

PRACTICAL APPLICATION OF AMAPACHAK HERBAL TEA W.S.R TO DIFFERENT DEHA PRAKRITI PERSONS - A REVIEW

[Kamble Swati M¹](#), [Satbadre Pratik H²](#)

¹Asst. Professor Kriya Sharir Dept. BMAM, Nagpur. ²Asst. Professor RSBK Dept. BMAM, Nagpur, India

Corresponding Author: swatikamble1089@gmail.com

<https://doi.org/10.46607/iamj1610062022>

(Published Online: June 2022)

Open Access

© International Ayurvedic Medical Journal, India 2022

Article Received: 10/05//2022 - Peer Reviewed: 16/05/2022 - Accepted for Publication: 08/06/2022



ABSTRACT

Ama is an undigested form of food that gets absorbed into the system without proper assimilation, such partially digested material is not used by the system for nourishment but clog the channels of nutrition supplement. This *Ama* eventually undergoes a number of chemical changes which create toxins. These toxins hamper the immune mechanism of respective tissue, causing various diseases. This *Ama* should get digested to maintain the normalcy of the physiology. There are various herbal drugs that are advised for the digestion of the *Ama*. These herbal drugs can be administered in the form of herbal tea, which can be called *Amapachak* herbal tea. *Amapachak* herbal tea is a blend of various Ayurveda herbal drugs supposed to detoxify and purify the body. These various drugs can be classified according to the *Prakriti* of a person. As per the predominant of *Dosha*, there are three types of *Deha Prakriti*. These core concepts allow implementation of ways for not only personalized medicine but also personalized prevention. So, this attempt is made to implement such kind of herbal teas in our daily regimen for personalized prevention of disease according to different *Deha Prakriti* persons.

Keywords: *Ama Pachak* herbal tea, *Phanta Kalpana*, *Deha prakriti*, Detoxification.

INTRODUCTION

Ama is the most important concept explained in Ayurveda which means unripe or undigested food, *Ama* is secreted by weak digestive fire, fire overload

with heavy food, sedentary lifestyle, etc. This *Ama* starts to accumulate in various channels of the body resulting in clogging of these channels and also creates

lots of toxins in the body leading to various diseases. Treating this *Ama* is very much important. Ayurveda has mentioned various *Amapachak* herbal drugs which help to digest this *Ama* and ultimately play a very vital role in being healthy. These *Amapachak* herbal drugs can be administered in the form of *Phant Kalpana*, which is one of the *Panchvidha Kashay Kalpana*. This *Phant* can be compared with today's tea. This *Amapachak* herbal tea can be personalized according to the different constituents of the body which is explained in Ayurveda. There are three different constituents of body *Vata*, *Pitta*, and *Kapha*, all having different characteristics. *Amapachak* herbal tea can be blended with specific *Ras*, *Virya*, *Vipaka*, and *Guna* as per the need of different constitution.

Aim

To study the practical Application of *Amapachak* herbal tea with special reference to different *Deha Prakriti* persons.

Objective

1. To study the concept of *Aam*
2. To study different herbal drugs with their *Rasa*, *Guna*, *Virya* and *Vipaka*.
3. To study the characteristics of different *Prakriti* persons with their *Guna*
4. To study the application of different herbal teas according to different *Prakriti* persons

Review of literature

The concept of *Ama*

Ama is a term denoting a product that is an undigested form derived from food that gets absorbed into the system without proper assimilation. Due to diminished digestive fire (*Agni*), the first dhatu, namely *Rasa*, does not form properly so it remains in the *Amashaya* (stomach) for a long time such kind of improper form of *Rasa* is called as *Ama* [1]. This substance creates pressure on *Sroto Mukh* and accumulates there clogging the *Srotasa*. *Ama* comprises a group of a toxic substance, not capable of nourishing the body but vitiates the *Dosha* and cause disease [2]. So, the first phase of *Dosha Dushti* is *Ama*.

Causative factor of *Ama* [3]

Aharaj Factors: *Guru*, *Shita*, *Vishtambhi*, *Shushka*, *Vidahi*, *Ruksha*, *Picchil*, *Guna* causes *Aam*.

