

DIAGNOSIS APPROACHES OF ANNAVAHA SROTAS & PURISVAHA SROTAS DUSTI LAKSHANA W.S.R TO GASTROINTESTINAL DISORDERS.¹*Dr. Pandey Deepti, ²Dr. Shailendra Kumar Singh and ³Dr. Avadhesh Kumar¹M.D. Roga Nidan Evam Vikriti Vigyana.²Assistant Professor, Roga Nidan Evam Vikriti Vigyana, M.D. (Ayu) Kayachikitsa, PhD, M.B.A (Health Care & Hospital. Add), P.G.D.N.Y.S.³Associate Professor, Roga Nidan evam Vikriti Vigyana.***Corresponding Author: Dr. Pandey Deepti**
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ABSTRACT

According to modern aspect gastrointestinal diseases refer to diseases involving the gastrointestinal tract, namely the Esophagus, stomach, small intestine, Large intestine & Rectum. But in Ayurveda we consider under in Annavaha Srotas & Purishava Srotas dusti lakshana like Agnimandya, Ajirna, Aruchi, Chardi, Amlapitta, Shool (Annadrava shoola & parinama shoola), Atisar, pravahika, Gulma, udara roga, Anaha, Adhmana, Atopa, Visuchika, Alasaka, Vilambika, Grahani etc. In today life style junk food has take, it has higher position. There is change or irregularity in diet & diet timing & also sedentary life style. In addition to change in diet & life style, one is always under tremendous mental stress. All these causes disturb in digestive system which result into many diseases amongst them Digestive & Absorption disorder constitute, an important group. Functionally weak Agni i.e Mandagni cause improper digestion of ingested food which leads to gastrointestinal disorder. Most common signs & symptoms of gastrointestinal disorders are Constipation, Diarrhea, Heartburn, Nausea & vomiting etc. For Diagnostic approach we observe sign & symptoms of different disorder and refer patient for different investigations (Upper GI Endoscopy, USG, Barium swallow, Barium Enema, Colonoscopy etc). Here in this Research paper trying to describe the Diagnostically approach of Gastrointestinal disorder as well As Annavaha srotas & Purishava srotas diagnosis is an important parameter for the proper management & also define the prognosis of any diseases. With the help of Diagnosis approach we can make Differential Diagnosis. For fulfilling the criteria these important factor are responsible.

A) Diagnosis Approach by modern aspect (etiology, sign & symptoms, investigations).

B) Diagnosis Approach by Ayurvedic aspect (etiology, sign & symptoms, investigations).

Above is the key point to rule out Diagnosis of any diseases.

KEYWORDS: Annavaha srotas, purishava srotas, Gastrointestinal disorders.**INTRODUCTION**

In present era, to control all gastrointestinal diseases, early diagnosis & elimination of frequency increases etiopathological causative factor of the disease are needed to be studied well. The srotas or channels which carry Anna or food are called Annavaha srotas. Purishavaha srotas is in charge of excreting solid waste outside the body, absorb liquid, glucose & mineral produce the feces, excrete toxins & heavy metals out and a very important role is nourishing Asthi Dhatu. These can be correlate to alimentary tract or gastrointestinal tracts.

According to Charak Annavaha srotas are two part 1) Aamashaya (Stomach) 2) Vamaparshava (Left lateral side of abdomen). Purishavaha srotas contains three part 1) Mula (Cecum, rectum & sigmoid colon) 2) Marga (The

large Intestine) 3) Mukha (Anal orifice). The Gastrointestinal tract (GI Tract, GIT, Digestive tract, Digestion tract, Alimentary Canal) is the tract from the mouth to the anus which included all the organs of Digestive system in human. The human gastrointestinal tract consists of the Esophagus, Stomach & intestine. This also divided into the Upper & Lower GI Tracts. The Tract may also be divided into Foregut, Midgut & Hindgut. When Annavaha srotas gets vitiated or damaged, it causes the below mentioned symptoms like Anna abhilasha, Arochaka. According to susurut they mention Annavaha srotas have their roots in Aamashaya (Stomach) & Annavahini Dhamani's (the channels) which carry the food. When the Annavaha srotas gets injured or obstructed or damaged it causes the symptoms Adhamaam, shula, Chardi, Pipasa, Andhya, Maranam etc. Madhava emphasized the gastrointestinal disease as

