

**ATISAAR (DIARRHEA): A REVIEW BASED ON AYURVEDA AND MODERN PERSPECTIVE**Dhiraj Patil<sup>\*1</sup>, Sadhana Babel<sup>2</sup> and Sanjay Chitte<sup>3</sup><sup>1</sup>P. G. Scholar, Department of Kaumarbhritya Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.<sup>2</sup>Professor, Department of Kaumarbhritya Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.<sup>3</sup>HOD & Professor, Department of Kaumarbhritya Shree Saptashruni Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.**\*Corresponding Author: Dhiraj Patil**

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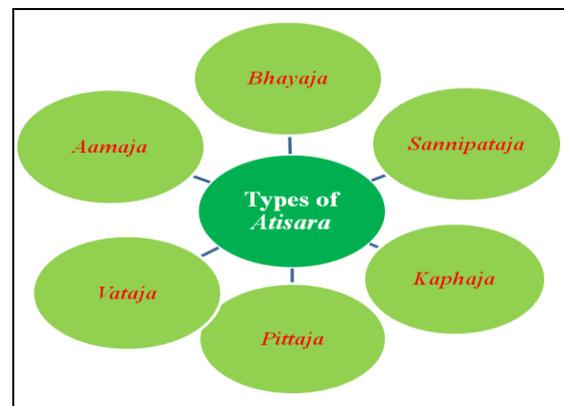
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**ABSTRACT**

Diarrhea is a common disorder amongst children especially below 12 years of age. Dietary habits, stomach infections and unhygienic conditions are major causes of childhood diarrhea, Ayurveda described diarrhea as Atisaar which means ati (excess) & saranam (flow); condition where watery stools passed in excess with high speed. The general symptoms involve; dryness of mouth, discoloration of body, uneasiness, disturbed functioning of Vayu and dehydration, etc. It can be acute or chronic. Diarrhea is the very burning problem especially in developing countries. It affects millions of children world widely. Aama and Vata are the major pathological factors of diarrhea. As per Ayurveda consumption of Aam leads Nidan thus Vata gets vitiated due to the malfunctioning of Saman- Apan vata which resulted mandya Jathragni and Koshtha Shunyata overall increases Dravata of stool in Pakvashaya & causes Atisara. Atisara involve vitiation of Strotasa such as; Annava, Udakva and Malava. This article described modern & Ayurveda perspectives of Atisara along with its treatment options.

**KEYWORDS:** Ayurveda, Atisara, Agnimandya, Diarrhea.**INTRODUCTION**

Atisara is disease of intestinal disturbances; involves water & electrolyte imbalances, malnutrition and under-nutrition. Atisara is not only affects health of children but also considered responsible for infant mortality especially in tropical and sub-tropical countries. The traditional text of Ayurveda described various treatment options for the management of Atisara including medicine and it is believed that drugs possess Madhura, Mridu, Laghu, Surabhi sampurna, Sheetal & Sanshamaka properties may offer relief in Atisara. Ayurveda described that Deepan and Pachan drugs may break the Samprapti of Atishara.<sup>[1-5]</sup>

**Figure 1: Types of Atisara as per Ayurveda.**

Ayurveda mentioned that Atisara associated with Agnimandya and Aam. The Agnidosh and Ajeerna contribute significantly towards the disease pathogenesis. Ayurveda also described other causative factors of Atisara such as; Aharaj, Viharaj, Manasik, Samajik, Vata vitiation, Pitta, Kaphaj, Sannipataj, Aamatisar and Raktatisar.<sup>[2,6]</sup>

### Treatments

Nidan Parivarjan is the basic line of treatment including; pacifying Dosha, improving Agni, Langhan-Deepan-Pachana, Shodhan chikitsa, Aam-Nashak and electrolyte therapy. Ayurveda also prescribed that use of some traditional formulations offer beneficial effects in Diarrhoea:

#### Gangadhar Churna in Atisara

Gangadhar Churna is Ayurvedic formulation used in treatment of diarrhoea it consisted of Mustaka, Araluka, Shunthi, Woodfordia fruticosa, Lodhra, Sugandh bala, Bilva, Motch ras, Cissampelos pareira, Holarrhena antidysenterica, Mangifera indica, Aconitum heterophyllum, Mimosa pudica. It relief primary symptoms of disease and stop progression of Atisara.

