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Review article

Consideration of ama as causative entity of some diseases a review as per Ayurveda

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Abstract

Ama is a pathological condition, which occurs due to the improper functioning of agni; ama is considered as main cause for various diseases. Ama helps to understand disease pathology. Basically, ama represents unripe or un-metabolized food material. Ama is produces due to the improper digestion of the food particle and due to accumulation of mala, which considered as pratham doshadusti. Conditions of mental stress like; kama, krodha, shoka, bhaya, chinta are the responsible factor for production of ama in the body. Ama vitiates the doshas and disturbs dhatu-samyata. It combines with dosha and mala which results in formation of toxins. When ama combines with vata, pitta then this is termed as Sama Dosha, similarly when combines with dhatus then condition denoted as sama dushya and when it combines with mala then it is called Sama mala; these all complexes of ama are considered responsible factors for various diseases. This article summarizes role of ama in various diseases.

Key words: Ama, Sthaulya, Tamaka Shwas, Grahani Roga, Amavata.

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1. Introduction

The aim of ayurveda focuses towards the maintaining of normal health. The primary approach of ayurveda encompasses diagnosis and treatment of disease. The proper diagnosis require complete knowledge of disease causative factors; ama one of that entity which is considered responsible for many diseases like; Sthaulya, Tamaka shwasa, grahani roga and amavata. The current life style pattern disturbs biological system of body significantly especially digestive system; the disturbed digestive power leads agnimandya, which resulted to form the ama. Ama produced mainly because of mandagni and represents undigested material as toxins. This ama (toxins) produces ama dosha in which tridoshas,

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dhatus and malas becomes permeated with ama produced in the amasaya which results generation of various disease. Increase level of blood urea, sugar, uric acid etc. may be considered as ama condition. This article emphasizes role of ama in various diseases [2].

2. Samprapti of Ama



Figure 1. Samprapti of Ama

3. Ama In Sthaulya (Obesity)

तस्य ह्यतिमात्रमेदस्विनो मेद एवोपचीयते न तथेतरे धातवः ।

Sthaulya is a predominant metabolic disorder. It is described by Acharya Charaka in Ashtauninditiya adhyaya. Absence of physical activity, sleeping during day and intake of foods which increases kapha, make the end product of digestion to become sweet which is turn causes increases of medas (fat) and *ama*.

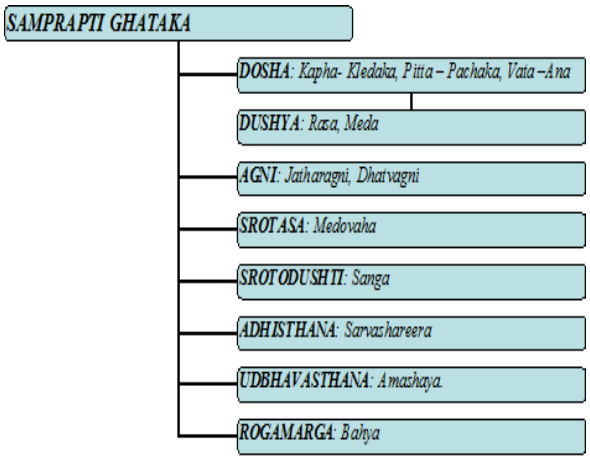


Figure 2. Samprapti of Sthaulya

Ama is one of the causative factor of obesity in certain instances since it blocks strotas; accumulation of strotas causes prakopa of vata dosha this prakupita vata dosha increases agni which enhances appetite resulted condition like; obesity, this state also involves increase in kapha dosha and meda dhatu which affects metabolic process. In such a patient fats accumulation in large quantities in the body making the person incapable of all activities, difficulty in breathing even on slight exertion, thirst, delusion, sleep, exhaustion, excessive hunger, bad smell of the body.

The modern medical science considered obesity is a disease state in which person becomes overweight. Obesity also initiates pathology of many other diseases such as;

diabetes, stroke and hypertension. Obesity significantly affects quality of life and social value of an individual [3].

4. Ama In Tamaka Shwasa (Asthma)

यदा स्त्रोतांसि संरुध्य मारुतः कफमूर्वक ।
विष्वग्व्रजति संरुध्यस्तदा श्वासान्करोति सः ॥

