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## Quantitative and qualitative analysis of ama-on the basis of Ayurveda

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### Abstract

Ama is considered as Back Bone of all disease explained under Sastra. If definitionally speaking, "Ushmano Alpa Balatwena Dhaturmadya Apachitam. Dushtam Amasaya gatam Rasam Amam Prachakshate" (Due to Alpabala of agni, the Sarabhaga of Rasa dhatu & the annarasa which is consumed by an individual does not go proper digestion, the byproduct of this process is known as Ama]. But if we think beyond the definitions, we have to understand that the anomalies that occur in any evolutionary process of the body causes Ama. What are all the disease which caused due to metabolism, it is nothing differs from Ama. Then we can consider this Ama is cause of all disease. Understanding & Analysis is much more important than realizing Ama is the causative factor of a particular disease. Most of the lifestyle and auto immune diseases mainly occurs due to this ama only. Proper analysis of ama gives us an innovative window to the therapeutic spectrum.

**Keywords:** ama, alasaka, visuchika, dandalasaka

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### Introduction

The word 'Ama' derived from Aam Gatou which does not move. Whether The agni becomes weak (Mandagni) a number of unwanted unripe byproducts of digestion & metabolism start forming & accumulating in the body at from the gross to the molecular level, from a Local GIT level to the systemic level in tissue & cells such products are collectively called as Ama As the saying goes Vasti' is considered as "Artha Chikitsa' in Ayurveda, Ama is the cause of all disease in Ayurveda, Artha Nidana of all disease, not Sampurna nidana of all disease.

### Materials and Methods

All bruhat trayis and journals related with ama

Practical approach of ama in clinal practices on the basis of ayurveda

Implimentation of lab investigation for the quantitative analysis of ama

### Discussion

What is Ama?

In Bruhatrayi's, Vagbhata & Charaka has given detailed explanation of Ama on Mateasetaya Adyaya, Trividha kuskheeyam Vimmana.

The accumulated apachita rasa due to Alpagni which stays in amasaya is known as Ama. One more definition is also explained by Acharya Vagbhata that Ama is the byproduct of contaminated doshas that comes in to contact with each other. This Particular phenomenon compared with a simlie of poison production <sup>[1]</sup>. Then Ama is not a more over single undigested food byproduct we should tried to use our deep thinking at the level of Sukshma bhava.

### What are the Causes & its types

Among 4 types of matrahara, Atimatra asana is the reason of Ama. In present Scenario, most of us are taken Atimatra asana food.

Acharya Vagbhata classifies this Ama in to two types Alasaka & Visuchika<sup>[2]</sup>. Alasaka is mainly vishtambha Pradhana & Visuchika means by name itself cause Suchivat pain all over the body. Apart from this classification Acharya categorized these things in different 3 avasthas. First one is the variety caused due to 'Hetuvisesha.' That means there is no any predisposing factors, due to specific nidana sevana only this has happened. Under this context Only Acharya mentioned the famous Sloka Regarding "agithalmana<sup>[3]</sup>. It is a wonderful similies & in present new generation almost all have this is the mental status. Then in our clinical practice if any ama patient came with this type of nidana, they belongs to hetu vishesha Pradhana'. Here we should give Hetu vipareetha Chikitsa.

Second one is the variety due to some predisposing factors like those who are already durbala Alpa Agni eventhough lack of atimatra asana Ama is produced & stayed as a salya. This stage we can consider under khavaigunya

Third one is the stage which is caused by nidana sevana continuously even after production of ama, it causes Sarva sareera Amma & spread all over the body, produce danda alsaka"<sup>[4]</sup>. In this particular condition body is stiff as like Danda"

Finally Acharya mentioned Ama visha, which has different entity as explained before in the context of definition of Ama. Virudhanna<sup>[5]</sup> is the specific nidana for this condition. Apart from those who are having ajirna, taking large quantity of virudhanna<sup>[5]</sup>, they are specially attacked by this Ama Visha.

### Quantitative & Qualitative Analysis of Ama

Samanya Lakshana of Ama are Srotorodha, Balabhramsa, Gouravam, Anila muthata, Alasya, Apakti, Nishteavam, Malasangam, Aruchi, Klama<sup>[6]</sup>. If one Petteent come with some diseases other than Amavata We should ask these symptoms one by one, chronologically analyse how much severity & how many numbers. Apart from Prasna, we should use other two tools also Sparshama & Darsana. Quantity basis we can classify Ama in to 3 types of Bahu, Alpa, Madhy ama. This analysis only achieved by proper continous practice only. For Quality analysis, we can use some lab investigation as used in conventional science.

### Qualitative Analysis of Arma by Lab investigation

Qualitatively we can divide Ama in to 3 types Lina, Alina, chala<sup>[7]</sup>. In 'lina avastha' all Lakshanas are absent or silent. In 'Alina it will be started to shown some symptom. That is in our science explained under the context of Vridhi, Kshaya, Purvarupa, Rupa etc Ama is mainly produces Srotorodha in our body. Srotas<sup>[8]</sup> means channels, that carries transformed dhatus to one part to another Whenever there is obstruction, it will affect that dhatu definitiely. For eg: In a Rakta Kshaya Patient with Amalakshana, definitely in their Blood Report it will reflect. In a Medo dushti patient with Amalakshana, total cholesterol will definitely be affected. CRP is considered as biomarker of ama, ESR, Auto antibody Pro-inflammation cytokinin, Advanced glycation end product etc also considered as candidates of Ama

### Conclusion

Understanding & Analysis of Ama is very important than realizing presence of ama. Among Samanya lakshana first Lakshana is Srotorodha. Sotas are ayanas for passing & circulating samyak pachita dhatus as in their poshya forma. Whenever a srotorodha happens all dhatuparinama is

affected. It is no different from anything else, disease which occurs due to defect in metabolism. In world, about 80% chronic diseases are driven by lifestyle only. It specially includes heart disease, stroke, diabetes, obesity, metabolic syndrome etc<sup>[9]</sup>. Therefore as a preventive and curative aspects, understanding and analysis of ama is very important for protecting coming generations from these life-threatening diseases

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