Ajjirna, Visuchika, Alasak, Vilambika cause by manda Agni. Now days the numbers of patients or Annavaha srotas dusti is increases rapidly. And it is observed that, the frequency of this srotas dushti in per patients is also increased although with the awareness of life style management also showing more complicated stage. An Ayurvedic view the study of etiology & sign and symptoms in extremely important early diagnosis & treatment as well as relapse point of view which leads critical & major disease after a certain time period which is a major cause of global morbidity & mortality ever in developing countries. Ayurveda focused hetu vichhar very well which play very important role in measuring control for the particular srotodusthi, ayurveda explained the causative factors of annavaha srotas dusti which plays important role in all major & critical diseases.

Now Mula sthana of purishavaha srotas are pakvashaya and sthulaguda according to Acharya Charaka but according to Sushruta pakvashaya and guda are the mula sthana. The sub-dosha involved in Purisha vaha srotas included kledaka kapha, Pachaka pitta, Ranjaka Pitta, Apana vata. The cecum in the "second stomach" as food rests these for a while; the appendix is in charge of releasing certain enzymes to maintain the flora of the cecum & to destroy bacteria. Another important role of appendix is enzymes which are essential for digesting legumes & grains. Apan vata is the one in charge of purish vaha srotas, & creating kitta, or this faces, wherever the rectum is full of feces, apana vata will send a message to the brain, which is return sends a message to the autonomic nervous system, which start the peristalsis from the ileocecal valve, creating pressure to get the feces out. Purisha vaha srotas get vitiated by the suppression of urge for defecation, intake of food in large quantity, intake of food before digestion of previous meal, specially in those who are emaciated & having weak power of digestion. Characteristic manifestations of their vitiation are the voiding of small quantity of feces with difficulty, voiding of large quantity of very water and very scybalous stool associated with sound & pain. An injury to purishavaha srotas causes the following signs and symptoms Anaha (flatulence), Durgandha (foul smell), Gratitantra (nodules in intestines).

The human gastrointestinal tract consists of the esophagus, stomach, and intestines, and is divided into the upper and lower gastrointestinal tracts. The GI tract includes all structures between the mouth and the anus forming a continuous passageway that includes the main organs of digestion, namely, the stomach, small intestine, and large intestine. Mouth ulcer, Barrett's oesophagus, Irritable Bowel Syndrome, Hemorrhoids, Anal Fissures, Perianal Abscesses, Perianal Infections, Diverticular Diseases, Colitis, Colon Polyps, Cancer, Celiac Disease, Cirrhosis, Coeliac Disease, Colon Cancer, Constipation, Crohn's Disease, Diarrhea, Functional Gastrointestinal Diseases, GER & GERD, Indigestion, Inflammatory Bowel Disease, Intestinal

Cancer, Pancreatitis, Stomach Cancer,, Hirschsprung Disease etc.

MATERIAL AND METHOD

GIT Disorders is the major social problem as large percent of population. In the era fast food, there is change or irregularity in diet and diet timings and also sedentary life style. In addition to change in diet and life style, one is always under tremendous mental stress. All these causes disturb in digestive system. In this part, Diagnosis approach of GIT disorders according to ayurveda and modern will be collected from the classical text of Ayurveda thesis of previous research work, scientific journal, periodic magazines, monographs & other available source. Gastrointestinal modern review will be collected from modern medicine books & various websites on internet.

AIM AND OBJECTIVES

- To evaluate the disease of ANNAVAHA SROTAS w.s.r to Gastrointestinal disorders.
- To evaluate the disease of PURISHVAHA SROTAS w.s.r to Gastrointestinal disorders.
- Diagnosis Approach of disease of ANNAVAHA SROTAS and PURISHVAHA SROTAS w.s.r to Gastrointestinal disorders.
- To evaluate the laboratory test.

