



## CONCEPTUAL STUDY OF RUKSHA AAHAR & ITS IMPACT ON ANNAVAHA SROTASA

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Article Received on 17/09/2020

Article Revised on 07/10/2020

Article Accepted on 28/10/2020

### 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 Sthan Adhyay five –Srotasam Vimanam, stated various reasons of Agni Vaigunya and Annavaaha Srotas Dushti as Aatimatrasya, Akale, Ahitasya Bhojanat and Pavakasya Vaigunya. The aim of this study is to understand the effect of Hetu 'Aahita Aahar,<sup>[1]</sup>', specifically Ruksha Aahar over Annavaaha Srotas and Agni, with special reference to disorders of Annavaaha Srotas.

**KEYWORDS:** Agni, Annavaaha Srotas, Ruksha Aahar, Aahit Aahar etc.

### INTRODUCTION

Annavaaha Srotas is one of the most important srotas in the body described well with Srotodushti, Lakshan, Moolasthan in Vimana Sthana by Acharaya Charaka. According to Ayurveda, all types of diseases are initiated by Annavaaha Srotas Dushti and if Annavaaha Srotas is vitiated then all other Srotas will ultimately get affected. So, Annavaaha Srotas is considered as a most important Srotas amongst all Srotas, hence it is called as 'MAHASROTAS'.<sup>[2]</sup>

#### Annavaaha Srotas

The Srotas or channel that carries 'Anna' is called Annavaaha 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 Annavaaha Srotas it can be stated- 'The healthier the Anna and the dietary habits, the healthier is the Annavaaha 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.

#### Annavaaha Srotodushti Hetu<sup>[3]</sup>

Aatimatrasya- 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<sup>[3]</sup>

1. Prakruti- Properties of food
2. Karan- Sanskar
3. Sanyog- Combinations
4. Rashi- Quantity
5. Desh- Region
6. Kaal/rutu- Meal timings
7. Upayogsanstha- Hygiene
8. Upayokta- Individual consuming food.

#### Aahar Vidhi Vidhanam includes<sup>[4]</sup>

1. Ushnamashniyat- tastes better, ignites agni, gets digested easily, vayuanulomana and kapha shaman.
2. Snigdamashniyat- Strengthens indriya, varnaprasadan.
3. Matravadashniyat- Avoid tridosh Prakop, easy excretion, regulates agni,
4. Jirne- Ashniyataviddoshaprakop, strengths dhatu without vitiating them
5. Virya- Avirudhashniyat- Protects from diseases

6. *Naatidrutamashniyat-* Avoids *Vimargagaman* of *ahar*.
7. *Naativilambitamasniyat-* Avoids *Vishampaka*.
8. *Ishtadesheishtasarvopakaranamashniyat-* Avoids mental illness.

#### Aahar Parinamkara Bhavas<sup>[3]</sup>

- *Ushma-* Digestion of food
- *Vayu-* Drags *aahar* towards *amashaya*
- *Kled(Jal) - Shaithilya*
- *Sneha- Mruduta*
- *Kal-* Helps in proper /ideal digestion
- *Samayog-* Transforming *aahar* into particular *Dhatu*.

According to the above reference, *Acharya Charak* has directed to take *Snigdhanna* 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 Defination<sup>[5]</sup>

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

#### Ruksha Guna Pradhan Mahabhoot

1. *Parthiv - Khara, Ruksha, Kathin, Vishad etc*
2. *Aapya - Snigdha, Drava, Mrudu, Picchil etc*
3. *Taijas – Khara, Ruksha, Vishad, Ushna etc*
4. *Vayavya – 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 *Annavaahasrotas*.

#### Gurvaadi Guna Vichar<sup>[6]</sup>

Some of the *gunas* present in the *aahariyadravya* can develop *rukshata* n produce the symptoms e.g.

**Laghu:** ‘LanghaneLaghu.’ that can decrease the size or cause constriction of the organs e.g. *Achalasia 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<sup>[7]</sup>

**Katu:** ‘Snehmedo: Kledopashoshana’

**Tikta:** ‘KledoMedo vasa majjashakrunnmut ropashoshan’

**Kashay:** ‘KledmedoVishoshanam’

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

#### Srotas Vichar

Consumption of substances having *RUKSHA* qualities mentioned above can cause following effects on *Srotas* – *Daaran. Raukshyakarma, Glani, Vaishadya, Laghava*. So, *Annavaaha Srotasand Agni* will get simultaneously affected.

*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 *Krura Koshtata*. Due to this *Krura Koshta, Mardavata* in *Koshta* vanishes, *Rukshata* and *Kharata* develops providing *Sthana Vaigunya*.

#### This proves

**Ruksha Aahar  
Agni Dushti**

#### Annavaaha Srotas Dushti

*Acharaya Charaka* rightly described this condition causing due to *Ruksha Aahar Sevan* in *CharakaNidan*.<sup>[8]</sup>

“*RaukshyatKathinibhutamaplyutya*”. Also in *Pittaj Gulma, Vata* along with *pitta* gets vitiated causing,<sup>[9]</sup> “*Gala Talu Mukh Shosh*”

#### Diseases Caused By Ruksha Aahar

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

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

#### DISCUSSION

*Hetu, Linga* and *Aushadh* are known as *trisutra Ayurveda*. Studying them may help us knowing many *Anukta, Leshokta* and *Sandigdhartha* 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 *Annavaaha 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.

- *Vibandha*, *Mala-baddhta*, Barrier in the urge of *Mala* and *Mutra* due to *Vata Prakok* and increased *Rukshata* – describe the condition of constipation.
- *Vataj Grahani*,<sup>[10]</sup> says- ‘*Shuktapakam Kharangata*’ suggests Acid Reflux Diseases (GERD) and also causes,<sup>[11]</sup> ‘*KanthasyaShosha*.’ resulting in hardening and constriction of the oesophagus as mentioned in *Achalasia Cardia*. Thus means *Ushma* can also cause *Rukshata* and *Kathinya* of *Mahasrotas*.
- Additionally, modern medicines assume eradication of the intestinal flora in GIT diseases. But in *Ayurveda*, the *Anupan* for these diseases are *Amla Dravyas* eg. *Takra*, *Sura*, *Mahalunga Swaras*, *Dalimba Swaras* which are the probiotic substances beneficial for the growth of healthy micro-organisms in the intestine.

**“RaukshyatKathinibhutamaplyutya,<sup>[8]</sup> “Gala Talu Mukh Shosh<sup>[9]</sup>”**

The above verses describe Roughening and hardening of GIT due to *Ruksha* and *Ushna*.

**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 Parinamkara Bhava* & *Aahar Vidhi Vidhan* causes all *agni dushtijanya Vyadhi*.
- In today's era, almost *Aahar* consumed is *Rukshanna* (having lack of *snigdha guna/ Jaliyaansh* 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 Dushti*. Hence, *Agni chikitsa* and *Chikitsa* of complete *Annavaha Srotas* (From mouth to Rectum/anus) is equally important.

**Acknowledgement:** none.

**Conflict of Interest:** None.

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