



## COMMON ANNAVAHA SROTAS VIKARA AND THEIR MANAGEMENT

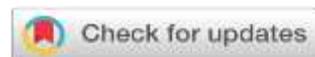
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## ABSTRACT

As per the *Ayurvedic* principle, the number of etiological factors is responsible for the vitiation of *Agni*. In impartial conditions, *Tridosha* and *Agni* help for sustaining life and in imbalanced circumstances, they create several diseases even the death of an individual. At present various signs and symptoms of *Agnidushti*, manifesting with basic pathogenesis are frequently observed in practice. Diseases related to *Annavaha Srotas* are frequently observed in clinical practice. Excessive, irregular and unwholesome food habits in addition to impaired *Agni* as well as suppression of natural urges lead to vitiation of *Annavaha Srotas* with the help of *TriDosh Dushti*. *Udararoga*, *Grahani roga*, and *Amlapitta* are common diseases in which *Annavaha Srotas* are typically involved. The organ *Grahani* is the site of *jatharagni*. It is supported and nourished by the strength of *Agni*. *Amlapitta* is also one of the most common diseases mainly caused due to *Pitta dushti*. Qualitative derangement of *Agni* and *Tridosha* creates *Udararoga* affecting *Annavaha* and *Purishvaha Srotas*. For abundant management, the diagnosis or understanding of the pathogenesis of a particular disease is very important. *Ayurveda* mainly emphasizes on prevention of disease. *Pathya Apathya* mentioned in *Ayurveda* is to prevent as well as treat the disease. *Panchkarma* also plays a major role in the treatment of *Amlapitta* and *Grahani roga*. So the aim of treatment should be to enhance the potency of *Agni* with drugs with *Deepana* and *Pachana* qualities. Also, the quantum of lifestyle should be well balanced.

**Keywords:** *Annavahasrotas*, *Agni*, *Ahar*, etc.

## INTRODUCTION

Ayurveda is an ancient medical science. *Swasthasya Swasthyarakshanam* and *Vyadhiparimokshan* are the main objectives. *Annavaahasrotas* is one of the important *srotas* described in *ayurveda*. *Amlapitta*, *Grahani* and *Udararogahara* the most common *Vikaras* of *annavaahasrotas*. *Annavaahasrotas Vikara* is increasing due to non-observance of *Dincharya*, *Ritucharya*, *Ratricharya*, *Sadvritta*, *Virudhhanna*, *Apathya sevan* and disturbed *Trayoupastambha* i.e., *Ahar*, *Nidra*, *Bramhacharya*. According to *ayurveda* unhealthy diet and *vihar* are responsible for *annavaahasrotasdushti* which results in various diseases. Now in the present era, people are so focused on a balanced diet, immunity, and prevention of diseases. *Ayurveda* plays a very big role in that as everybody in the world faces a pandemic situation like covid and many other infectious diseases which directly attacks our immunity. But *Ayurveda* explains the prevention therapy well than any other sciences like *Aharvihar*, *Panchkarma therapy*, *pathyapathya*, yoga which play a key role in fighting such diseases by increasing our immunity. Now it's time to focus on the prevention of all diseases in society with the help of *Ayurveda*. *Ayurveda* has explained the involvement of *Annavaahasrotasdushti* in the onset of each and every disease which can play a key role in the prevention of primary disease.<sup>[1]</sup>

### Aims and Objectives

- To study the *annavaahasrotasvikara*.
- Studying the management and diet, and nutrition (*ahar*, *vihar*) according to *ayurveda* enhance the power of *Jatharagni*.

### Materials and Methods

- The basic and conceptual materials were collected from the *Ayurvedic Classics* i.e., *Bruhatrayi* and *Laghutrayi* with their available commentaries, research paper, and journal.

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### Causes and Symptoms

अतिमात्रस्यचाकालेचाहितस्यचभोजनात्

अन्नवाहीनिदुष्यन्तिवैगुण्यात्पावकस्यच||१२|| -च.वि.५/१२

Untimely or indiscriminate eating of unhealthy foods and low digestive fire cause vitiation of *annavaahasrotas*.

### Common Annavaaha Srotas Vikara

#### **Amlapitta**

The word "Amlapitta" is comprised of two words – 'Amla' (sour) and 'Pitta' (Gastric juice). When a person with a pre-existing tendency for excessive pitta secretion (habitually) takes incompatible, unhygienic (excessively) sour, heart burn producing, and pitta-vitiating food and drinks, there is malsecretion of *pitta*, this condition is called *Amlapitta*. The clinicians diagnose the condition as *amlapitta* when there is dyspepsia, fatigue, nausea, acidic and sour eructation's, a feeling of heaviness, a burning sensation in the regions of the heart, and the throat, and anorexia.<sup>[2]</sup>