Viharaj Factors: *Ratri jagaran*, *Divaswapna*, *Veg dharan*,

Mansik factors: *Chinta*, *Shoka*, *Bhaya*, *Krodha*, *Irsha*, *Lobha*

Others: *Improper Panch-karma*, *Vyayam After snigdha bhojana*, etc

Feature of *Ama*

It is properly unprocessed consisting of heavy, unctuous, liquid, sticky, fibrous material, having a foul smell, causing debility and weakness to the body and many diseases. It remains stagnant in body channels and acts like a poison [4].

Signs & Symptoms of *Ama* [5]

Generalized signs and symptoms of *Ama* as below:

- Srotorodha*: Clogging of channels
- Balabhramsha*: Decrease strength of immunity, Fatigue
- Gaurav*: Heaviness in the body and head.
- Anila Mudhata*: Abnormal or obstructive flow of *Vata*
- Alasya*: Lethargy
- Apakti*: Indigestion
- Nisthiva*: Excessive salivation
- Malasanga*: Obstruction of urine & stool also other waste product in the body
- Aruchi*: Lack of desire towards food.
- Klama*: Exhaustion
- Arti*: Restlessness
- Vistambha*: Constipation
- Vidaha*: Burning sensation

Therapeutic view of *Ama*

Treating this *Ama* is the most important thing to avoid future serious disorders. According to *Ashtang Sangraha Deepan* and *Pachan* medicine are advised to treat this *Ama* [6]. The drug having *Deepan* property stimulates the fire to avoid formation of *Ama* and *Pachan* property helps in digestion of accumulated *Ama* in *Srotas*. The drugs which are mentioned in *Bhavprakash* which helps in *Deepan* and *Pachan* can be used are *Shunthi*, *Aadrak*, *Yashtimadhu*, *Nimbuk*, *Guduchi*, *Ashwagandha*, *Ushir*, *Dhanyak*, *Taruni*, *Draksha*, *Dalchini*, *Marich*, *Tulsi*, *Lavang*, and Honey.

The concept of Prakriti

It is the core concept of Ayurveda, which forms the pitch for all concepts. From being healthy to getting a cure every time Prakriti has to be in the back of the mind. Prakriti is nothing but the different constitution of the body having different characteristics. Acharya Charak Samhita had mentioned the characteristics according to the Guna. The specific characteristics present in the person are dependents on this Guna as mentioned below

Vata Prakriti: Ruksha, Laghu, Chal, Bahu, Shighra, Shita, Parusha, Vishada^[7]

Pitta Prakriti: Ushna, Tikshna, Drava, Visra, Amla, Katuk^[8] Kapha Prakriti: Snigdha, Slakshna, Mrudu,

Madhur, Sandra, Manda, Stimit, Guru, Shita, Pichhil and Achha^[9].

Samanya Vishesh Siddhant

To keep these Dosha in balance state Acharya Charak has mentioned Samanya Vishesh Siddhant. Samanya always a reason for vrudhi (increase) in quality and quantity of bhav padarth (dravya, guna, karma) while Vishesh leads to its Hras (destruction)^[10].

Amapachak Herbal Drugs

The list amapachak herbal drugs is given below with their Guna, Ras, Virya, and Vipaka which act as a Vishesh (depletion) of Dosha to maintain their normalcy.

Herbal Drugs For different Deha Prakriti Persons

Table 1: Vata Prakriti persons

Sr. no.	Herbal Drug	Guna	Rasa	Vipak	Virya	Dosha Shaman	Other features
1	Shunthi ^[11]	Laghu, Snigdha	Katu	Madhur	Ushna	Kapha Vata	Deepan Pachan
2	Nimbuk ^[12]	Laghu	Amla	Madhur	Anushna	Tridosha	Deepan Pachan
3	Guduchi ^[13]	Laghu Snigdha	Tikta Kashay	Madhur	Ushna	Tridosha	Vishaghna
4	Yashtimadhu ^[14]	Guru Snigdha	Madhur	Madhur	Sheeta	Vata Pitta	Vatanuloman
5	Ashwagandha ^[15]	Laghu Snigdha	Madhur Tikta	Madhur	Ushna	Kapha Vata	Deepan Anuloman
6	Kharjura ^[16]	Guru Snigdha	Madhur	Madhur	Sheeta	Vata Pitta	Balya