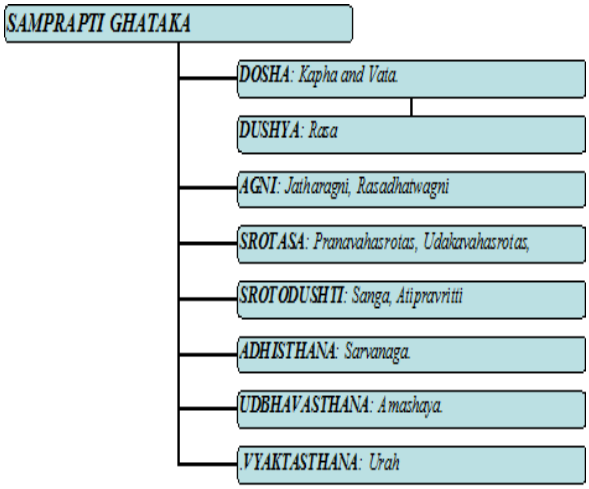


Figure 3. Samprapti of Shwasa

Tamaka Shwasa is a disease of pranavaha srotas. The disease are arises due to the dust, smoke and winds residing the cold place and using cold water, physical exertion, irregular meals, excessive intake of guru, abhishyandi and sleshmala ahara which causes agnimandya which leads vitiates jatharagni resulted formation of ama. Which causes vitiated Pranavayu leads to broncho-constriction and aggravates kapha dosha which further leads to aavarana of vayu? Ama is considered etiological factor in the pathogenesis of Tamaka Shwasa. Various types of srotodushti present in tamaka shwasa due to ama, which are sanga, vimargagamana and atipravritti. Obstruction to the vata occurs in pranavaha strotasa due to ama leads to the narrowing of air ways and vayu gets vitiated with ama resulted stambha and sankocha. This vayu also produces rukshatva in pranavaha srotosa leads further broncho constriction which causes pratiloma gati of prana vayu resulted Shotha in the pranavaha srotas, shotha is a srotodushti present in tamaka shwasa due to ama. Tamaka shwasa involves vitiation of both vata and kapha dosha. Ama increases sama kapha, which obstructs natural movement of Vayu. The role of ama in the pathogenesis of tamaka shwasa is very significant since ama triggers the dosha through its various properties; drava, guru, snigdha, picchila guna of ama vitiates pitta kapha and rasadi dhatus and these factors trigger obstruction of pranavaha srotasa through vitiated vata so symptoms are severe pain dried mouth, suffers frequently from paroxysms of dyspnoea which aggrevated by clouds, water, cold and kapha increasing things [4-5].

5. Ama In Grahani Roga

अभोजनात् अजीर्णात् अतिभोजनात् विषमाशनात् ।
असात्म्यगुरुशीतातिरुक्षसन्दुष्टभोजनात् ।
विरेक्तवमनस्नेहविभ्रमाद् व्याधिकर्षणात् ।
देशकालर्तुवैषम्याद् वेगानां च विधारणात् ।
दुष्यत्यग्निः स दुष्टोऽन्नं न तत् पचति लघ्वपि।
अपच्यमानं शुक्तत्वं यात्यन्नं विषरूपताम् ॥

Samprapti-Ghatak
Dosa: Tridosa.
Dusya: Anna, Rasa.
Adisthan: Mahasrotas,Viseshta Grahani.
Srotas: Annavah, Purisvah.
Hetu: Agnidusti, Agnimandhkarak Hetu.

Grahani is described as an agni adhishthana by traditional text of ayurveda. Ama dosha is responsible for many diseases including grahani roga. Which is disease of gastro-intestinal tract and has become very common now a day's due to the indiscipline life style and excessive consumption of fast food fasting, eating during indigestion, over eating, irregular eating, heavy, cold too

rough and contaminiated food, faulty administration of emesis, purgation and due to some disease, faulty adaptation to place, time and suppression of natural urges, diwasvapana and vega vidharana responsible for vitiation of dosha, resulted agni dushti which leads accumulation of ama and disease prognosis. Vitiation of agni leads to Agni unable to digest even the light food and the food being undigested gets acidified and toxic i.e. aama which plays significant role towards samprapti of grahani roga. The weak digestive fire burns the food incompletely which goes either upwards or downwards. When it moves out downwards in ripe or unripe condition, it is known as disorder of grahani; in such a patient often the entire food is half burnt i.e partially digested and this partially digested food is called as ama. So due to indigestion of food following symptoms are seen like stasis of food, malaise headache, fainting, giddiness, stiffness in back and waist, yawning, bodyache, thirst, fever, vomiting, griping, anorexia, improper digestion of food.

The treatment guideline of disease involves removal of ama at early stage. In grahani roga vitiation of agni take places including mandagni, madhyama ruchi, avara abhyavaharana shakti and avara jarana shakti. Investigations confirm mithya aahara vihara as main cause of the agni dushti which leads ama dosha resulted grahani roga [6-7].

6. Ama In Aamavata (Rheumatoid Arthritis)

वायुनां प्रेरितो हि आमः श्लेष्मस्थानं पधावति ।
तेनात्यर्थं विदग्धोऽसौ धमनीः पतिपद्यते ।
वात पित्त कफैर्भूयो दूषितः आम ोऽन्नजो रसः ।
स्त्रोतांसि अभिष्यन्दयति नानावर्णोऽतिपिच्छिलः ।
जनयत्याशु दौर्बल्यं गौरवं दयस्य च ।
व्याधिनामाश्रयो ह्येष आमसंज्ञोऽतिदारूणः ॥

Samprapti-Ghatak

Dosa: Tridosa (specially vata & kapha)
Dusya: Anna, Rasa, Rakta, Meda, Asthi
Adisthan: Asthivaha srotas, Sandhi
Srotas: Rasavaha, Raktavaha, medaovha, Asthivaha.
Hetu: Agnidusti, Agnimandhkarak Hetu. (vataj & kaphaj ahara-vihara)

Indulgence in incompatible foods and habits, lack of physical activity or doing physical activity after taking fatty food and those who have poor digestive capacity even normally also produces ama in the body. This ama associating itself with vata, moves quickly to the different region of kapha in the body filling them and the dhamanis with waxy material. Thus the bad product of digestion associated with vata, pitta and kapha assuming different colour, blocks the tissue pores and passage with thick waxy material i.e. ama. Ama is considered as responsible factor for the disease of amawata. It produces weakness and heaviness of the heart, which becomes the seat of the disease. Abnormal functioning of agni resulted improper digestion and immature (apachita) rasa in the amashaya which undergoes fermentation produces, ama which absorbed in the system and taken up by the aggravated and vitiated vayu specially to the kapha sthanas mainly amasaya, sandhi, uras, kantha etc. This circulatory ama along with vata gets aggravated and enters kostha, sandhi leads to loss of taste, thirst, lack of enthusiasm, fever, stiffness, heaviness in the body It also affects simultaneously the joints in the body such as waist, neck, shoulder etc. It producing stiffness of the body becomes a cause of many other diseases also. Amavata (Rheumatoid Arthritis) is a disease which involves pain all over the body. Ama is accumulated in the joint leads to joint

movement restriction, pain, tenderness and swelling in joint resulted amavata (rheumatoid arthritis) [8-9].

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