OBSERVATION AND RESULT

A) Sign & symptoms- ANNAVAHA SROTAS

- | | | |
|---------------------|-----------------|-------------|
| 1) Agnimandya | 8) Ajeerna | 15) Pipasa |
| 2) Arochaka | 9) Sangrahani | 16) Aandhya |
| 3) Amala pitta | 10) Urara shola | 17) Maranam |
| 4) Gulma | 11) krimi | |
| 5) Hrilasa | 12) chardi | |
| 6) Visuchika | 13) Virechakas | |
| 7) Annadrava shoola | 14) Oshthakoph | |
- & parinam shoola

Sign & symptoms- PURISHVAHA SROTAS

- 1) Bowels (With difficult, less quantity, bowels passing with sound & with pain and large quantity expelled out)
- 2) Vibandha
- 3) Atisara
- 4) Pravahika
- 5) Arsha
- 6) Bhagandar

Sign & Syntoms

Gastrointestinal Disorders

- 1) **Oral-** Gingivitis, periodontitis, Dental caries, Halitosis, Glossitis.
- 2) **Oesophageal-** Gastroesophageal Reflux disease, Barrett's oesophagus, achalasia, Oesophageal varies, oesophageal stricture & spasm, oesopgaugeal cancer.
- 3) **Gastric Disease-** Gastritis, Gastroenteritis, Pyloric stenosis, Gastric ulceration, Stomuch cancer.

- 4) **Intestinal diseases-** The small & large intestines may be affected by infectious, autonomic, & physiological states like Diarrhea, constipation, bowel obstruction, intussusceptions, volvulus, IBS, Crohn's disease, ulcerative colitis, hirschsprung disease, intestinal cancer etc.
- 5) **Rectum-** Hemorrhoids, Anal Fissures, Perianal abscesses, perianal infection.

B) Sapeksha nidana

A) Laboratory tests

DISCUSSION

Srotas are the channels or inner transport system of the body which is the site for the activities of other bodily elements like dosha, dhathu, mala, agni, etc. Among these some **Srotas** are micro and some are macro in structure and they adopt the same color of particular dhathu of the body to which they belong. **Annavaha srotas** are those channels in the body which transport the food and liquid taken. The food which we take and place in the mouth moves down toward the stomach through the food pipe called esophagus. Here the food gets partially digested and is passed on to the intestines for further digestion. **Purisha vaha srotas** or the channels carrying stools or feces out of the body (excretion of wastes) are vitiated by regular habit of withholding the urge for defecation, excessive eating, indigestion, repeated eating (before hunger), weak digestion, in emaciated person. Thus, the unrestricted movement of food from upper passages to the lower passages of gastro-intestinal or digestive tract is needed for the body to procure nutrition but restricted movement of food causes improper nutrition.

The symptoms like Agnindya, Ajirna, aruchi, Grahani etc.

- **Agnimandya & Ajeerna:** The metabolism, catabolism, transformation, digestion, destruction of toxins all are brought about by agni. In sort agni is life, when agni is lost there will be end of life. Its functions at various levels and intensities bring normal continuity of life. Due to various reasons there may be fluctuation in nature or intensity of agni in the form of vridhi, kshaya or agni vishamata. If the person is not able to digest even a small quantity of food then it is known as mandagni. In mandagni kapha dosha is dominant. The state of agnimandhya give different types of indigestion called as Ajeerna. Later on if left untreated for longer period it may lead to diseases like visuchika, alasaka, etc. Thus the root cause for all the intestinal problems is ajeerna. Ajeerna can also be defined as 'lack of digestion'. As such ajeerna is not an independent disease, it is the result of improper (mithya) food habits and consuming improper food. This is why ajeerna is capable of producing many diseases.
- **Aruchi:** The condition in which there is absence of taste perception by the tongue is called as arochaka. It is also called as aruchi, asya

vairasya, ashraadda, bhaktadwesa, annabhilasha. It may be caused due to intake of heavy, oily, sweet food in excessive quantity. It can also be due to grief, stress, fear or anxiety.

