ROLE OF PHYSIOLOGICAL CONSTITUTION TOWARDS THE ATISARA

Rahul Patil¹, Dr. Sadhana Babel², Dr. Yogesh Surse³ and Dr. Kiran Shinde⁴

¹P. G. Scholar, Department of Kaumarbhritya, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.
²Professor, Department of Kaumarbhritya, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.
³,⁴Assistant Professor, Department of Kaumarbhritya, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

*Corresponding Author: Rahul Patil
P. G. Scholar, Department of Kaumarbhritya, Shree Saptashrungi Ayurved Mahavidyalaya and Hospital, Nashik, Maharashtra, India.

ABSTRACT
Ayurveda is a system of health care dealt with the approaches of disease prevention and management naturally. Ayurveda believe that the every individual possess different constitutional component physiologically which differ from other. This consideration emphasizes the treatment of disease in individualized manner. Ayurveda described constitutional component as ‘Prakriti’ depending upon Tridoshic performance, since every individual offers specific Prakriti therefore prevalence and degree diseases differ individually. Ayurveda examine disease and plane treatment protocol based on the Prakriti of an individual thus the treatment approaches for same disease may vary person to person. Atisara means diarrhea is very common health problem especially in children. Vataja, Pittaja, Kaphaja, Sannipataja, Bhayaja and Shokaja are various types of Atisara. The children possess good immunity and desirable Kostha Prakriti are less susceptible to Atisara & require mild treatment approaches for the management of disease while the children possessed diversified physiological functioning are prone to disease and needed specific treatment protocol for the management of disease. Assessment of Prakriti in children is very important to predict disease progression and pathogenesis. The consideration of children’s Prakriti also helps to set line of treatment for the management of Atisara. This article emphasized role of constitutional component of an individual towards the prevalence & management of Atisara.

KEYWORDS: Ayurveda, Atisara, Prakriti, Diarrhea.

INTRODUCTION
Atisara is a very common problem amongst the growing children which involve excessive passage of liquid from anal route. It is related to the diarrhea as per modern science possess symptoms such as; Ksheeralasaka & Graha Roga (Putana, Sheet Putana, Andhaputana). It is one of the types of disease associated with Agni mandya. Jatharagni consisted of Pachaka Pitta, Samana Vata and Kledaka Kapha and any imbalances of these doshas lead Agni mandya and accumulation of Ama resulted diarrhea.

The metabolic functioning, physiological activities, disease susceptibility and Doshic content differ person to person therefore disease progression and treatment adaptability also vary individually. Thus ayurveda recommended that the diagnosis & treatment approaches should be established depending upon the Prakriti of an individual. Agnidosha and Ajeerna are major causes of Atisara. The prevalence and intensity of Atisara observed in diversified pattern due to the variation in Prakriti thus treatment protocol must involve consideration of constitutional involvement of diseased person. Dosha (Vataja, Pittaja, Kaphaja), Agni, Koshtha, Bala, Strotasa & physical compatibility greatly affect chances of prevalence of Atisara.

Diagnosis of Atisara
- Black/reddish, watery stool associated with mucous and blood.
- Abdominal pain.
- Fever, nausea and reduced appetite.
- Shleshma, Picchilata & sticky stool formation sometimes.
Role of Physiological Constitution towards the Atisara
The management of disease require treatment plan on the basis of patients to patient specificity. Disturbed Deha Prakriti & doshic Prakriti increases susceptibility to the disease. The prevalence of Atisara is also very frequent in some children due to imbalance body constitution. These types of cases require more preventive approaches to decreases chances of remission of disease.

Doshic involvement: if children possess Doshic Prakriti then Vataja/Pitta/ Kaphaja Atisara may occur depending on Dosha predominance. However Pitta vitiation and Kapha vitiation are more common causes of Atisara in children.

Agni: The children those possessed Mandagni are more prone to Atisara, these conditions needs use of Deepana/Pachana dravyas. Loss of appetite or indigestion is commonly observed in children suffered with Atisara.

Koshtha: The imbalanced gut motility leads formation of Ama which resulted chances of infections like; diarrhea.

Bala: The imbalance of bala resulted decrease strength of tissues which causes decreased metabolic activity and may leads Atisara.

Strotasa: Regarding Strotasa disturbed constituency of Annavaha, Udakvaha and Malavaha mainly involve in Atisara.

Consideration of Physiological Constitution towards the management of Atisara
Doshic Prakriti: Atisara which involve vitiation of Dosh (Vataja/Pitta/ Kaphaja) may cure using therapy which helps to pacify vitiated dosha such as; use of Vataunoloman drugs. Terminalia chebula help to offer Anuloman of pakwa dosha.

Mandagni: Atisara associated with Mandagni may be treats with the help of Deepana/Pachana dravyas which retrieved impaired appetite.

Koshtha: Bitter, astringent and Vayu mahabhus compounds leads lightness in abdomen (Koshtha laghava). Thus enhances liquefaction, detoxification and excretion of Aama from the body. Aamapachak dravya like Zinniber officinale also help to improve functioning of Koshtha.

Bala: The imbalance of bala may be modified using nourishing foods supplements. The immune boosting bhasma also improve bala.

Strotasa: Anuloman action of some laxative compounds leads improvement in functioning of Annavaha, Udakvaha and Malavaha Strotasa mainly involve in Atisara.

CONCLUSION
The Deepana/Pachana dravyas recommended by ayurveda for the management of Atisara, the compounds which lead Bodhak kapha in mouth for taste sensation also help to enhance appetite in children suffered with digestive problem. The Dravyas which offer stimulation of digestive fire (‘Saman Vayu’ and ‘Agni Sandhukshan) should be used for prevention of reoccurrence of disease. The drugs which possess Kaphaghna action offers Jatharagnideepan and Vatanulomana effect thus help to relieve digestive disorders like; Atisara. The detoxifying agents like help in excretion of dushti mala. The herbs like; Bael, Ajmoda, Lodhara, Dadim, Badishep, Daruhalad, Jaiphal, Sunth, Arvish & Kuda relieve obstruction, facilitate Vatanulomana and enhance passage of normal stools without pain. These herbs also exerted Krimighna action and prevent formation of Annavisha which are the causes of Atisara.

REFERENCES