



AMASHAYA (STOMACH) STUDY WITH SPECIAL REFERENCE FOR GI DISORDERS PREVENTION: A REVIEW ARTICLE

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Article Received on 21/05/2019

Article Revised on 11/06/2019

Article Accepted on 01/07/2019

ABSTRACT

The era of today deals with many stresses and fast lifestyles that have excellent health effects. Digestive system is one of the major structures impacted by stress and eating habits. This has resulted in a rise in GI (gastrointestinal) diseases. GI disorders that deteriorate the quality of life. *Ayurveda* refers to GI tract as its "*moolasthan*" in terms of "*Annavaha srotas*" and belly i.e., *Aamashaya*. *Ayurveda* assumes that any *srotasa* (system) research of *moolasthan* is of silent importance as it is the fundamental organ of that scheme. According to *Ayurveda pachaka pitta* that can be compared as digestive juice is one of the major components in the stomach. Undigested food is nomenclated as '*aam*' in the stomach. If food is not digested throughout the GI tract and stays in the form of '*aam*,' according to *Acharya Charaka*, it is most prevalent etiological variables for any illness. In *aamashaya*, *Doshas* vitiation produces various diseases such as *Amlapitta*, *Alasak*, etc.

KEYWORDS: *Annavaha srotas*, *Aamashaya*, *Aam*, *Pachak pitta*, Digestive health.

INTRODUCTION

Life style is a significant health-related factor, and scientists are attracting more interest. Life-style is liable for multiple illnesses, according to the WHO. Diet is the biggest life style variable and has a direct and positive health connection. Gastrointestinal system is one of the main structures impacted by this unhealthy diet. The incidence of gastrointestinal disorders worldwide is 15-45%, and it continues to increase. Most of the stress-related gastrointestinal disorders and lifestyle were included in the category non-communicable.

Health and well-being depend on our capacity to digest and transform everything into energy, according to *Ayurveda*. *Agni* is a significant factor for us to be able to digest.^[1]

- *Pachaka pitta* in *Aamashaya* (stomach) is equivqalant to *Agni*.^[2]
- In addition to GI illnesses, most illnesses are triggered by a single dominant factor *Aam*.^[3]
- *Agni* vitiation-induced unhealthy lifestyle and diet lead to digestive health disorders. *Pachaka-pitta*, *Kledak kapha* and *Saman vayu* are seated in *Aamashaya* (stomach).^[4]
- Although *Pachaka pitta* (digestive fire) plays a leading role in digestion^[5], *Kledak kapha* and *Samana vayu* are having supporting role to stimulate '*Agni*'.^[6,7]

- All GI organs operate in harmony, according to modern science, to ensure that the body gets the nutrients it requires. *Ayurveda* places extreme significance on "*Aamashaya*" as the *Annavaha srotasa*^[8] (digestive system) *moolasthan* (basic organ). Content vitiation in *Aamashaya* causes disease. There is an effort to study the *Aamashaya* in detail with its structural and physiological element to avoid GI illnesses.

AIM

This research aims primarily at studying the content and structure of *Aamashaya* by preserving content normality through preventive measures, GI disorders can be prevented to a higher extent and remain with adequate digestive health.

DISCUSSION

A healthy person is not only based on the food we consume, but the action of multiple digestive juices also causes metabolism. Digestion is essential for this purpose in order to break down food into nutrients used by the body for energy development and cell repair. Factors such as insomnia, antibiotics, disease, ageing and poor diet can often contribute to digestive disorders. Problems with adequate digestion lead not only to GI illnesses, but also to body allergies and disease and immune system impairment.

Strong digestion is the basis of powerful and healthy physiology, according to *Ayurveda*. Digestion offers *Aahar-rasa* to be transformed later into seven *Dhatus* (body tissues). *Rasa-rakta-mansa-meda-asthi-majja-shukra* are significant tissues that are correctly synthesized if food is correctly metabolized, according to *Ayurveda*. Modern science has defined the amount of organs as part of the digestive system from the mouth to the anal canal.^[9]

Each and every organ participates in numerous respects in chemical and mechanical digestion. It was nominated by *Ayurveda* as *Mahasrotas* where digestion occurs. *Aamashaya* is depicted as *moolasthan* while mentioning *Annavaha srotas*.^[10] *Moolasthan* (chief organ) is a unique notion of the relationship between *Ayurveda* and each *srotas*. It is important in terms of prognosis and in terms of treatment. Stomach, according to modern science, is food storage organ where the original digestion stage also occurs. The wall consists of mucosa, submucosa, muscularis and serosa in a structural way. Mucosa consists of stomach pits and stomach glands that contain secretory cells such as chief cells, parietal cells, mucus cells, and G cells. These cells secrete pepsinogen, lipase, HCL, mucus and other inherent factors that form gastric juice. Digestive juice plays an important role in digestion whereas muscular layer does mechanical digestion.

