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ROLE OF AMA W.S.R. TO PHYSIOLOGICAL CHANGES IN GUT

DR. SARITA MISHRA*

Declaration

The Declaration of the author for publication of Research Paper in The Indian Journal of Research Anvikshiki ISSN 0973-9777 Bi-monthly International Journal of all Research: I, *Sarita Mishra* the author of the research paper entitled ROLE OF AMA W.S.R. TO PHYSIOLOGICAL CHANGES IN GUT declare that , I take the responsibility of the content and material of my paper as I myself have written it and also have read the manuscript of my paper carefully. Also, I hereby give my consent to publish my paper in Anvikshiki journal , This research paper is my original work and no part of it or it's similar version is published or has been sent for publication anywhere else. I authorise the Editorial Board of the Journal to modify and edit the manuscript. I also give my consent to the Editor of Anvikshiki Journal to own the copyright of my research paper.

Abstract

Ama is considered as root cause of all diseases in the body. It has tremendous capacity to vitiate the Doshas and disturbing the homeostasis (Dhatu-samyak). Ama is the resultant of improper digestion or partially digestion of the food particle due to hypofunction of Jatharagni and also due to accumulation of mala in the body. It may be considered as partially or incompletely metabolized Dhatu .

Key word: Ama, Doshas, Jatharagni, Dhatu

Literary review; Agni that is present in body, termed as kayagni is divided into three as¹

Jatharagni; which look after digestion and absorption of food.

Bhootagni; it converts all vijateeya panchabhautic dravyas to sajateeya dravyas.

Dhatvagni; for the purpose of synthesis and breakdown of tissues.

Function of Jatharagi include²

- Digestion of food
- *Saarakitta vibhajana* (Absorption)

After function of *jatharagni ahara rasa* get form, then *bhootagni and dhatvagni* comes into play so *vijateeya ahara rasa* get converted into *sajateeya* to different *mahabhutas* of body and after functioning of *dhatu paka* gives nourishment to body tissue.

*S.R & PhD scholar, Department of Prasuti Tantra [Faculty of Ayurveda] IMS, BHU Varanasi (U.P.) India.

But when proper functioning of *agni* get disturbed, *ama* get formed at various level in body that leads to different pathological conditions.

- *Apakva ahara in amashaya*
- *Apakva ahara rasa in amashaya*
- *Ama at dhatu level.*

When food gets properly digested it forms *sara and kitta bhaga*. *Sara bhaga* get absorb and after digestion with *dhatvagni forms sthayi and asthayi poshaka dhatu*. *sthayi poshaka dhatus* gives nutrition to permanent *dhatu* i.e. *sthayi rasa dhatu* gives nutrition to *rasa dhatu* proper and *asthayi rasa dhatu* after functioning of *raktagni* forms *sthayi* and *asthayi rakta dhatus*, in the same manner other *dhatus* get form and get their nutrition from their previous *dhatus*.

Disturbance in function of *agni* at any level i.e. *jatharagni, bhutagni and dhatuvagni* leads to formation of *ama* that is causative factor of different pathological conditions. But gross digestion takes place in *amashaya*, that's why *acharya* has described formation of *ama*, primarily in *amashaya*.

Due to disfunctioning of *agni*, food remain undigested and form *ama* which is foul in smell, very slimy and vitiates *doshas* and *dhatus* when get absorbed.³

Symptoms of Ama⁴

Srotarodha – obstruction – this can occur in any large, small or minute channel, when it is indicated by stagnation and disturbance in transport and metabolism in gross as well as at cellular level.

Weakness or reduced working power in any part of body or organ is due to obstruction in their nutrition caused by *Ama*.