#### **Grahani**

*Grahani Dosha* is a common problem that especially affects people living with unhygienic conditions and suffering from nutritional deficiency. The faulty lifestyle, consumption of junk food, stress, inadequate sleep, and avoidance of *Sadvritta* are the major reasons for *Grahani Dosha*. Pathologically disease initiates due to the improper digestion of food which further vitiates *Agni* and *Doshas* leading to the formation of *ama* which further results in symptoms of constipation and diarrhea. *Grahani Roga* is caused by contamination of *Grahani* when a specific indulges in food without following the rules and regulation of diet intake, then he quickly suffers from diseases caused by the vitiation of *grahani* because of his avaricious habits. Such diseases are being described henceforth. Drugs having *Kashaya Rasa*, *Ushna Veerya*, *Madhura Vipaka* & *Ruksha Guna* help to pacify *Vata* & *Pitta Dosha*, therefore, potentiating *Agni* which improves the process of digestion. Drugs that give bulk to the stool, hydrate the body, and possess nutritional benefits also relieve symptoms of *Grahani Dosha*.<sup>[3]</sup>

#### **Udara Roga**

Diseases related to *Anna vaha Srota* and *Purishavaha Srota* (gastrointestinal system) are frequently ob-

served in clinical practice. Excessive, irregular, and unwholesome food habits in addition to impaired Agni as well as suppression of natural urges lead to vitiation of Anna vaha and Purishavaha Srota (gastrointestinal system) with the help of Tridosha. Udara Roga is such a disease in which both srotas are typically involved and later on Swedavaha and Ambuvasrotasare also takes place for the formation of the disease. The Udara Roga is occurred due to intake of excessive Ushna(hot), Kshara(alkali), Lavana(salty), Vidahi(spicy), Amla(sour), Guru Asana (heavy diet), Mithya samsarjana (improper post therapeutic care), Ruksha(dry), Viruddha(incompatible), Asucibhojana (unhygienic food), the person who is suffering from the disease Pliha(spleen), Arsha(piles), Grahnidoshha (digestive disorder), Karma vibhrama (improper physical work), Vegavidharana (suppression of natural urges), etc. Qualitative derangement of Agni and Tridosha creates Udara Roga affecting Annavaha and Purishavaha Srotas. In the disease phenomenon, one disease can produce the other disease, or the primary disease can be converted into the disease and even both diseases may be presented with their own clinical features at a time. To reveal the disease, the knowledge of the causative factors as well as the pathogenesis of diseases or the mechanism of manifestation of signs and symptoms is very much essential.<sup>[4]</sup>

### Dyspepsia

Dyspepsia describes symptoms such as discomfort, bloating, and nausea which is thought to originate

from the upper gastrointestinal tract. There are many causes including some arising outside the digestive system. Heartburn and other 'reflux' symptoms are separate entities and are considered elsewhere. Although symptoms often correlate poorly with the underline diagnosis, a careful history is important to detect 'alarm' features requiring urgent investigation and to detect atypical symptoms which might be due to problems outside the gastrointestinal tracts. Dyspepsia affects up to 80% of the population at some time in life and most patients have no serious underline disease. Patients who present with new dyspepsia at an age of more than 55 years and younger patients unresponsive to empirical treatment require investigation to exclude serious disease.<sup>[5]</sup>

### Irritable bowel syndrome (IBS)

Irritable bowel syndrome (IBS) is characterized by recurrent abdominal pain in association with abnormal defecation in the absence of a structural abnormality of the gut. About 10 to 15% of the population are affected at some time but only 10% of these consult their doctors because of symptoms. Nevertheless, IBS is the most common cause of gastrointestinal referral and accounts for frequent absenteeism from work and impaired quality of life. Young women are affected 2-3 times more than men. Coexisting conditions, such as non-ulcer dyspepsia, chronic fatty syndrome dysmenorrhea, and fibromyalgia are common. The cause of IBS is incompletely understood but psychosocial factors are thought to play an important role, along with luminal factors, such as diet and the gut microbiota.<sup>[6]</sup>

## Observation and Result

**Table 01: (A)Sign & Symptoms (Roopa)**

Amlapitta	Grahani	Udararoga
Avipaka	Malapravritti- Atisrishtam, Vibadhha, Dravam	Kukshi Adhman
Klama	Trishna	Atopa
Utklesha	Arochaka	Shopha Padkarasya
Tiktodgara	Vairasyam	Mandagni
Amlodgara	Prasekam	Shlakshanagandatwa
Gaurava	Tamapravesh	Karshya
Hrida&KanthaDaha	Chardan	

(B) Management of Annavaha Srotas Vikaras: According to Acharya Charak, chikitsa of all diseases can be divided into 3 parts-

1. Nidan Parivarjan
2. Samshodhana Chikitsa
3. Samshamana Chikitsa

#### Chikitsa of Amlapitta

**Nidanparivarjan:** Withdrawal of the etiological factors of the disease is called *Nidanaparivarjana*. Acharya Sushruta mentioned *Nidanaparivarjana* as the first line of treatment for all diseases.

