
- Persistent diarrhoea – lasts 14 days or longer.

In Ayurveda, diarrhoea can be associated with atisara. Ati and saranam together make the word atisara (diarrhoea). Ati denotes excess, while saranam refers to the condition in which excessive numbers of watery stools are passed on a daily basis.

The most significant factor in the pathogenesis of Atisara (diarrhoea) is Mandagni, which is the underlying cause of amadosha and the most common factor in the

presentation of most disorders, including Atisara (diarrhea).^[3] Amadosha is the result of agnidushti induced by mithya-aharavihara (mal practice of food and conduct), and it eventually takes the form of Atisara (diarrhea).

Therefore, poor eating habits play a significant role in the development of atisara (diarrhoea). Thus, it is advisable to practise pathya ahara-vidhividhana in order to correct atisara(diarrhoea). The human digestive system is highly sensitive and reacts to both internal bodily processes as well as emotional states very appropriately.^[4]

Nidanas of Atisara (Etiology)

According to ayurveda texts, nidanas (causes) of atisara(diarrhoea) are broadly classified under four main headings as- Aharaja, viharaja, manasika (emotional etc.) and agantuja (external factors viz. Bacteria, virus etc.).^[5]

Acharya Sushruta in Uttarasthana highlights the main nidanas as- guru (heavy), snigdha (unctuous), ruksha (dry), ushna (hot), drava (liquid), sheeta padartha sevana, sanyoga viruddha, samskara viruddha ahara sevana, adyasana (eating before the digestion of previous meal), ajeerna, asathmya bhojana, increased snehavana,

bhaya (fear), visha (use of poison), shoka (grief), dushta ambu-paana (drinking of contaminated water), madyapana (alcohol consumption), rithusaathmya (change of season of physical contrarieties), vega varodha (suppression of natural urges), krimi and arshas.^[6]

Acharya also mentioned that krimi can also cause atisara i.e, pathogens like bacteria, amoeba, viruses etc. as told in contemporary science.

Acharya Vagbhata remarks that the consumption of rukshamamsa, mamsa derived from lean animals, preparations of tila or germinating seeds, Krimi and Arshas can lead to Atisara (diarrhea).^[7]

Types of Atisara

The Brihatrayees (three elaborated samhitas of ayurveda literature i.e Acharya Charaka, Acharya Sushruta and Acharya Vagbhata) categorize atisara (diarrhoea) into six different types which are as follows:-

1. Vataja
2. Pittaja
3. Kaphaja
4. Sannipataja
5. Bhayaja, and
6. Shokaja

Acharya Sushruta adopted amaja kind of Atisara (diarrhoea) rather than bhayaja variety.^[8] Madhava Nidana and Sharangadhara adopted Sushruta's interpretation, with an addition of one more type as raktaja, making a total of seven varieties. Bhaishajya Ratnavali listed eight varieties with an addition of the jwaraja type. Bhavaprakasha categorized Atisara on the bases of avastha as amavastha, pakwavastha and raktavastha.^[9] Acharya Charaka in sidhisthana mentioned 36 types of Atisara (diarrhea).^[10]

Samprapti (Pathophysiology) and the Samprapti Ghatakas

1. Doshas- Vata-Pradhana Tridoshaja
2. Dushaya- Udaka, Purisha
3. Agni- Jatar Agnimandya
4. Ama-Ajeerna- Jnyaama/ Mandagni- Jnyaama
5. Srotas- Purishvah, Udakavaha, Annavaahasrotas
6. Srotodusti- Ati-pravarti
7. Udbhava-sthan- Pakwashaya
8. Adhisthana- Pakawashaya/guda
9. Svabhava- Ashukari
10. Sadhyasadhyata- Kruchasadhya/Sadhya

Lakshanas (Sign and Symptoms)

1. **Vataja Atisara**
2. The stool is mixed with Mucus (Ama) and slimy.
3. The stool floats on water.
4. The stool is rough and liquid.
5. Defecation is associated with colic pain.

6. The exacerbated Vayu (flatus) causes colic pain while moving obliquely in the Kostha (gastrointestinal tract) and makes gurgling noises.

2. Pittaja Atisara

1. The patient defecates frequent loose motions which may be either yellow, green blue or black in color.
2. The stool is often mixed with blood and bile, and it is excessively foul smelling.
3. The patient complains about Trishna (excess thirst), Daha (burning sensations), Atisweda(excessive sweating), Murcha (fainting), etc.

3. Kaphaja Atisara

1. The patient defecates Snigdha (unctuous), Shwetam (white), Picchila (slimy) stool mixed with mucus and undigested food particles, Guru (heavy), Durgandham (foul-smelling).
2. Badhhashoola (continuous pain)
3. Pravahikam
4. There is complaint of having heaviness in the abdomen, in the region of urinary bladder and in the pelvic region.
5. The patient feels the urge for passing another bout of stool even after evacuation.
6. Loma harsha (horripilation), Utklesha (Nausea), Atinidra (excessive sleep), Aalasya (indolence), Sadana (prostration) and Annadveshi (dislike for food).

3. Sannipataja Atisara

1. Stool is either yellow (like the colour of turmeric), green, blue, reddish (like the meat is Manjistha), pink (like the colour of water in which meat is washed), red black, white or yellowish (like the color of the pig-fat) in color.
2. All the symptoms mentioned in vataja, pittaja and kaphaj atisara can be seen in sannipataja atisara.