Heaviness and lethargy

Coated tongue

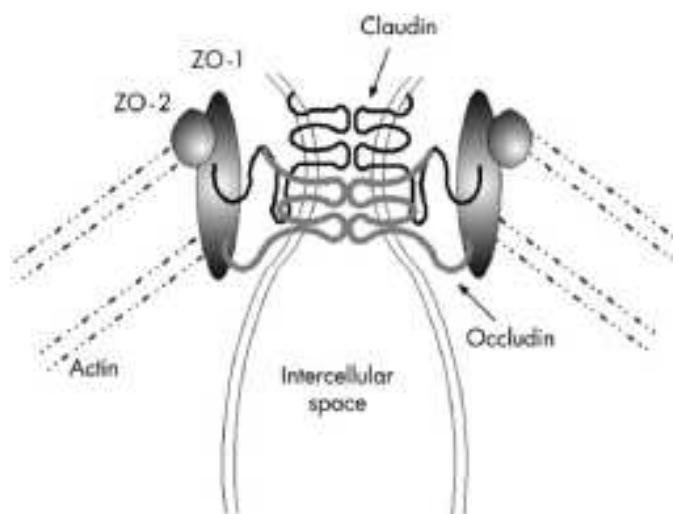
Improper digestion and *evacuation*

This *Ama* is responsible for vitiation of all the *doshas* and *dhatus*⁵.

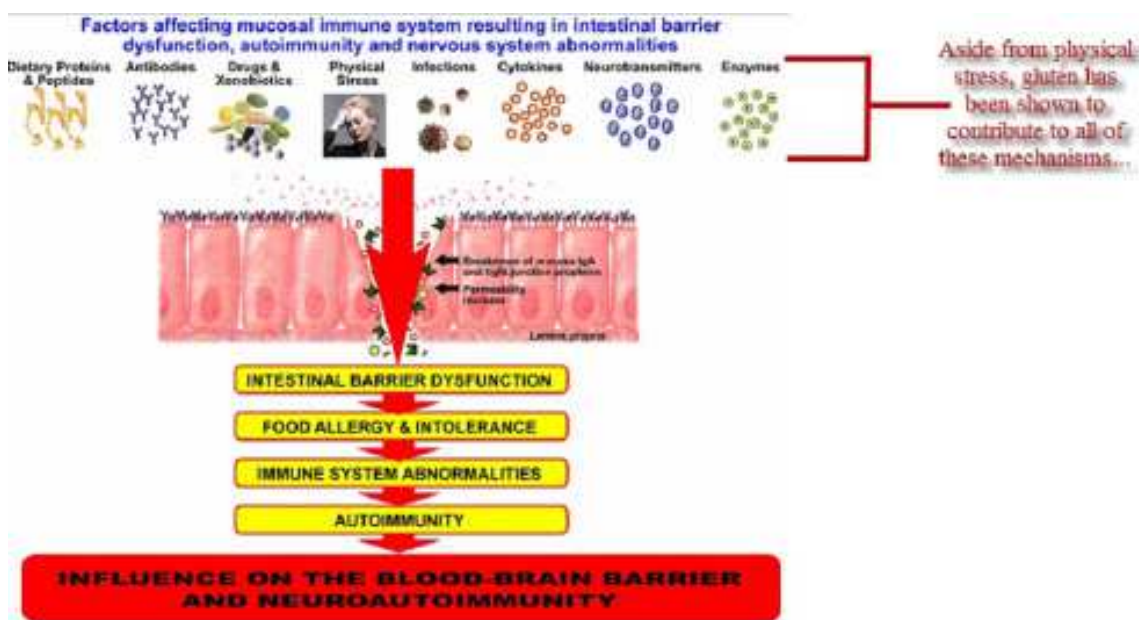
Concept of *agni* is very different concept then that of modern concept of digestion. In modern gastroenterology digestion takes place in body by the help of various type of enzymes. There is no direct evidence about the longevity, health, cheerfulness, plumpness, luster vitality etc. having relation with proper digestion as *Ayurvedic* concept about function of *agni* is.

But new researches has shown and giving glimpse that has been well elaborated in *samhitas* in relation to concept of *agni* and *ama*. According to modern science enzymes and gut flora plays major role in digestion. Along with this, intact epithelial lining of digestive tract is also important for proper absorption of food along with it, it also prevent access of external agent that can initiate or perpetuat mucosal inflammation by secreting immunoglobulin, mucous, difencine and antimicrobial products.

