

## CLINICAL AND DIAGNOSTIC REVIEW OF ATISAR W.S.R TO DIARRHOEA

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## ABSTRACT

Atisar in modern science closely correlated with watery diarrhoea. Ayurveda describes atisar which means ATI (excessive) and SARANAM (flow) i.e watery stool passes in excessive volume and frequency both. According to mythology Atisar was initially originated due to eating of cow and bulls meat. Due to Guru and ushna guna of COW and Bulls meat they occurs agnidushti. Some mansika Doshas like Bhaya, Shoka etc are develop Atisar. Krimi is an important causative factor of Atisar. In Ayurvedic science main cause of Atisar is agnidushti. Main site of agni is Grahani. It is situated in between amashaya and pakwashaya. In the condition of mandagni digestion of food particle not occurs completely. This leads to formation of Ama. Ama is considered like toxins or pathogens which is responsible for etiology of all disease. This Ama leads to vitiation of Vata like Saman Vata and Apana Vata dushti. In samyavashtha of Apana Vata is responsible for defecation, micturition, and nishkramana of Shukra and Artva. In the case of Atisar (Diarrhoea) the proper diagnosis is very important because actual diagnosis is the key of actual treatment or management. There are two criteria to make out clearcut diagnosis – 1. Clinical 2. Laboratory, Here I am going to explain the above clinical review of atisar (diarrhoea).

**KEYWORDS:** Ayurveda, Atisara, Agnidushti.

## INTRODUCTION

NIRUKTI – According to acharya CHARAK

अति + सू + णिच् + अच् = अतिशयेन् सारयति (रेचयति)

मलम्, इति = अतिसारः | (च० चि० 19/1-2)

## Nidana

Generally nidana classified in to two groups viz – Samanyaja nidana, Visheshaja nidana. Samanyaja nidana are of 4 types – Aharaja nidana, viharaja nidana, Mansika nidana and Aagantuja nidana.

Acharya SHUSHRUTA mentioned samanyaja aaharaja nidana (Uttar tantra 40) comprises guru, snigdha, atiushna, atidrava and atisthula padartha sevana. All these padartha causes vitiation of doshas. Ajeernaasana, adhyaasana, virudhaasana also mentioned by acharyas in samanyaja nidana.

Acharya Shushruta also mentioned dustambupaana, madyapaana, increased snehapaana in aharaja nidana.

Acharya Dalhana comments on guru padartha means guru in both matra and guna (quality).

Madhukosha teeka comments on virudhha aahar like desh, kala, matra virudhha. Madhukosha also defines adhyaasana as intake of another meal before the previous food completely digested. Madhukosha also comments on Vishmaasana as eating large quantities in a small time.

Visha sevana is also a common factor of Atisar.

Mansika nidana includes bhaya, shoka, vegavidharana etc. This leads to vitiation of mansika dosha.

Acharya Shushruta mentioned Krimi as samanyaja nidana of Atisar.

Acharya Vagbhata mentioned shushka and ruksha mamsa of lean and thin animals are the aaharaja nidana.

In charak nidan 8, Arsha Atisar Grahani is also mentioned as nidanarthakar roga.

## Purvarupa

Madhava nidana defines purvarupa as avyakta lakshana i.e hidden symptoms of coming disease.

During the stage of sthan samshraya, vitiated doshas produces some certain unclear symptoms which indicate the forth coming disease this is known as Purvarupa.

Although Acharya Charak has not mentioned purvarupa of Atisar. But acharya Shushruta describe some symptoms like

- Toda in hridaya, nabhi payu udara kukshi
- Vitsanga
- Anilsannirodha
- Avipaka and aadhmaana.

### Rupa

#### Actual sign and symptoms of a disease is known as Rupa. Charak describes main sign and symptoms of atisar according to their dosha predominance.

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### Samprapti

Vata Pradhan tridosha dushti involved in samanya samprapti of atisara. Agnimandya and ajeerna is important cause of koshta and pakwamashaya dushti. Mandagni is the etiological factor for all disease according to Vagbhata.

### Vishesh samprapti

#### Vataj atisar

Vata vardhak Nidan sevan vitiated vata dosha. agninasha occurs due to vitiated vata and this vitiated vata forcely brings downword sweda and mutra in to Pakwashaya. Liquification of Mala occurs and vataj atisara occurs.

#### Pittaj Atisar

Due to increased drava (liquid) and ushna guna of pitta leads to agni nasha and purisha bheda. This leads to pittaj atisara.

#### Kaphaj Atisar

Guru, madhura, sheeta, snigdha nidan sevan leads to agni nasha and saumya guna of kapha causes loose stool. all theses nidana causes kaphaj atisara.

According to Charak bhayaja and shokaja atisara occurs due to vata dushti. Sannipataja atisara occurs due to tridosha prakopa nidana sevan.

### Raktaatisara

If a person suffering from pittatisara and he takes continue pittaja ahara vihara, this leads to excessive aggravation of of pitta and will vitiate the Rakta dosha. All these causes Raktaatisara.

### Samprapti Ghatak

Dosh - Vata Pradhan Tridosh  
Dushya - Udakvaha, purishvaha  
Shrotas - Purishavaha, annavaha, udakvaha shrotasa  
Shrotodushti lakshna - Atipravritti  
Adhithan - Pawashaya  
Swabhav - Ashukari

### Sadhyashadhyata

Vataja, pittaja, kahaja atisara is suksadhyata. Sannipataja, shokaj, bhayaj atisar are krichhsadhyata atisara. Pakva jamun, yakrit khand, and Mayurpichh sadrish are asadhyata atisara.