Shokaja and bhayaja This sort of diarrhoea is usually due to sadness or fear. These emotional variables impair pitta and vata, which results in frequent passing of watery stools also termed as atisara.^[11]

Treatment of Atisara (Diarrhoea) from Ayurvedic perspective

According to Ayurveda, the major line of treatment includes nidana parivarjana and shamana chikitsa [pacification methods] which includes langhana, pachana, deepana (hunger inducing methods), and stambhana (stops diarrhoea). Also, in sanshodhana chikitsa, virechana and basti are only recommended whenever there is an imbalance in the doshas or when toxins are present.^[12]

A. Nidana parivarjana This is the first line of treatment in ayurvedic texts which includes the avoidance of nidana or the causative factors leading to atisara, such as drinking too much water, eating too much, not spacing between the two meals,

drinking non-portable water, or eating particularly hot, dry, hard, cold, or unfamiliar or contaminated foods.

B. Shamana chikitsa The prakupita doshas are pacified using the shamana chikitsa via following methods.

A. Langhana This involves complete fasting or intake of smaller portions of food, which leads to the digestion of ama in the body as well as elimination of the disease's primary cause.

B. Deepana and Pachana Deepana includes the foods that increase appetite and digestives or pachana are the foods that strengthen the digestion fire and help the body get rid of ama more quickly.

C. Stambhana Acharya charaka explains the stambhana chikitsa among Shadvidyopkrama which plans to act by balancing the Dosha, Dhatu and Mala in equilibrium state. It inhibits mobile, flowing body constituents and stabilizes them. Stambhana medications are administered to stop atisara after the ama has been digested.

D. It shouldn't be administered initially because it aggravates the doshas and could induce serious upadrava.

E. Virechana (Purgation therapy) The virechana therapy aims to eliminate the entire ama from the body. Both haritaki and pippali are used for virechana.

F. Basti (Ayurvedic medicated enema) The kashaya of fennel, bilwa, liquorice, and tila (sesame oil) oil in cow's milk is administered with asthapana basti. It helps in lowering intestinal motility, which in turn lowers the frequency of faeces. It is suggested in Pittaja Atisara.^[13] Pichabasti is also suggested for pittajaatisara and raktajaatisara.

Ekamoolika Prayoga (Single drugs) used in Atisara

1. Kutaja
2. Bilwa
3. Jatiphala

Ayurvedic medicines for Atisara

1. Kutaja Ghanavati
2. Laghusutashekhar Rasa
3. Bilvadileha
4. Takrarishtha
5. Shunthi, Indrayava, Musta Churna
6. Dadimastakachurna

Pathya

- Dhanyakhima
- Bilva juice
- Aamlaki

- Moolak yush
- Shatavari Bala Ksheerpaka
- Vilepi [Jeerak and Ajmoda]
- Takra
- Shali Rice/Brown Rice
- Jeera, Pippalimoola, Ajwayan, Anar Beej
- Dhanyayush [Yava+Urad+Moong+Shali Chawal+Til+Kachcha Bilva]

Apathya

Ahara

- Spicy and Salt Foods [Amla and Lavana Rasa]
- Ruksha, Guru, Ushna Ahara
- Dairy Products
- Junk foods and Packaged Foods
- Alcohol, Coffee, Soda and other Carbonated Drinks
- Fried, Fatty, Greasy Foods, Processed Foods
- Sugar and Artificial Sweeteners
- Onions, Garlic, Beans, Broccoli, Cabbage, Mango
- Ice Cream, Raw Vegetables, Citrus Fruits

Vihara

- Malvegadharana
- Aatapsevana
- Ativyayam

Mansika

- Krodh
- Shoka
- Bhaya

DISCUSSION

As mentioned in Ayurvedic texts, the main lakshanas present in atisara are Amlodgar, Urodaha, and Trushna whereas the Dosha Dushti is Pitta pradhan Tridosh. Due to increased Drava, Sara and Ushnaguna of Pitta leads to Agninash and Purishbheda.

Hence the vata is provoked, and therefore requires taking special care of vata, particularly if, the atisara is caused by all the three dosha. It is advisable to maintain hydration of the body by means of oral administration of milk, buttermilk and various liquid preparations. Goat's milk is very useful in Raktaja diarrhoea. Hence adequate prophylaxis measures should be taken to prevent the infectious diarrhoea. The unripe fruit is said to be an excellent remedy for diarrhoea and is especially useful in chronic diarrhoeas.^[14] The effectiveness of Aegle marmelos (bael) fruit in diarrhoea and dysentery has resulted in its entry into the British Pharmacopoeia.^[15]

Moreover, Chopra.^[14] has appropriately stated that "No drug has been longer and better known nor more appreciated by the inhabitants of India than the Bael fruit." Charaka has also mentioned this plant as a Rasayana in Chikitsa sthana.^[16] Aloe vera (AV) is an herbal medication used as a remedy for various diseases in traditional medicine. It has been shown to have hepato-protective, anti-inflammatory properties.^[15]

CONCLUSION

Sangrahi (astringent or anti-diarrheals) therapies are not advisable in the initial stage of the disease because of presence of ama inside the body. Instead, mild laxative should be given to eliminate the accumulated dosha. Diarrhoea should be allowed to continue and should not be stopped by constipating or bowel binding drugs. The patients shall be managed with light to digest, nutritive and liquid diet regimen which enhances the power of agni as well as it helps to stop diarrhoea.

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