Tight junction present in between epithelial cells of digestive tract are major regulator of permeability, they expressing different level of tightness, based on variety of stimuli i.e. dietary stimuli, hormonal and neuronal signal, inflammatory mediotor. Fibrinil filament that is present in vicinity of junction is made up of occludine and number of claudin filament family. Claudin family members are important in determining the physiological properly of tight junction and during disease expression relative abundance of claudin can change by upto 1000 fold⁶⁷.



That means permeability of intestine varies time to time in response to various type of stimulation. Such as infection, toxic, stress, age etc. There are variety of human diseases in which abnormal intestinal permeability plays major part in their pathogenesis, these diseases are diabetes, crohn's disease, autoimmune diseases, irritable bowel syndromes, atopic dermatitis, ankylosing spondylosis. Prior to development of proper diseases caused by abnormal gut permeability various type of symptoms are developed that are combindly called as *leaky gut syndrome*^{8,9,10,11,12,}



Once these tight junction get broken apart, things like toxins, microbes and undigested food particle can escapes from intestine and reach in blood stream and acting as antigen and giving symptom like
 Digestive issue such as gas, bloating, diarrhoea
 Seasonal allergies as asthma
 Hormonal imbalance such as PMS, PCOS
 Auto immune disease such as rheumatoid arthritis
 Diagnosis of chronic fatigue as fibromyalgia
 Mood and mind issues such as depression, anxiety
 Skin issues such as acne, eczema
 Food allergen as food intolerance^{13,14}

Discussion

These concepts *ama* is very scientific concept, The food that is consumed considering all these rules and regulation get properly digested and giving *dhatu poshana*. It is very clear concept by *Ayurvedic* view. Consumption of food after digestion of previous meal and giving consideration to rules of *ahara vidhi visheshayatan* and *ahara vidhi vidhan* may have their specific neuro hormonal effect by which enzymatic secretions and gut permeability can be regulated and controlled.

It has been proven now that neuro hormonal secretions and permeability of tight junction alters according to age, mental status and diet. This is beauty of *Ayurvedic* physiology that choice of diet has been advised depending on nature of place, time, food article and the person who is consuming it and not only depending on caloric value of food item on generalise basis.

State of *agni* is also very peculiar concept, only properly digested food gives proper nutrition to body, so choice of food should be according to status of *agni* because if *agni* is not proper, food which is consumed will not give optimal result.

Ama forms due to improper function of *agni* in different level of digestion but it primarily forms in *amashaya* and *pakvashaya* level. *Ama* is root cause of all most all disease.

In modern physiology new concept i.e. gut permeability (increased gut permeability leads to leaky gut syndrome) is new area of research in maintaining health and initiation of disease process if intestinal permeability get disturbed which also disturbs gut flora which results various pathological condition like depression, anxiety, mood swing, psychological disorder, autoimmune diseases, obesity, cancer, decrease immunity can occur.

Normal state of *agni* is responsible for maintenance of local environment of gut, because properly digested food get properly absorbed and it will help to maintain population of good gut flora in gut and the food that is not taken at proper time, during anxiety or contaminated with various antigen will not digest properly and will alter absorption and opening of tight junction and form immune complex that causes various type of allergies, autoimmunity and inflammation. These concepts are very similar concept like *ama*. So to prevent and treat these conditions, concept of treatment of *ama* and *agni* are very important.

Conclusion

Summing up above explanation it can be conclude that main factor concerned in the formation of *Ama* is *Mandagni* (Hypo function of digestive faculty of body). Dietetic indiscretion and emotional stresses contribute to the formation *Ama*. This may be impaired the effective functioning of the neuro-humoral mechanism responsible for proper secretion of digestive juices. *Ama* is produced also due to accumulation of byproduct of metabolism as well as metabolic waste not properly eliminated or utilized in the body. Here it is noteworthy that whenever there will be improper metabolism due to impaired functioning of *Agni* then only *Ama* will be formed.