Table 2: Pitta Prakriti persons

Sr. no.	Herbal Drug	Guna	Rasa	Vipak	Virya	Dosha Shaman	Other features
1	Yashtimadhu	Guru Snigdha	Madhur	Madhur	Sheeta	Vata Pitta	Vatanuloman
2	Taruni ^[17]	Laghu, Snigdha	Tikta Katu Kashaya	Madhur	Sheeta	Tridosha	Balya
3	Munakka ^[18]	Mrudu Guru Snigdha	Madhur	Madhur	Sheeta	Vata Pitta	Bruhan
4	Ushir ^[19]	Laghu Ruksha	Tikta Madhur	Katu	Ushna	Kapha Pitta	Deepan Pachan
5	Dhanyak ^[20]	Laghu Snigdha	Kashaya Tikta Madhur	Madhur	Sheeta	Tridosha	Deepan Anuloman
6	Musta ^[21]	Laghu Ruksha	Katu Tikta Kashaya	Katu	Sheeta	Kapha Pitta	Deepan Pachan

Table 3: Kapha Prakriti persons

Sr. no.	Herbal Drug	Guna	Rasa	Vipak	Virya	Dosha Shaman	Other features
1	Aardrak ^[22]	Guru Ruksha Tikshna	Katu	Katu	Ushna	Kapha Vata	Deepan Pachan

2	Dalchini ^[23]	Laghu, Ruksha Tikshna	Tikta Katu Madhur	Katu	Ushna	Vata Kapha	Deepan Pachan
3	Marich ^[24]	Laghu Tikshna	Katu	Katu	Ushna	Kapha Vata	Pachan
4	Tulsi ^[25]	Laghu Ruksha	Katu Tikta	Katu	Ushna	Kapha Vata	Deepan
5	Lavang ^[26]	Laghu Snigdha	Tikta Katu	Katu	Sheeta		Deepan Pachan
6	Honey ^[27]	Shita Laghu Ruksha Grahi	Swadu		Sheeta	Kapha	Deepan Srotovisodhana

Concept of Phant Kalpana

Panchvidha Kashay Kalpana is explained in Bhavprakash Samhita those are Swaras, Kalka, Kwath, Hima, Phant. Phant kalpana is just similar to today's tea. The Phant Kalpana is prepared by adding four parts of boiling water to one part of the coarsely powdered drug. Later when the water is still warm the mixture has to be macerated well and filtered. This filtered is called Phant.^[28]

DISCUSSION

Now a day's tea has been added to everyone's diet regimen, and green tea is today's trend which is taken in the early morning empty stomach. According to Ayurveda as mentioned in Aushadha sevan Kala, Rasayan Kala is the time to take any medicine on empty stomach. Importance of Rasayan kala is it helps to rejuvenate the Body tissue. Here is an Amapachak Herbal tea which is a blend of various herbal drugs. This Amapachak herbal tea can be prepared by the process of Phanta kalpana. The whole extract of drugs comes in Phant. The drugs selected for the preparation of this Phant having Guna against the Guns of Prakriti of a person to maintain the normalcy of a Dosh. This Amapachak herbal tea also helps to improve Digestion at Jathragni level and Dhatwagni level, prevents the formation of Ama, prevents diseases, maintain a healthy condition, and improves the immunity of the body. Amapachak herbal tea can be added to our daily regimen as a preventive measure. The same herbal drugs cannot be given to every person. Prakriti is always taken into consideration during therapeutic measure of Herbal drugs, so

Prakriti should also give equal importance to preventive measures. So, this attempt is made to implement such kind of herbal teas in our daily regimen for personalized prevention of disease according to different Deha Prakriti persons.

CONCLUSION

It is very important to prescribe Amapachak herbal tea as a preventive measure according to the Prakriti assessment of the person. Adding this Amapachak herbal tea to our daily regimen can be one of the measures to control various diseases.