- **Amlapitta:** Excessive consumption of virudha aahara, Dushta aahara or vyapanna aahara and vidahi aahara. The one which is cause daha (excess burning sensation such as spices, alcohol). Excessive consumption of food that cause aggravate pitta. In person where there is already deposited pitta in amashaya and still continues to consume pitta aggravating factor may have tendency to develop amlapitta. Improper digestion, tenderness without physical exertion, sour or bitter eructation, heaviness, epigastric or retrosternal burning sensation, loss of appetite. These are the general features of amlapitta.
- **Chardi:** Excessive use of liquids, excessive use of oil substances, too much of salts, taking meals at food at unusual times or over eating, an intake of times or over eating, fear, stress, worm infestations, in pregnancy which causes vitiation in dosha which gets expelled from the mukha causing severe pain in the hrudaya pradesha. It is known as Chardi.
- **Annadrava shool:** The patient experiences severe pain abdomen soon after food intake is called as annadrava shool. The abdominal pain is produced soon after entry of food into stomach which continues till the digestion is complete in the stomach.
- **Parinama shoola:** The tridoshaja nidana first aggravates vata which dislodges kapha and interacts strongly with pitta & then causes pain by localizing at duodenum. The onset of pain at the time of digestion of food in the stomach.
- **Gulma:** The patient feels like a mass moving or static in the abdominal regions. A lump or an air bolus that originates in thorax or abdominal region and produces vague pain and other obstructive symptoms are seen in gulma.
- **Udara roga:** The term udara refers to the abdominal structure 'Abdomen' but in the context of roga vijnana udara refers to a disease in which the cardinal feature is marked abdominal distension. This is due to accumulation of fluids and doshas in peritoneal cavity which bulge are known as Udara roga. General symptoms are distension of pelvic & abdominal region with flatulence & gurgling sound, edema over legs and hands, decreased function of GIT in terms of appetite and decreased digestion, shiny skin & thinning of skin due to stretching etc.
- **Grahani:** Grahani and Agni are interdependent, (i.e. has Adhara Adheya Sambandha). Grahani is described as an Agni Adhithana by almost all Acharyas and commentators. Functionally weak Agni i.e. Mandagni causes improper digestion of ingested food which leads to Grahani Roga, and if left untreated Grahani Roga ensues with symptomatology like Udarashoola, Adhmana, Arochaka, Avipaka, Muhurbaddha Muhurdra, Mala Pravrtti, Durgandhita Mala Pravrtti, Klama etc.

