



## Review Article

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### A REVIEW ON AAM: THE CAUSATIVE FACTOR FOR SROTODUSTI

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#### ABSTRACT

*Srotas* are the inner transporting channels of body. *Srotas* are defined as the empty spaces expanded inside the entire body, which originates from empty space and different from *sira* and *dhamani*. Diet and lifestyle those are suitable to *doshas* and contrary to *dhatu*s in their properties cause morbidity in *srotamsi*. The *rasavaha srotamsi* have their origin from *hridaya* and *dash dhamanis*. Etiological factors for causing *rasavaha sroto dushti* are intake of heavy, cold over unctuous food in excessive quantity and perform excessive mental work. Disturbed functions of *agni* leads to formation of under processed *anna rasa* which is immature called *aam* located in *amasaya* and it exacerbates all the *doshas*. *Samana vayu* brings *aam* from *amasaya* to the root of *rasavaha srotas*. From the heart *vyana vayu* ejects the *aam* along with *ras* simultaneously, continuously, and forcefully to the whole body. When *saam ras* and aggravated *doshas*, reaches the place where *khavaigunya* is present and vitiates the *dushya*. It is macromolecule *So*, unable to get into the minute Channel, gets obstructed, accumulates and gives rise to prodromal symptoms of diseases. *Srotodusti* is of four kinds. *Atipravriti*, *sanga*, *siragranthi* and *vimarga gaman*. If there is *atipravriti*, it leads to *atisara*, if there is *sanga*, it causes *alaska* and *grahani*. If there is *siragranthi*, it leads to *arsa* and if there is *vimarga gaman* it causes *udara roga* and *raktapitta*.

**Keywords:** *Aam*, *Agni*, *Khavaigunya*, *Srotadusti*, *Srotas*

#### INTRODUCTION

In *Ayurved srotovigyana* (abnormality of *srotas*) is the unique approach to understand the molecular, micro and macro division of inner transport system of the body. *Srotamsi* are the channels which transports the biological fluids, nutrients and waste products. Improper foods, erratic behavior which are not conductive to the body bring abnormality in *srotas* leading to manifestation of diseases<sup>1</sup>. *Aam* (partial digested food) is produced because of diminished *agni* which is the most common cause of *srotodushti*. When the *aam* mixes with *dosha*, *dhatu*, *mala* it develops certain complex adverse reaction, which is the basis for manifestation of diseases.

#### AAM

In *Ayurveda* health is a state where *dosha*, *agni*, *dhatu*s, waste products, all physiological functions should be in homeostatic state and soul, sense organ and mind should be in a state of total wellbeing<sup>2</sup>. *Agni* is responsible for digestion and metabolism in human body<sup>3</sup>. The *samana vata* (one of the five division of *vata dosha*) intensifies the *pachakagni* (digestive enzymes) for proper digestion of food<sup>4</sup>. Less intake of *aahar* or overeating causes *mandagni*. When *kayagni* fails to perform the normal function, it leads to accumulation of undigested food material inside *amasaya*, is called *aam*<sup>5</sup>. *Acharya charak* has also described that the individual is afflicted with emotional factors like anger, grief, sorrow and taking wholesome of food in proper quantity do not get properly digested<sup>6</sup>. *Aam* is the primary stage for the aggravation of *doshas* which is responsible for manifestation of almost all diseases<sup>7</sup>. The general symptoms of *aam* are obstruction in *srotas*, diminution in strength, heaviness, disturbance in normal movements of *vata*, drowsiness, indigestion, excessive secretion from oral cavity, obstruction from urine and stool<sup>8</sup>. Wherever *aam* goes it gives rise to pain and