New researches based on gut microbiota and gut permeability in field of maintenance of health and pathogenesis of various disease will be much easy and fruitful *agni* and *ama* will take under consideration. Concept of *agni* and *ama* are very basic concept of *Ayurveda* that covers similar but much wider area of function than gut microbiota and increase gut permeability.

That is why *agni* has been considered as cause of life and body (*deha dharan*) and *ama* as root cause of all disease (*sarva dosha prakopana*).

So by giving consideration to concepts related to *agni* and *ama* in researches related to intestinal permeability, pathogenesis and mode of disease management can be better understood and will help humanity.

FOOTNOTES

¹*Ch.Ch.15/8,13,16*

²

⁴*A.H.Su 13/23,24*

⁶FASANO A, NATORO JP, *Adv Drug Rev* 2004 Apr 19; 56 (6):785-807

⁷TSUKITA S, FURUSE M. The structure and function of claudins, cell adhesion molecules at tight junctions. *Ann N Y Acad Sci* 2000. 915:129–135.135.[[PubMed](#)]

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¹¹VAILE J H, MEDDINGS J B, YACYSHYN B R. *et al* Bowel permeability and CD45RO expression on circulating CD20+ B cells in patients with ankylosing spondylitis and their relatives. *J Rheumatol* 1999.26:128–135.135.[[PubMed](#)]

¹²BARAU E, DUPONT C. Modifications of intestinal permeability during food provocation procedures in pediatric irritable bowel syndrome. *J Pediatr Gastroenterol Nutr* 1990.11:72–77.77.[[PubMed](#)]

¹³DAWSON, LOREN. Patch Up Your Leaky Gut Alive; *Candian Journal of Health and Nutrition*, Nov 2000 Issue 217 Pg 34

¹⁴YOOHEY, L; The Nutritional Connection To The ‘ Leaky Gut ‘ *The American Chiropractor*.2002, Vol 24 (4), Pg 18-20

MANAGEMENT OF POSTPARTUM PERIOD- AN AYURVEDIC VIEW

DR. SARITA MISHRA*

Declaration

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Abstract

The puerperium is the period of time encompassing the first few weeks following birth. The duration of this "period" is understandably inexact, and it is considered by most to be between four and six weeks. Although a relatively uncomplex time compared with pregnancy, the puerperium is characterized by many physiological changes. Some of these changes may be simply bothersome for the new mother; although serious complications can also arise. Some mothers have feelings of abandonment following delivery because of a newly aimed focus upon the infant. Thus, the puerperium may be a time of intense anxiety for many women.

A woman who has just given birth to a child followed by expulsion of the placenta is called sutika. Almost all samhitas, the Acharyas have mentioned the specific management of sutika only after the expulsion of placenta.

Key Word: Puerperium, Sutika, Physiological changes

Literary Review

According to Ayurvedic literature recently delivered women is called Sutika. Woman during post natal period or sutikakal becomes weak and ematiated due to excretion of moisture and blood.

- ◆ Puerperal Period- From delivery of placenta untill 6 to 12 weeks.
 - ◆ Sutika kal-Ayurvedic concept
 - ◆ 1 ½ month, reappearance of menstruation.6 months, 4 months
- Involution of Reproductive Organs¹

*S.R & PhD scholar, Department of Prasuti Tantra [Faculty of Ayurveda] IMS, BHU Varanasi (U.P.) India.

- ◆ Uterus – within 2 weeks – Pelvic organ by 6 weeks normal size.
- ◆ Placental site – Contracts to 7.5 cm. At 6 weeks 1.5 cm. Infiltrated with granulocyte mononuclear cell reaction.
- ◆ Day 7 regeneration of endometrial glands.
- ◆ End of the first week regeneration of endometrial stroma starts.
- ◆ Day 16 endometrium fully restored.
- ◆ On day 1 decidual necrosis begins.
- ◆ By 6th week rare to find decidual cells.
- ◆ Vessels at placental site shows thrombosis haylinasation obliterative fibrinoid endarteritis. Trasient increase in uterine bleeding at 7 to 14 day postpartum due to slough of escher over placental site
- ◆ Lochia- Vaginal discharge, lasts about 5 weeks.
- ◆ 15% of women have lochia at 6 weeks postpartum.
Lochia rubra - Red & Duration is variable.
Lochia serosa -Brownish red, more watery consistency,Continues to decrease in amount.
Lochia alba- Yellow
- ◆ Cervix -Regeneration of cervical epithelium begins first 4 days and by end of first week edema and hemorrhage within cervix is minimal.
- ◆ Vagina- It takes 4 to 8 weeks to involute. Mucosa remains delicate and sub mucous venous congestion persists for few weeks.