Aamashaya (stomach) is included in *Aashaya* according to *Acharya Sushruta* and *Charaka*. *Aashaya* implies that the organ has a hollow room or cavity to maintain substance for further conversion.^[11]

Events of blending, digestion, propulsion, etc. happen in digestion here. The word *Aamashaya* comes from the words *Aam* and *Aashaya*, *Aam* is undigested stomach food.

Aamashaya is more toward *vam-parswa* (left hypochondrium) in the epigastric region.^[12] Food transformation happens through *Agni* i.e., digestive energy or fire in the cavity.

'Aamashaya' physio-anatomical content

- *Pittadhara Kala* (membrane)
- *Mansapeshi* (muscular layer)
- *Agni- Jatharagni* (digestive power)
- *Pachak pitta* (digestive power)
- *Kledak Kapha* (mucus like substance)
- *Saman vayu*
- *Ranjak pitta*

Pittadhara kala (membrane) is a major structure in the *Aamashaya* wall.^[13] It is supposed to be the membrane capable of secreting *pitta* i.e. digestive juice. *Mansapeshi*. (Muscles) for mixing and propagating action also situated in the wall. *Agni* has *tikshna-ushna gunas* is the factor responsible for metabolism (catabolism and anabolism). *Jatharagni* is *Aamashaya*^[14]

most significant form of *agni*. *Pachak pitta* is an *agni* that is discovered in the abdomen. *Kledak kapha* is the factor that is vital to the correct digestion of food for lubrication and moisture. Modern science also thinks that without water there is no good digestion. Adequate hydration offers adequate moisture required for correct functioning of the digestive system. *Saman vayu* situated in *aamashay* stimulates the action of *agni*.

Vayu is in charge of food motion. One can correlate whole mucosa with *pittadhara kala*, mucus with *kledak kapha*, *pachak pitta* juices, and *vayu* operate with muscle action.

Acharya Ckaraka cited *Annavaha srotas* as *aruchi* (anorexia), *agnimandya* (loss of appetite), *avipak* (indigestion), *hrullas* (nausea) and *chhardi* (vomiting) causes of vitiation.

Amplapitta is so prevalent GI disorders happen due to vitiated *pitta*.^[15] According to modern science above stated defects are common signs and symptoms of upper GI illnesses like APD, Gastritis, PUD, GERD etc. that are linked to the stomach.

By knowing physiological anatomy of *Aamashaya* (stomach) one can prevent GI diseases to great extent with adaptation of following measures.

- Dietetic regimen by *Ayurveda*.
- Seasonal regimen by *Ayurveda*.
- *Panchakarma* therapy according to *Ayurveda*.

Acharya said all of our fundamental tissues (*saptadhatu*) were derived from *Aahara-rasa*. *Ahara-rasa* proper synthesis depends on dietary digestion, i.e. *agni* or *pitta* action. Maintaining these *aamashaya* constituents is therefore vital for digestive health.

Diet is a significant factor that contributes to digestive disorders. Excessive diet, unsuccessful diet, contraindicated diet (to *prakruti*) are prevalent causes of *aanavaha srotas* vitiation.^[16] Dietary regimen is one factor in the lifestyle. Since *pitta* or *agni* is a significant content of *Aamashaya*, *virechana karma* should be used in the suggested duration.^[17]

Seasonal purification of vitiated *pitta* rejuvenates digestive function. Normalcy of *pitta* can be kept by adapting rules of dietetic regimen i.e., *Ahar-visheshayatan*.^[18]

Minute stuff like *prakruti*, *karan*, *sanyoga*, *rashi* (physical status of individuals, food requirement, amount of food, consumption length, food preparation methods) etc. Taken into account for the coincidence of intake and digestive energy. Avoiding *vata-prakopak* and *kapha-prakopak ahar* prevents a *doshas* imbalance.

CONCLUSION

Aamashaya resembles one of the *aashaya's* holding and digestive abilities, according to *Ayurveda*. Structural, it has a significant function for *pittadhara kala* in digestion. *Aamashya's* physiological content is *Pachak pitta-Kledak kapha-Saman vayu*. By understanding this reality, all the steps cited by *Ayurveda* such as *Ahar-Vihar*, *panchakarma-virechan*, *rutucharya* should be taken to avoid vitiation of *aamashaya* material, especially *pachak-pitta*. Since *aamashaya* is the principal organ (*moolasthan*), it can stop a lot of GI disease in the present era by maintaining its normal one.

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