A REVIEW OF ANNVAHASORTAS WSR TO DIGESTIVE SYSTEM

DR. SHILPA PRAKASHRAO YERME
Professor & HOD Dept of Kriyasharir, S.G.R. Ayurved College, Solapur 413002

INTRODUCTION:
Ayurvedic digestive concept are very scientific, conceptual & logical. Digestive disorders, pathology, clinical manifestations, are correlated with agnimandya, indigestion. Digestive process described in ayurvedic text has a realistic approach which shows a close interrelationship with etiopathogensis of various disease. Though these pathological explanation is described a long ago in our samhitas but shows a realistic clinical picture in todays modern era.

Aim-
Aim of study is to present compilation & collection of digestive system functions, anatomy, pathophysiology especially with reference to annvahasrotas.

Review of literature – Functional Anatomy—Annvahasrotas is one of amongst 13th srotas described in ayurvedic text. Annvahasortas (Amasaya - stomach, pakvaashya - large intestine) are the fundamental element of digestive tract. According to Charak the main place of Annvaha srotas is amashya(stomac)

ABSTRACT
Digestive system is a prime system of human body. It is well explained in various ayurved and modern textbooks. Food is vital for life and its conversation, digestion into a suitable form takes place in digestive tract. Ayurvedic digestion process includes avasthapak and vipak which are the unique concepts of Ayurvedic annapachan (digestion) process. Annvaha srotas & pachan vichar (digestive disorders) are well explained in texts. This ayurvedic concept has a major role in treating the various digestive disorders like gastritis, ulcers, acidity, dyspepsia, indigestion etc.

Key words- Annvahasrotas, amashya, mahasrotaas, annvahi dhamni.
2 and amparshva hypochondric region whereas sushruta stated that there is a paired structures of main place ie amashya & annvahi dhamni. Annvahasrotas dushti is due to atimatrabhojan (excess intake of food), akalbhojan (irregular eating habits) aheetkarbhojan (unhealthy diet) & symptoms are annabhilasha (anreoxia), arochak (hypogusia), avipaka (gastric disturbances), chhardi (vomiting, regurgitation, gastroesophageal reflux).

Annvahasrotas consists of following structures.

1) Amashaya (stomach) – It is a hollow structure or ashya situated above umbilicus. Due to hollow structure stomach can hold food & pass into small intestine. Kledak kapha in amashya helps in annakledan, bhinnasangath, pachak pitta helps in digestion. Here prithvi & jala mahabhuta get separated & madhur avasthapaka (sweet conversion of food) takes place in amashya.

2) vamparshva – charak described vamparshva as a place of annvahasortas. Actually it resembles with annanalika (oesophagus) also called as annanadi, situated behind trachea (swashnadi). It is made up of aakash & vayu having hollow structure transfers food from mouth towards amashya.

3) Grahnee It is the main site of agni where pittadharakala is situated.

Annasya grahanath Grahnee maintain ayu, aarogya, agni. Saman vayu located in grahnee helps for agnisandhuskhn (appetite stimulator) & food get digested. Here second amla avasthapaka (sour conversion of food) takes place & teja mahabhuta get separated.

4) Annvahi dhamni – Sushruta described the main place as annavahi dhamni, it resembles with annanalika (oesophagus) as in his commentary sushruta described dhamni as annanalika.

5) Pakwashaya – (large intestine), (koshtang)- The digested food after entering pakvashaya becomes dry due to absorption of water & waste material is being converted into purisha (faeces). Here katu avasthapak (bitter conversion of food) takes place.

Process of Digestion—The process of digestion in ayurvedic view is described through avasthapak & vipak
First avasthapaka takes place in amashya where all food material is converted in madhur pak. The process well observed by external features like tandra, alasya, nidra, gaurav. 

Second avasthapak takes place in grahni where actual digestion process is completed with action of saman vayu & pachak pitta. Sarkittavivechan started in grahnee completed in pakvashaya. Solid mala is converted into purisha (stool), liquid mala in mutra (urine). At the end of digestion vipak takes place which depends upon the intake of rasa ie madhur, lavan - madhur vipak, amla- amla vipak. Katu, tikta, kashya – katu vipak. 

The concept of pachan in annvahasortas is well understood with modern digestion & various digestive juices. In ayurveda, aharpinamkar bhava like agni (temp), vayu (peristaltic movement), kleda (mucus), sneha (juices), kal (time). The process of digestion undergoes day & night continuously as we require energy 24 hrs.

**Pathology (samprati –)**

Digestive disorders are due to dosha & dushya samurchanna. Common causes of annvahasortas dushti are atimatra bhojan, akaal bhojan, aheetkar bhojan. Annanabhilasha, arochak, avipaka, chhadardi, are symptoms of annvaha sortas dushti.

1) Annanabhilasha – anorexia 2) avipaka – gastric disturbances, dyspepsia, ajirna. 
3) chhadardi – vomiting / regurgitation / gastrooesophageal reflex . 4) arochak – hypogusia.

1) Annanabhilasha – (Anorexia) – Due to annanvahasortas dushti decreased wish to take food. There are various causes of anorexia like inactive life, irregular eating & drinking, vitamin deficiency, psychological causes.

2) Avipak – (dyspepsia, indigestion, ajirna ) Due to agnimandya food material is not digested properly & due to tridosh prakop vataj, pittaj, kaphaj, vishtabhajirna, vidghajirna, rassheshajirna subtypes are observed. Common symptoms are urodaha - heartburn, agnimandya – loss of appetite, udgar - bloating, chhardi - nausea, guruta - feeling of fullness.

3) Chhardi – vomiting , regurgitation, gastro oesophageal reflux disease. Vomiting is usually associated with nausea, retching, salivation, anorexia, dyspepsia.

In ayurveda there are five subtypes, vataj - retching, pittaj – burning in chest
4) *Arochak* (Gypogusia) - loss of taste sensation reduced ability to test sweet, sour, salty, bitter.

According to ayurvedic text its having subtypes *vataj, pittaj, kaphaj, sannipatik, manas.*

**Miscellaneou**

*Agnimandya*

*Visuchika*

*Vilambika*

*Grahnee*

*Amlapitta*

*Shool*

*Parinamshool*

*Annah atoap*

*Gulma*

**Chikitsa – treatment –**

*Langhan-deepan* – in *agnimandya*, *ajirna, aruchi, chaardi langhan & deepan* are most effective

-mukhdhavan kawalgrah in arochak.

-vaman in uradhvga amlapitta

-shankh bhasma, vidang churna, mayurpicchamashi in chard.

-dadimchurna pipali churna in arochak.

*Hingwashtak churna – bhaskarlavan churna, pathydichurna in ajirna.*

Nidan parimarjan- *aharvihar, dincharya, rutucharya palan, ampachan, pathyarah are* basic line of treatment.

**Discussion & conclusion –**

As per above references we can conclude that digestive disorders are dramatically treated with help of ayurved. Ayurvedic digestion process is having its own practical importance as we have discussed about *avasthapak & vipak.*

*Langhan*, *deepan, amapachan, various churnas, kalpas, vati* play a important role in curing digestive problems, also we have many surgical procedures, dramatic medicines can definitely brings revolutionary change in modern discipline of medical science.

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CORRESPONDING AUTHOR:
DR.SHILPA PRAKASHRAO YERME
PROFESSOR & HOD DEPT OF KRIYASHARIR S.G.R.AYURVED COLLEGE , SOLAPUR 413002
Email: vermeshilpa@gmail.com

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