### Diagnosis

#### Mala pariksha – According to Acharya Shushrut-

If purish is associated with vatadi dosh, pichhil, durgandhit and settle down into the water known as aama mala. If all these symptoms are absent then known as niram mala (pakwa). Aama dosh must be present in atisara but if Aama dosh is excess present in mala then known as Aamatisara.

### Jala Nimajjanam Pariksha

मज्जत्यात्मा गुरुत्वाद्द्विष्ट पक्वा तुत्प्लवते जले |

विनाऽतिद्रवसंघातशैत्यश्लेष्मप्रदूषणात् || (च०चि० 15/94)

If purisha is sattel down into water - Aama purisha  
If purisha is floate on water - Nirama (pakwa) purisha

### Treatment

#### Two types

##### (A) Shaman chikitsa

1. Nidana parivarjana is basic line of treatment
2. According to Dosh predominance

##### (B) Shodhan chikitsa

1. Vaman
2. Virechan
3. Basti
4. Niruh Basti
5. Anuvasana basti

### Modern View

Diarrhoea is defined as passage of three or more loose stools in a day i.e in 24 hours or stool weight more than 200 g/ day. Two types of diarrhoea defined – acute and Chronic. If diarrhoea persist less than 2 weeks known as Acute diarrhoea. Chronic diarrhoea is defined as diarrhoea persist atleast more than 4 weeks.

In developing country due to unhygienic environmental condition gut infection is more common cause of acute diarrhoea whereas in developed countries it is less common. Mal nutrition and Vit – A deficiency is also an important cause of diarrhoea.

### Causes of Acute Diarrhoea

1. Parasites (E. Histolytica), Bacteria (E. coli, Salmonella, Shigella, Campylobacter)
2. Food poisoning/ toxins (Vibrio, Staphylo, Salmonella)
3. Drugs (amoxicillin, antihypertensives)
4. Poorly absorbed sugars

### Causes of Chronic Diarrhoea

- E.Coli infection

- Giardia lamblia
- Rota virus
- Lactose intolerance
- Inflammatory bowel disease
- Immunodeficiency condition
- Side effect of antibiotics

On the basis of mechanism, Diarrhoea is divided into Osmotic, Secretory and Inflammatory type.

#### Common Symptoms of Diarrhoea

- Abdominal cramp
- Defecation of loose and frequent watery stool
- Dehydration
- Fever and nausea
- Dryness
- Sunken eyes
- Loss of turgidity of skin

#### Investigations

1. Mala pariksha
2. Stool examination for ova and parasite

#### Management of Diarrhoea

- Use of antibiotics in infectious diarrhoea
- Management of dehydration either oral or intravenous.
- Symptomatic treatment of associated problems like fever, nausea, abdominal pain vomiting etc.

#### MATERIAL AND METHOD

Atisara is a common social problem worldwide but a major health problem in developing country. Although most diarrhoeal illness are curable easily but high mortality rate seen in under five years age of childrens.

#### AIMS AND OBJECTIVES

- To evaluate the clinical sign and symptoms according to Ayurveda as well as Modern medical science.

#### Sapeksha nidana

S. No.	Diarrhoea	Dysentery
1	Voluminous fluid faeces	Scanty sticky faeces
2	No blood in faeces	Blood in faeces
3	No mucous in faeces	Mucous and fibrin in faeces
4	Less pus cells	Abundant pus cells
5	Less straining during defecation	Severe straining during defecation

**Laboratory finding-** E. Coli are most commonly found in stool examination.

#### CONCLUSION

Atisara is disease of mahashrotas and vahyamarga gat vyadhi. Aamotpatti is an important nidana of atisara. Tridosh dusti causes dushti in Jatharagni. Improper functioning of Agni causes agni mandya which leads to

- To evaluate the mala pariksha.

#### OBSEVATION AND RESULTS

##### A) Sign & symptoms

- According to Ayurveda

1. Vatik Atisar - अरुणं फेनिलं रुक्षं अल्पमल्पं मुहुर्मुहुः | सरुक्शब्दम्.....
2. Pattik Atisar - तृष्णा मूर्छा दाहपाकोपपन्नं.....
3. Kaphaj Atisar - श्लेष्मयुक्तं विसं शीतं हृष्टरोमा.....

- According to modern

1. Defecation of loose and frequent watery stool
2. Abdominal pain
3. Dehydration
4. Fever and nausea
5. Dryness
6. Sunken eyes
7. Loss of turgidity of skin

##### B) Sapeksha nidana

##### C) Laboratory findings

#### DISCUSSION

- In Atisara etiological factors are aharaja, viharaja, mansik and agantuja nidana which are mentioned in our samhitas.
- Pravridhha jala dhatu causes agnimandya and combined with mala.
- Dust vata forwarded these pravridhha mala in to anal canal and causes atisara.
- Defecation of loose and frequent watery stool due to liquid diet, food intolerance, stress, anxiety, etc.
- A prolonged bout of diarrhea can cause the body to lose more fluid as result causes dehydration.

formation of Aam Intestinal parasitic infections are most common in developing country The most common species are E. Histolytica, E. Coli, A. Lumbricoides and Giardia Among them all the above parasite, E. Coli most frequently infect the persons.

Atisara is a complication of following disease Arsha Pittaja prameha

Jwara Pandu  
Jalodara Shotha  
Vata vyadhi Visharpa

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