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“LITERATURE REVIEW OF CONCEPT OF AMA WITH RESPECT TO PATHOGENESIS AS PER AYURVEDA”

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ABSTRACT :

The concept of *Aama* is the most important and fundamental principle in understanding the physio-pathology of the disease. In ayurvedic classics, *Aama* which is the product of metabolic defect literally means undigested or uncooked food material. *Aama* gets produced due to improper digestion of the food particle due to accumulation. *Krodha*, *Shoka*, *Bhaya*, *Chinta* are the responsible factor for the production of *Aama* in the body. It combines with *Dosha* and *Mala* which results in the formation of toxins. When *Aama* combines with *Vata*, *Pitta* then it is termed as *Sama-dosha*, similarly when combines with *Dhatus* then the condition is *Sama-dushya*. And when it combines with mala then it is called as *Sama mala*. Vaidya has to determine whether the imbalanced *Dosha* is *Sama* or *Nirama*. The article reviews the concept of *Aama* with respect to pathogenesis.

Key Words:

Aama, *Ayurvedic*, Pathogenesis.

INTRODUCTION

Ama originates from the improper digested toxic particles that clog the channels in our body. Some of these channels are physical and includes the intestine, lymphatic system, arteries and veins, capillaries and genitourinary tract. *Ajirna*, *Aruchi*, *Amlapitta*, *Ananha*, *Alasaka* are ayurvedic metabolic disorders related to it. The term *Ama* means unripe, uncooked, immature and undigested² food. *Vagbhata* says that hypo function of *Agni*, the *Rasa* is not properly formed; instead the *Annarasa* undergoes fermentation being retained in *Amashaya*. It is the state which is called as *Ama*³. According to *Acharya Charaka* the causative factor of *Agnimandya* are food, over eating, irregular dietary habit, excessive consumption of cold substances which follows in the wake of disease.

➤ **Biophysical properties of *Ama***

- Liquid
- Sticky in nature
- Foul smell
- Different colors
- Heavy
- Increased sourness

➤ **Poorvaroop of *Ama***

- Anorexia
- Excessive sleep
- Stiffness
- Dullness

- Continuous aversion from play, food, sleeps.

➤ **Roop of *Ama***

- Obstructions of *Srotas*
- Diminution of strength
- Indigestion
- Excessive secretion from oral cavity
- Disturbance in movement of *Vata*
- Obstruction of urine and stool

➤ **Samprapti of *Ama***

Hetu → *Mandagni* → *Apachit Ahara* → *Ama* → *Srotas Avarodha* → *Amadosha* → *Amanna* → *Vyadhi of Mahasrotas* → *Sarvadehik Vyadi*⁴

➤ **Pathogenesis of *Ama***

❖ *Agnimandya*: normal activity of *Jatharagni* is essential for complete and proper digestion of food but due to *Mandagni*, the food is not properly digested, as a result toxic byproducts are produced. These toxics product remains unabsorbed in the gut because of its incomplete digestion. It is the root cause of all disorders.

❖ *Dhatwagnimandya*: when the power of *Dhwatagni* of a particular *Dhatu* diminished, the formation and utilization of that *Dhatu* becomes incomplete and *Ama* is produced.

❖ *Mala Sanchaya*: in this process some waste or toxic metabolic (*mala*) are produced .They are called *Kleda*. These are important for the body but

whenever it cross the limit of excession, in amount, it is excreted out from the body. If the excretion process is inadequate or its production is abnormal then it gets accumulated in the body which results in formation of *Ama*.

- ❖ Interaction of *Ama* with other *Doshas*: since the *Vata*, *Pitta* and *Kapha* possess different property to each other., when two or more *Doshas* are inter mixed with each other, then a very unique type of substance(*Ama*) is formed which usually contains the toxic properties⁵.

Samprapti of different *Aamajavyadhi*

- ❖ *Ama* is produced in

- 1) *Aamajirna (Kaphaja): Visuchika*
- 2) *Vidagdhajirna(Pittaj): Vilambika*
- 3) *Vistabdhajirna(Vataj): Alasaka*⁶

DISCUSSION

The whole catabolic processes are carried out in human being regularly guided and regulated by *Agni*. In definition of *Swasthya*, *Samagnita* is stated which indicates the equilibrium status of digestive Hormones, juices and enzymes. But due to *Pragyaparadha* or faulty life style, the *Agni* becomes disturbed at cellular, tissue or organ level and it facilitate to the formation of *Ama*. In Ayurveda *Ama* is also compared with *Visha* and *Garavisha* and produces several

acute and chronic diseases. Some Ayurvedic physicians believe that *Ama* act as an antioxidant or toxic byproduct generated due to improper activity of digestive machinery. In fact the *Ama* is a concept of anything that indeed progresses the pathogenesis of a particular disease but its nature, from and mode of effect, is not determined so far.

CONCLUSION

1. *Ama* is an outcome of *Mandagni*. It is a major causative factor for varieties of disorders in Ayurveda.
2. An ayurvedic physician should concentrate upon *Sama* and *Niramavastha* of a particular disease, and set a specific strategy for either types of condition. If it is properly executed, we can check the disease process.

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