In *amlapitta* excessive *Nidana sevana* leads to *Mandagni* and *Pitta vriddhi*. So nidan of *amlapitta* should be removed in its first treatment.

**Samshodhana Chikitsa:** *Samshodhana karma* eliminates the vitiated *doshas* from their root cause and thus cures the disease entirely so that there is the least probability of recurrence of the disease. Acharya Kashyap has mentioned *Amlapitta* is developed from *Amashaya*(stomach) and *kapha and pitta dosha* are having *Ashraya*'s. *Vamana* and *virechana karma* as the best treatment for *Amlapitta*, for example, as if we cut down the root of any tree, the stem of the tree dies automatically.

**Samshamana Chikitsa:** *Samshamana karma* or *chikitsa* means *Prakritivighata*. According to Acharya Kashyap after *vamana karma*, if some of the vitiated *doshas* remain in the body then they should be pacified through *Shamanayoga*.<sup>[7]</sup>

#### Oral medication

1. *Avipattikarachurna*
2. *Sutsekharras*

3. *Kamadudharas*

4. *Prawalpanchamrit*

#### Chikitsa of Grahani

- The traditional text of *Ayurveda* suggested that *Grahani Dosha* may be treated by following the concept of *Langhana* and using *Deepana* and *Pachana* medicines which help to potentiate *Agni* and eliminate *ama*.
- *Dashmooladyaghrta*, *Tryushanadyaghrta*. This medicated *ghrita* is indicated in *mandagni*.
- *Panchkoladishritam* and *peya*, *Chitrakadyagutika* is useful for digestion of *ama* and stimulation of the *agni*.
- Butter milk (*Takra*) was also suggested by Acharya Charak for the treatment of *agni*. It stimulates the power of digestion; it is *Grahi* and easily digestible.
- *Panchkarma* Therapy in *Grahani*: *Niruhabasti*, *Virechana*, and *Anuvasan vasti*.<sup>[8]</sup>

#### Chikitsa of Udara Roga

In *Udara roga*, the patient can be managed by advocating the treatment principles like –

- *Agnideepana*
- *Nitya Virechana* using *Eranda Taila* and *gomutra*.
- *Rasayana* using *Pippali Vardhamana rasayana* can be beneficial.
- *Panchakol* and *Nagradighrita* are also given to relieve *agnimandya*.
- *Narayana Choorna* is used for *Virechana*.<sup>[9]</sup>
- External therapies like *Dhara* over the abdomen using *takra*, *gomutra*, etc for a period of one month.

**Table 02: (C) PATHYA & APATHYA**

PATHYA	APATHYA
<ul style="list-style-type: none"> <li>• Go dugdha, Aja Dugdha, Mahish Dugdha</li> </ul>	Dadhi
<ul style="list-style-type: none"> <li>• Go ghrit, Takra, Tambul</li> </ul>	Masha, Aluka
<ul style="list-style-type: none"> <li>• Navneet, Karvella, Patol</li> </ul>	Avidugdha, Kanji, Manda
<ul style="list-style-type: none"> <li>• Dadima, Haritaki, Amalaki, Bibhitak</li> </ul>	Til, Jamuna
<ul style="list-style-type: none"> <li>• Manda, Peya, Vilepi</li> </ul>	Tea, Coffee
<ul style="list-style-type: none"> <li>• Mudga, Masur</li> </ul>	Fruit salad, Fish with milk
<ul style="list-style-type: none"> <li>• Shali, Raktashali, Godhum, Yava</li> </ul>	Tea, Chapati biscuits (Maida flour)

## DISCUSSION

“Rogasarveapimandagni” i.e., Mandagni is the root cause of the gastrointestinal tract. Amlapitta is one of the major diseases caused by lifestyle changes and its prevalence is increasing day by day. Grahani and Udararoga are mainly caused due to Agni dushti. Ayurveda explains the prevention therapy well than any other sciences like Aharvihar, Samshaman Chikitsa, Panchkarma therapy, Pathyapathya, Yoga which plays a key role in fighting such diseases by increasing our immunity. Ayurveda has explained the involvement of Annavaahasrotasdushti in the onset of each and every disease which can play a key role in the prevention of primary disease.

## CONCLUSION

The main aim of Ayurveda is to preserve the health of a healthy person and to treat the disease. Ahar plays an important role in the healthy and diseased. There is a mutual relationship between ahar and agni. Ayurveda offers a wide range of formulation and therapeutic modalities along with suggestions to modify lifestyle patterns which overall offers beneficial effects in the management of Annavaaha Srotas Vikara. “A person by performing appropriate diet and mode of life doing benefitting exercise, free from greed, having control upon oneself and also being truthful, the disease subsides.”

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