General Physiological Changes

Pulse; Raised after delivery, settles down on second day.

Temperature; Should not be above 99^o F within 24 hours. On third day rise is due to breast engorgement.

Urinary Tract; Bladder wall becomes edematous ,hyperemic. Relative insensitivity to raised intravasical pressure, dilated ureters and renal pelvis return to normal size within 8 weeks

GIT; Slight intestinal paresis.

Weight loss; Additional 2 Kg occurs due diuresis.

Fluid loss; 2 L during first week, 1.5 L during next 5 weeks.

Blood values; Blood volume returns to normal by second week. Cardiac output raises 60% above pre-labour value returns to normal within one week. RBC, haematocrit return to normal by the end of first week. Leukocytosis upto 30,000 per cu. mm following delivery.

Platelets count; decreases soon after delivery of placenta. Secondary elevation between 4-10 days. Fibrinogen level high up to second week of purperium.

Thyroid Functions; Thyroid volume increases approximately 30% during pregnancy, regress to normal size by 12th week. Thyroxine and tri-idothyronine elevated throughout pregnancy returns to normal within 4th week post partam

Other changes; hair growth slows in purperium.

Breasts; Changes to the breast that prepare for breastfeeding occur throughout pregnancy.

Lactation can occur by 16 weeks' gestation.

Colostrum :

1. 1st 2-4 days after delivery.
2. High in protein and immune factors.
3. Milk matures over the first week.
4. Contains all the nutrients necessary .

Women Need:

Information/counseling on :

1. Care of the baby and breastfeeding.
2. What happens with and in their bodies including signs of possible problems.
3. Self care/hygiene and healing.
4. Sexual Life.
5. Contraception.
6. Nutrition.

Support from :

1. Health care providers.
2. Partner and family- emotional and psychological

*Practical & Scientific Aspect Of Sutika Paricharya*1- Bala taila abhyanga^{2,3}

Massage helps the body by^{4,5,6}-

Squeezing lymphocytes in general circulation.

Reduces edema & swelling.

Increases plasma tryptophan level, increases neurotransmitter serotonin , prevents &relieves postpartum blues & depression.

Melatonin synthesized from tryptophan , decreases hypothalamus & pituitary hormone production , turns down body hormonal activity, sleep & sedation.

Massage increases blood level of Histaminase , which decreases gastric acidity, improving headache, decreases allergic response.

Lymphatic massage relieves sore muscles.

Aids digestion, absorption & assimilation.

Improves skin, soothes nerves & pulse to function.

Aids body in using fat deposits.

Strengthens lungs , intestine & vital organs for proper functioning⁷.

2. Puerperal woman should sit over a small chair covered with leather bag filled with hot Bala tail, sudation in yoni by oleo prepared with Priyangu etc. drugs⁸.

Hot Foementation of yoni helps in relieving pain, edema & helpful in early healing.

Healing : By increasing blood flow of area by vasodilatation.

Oedema : By vasodilatation movement of fluid to intravascular compartment due to pressure gradient.

Pain: By reducing edema tension on nerve endings diminishes and pain relieves.