- **Vomiting:** Vomiting is when the contents of the stomach are forcefully expelled through the mouth, usually involuntarily. Nausea is the term used to describe feeling sick – or like you are just about to vomit. Infection from bacteria, viruses, or other micro-organisms is one of the most common causes of vomiting. Overindulgence in alcohol, food allergies, migraines, and pregnancy may also cause vomiting.
- **Celiac disease:** Celiac disease is a serious autoimmune disorder where the small intestine is hypersensitive to gluten. Ingestion of gluten causes the immune system of the body to attack the small intestine, leading to damage to the villi of the small intestine, which are small finger like projections that promote nutrient absorption. Celiac disease can start at any age and symptoms include bloating, changes in bowel habit (either diarrhea or constipation), rashes, weight loss, and a poor growth rate in children.
- **Constipation:** Constipation is the term used to describe difficulty or infrequency in passing stools (feces). Not everybody has a daily bowel movement, so the passage of time between bowel motions before constipation occurs varies from person to person. When somebody is constipated their stools are usually small, hard, dry, and difficult to pass. Other symptoms may include bloating or distention in the stomach and pain during a bowel movement. Hemorrhoids frequently occur with constipation.
- **Crohn's Disease:** Crohn's disease is a chronic bowel disease that causes patches of inflammation in the GI tract anywhere between the mouth and the anus, although the area where the small intestine joins the large intestine is most commonly affected. The exact cause remains unknown; however, it is more common in "Westernized" countries, tends to run in families, and diet and stress may aggravate the disease. Symptoms may include diarrhea that persists for several weeks, abdominal pain and weight loss. Around 50% of people with Crohn's disease notice blood or mucus in their feces and some may report an urgent need to move their bowels or a sensation of incomplete evacuation.
- **Diarrhea:** Symptoms of diarrhea include frequent, loose, watery stools (feces) which are usually accompanied by an urgent need to go to the toilet. Abdominal pain or cramping may also occur, and sometimes nausea or vomiting. Viruses are a common cause of diarrhea, particularly noroviruses which are a common cause of diarrhea and vomiting outbreaks on cruise ships. Other common causes include bacteria, such as salmonella, campylobacter, or *Escherichia coli*; giardia; certain medical conditions (such as Celiac disease or Crohn's disease); food intolerance or medicines.
- **Diverticular disease:** Diverticular disease is a chronic condition in which small pockets or out-pouchings, called diverticula, occur in the bowel. Diverticula can become inflamed when undigested food gets trapped within them, causing pain and constipation, and sometimes fever, nausea, or cramping. This is called diverticulitis. Diverticular disease is common, affecting half of all people over 60. A low fiber diet is thought to be the main cause, although some people have a genetic predisposition to the disease. Many people with diverticular disease don't have symptoms, and the condition is often discovered during a colonoscopy to screen for colorectal cancer.
- **Gastroesophageal Reflux Disease (GERD):** GERD is also known as heartburn or acid reflux. It occurs when the ring of muscle fibers that surrounds the entrance to our stomach (known as the lower esophageal sphincter) becomes weak, and instead of remaining tightly closed to prevent the backflow of food back up our esophagus, it remains partially open, allowing partly digested food and stomach acid to leak back up the esophagus, causing irritation. The primary symptoms associated with GERD are regurgitation, heartburn, chest pain and nausea.
- **Hemorrhoids and anal fissures:** Hemorrhoids occur when the anal cushions (which are small areas of vein-containing tissues that seal the anal opening, preventing incontinence) become engorged and swollen. They can occur either externally or internally and both types typically bleed when a bowel motion is passed. External hemorrhoids look like small bunches of grapes and can become very red, tender, and itchy when inflamed. Internal hemorrhoids can cause a feeling of pressure inside the rectum and are not usually visible. Occasionally they may prolapse ("pop") out of the rectum following a bowel motion, which can be quite painful. Anal fissures are small tears in the thin tissue that lines the anus. They are common in infants and often occur when passing large bowel motions
- **Irritable Bowel Syndrome (IBS):** IBS is defined by the American College of Gastroenterology as "*Abdominal discomfort associated with altered bowel habits*". It usually takes most people three years and at least three different doctors before they are given a diagnosis of IBS. Part of the difficulty with diagnosis rests with the many different presentations of IBS. Some people are more likely to have constipation (constipation-predominant IBS or IBS-C), others diarrhea (diarrhea-predominant IBS or IBS-D), while a few experience both constipation and diarrhea at different times (mixed IBS). Symptoms are also similar to countless other conditions, such as endometriosis, giardia, food allergies, or inflammatory bowel disease, and most of these conditions need to be excluded before a diagnosis of IBS can be made.
- **Peptic Ulcer Disease (PUD):** Peptic ulcer disease is an umbrella term used to describe both gastric and duodenal ulcers, which are small holes that can occur in the lining of your stomach (gastric ulcer) or

upper part of your small intestine (duodenal ulcers). Duodenal ulcers are the most common type and are more likely in men aged between 30 and 50 years. Gastric ulcers most often affect middle-aged or elderly people. The most common cause is an infection with a bacteria called *Helicobacter pylori* (*H. pylori*), that is usually acquired in childhood, although most people never develop ulcers.

- **Ulcerative colitis:** Ulcerative colitis affects only the innermost lining of the colon. Although the colon is the only part of the bowel affected, the whole of the

colon is inflamed. Symptoms are similar to Crohn's disease and include diarrhea and the frequent need to have a bowel movement (also called tenesmus). Pus and mucus may also occur as a result of ulcers that form in the colon. Other symptoms include rectal bleeding or bloody stools, abdominal pain, tiredness, and loss of appetite. The cause remains unknown although an abnormal immune response seems responsible for the inflammation, and diet and stress aggravate the condition. Genetics also seem to play a role.