initiates reactions among *doshas*, *dushyas*, *srotas* present in that particular area and it can be understood by the presence of symptoms due to *aam*<sup>9</sup>. If it remains for longer duration in *amasaya* in due course of time it attains *suktatva* which is termed as *aam pradosh* or *aam visa*<sup>10</sup>. Mainly two type of *aampradosha* manifests namely *visuchika* and *alaska*<sup>11</sup>. *Sama* is a condition where combination of *dosha* and *dushya* occurs resulting into formation of various kinds of disorders. The adverse effect of *suktabhava* (*amlapitta*) depends on attainment of degree of *aam* (causative factor) which decides the prognosis of diseases<sup>12</sup>. *Acharya Chakrapani* clarifies *suktabhava* as *amlatva*. So the dietary indiscretion and emotional stress may impair the effective functioning of the neurohormonal mechanism as a result *aam* develops inside the body.

#### RASAVAHA SROTAS

*Srotas* is classified in to two kinds namely *bahya* and *abhyantara*. *Acharya charak* has described 13 *abhyantara* or *antarmukhi srotas*. Out of which channel which carries *rasa* is called *rasvaha srotas*. *Rasvaha srotas* have their root in *hridaya* and *dash dhamani*. The causative factor for *rasvaha srotas* are intake of heavy and cold substances, excess intake of unctuous substance, consumption of excess food, intake of wholesome and unwholesome food together and excessive worry<sup>13</sup>. Injury to *rasvaha srotas* leads to *sosa* and symptoms similar to *pranavaha srota vedha laksana*.

#### SROTODUSHTI

Diet and lifestyle that are suitable to *doshas* and contrary to *dhatu*s in their properties cause morbidity in *srotamsi*. There are mainly four type of *sroto dushti*. These are *ati pravriti*, *sanga*, *siragranthi*, *vimarga gaman*<sup>14</sup>. If there is *atipravriti*, it leads to *prameha*, *atisara*, *tamaka swasa* if there is *sanga*, it causes

*mutrakrchhra, vibandha, alasaka, jwara and grahani*. If there is *siragranthi*, it leads to *arsa, charmakila* and if there is *vimarg gaman* it causes *udara roga and raktapitta*, etc.

## DISCUSSION

*Aam* plays a vital role in the pathogenesis as well as prognosis of diseases. After the intake of *virudhha aahar* impaired digestion and metabolism is occurred due to hypo functioning of *jatharagni* which leads to production of *aam* in *amasaya*. In *amasaya* *aam* gets vitiated by *doshas*<sup>15</sup>. *Samana vayu* brings *aahara ras* along with vitiated *aam* (unmetabolised *ras*) from *amasaya* to the root of *rasavaha srotas i.e.heart*<sup>16</sup>. From the heart *vyana vayu* ejects the *aam* along with *aahara ras* simultaneously, continuously, and forcefully to the whole body now it spreads throughout the body through very fine pores of *srotas*, which are distributed extensively in the body<sup>17</sup>. Vitiated *aam* circulates all over the body and mix with the *dhaatu* and *mala* due to *srotovaigunya* or functional disturbance of *srotas* and develops *dosha dushya samurchhana*. This develop *sanga* (one type of *srotodusti*) and produces disease. Healthy *srotas* perform their normal functions as a result body is free from diseases and unhealthy *srotas* become the root cause for the development of pathogenesis. One should follow diet and lifestyle that are opposite to the qualities of *doshas* and similar to the qualities of *dhaatus* keeps the *srotas* and ultimately *purusha* (celestial beings) healthy<sup>18</sup>.

## CONCLUSION

*Agni* is responsible for digestion and metabolism in human body. When *kayagni* fails to perform the normal function, it leads to accumulation of undigested food material inside *amasaya*, is called *aam*. *Aam* is the factor that is responsible for *sanga* and leads to *srotovaigunya* and causes disease. *Srotamsi* represent the inner transport system of the body. It indicates all macro, micro level descriptions pertaining to exchange, transportation, and excretion. The transport of biological fluids, physiological regulatory factors, nourishment of tissues depends on the integrity of *srotamsi*.

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