1. *Hot water bath & rest*^{9, 10} ;To excrete abnormal blood (accumulated in uterus) due to irritation of garbhashaya.
2. Maintenance of hygiene is necessary during puerperal period to prevent infections of traumatized genitalia and cross infection to neonate.
3. *Yoni fumigation with Kustha*¹¹, *Guggulu*¹², *Aguru*¹³ mixed with *ghritta*¹⁴; All these drugs have essential volatile oils which have strong antiseptic, anti inflammatory & disinfectant properties especially against streptococcus staphylococcus, E.Coli, Pseudomonasaerogenes, Neisseria gonorrhoea¹⁵.
4. *Decoction of Laghupanchmoola or Vatahara plants*^{16, 17}; Laghupanchmoola has Goksuru, Kantakari, Brihati, Saliparni and Prishaniparni. All these drugs have digestive, anti inflammatory¹⁸ and antiseptic. Goksuru specially have anti bacterial property (alcohol and aq. Ext.) against S. aureus and E. coli¹⁹. So it prevents infection of traumatized tissue during puerperal period.

Drugs of Dashmoola group have diuretic²⁰, digestive, appetizer²¹, analgesic²², resolves body fluid²³, antispasmodic and rejuvenating properties²⁴. They also help to regain bladder tone being nerve tonic²⁵.

5. *Pippali, Pippalimoola*²⁶, *Chavya*²⁷, *chitraka*²⁸, *shringabera*²⁹ *churna with ghritta or hot jaggary*^{30, 31, 32}; As ghritta being yogvahi enhances the properties of Panchkola by balancing its ruksa and tiksana properties. Panchkola drugs have antipyretic, appetizer, utero-tonic, antibacterial, antifungal, analgesic and ecboic.

6. 8. *After digestion of olegenous substance rice gruel prepared with Vidarigandhadigana of drugs or milk*^{33, 34}; Drugs of Vidarigandhadigana like Vidari, Mahabala, Nagbala, Kapikacchu, Jivaka, Rishbhaka, Satavari, Goksuru, Punarnava, Saliparni etc. are mostly Rasayana. So have anabolic action, hepatoprotective, rejuvenating and tonic³⁵. So helps the woman to recover in puerperal period.

Satavari has proven galactagogue³⁶ and helpful in lactation.

Sariba purifies the milk³⁷.

7. Morning & evening irrigation with hot water. ^{38, 39, 40}

8. Above regimen used for 3,5,7 nights⁴¹.

9. *Liquid diet with soup*^{42, 43} *of yava, kola*⁴⁴, *kullatha*⁴⁵; Liquid diet and soup of above contents are easily assimilable, quenches thirst, diuretic and demulcent, helpful in convalescence during puerperium. These are diuretics and enhance the excretion of peptones as urea and creatinine in urine. Peptones are liberated in the uterus by autolysis of protoplasm due to action of proteolytic enzymes which enter in blood stream

3. After 12 nights use of meat soup of wild animals, decoction of jivaniya, brimhaniya, madhura & vatahara drugs⁴⁶.

Meat is an excellent food source of iron, vitamins, essential amino acids and trace elements⁴⁷. Madhura, Brihaniya drugs are anabolic and helpful to recover maternal system from stress and strain of labour. Helps in galactogenesis and enhances the property of maternal milk.

Discussion

There are ample changes occurring in *garbhavastha, prasavastha*, the *chala doshas, kleda, raktha nisruthi, dhatu kshyata* and *shunyata* of her body after a stage of *sukha prasava*, makes *sutika abala* and more prone to get *vata* vitiating disorder. The delicateness of her body makes the necessity of particular mode of life in order to attain her health and rejuvenate her body. The *sutika kala* or duration mentioned for all the above said dietic regimen is *adhyardha-masa*, it is minimum needed period where the lady must follow particular mode of life. The *sama dosha, sama agni, sama dhatu mala kriya* is attained by following *sutika paricharya*. And helps in the proper formation of the *Dhatu*s, increasing *agni*, proper *excretion of mala, mutra* and *dusta shonita*.

Conclusion

Different procedures followed including *ahara* and *achara* for the purpose of *punar naveekarana* of the *stree* is *sutika paricharya*. It is process of rejuvenation done for the purpose *swasthy-rakshans*. It is *paricharya* followed in order to protect herself and her infant too.

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