Diagnosis approach of Annavaaha srotas w.s.r to GIT.

Annavaaha srotas vyadhi	Gastrointestinal disorders	Lakshana (ayurvedic view)	Lakshana (modern view)
Ajeerna	Indigestion	Vishtambha, sadana, shiroruk, moorcha, bhrama, prishtha kati graham, jrimbha, angamarda, drishna, jwara, chardi, pravahana, avipaka	<ul style="list-style-type: none"> • pain, a burning feeling, or discomfort in your upper abdomen, • feeling uncomfortably full after eating a meal, • bloating, • Burping, • nausea • gas
Arochaka	Anorexia	Anannabhilasha, hridya shool, virasta, kandu, tandra, avsad, mouth taste change according to dosha (V,P,K)	<ul style="list-style-type: none"> • loss of hunger, Inability to maintain a normal weight, fatigue, insomnia, drowsiness, • skin that is yellow or blotchy and covered with soft, fine hairs • hair thinning or falling out, • constipation • dry skin • low blood pressure
Chardi	Vomiting	The dushta doshas when gets expelled from the mukha causing severe pain in hyudaya pradesha (Urdwa gamana pravritti of doshas by Udana vata)	Vomiting (also known as puking, throwing up, barfing, emesis) is the involuntary, forceful expulsion of the contents of one's stomach through the mouth and sometimes the nose & associated symptoms like nausea, abdominal pain, headache, vertigo etc.
Amlapitta	Hyperacidity	Avipaak, klam, utklesha, tiktaamloudgar, gaurav, hriydra-kantha daha, aruchi.	<ul style="list-style-type: none"> • Heartburn, Bitter or sour belching, Nausea and vomiting • Throat irritation, Abdominal distention, Aversion towards food, Mild chest pain • Flatulence, Poor Appetite • Tiredness.
Annadrava shoola	Peptic ulcer	th.ksZth;ZR;th.ksZ ok ;PNwyeqitk;rçA (;@âjâ 'kwy fp 1)	<ul style="list-style-type: none"> • Gnawing or burning pain in your middle or upper stomach between meals or at night, • Pain that temporarily disappears if you eat something or take an antacid, Bloating, Heartburn. • Nausea or vomiting.
Parinam shoola	Duodenal ulcer	Òqâsth;Zfr;r'kwiyarnSoifj.kketaA (e qd''k)	<ul style="list-style-type: none"> • Have pain in the stomach or abdomen (this might come and go and is relieved by eating or taking an antacid), have indigestion, feel very full and bloated after eating, feel like you might vomit (nauseous), • lose weight.
Grahani	Mal absorption syndrome	Muhurbaddha- Muhurdrava Mala Pravritti, Ati Srushta Mala Pravritti,	Commonest mode of presentation is bulky highly offensive stools, some times watery stools,

		Vibbadha Mala Pravritti, Trishna, Arochaka, Vairashaya, Praseka, Tamaka, Shuna Padakara, Chardana, Jwara, Lohanugandhi Udgara, Daha, Karshya, Loulya, Dhumaka, Murchha, Shiroruka, Vistambha	Abdominal distension, Abdominal pain, Anorexia, Weight loss, Undigested food in stool, Malaise, Muscle cramps, Failure to thrive, Lethargy, Oedema, Clubbing of fingers, Depigmentation of skin and hairs, Eczema, Stomatitis, Recurrent respiratory infections.
Udar roga (jalodar)	Ascitis	vuédKM~Û{kffiklxqnL«kko'kwy ÜOkkldklnkScZY,kkfu vfi p@nja ukuko.kZjkftfljklarreqndiw.kZ -fr{k@ÖlaLi'kZ Öofr A (pâfpâ13/47)	Swelling in the abdomen, Weight gain, Sense of fullness, Bloating Sense of heaviness, Nausea or indigestion, Vomiting Swelling in the lower legs, Shortness of breath, Hemorrhoids
Atopa	Flatulence	Abnormal Movement of vata with pain(Gurgling sound in intestine)	<ul style="list-style-type: none"> • passing wind often, • smelly flatus, loud flatus. • abdominal distension and discomfort, rumblings in the lower abdomen.