#### Balchaturbhadra Churna in Atisara

Balchaturbhadra Churna is poly-herbal formulation used in cough, cold and diarrhea. It improves digestion & consisted of Motha, Ativish, Pippali and Kakar Singhi.

#### Dhanya Panchak Kwatha

Dhanya Panchak Kwatha also offers beneficial effects in diarrhea, study prove that Dhanya Panchak Kwatha reduces frequency of stool and improve consistency of stool. Ingredients of Dhanya Panchak kwath are; Dhanyaka, Shunthi, Mustaka, Netrabala & Bilva. These contents possess Agni vardhak, Vatakaphahara and Grahi property. Formulation control Aama & Dushti of Apa dhatu. It also pacifies Vata and Kapha. Formulation also possesses Deepan, Pachan and Grahi properties.<sup>[6]</sup>

#### Samangadi Kwatha

A study proved that herbal formulation composed of Samanga (Mimosa pudica), Dhataki (Woodfordia fruticosa), Lodhra (Symplocos racemosa), Sariva (Hemidesmus indicus) and Indrayava (Holorrhina antidysentrica) offer relief in atisara. Samangadi Kwatha control Agnimandhya & Ama. It also possesses Rasayana property due to the presence of Sariva (Hemidesmus indicus) thus helps in early recovery.<sup>[7]</sup>

#### Modern Perspective

Diarrhea is a very common problem in children throughout the world which involve runny stools sometimes may with or without mucus, pale yellow to green color along with foul smell and cramp in stomach. The diarrhea needs immediate attentions towards its treatment since prolong condition may cause severe dehydration & even death. Pathologically diarrhea associated with malabsorption in the small intestine, the absorption of water not occurs properly in the small intestine & indigested food passes rapidly along with excess of water. The most common causes of diarrhoea are food poisoning, bacterial infections, adverse effects of antibiotics and parasite.

### Some causative factors of diarrhea as per modern science

- Parasites and worms can also cause diarrhea.
- Lactose intolerance due to the absence of lactase enzyme which is essential for metabolizing the lactose, the absence of lactase in infant may cause diarrhea.
- Intestinal diseases and bowel Disorders
- Allergy to certain food items.

### Adverse effects of antibiotics and other medications

Diarrhea may also occur due to side effects of antibiotic, medicines used for blood pressure, drugs used for hyperacidity, cancer drugs and excess dose of drugs used for constipation etc.

### Symptoms of diarrhoea

- Defecation of loose and watery stools.
- Abdominal cramping & nausea.
- Fever sometimes with coldness.
- Fatigue & weakness.
- Dehydration.
- Dryness.
- Indigestion.
- High Fever.
- Loss of appetite.

### Management of diarrhea as per modern science:

- Antibiotics are used in case of bacterial infection.
- Use of medicine for cramps & vomiting.
- Maintenance of hygienic conditions.
- Intake of water and salts.
- Management of fever if persisted.
- Consumption of light and digestible liquid diet.
- Probiotics containing; lactobacillus or acidophilus may be helpful.<sup>[8,10]</sup>

### CONCLUSION

Atisara disease of intestinal disturbance and samprapti involve Aaharaj, Agnimandya, Aam nirmiti, Dosha vitiation, Abdhatu dushti and dravikaran of mala. The majority of disease incidences occur in lower income groups due to the unhygienic condition. Pitta vitiation is predominate may be due to the improper functioning of Agni. The treatment approaches involve Agni boosting, use of drugs which possess Deepana, Pachana and Grahi properties. Ayurveda also prescribed conventional formulation such as; Gangadhar Churna, Balachaturbhadra Choorna & Dhanya Panchak Kwatha for the management of Atisara. These formulations improve appetite, relieve defecation frequency, relief abdomen pain, tenderness and reduce production of Ama. Ayurveda recommended some home remedies for diarrhoea in children such as; ginger, amla, lemon juice, roasted jeera, buttermilk with kala namak and massed banana.

### Herbs recommended for Atisara are as follows

- Bael
- Ajmoda

- Lodhara
- Dadim
- Badishep
- Daruhalad
- Jaiphal
- Sunth
- Atvish
- Kuda

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