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 dhatus in their properties cause morbidity in srotamsi. The rasavaha srotamsi have their origin from hridaya and dash dhamanis. Etiological factors for causing rasavaha srotodusti 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 aamasaya and it exacerbates all the doshas. Samana vayu brings aam from aamasaya 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. Atipravrititi, sanga, siragranthi and vimarga gaman. If there is atipravrititi, it leads to atisara, if there is sanga, it causes alasaka and gruhani. If there is siragranthi, it leads to arsa and if there is vimarg gaman it causes udara roga and rakapitiita.

Keywords: Aam, Agni, Khavaigunya, Srotodusti, Srotas

INTRODUCTION

In Ayurveda srotovigyan (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 diseases1. Aam (partial digested food) is produced because of diminished agni which is the most common cause of srotodusthi. When the aam mixes with dhatu, 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, waste products, all physiological functions should be in homeostatic state and soul, sense organ and mind should be in a state of total wellbeing2. Agni is responsible for digestion and metabolism in human body2. The samana vata (one of the five division of vata dhatu) intensifies the pachakagni (digestive enzymes) for proper digestion of food4. Less intake of aahar or overeating causes mandagni. When kayagni fails to perform the normal function, it leads to accumulation of undisgested food material inside aamasaya, is called aam1. 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 digested5. Aam is the primary stage for the aggravation of doshas which is responsible for manifestation of almost all diseases7. 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 stool8. 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 aam9. If it remains for longer duration in amasaya in due course of time it attains saktatva which is termed as aam pradosh or aam visa10. Mainly two type of aampradosha manifests namely visuchika and alasaka11. Sama is a condition where combination of dosha and dushya occurs resulting into formation of various kinds of disorders. The adverse effect of saktabhava (anlapitita) depends on attainment of degree of aam (causative factor) which decides the prognosis of diseases7. Acharya Chakrapani clarifies saktabhava 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.

RASAVHA SROTAS

Srotas is classified in to two kinds namely bahya and abhyantara. Acharya charak has described 13 abhyantanra or antarmukhi srotas. Out of which channel which carries rasa is called rasavha srotas. Rasavha srotas have their root in hridaya and dash dhamani. The causative factor for rasavha 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 worry13. Injury to rasavha srotas leads to sosha and symptoms similar to pranavaha srota vedha laksana.

SROTODUSHTI

Diet and lifestyle that are suitable to doshas and contrary to dhatus in their properties cause morbidity in srotamsi. There are mainy four type of sroto dushti. These are atti pravrititi, sanga, siragranthi, vimarga gaman14. If there is atipravrititi, it leads to prameha, atisara, tamaka svasa if there is sanga, it causes
mutrakrghra, vibandha, alasaka, jwara and grahan. If there is siragranthi, it leads to arsa, charmakila and if there is vimarg gaman it causes udara roga and rakapitta, etc.

**DISCUSSION**

Aam plays a vital role in the pathogenesis as well as prognosis of diseases. After the intake of virudha aahar impaired digestion and metabolism is occurring due to hypo functioning of jatharagni which leads to production of aam in anamasya. In amasaya aam gets vitiated by doshas\(^1\). *Samana vyaya* brings aahara ras along with vitiated aam (unmetabolised ras) from anamasya to the root of rasavaha srotas i.e., heart\(^2\). From the heart vyana vyaya ejects the aam along with aahar 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\(^3\). Vitiated aam circulates all over the body and mix with the dhaatu and mala due to srotavaiyugya or functional disturbance of srotas and develops dosa dushya samurchhana. This develops sanga (one type of srotodushit) 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 dhaatu and ultimately purusha (celestial beings) healthy\(^4\).

**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 srotavaiyugna 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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