REFERENCE

1. Vagbhat, Ashtang Hruday, Sutrasthan 13, Doshopakramaniyadhyaya, Shlok 25, Chaukhamba Sanskrit Pratishthan, Delhi, 2013, edited by, Dr. Brahmanand Tripathi, reprint edition, pg.188
2. Vagbhat, Ashtang Hruday, sutrasthan 8, Matrashitiyadhyay, Shlok 14, Chaukhamba Sanskrit Pratishthan, Delhi, 2013, edited by, Dr. Brahmanand Tripathi, reprint edition, pg. 137
3. Madhavanidanam, Adhyaya 25, Amavat Nidanam, Shlok 1-5, Chaukhamba Surbharti Prakashan, Varansi, 2012, edited by Dr. Brahmanand Tripathi, reprint edition, pg. 571.
4. Dr. Y. G. Joshi, Maharshi Charak samhita, Chikitsasthan, Grahanidosha Chikitsa adhyaya chapter 15, verse no. 44, Chaukhambha Prakashan, Varanasi, 2010, Pg no. 354.
5. Vagbhat, Ashtang Hruday, sutrasthan 13, Matrashitiyadhyay, Shlok 23-24, Chaukhamba Sanskrit Pratishthan, Delhi, 2013 edited by, Dr. Brahmanand Tripathi, reprint edition, pg.188

6. Vagbhat, Ashtang Hruday, sutrasthan 13, Matrashitiyadhyay, Shlok 29, Chaukhamba Sanskrit Pratishthan, Delhi, 2013 edited by, Dr. Brahmanand Tripathi, reprint edition, pg. 188
7. Charak, Charaksamhita Vimansthana 8, Rogbhishajivitiyadhyaya, Shlok 98, Chaukhamba Surbharti Prakashan, Varanasi, 2018, edited by Dr. Brahmanand Tripathi, reprint edition, pg. 761.
8. Charak, Charaksamhita, Vimansthana 8, Rogbhishajivitiyadhyaya, Shlok 98, Chaukhamba Surbharti Prakashan, Varanasi, 2018, edited by Dr. Brahmanand Tripathi, reprint edition, pg. 760.
9. Charak, Charaksamhita, Vimansthana 8, Rogbhishajivitiyadhyaya, Shlok 98, Chaukhamba Surbharti Prakashan, Varanasi, 2018, edited by Dr. Brahmanand Tripathi, reprint edition, pg. 759.
10. Charak, Charaksamhita, Sutrasthan 1, Dirghajivitiyadhyaya, Shlok 44, Chaukhamba Surbharti Prakashan, Varanasi, 2018, edited by Dr. Brahmanand Tripathi, reprint edition, Varanasi, pg.15.
11. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 331
12. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 149
13. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 761
14. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 253
15. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 763
16. Prof. P. V. Sharma Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 810
17. Prof. P. V. Sharma Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 214
18. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 133
19. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 114
20. Prof. P. V. Sharma Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 322
21. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 370
22. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 332
23. Prof. P. V. Sharma, Dravyaguna Vijnana, Chaukhambha bharti academy, Reprint 2006, 250
24. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 362
25. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 513
26. Prof. P. V. Sharma, Dravyaguna Vijnana Vol 2, Chaukhambha bharti academy, Reprint 2006, 246
27. Vagbhat, Ashtang Hruday, Sutrasthan 13, Matrashitiyadhyay, Shlok 23-24, Chaukhamba Sanskrit Pratishthan, Delhi, 2013, edited by, Dr. Brahmanand Tripathi, reprint edition, 188
28. Sharangdhar, Sharangdhar Samhita, Trutiyadhyaya, Phanta Nirmana Vidhi, Shlok 1-2, Chaukhamba Surbharti Prakashan, Varanasi, 2012, edited by Dr. Brahmanand Tripathi, reprint edition, 162.

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: *Kamble Swati M et al: Practical Application of Amapachak Herbal Tea W.S.R To Different Deha Prakriti Persons - A Review*. International Ayurvedic Medical Journal {online} 2022 {cited June 2022} Available from:

http://www.iamj.in/posts/images/upload/1492_1496.pdf