CONCEPTUAL STUDY OF RUKSHA AAHAR & ITS IMPACT ON ANNAVAHA SROTAS

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ABSTRACT

Ayurveda is having holistic approach towards life and includes eight ‘Angas’, called as ‘Ashtang Ayurved’. Kayachikitsa is the first and most important branch of Ashtang Ayurved that deals with general medicine, where Kaya has two meanings. One of those is AGNI, which is considered as the digestive and metabolic capacity of the body. Ayurveda emphasizes that all the diseases are the results of weak State of Agni – “Rogaha Sarvepi Mandagno”. Acharya Charak in Charak Viman Sthana five – Srotasam Vimanam, stated various reasons of Agni Vaigunya and Annavaha Srotas Dushhi as Aatimatrasya, Akale, Ahitasya Bhojanat and Pavakasya Vaigunya. The aim of this study is to understand the effect of Hetu ‘Aahita Aahar’,[1], specifically Ruksha Aahar over Annavaha Srotas and Agni, with special reference to disorders of Annavaha Srotas.

KEYWORDS: Agni, Annavaha Srotas, Ruksha Aahar, Aahit Aahar etc.

INTRODUCTION

Annavaha Srotas is one of the most important srotas in the body described well with Srotodushi, Lakshan, Moolasthana in Vimana Sthana by Acharaya Charak. According to Ayurveda, all types of diseases are initiated by Annavaha Srotas Dushhi and if Annavaha Srotas is vitiated then all other Srotas will ultimately get affected. So, Annavaha Srotas is considered as most important Srotas amongst all Srotas, hence it is called as ‘MAHASROTAS’.[2]

Annavaha Srotas

The Srotas or channel that carries ‘Anna’ is called Annavaha Srotas. This is co-related to Alimentary canal or gastrointestinal tract or digestive tract.

It is stated by Acharya that the Srotas are made from the contents they carry or contain. Therefore, in relation with the Annavaha Srotas it can be stated- ‘The healthier the Anna and the dietary habits, the healthier is the Annavaha Srotas’. And so it is essential for us to take food according to the Ashta Aahar Vidhi Visheshayatan and the Aahar Vidhi Vidhanam and Aahar parinamkara Bhava to avoid its vitiation.

Annavaha Srotodushti Hetu[3]

Atimatrasya- Heavy quantity of food intake
Aakale - Untimely intake of food
Ahitasya - Unwholesome food
Vaigunyat Pavakasyach - Disturbance or vitiation of the digestive capacity.

Where, Ahit Aahar basically means violation of the rules mentioned by Acharya Charaka in Ashta Aahar Vidhi Visheshayatan & Aahar Vidhi Vidhanam

Ashta Aahar Vidhi Visheshayatan includes[3]
1. Prakruti- Properties of food
2. Karan- Sanskar
3. Sanyog- Combinations
4. Rashi- Quantity
5. Desh- Region
6. Kaalrutu- Meal timings
7. Upayogsanstha- Hygiene
8. Upayokta- Individual consuming food.

Aahar Vidhi Vidhanam includes[4]
1. Ushnamashnityat- tastes better, ignites agni, gets digested easily, vayu anulomana and kapha shaman.
2. Snigdhamashnityat- Strengthens indriya, varnaprasadan.
3. Matravadashnityat- Avoid tridosh Prakop, easy excretion, regulates agni,.
4. Jirne- Ashniyatavoidoshaprakop, strengths dhatu without vitiating them
5. Virya- Avirudhashnityat- Protects from diseases

8. Ishtadeshehtasavapakaranamashniyat- Avoids mental illness.

Aahar Parinamkara Bhavas

- Ushma- Digestion of food
- Vaya- Drags aahar towards amashaya
- Kled(Jal) - Shaitihlya
- Sneha- Mruduta
- Kal- Helps in proper /ideal digestion
- Samayog- Transforming aahar into particular Dhatus.

According to the above reference, Acharya Charak has directed to take Snigdhanaa to enkindle the vitiated Agni. But in this era, the food habits of the people are changed and all these are not followed in daily routine.

Ruksha Definition

This ultimately means lack or absence of Snigdha or Dravata resulting into Shoshan of Dosh, Dhatu, Malas.

