INTRODUCTION

Ayurvedic treatment is an ancient form of treatment as exposed by our ancient ages through their penance which was brought down to earth and which was disseminated amongst the masses. It is a unique form of treatment for all kinds of vayu related disorders. Among all the Vat related diseases Ama vat or gut disorder is common.

Q.1. What is Ama and Ama vat and what is the cause?
Ans: Ama is a non-oxidised substance or unmetabolised particles, which moved all over the body. If they are store in a place like this-Sandhi, cells, Three Dosha, seven Dhatu, three mals etc. When Aam is the resides in joints called Aamvat, because Joint is the place of Vat. The kind of pain that emanates from various Sandhis or joints is known as Ama vat. A person experiences excruciating pain as though being whipped. That is why it is known as Ama vat. The reasons behind the pain are having: milk with fish, milk with jiggery, having unctuous and heavy food, wakefulness at night, motion of both urine and stool, food made of split grams, too much worrying, depression, and allergy. All these reasons are Vat vardhak.

Q.2. What are the symptoms of Ama vat?
Ans: The several joints in our body (knees, arms, spinal cord) they prevent proper walking, so these are some of the mild symptoms. The main symptoms of the dosha are when the Pita or bile is a dosha and is there in the joint then mobility in the joints is numb, there is an itching sensation in the corners of the joint. If the severity of the disease increases then there is swelling on the feet, head, private parts, anus, and rectum. As well as other symptoms like loss of appetite, loss of taste, burning sensation in the body, vomiting and pain in the chest.

Q.3. How does Ama vat affect our body?
Ans: When we have opposing food then proper digestion of food doesn't take place resulting in Ama vat – legumes lentils, red lentils, Fried food, over indulgence in food (more than that is required) the Vat travels through blood and remains in the joint and creates Vat. Vaccine, Obstruction, loss of lubrication after absorption of lubricant fluid.

Q.4. Do we have any natural remedy to the treatment of Vat?
Ans: The seeds of castor oil plant, ginger should be ground to powder in equal quantities and then mix together 5 grams in a glass of luke warm water and milk and if taken every morning on an empty stomach for two months this disease will be alleviated. Castor oil and Ginger both medicine destroy vaccume, obstruction, clear the passage and fully lubricate joints.

Secondly if we mix 3 grams of powdered haridra (Indian barberry), with 15 ml of castor oil, with warm cow milk and consume it at night for good results. All these medicine create heavy lubricated surface with high conductivity on joints.

If a patient suffers from constipation which leads to Ama vat then the remedial measure is to mix 7 grams of powdered Ipomoea turpethum with 100 ml of warm and have it regularly to cure constipation and Ama Vat. This medicine remove the Ama from body by purgation. After purgation reduce Ama in quantity and relief or loss of tenderness on effected sites. Moreover consuming four cloves of garlic everyday with food for six months alleviates joint pain.

Q.5. What are the roots and herbs to be utilized?
Ans: The leaves of Vitex negundo (Nirgundi) also known as (Poison Nut) Shuddha Ulladaka, Castor, Indian Alpinia Galanga, Garlic, Himalayan Cedar, Dashmool (a blend of ten roots of ten plants), Sunthi (ginger) Shuddha kupila (Nux vomica or poison Nut) Shuddha, Guduchi (Indian Tinospora) extract, banana leaves etc there are...
different types of medicinal powders, which are available in tablets which when consumed alleviates the problem.

**Treatment through Medicines**
Tail - Mahavishagarbha Tail, Panchgun Tail, Prasarini Tail, Panchark Tail.
Vati - Agnitundi Vati, Aamvatavatari.
Guggul - Singhnath Guggul, Yograj Guggul, Tryodashang Guggul,
Ras - Hinguleshwar Ras, Vatganjakush Ras, Samirparnag Ras, Mrtyunjay Ras, Malindo.
Ras, Aamvatvindhasani Ras.
Arishth - Ashvarishth, Punarnavarishth, Amritarishth, Dasmoolarishth.

**Herbal Treatment**
1. Oil preparations made from decoction of Samla Patra and Prasarini Patra, by adding sufficient amount of cow milk. When applied for topical applications like massage, reduces AamVat. (Charak).
2. 8 parts of roots of Samla Patra and Prasarini boiled with 64 parts of Jaggeri (Gud) (Saccharum officinarum), 1 part of Allium sativum, and keeping it for one week in thick clay vessel and after transferring it to another vessel and adding Piper longum, Pippali mool, Plumbago zeylanica, Zingiber officinale total of 32 Tola, by mixing it in clay vessel, produced preparation if consumed reduces AamVat. (Chakra Dutta).
4. By adding powder of Zingiber officinale and Anthocephalus indicus along with warm water and by consuming it reduces AamVat. (Bhav Prakash).
5. By preparing decoction of Sapindus trifoliatus fruits and leaves and use it for bath. It reduces Aam Vat.
6. By ingesting paste of Sesamum indicum and Zingiber officinale. (Bhav Prakash).
7. By drinking Zingiber officinale powder dissolved in Kanji. (Shaarang Dhar).
8. Make paste ball of 10gm. Zingiber officinale powder, 10gm. Of Ricinus communis root and covered by Ricinus communis leaves and sand and then make juice from Putpak process and take juice with honey twice a day. It reduces AamVat. (Shaarang Dhar).
9. Intake 10 ml. Swaras of Tinospora cordifolia leaves per day in empty stomach. It reduces AamVat. (Chakra Dutta).
10. Make kwath from Zingiber officinale and Acanthospermum hispidum (each 10 gram). It reduces AamVat. (Chakra Dutta).