Diagnosis approach of Purish vaha srotas w.s.r to GIT.

Purishvaha srotas vyadhi	Gastrointestinal disorder	Lakshan (Ayurvedic review)	Lakshan (Modern review)
Atisar	Diarrhoea	Large quantity of Dravya mala (frequency,increases, sometime kapha present), Ashukari roga	<ul style="list-style-type: none"> • Loose, watery stools, • Abdominal cramps, • Abdominal pain, • Fever, • Blood in the stool, • Mucus in the stool, • Bloating, Dehydration.
Pravahika	Dysentery	Drave mala (kapha prominent) passes with pravahana, frequency not increases, Ashukari roga	Abdominal bloating, Abdominal pain, Bloody diarrhea (may also be watery or with mucus), Cramping Flatulence, Nausea with or without vomiting
Vibandha	Constipation	पक्वाशयस्थोऽन्नकूजं शूलाटोषौ करोति च कृच्छ्रमूत्रपुरीषत्वमानाहं त्रिकवेदनाम् (pâ fpâ 28)	fewer than three bowel movements a week, stools that are hard, dry, or lumpy, stools that are difficult or painful to pass, a feeling that not all stool has passed.
Arsha	haemorrhoid	अश्वत्प्राणिनो मांसकीलका विशसन्ति यत् अर्शासि तरुमादुच्यन्ते गुदमार्गनिरोधतः॥ (vâââfu 7/1) Rakta atipravarti with shool & daah in anus. Malbadhata, Atisaar, Atopa & aadhayaman	Hemorrhoids also called piles, are swollen veins in your anus and lower rectum, similar to varicose veins. Hemorrhoids can develop inside the rectum (internal hemorrhoids) or under the skin around the anus (external hemorrhoids). External hemorrhoid -Itching or irritation in your anal region, Pain or discomfort, Swelling around your anus, Bleeding Internal hemorrhoid- Painless bleeding during bowel movements, A hemorrhoid to push through the anal opening (prolapsed or protruding hemorrhoid), resulting in pain and irritation.

Laboratory test for GIT

The diagnosis of GIT is usually based on laboratory test e.g.

- **Purish pariksha** – Abnormal changes in stool pertaining to its color, smell, consistency, frequency and quantity have been described in various conditions.
- **Ultrasound**- used to view the internal organ.
- **Endoscopic procedures**- use for view the entire length of large intestine.
- **Barium enema test**- It looks at the rectum, the large intestine & the lower part of the small intestine (narrowed areas, obstructions).

CONCLUSION

- Srotas is the macro, channels and pathways operating in a living organism for transportation of body tissues. Annavaha srotas describe in Ayurvedic epics is related to structural and functional units associated with mechanical and chemical digestion in esophagus, stomach and small intestine.
- Alimentary canal, appendages of alimentary canal & their functions can be considered as annavaha srotas.
- Disturbance in the physiological co-ordination between these will be manifested as disease.
- Anatomical consideration of annavaha srotas and dushti lakshanas will be helpful in inferring the extension of disease involvement.
- Purisha vaha srotas which controlling organ is colon and this srotas are vitiated by unnecessary enema, dry food, alcohol etc and they produce symptoms like constipation, incontinence, piles, anal fissure/fistula etc.
- Aamashaya points towards stomach; stomach is an organ where the food is partially digested before it is pushed in to intestines for further digestion. This partially digested food is ama. Aamashaya should also be applicable to esophagus (food pipe) & most part of small intestine because they too carry food.
- Annavahini dhamanis points toward blood vessels with special reference to arteries, the pulsation being the feature of identific of dhamani.
- The sign and symptoms of injury to the amavaha srotas as explained by both charak and susrut point out toward the stomach pathology.
- Laboratory & Microbiological test, radiography, USG, CT & MRI Endoscopy etc have defined role in diagnosing & evaluation of Gastrointestinal disorders.

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