Ruksha Guna Pradhan Mahabhoot

1. Partivh - Khara, Ruksha, Kathin, Vishad etc
2. Aapya - Snigdha, Drava, Mrudu, Picchil etc
3. Taijas – Khara, Ruksha, Vishad, Ushna etc
4. Vayavvya – Khara, Ruksha, Vishad, Laghu etc
5. Aakashya – Mrudu, Vishad, Laghu etc (Abhava of properties of Aapya Bhavas indicates Rukshata)

This states that 4 of 5 Mahabhootas present in the Anna are responsible for the development of the Rukshaguna in the Annavahasrotas.

Gurvaadi Guna Vichar

Some of the gunas present in the aahariyadraya can develop rukshata n produce the symptoms e.g.
- Laghu: ‘LanghaneLaghu:’ that can decrease the size or cause constriction of the organs e.g. Achalasias Cardia.
- Tikshna: ‘ShodhaneTikshna:’ that can pull out the secretions forcefully as in Hyperacidity, shwas, kas, hikka.
- Ruksha: ‘ShoshaneRuksha:’that absorbs Dravata e.g. Shosh.
- Khara: ‘Lekhane Khara:’ resulting in scrapping of the mucosal layers e.g. ulcers
- Kathin: ‘Drudhane Kathin:’ which forms compact structures and results in hardening.

This could be vice versa. This means either these guna can create Rukshata or rukshata can create these guna and produce various diseases.

Rasa Vichar

Katu: ‘Snehmedo: Kledopashoshana’
Tikta: ‘KledoMedo vasa majjashakrunnmot ropashoshan’
Kashay: ‘KledmedoVishoshanam’

This proves that these rasa can Bring Rukshata in the Annavahasrotas e.g. Mugda, Shamak, Shigru, Sursa, Ghustruna, Marich, Hariaki, Aasuri, Trijaat, Chaturjaat.

Srotas Vichar

Consumption of substances having RUKSHA qualities mentioned above can cause following effects on Srotas – Daaran, Raukshyakarma, Glani, Vaishshadya, Laghava.

Rukshata causes Vata Prakop in the Mahasrotas and vitiation of Agni which is called ‘Visham Agni’ that can sometimes digest the food and sometimes not. This later leads to Krau Koshtata. Due to this Krau Koshta, Mardavata in Koshta vanishes, Rukshata and Khara devloping providing Sthana Vaigunya.

This proves

Ruksha Aahar
Agni Dushti

Annava Srotas Dushti

Acharaya Charaka rightly described this condition causing due to Ruksha Aahar Sevan in CharakaNidan [8] “Raukshyakathinibhutamaplyutya”. Also in Pittaj Gulma, Vata along with pitta gets vitiatiated causing [9] “Gala Talu Mukh Shosh”

Diseases Caused By Ruksha Aahar

- Jwar
- VatajGulma
- Vatajgrahani
- VatajArsha
- Udar
- VatajAtisara

These Vyadhi have RukshaAaharas its Hetu causing Agni and Annavaha Srotas Dushti.

DISCUSSION

Hetu, Linga and Aushadh are known as trisutra Ayurveda. Studying them may help us knowing many Anakta, Leshokta and Sambilagatha of many Vyadhis, Siddhantas, their aetiology and pathogenesis are challenging for modern Medical science even today

- Jwar
- VatajGulma
- Vatajgrahani
- VatajArsha
- Udar
- VatajAtisara

Vyadhis mentioned above includes some of symptoms in common w.r.t Annavaha Srotas.

- Vedana during Anna Parinaman Kala n vedana shaman after consumption of food – could be easily understood resembling it with the pain in gastric and peptic ulcers according to modern concept.
CONCLUSIONS

- **Rukshanna** develops adverse effects over Mahasrotas causing Vishama Agni & Krur Koshta and is hazardous for the body.
- Only **Rukshanna** alone can’t create all the diseases. Not following **Ashta Aahara Vidhi Visheshayatan, Aahar Parinamakara Bhava & Aahar Vidhi Vidhan** causes all Agni dushtijanya Vyadhi.
- In today’s era, almost Aahar consumed is **Rukshanna** (having lack of snigdha guna Jaliyaanash in it) which should not be devoured on regular basis and in more quantity.
- **Rukshan** can be treated by Snehana and Bruhanabut also is dependent upon Hetu- “Hetu Viparit Chikitsa’
- **Annavaha Srotas Dushti** also includes Agni Dushhti. Hence, Agni chikitsa and Chikitsa of complete **Annavaha Srotas** (From mouth to Rectumanus) is equally important.

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