

Clinical Assessment Criteria for *Ama* Diagnosis

Neera Saini¹ and Byadgi PS^{2*}

¹Junior Resident, Department of Vikriti Vigyan, Faculty of Ayurveda, IMS, BHU, Varanasi, India

²Assistant Professor, Department of Vikriti Vigyan, Faculty of Ayurveda, IMS, BHU, Varanasi, India

Abstract

The term *Ama* refers to raw, unripe, unprocessed or improperly digested condition of food substances probably. *Acharyas* has said that *mandagni* (low digestive power) is the root cause of all diseases & *Ama* is also produced by *mandagni*, which produces almost diseases. *Ama* is described by all *Acharyas* but the greatest clinical detail about this entity (*Ama*) is very crucial need in today's era for healthy living and to manage and prevent the diseases. There are some basic characters are described by *Acharyas* in various *samhitas* which may be helpful for the diagnosis of *Ama* condition. *Ama* may produce due to exogenous and endogenous sources, substances which are unwholesome to the body and can be termed as an antigen which is very much capable for inducing immunological reactions in *Amavata* (Arthropathies).

Keywords: *Ama*; *Mandagni*; Antigen; *Srotorodha*

Introduction

Human body has three basic physical components *dosha*, *dhatu* & *Mala*

***Corresponding author:** Byadgi PS, Assistant Professor, Department of Vikriti Vigyan, Faculty of Ayurveda, Institute of Medical Sciences (IMS), Banaras Hindu University (BHU), Varanasi -221005, India, Tel: 9450711759; E-mail: psbyadgi@rediffmail.com

Received February 28, 2014; **Accepted** March 27, 2014; **Published** March 29, 2014

Citation: Saini N, Byadgi PS (2014) Clinical Assessment Criteria for *Ama* Diagnosis. J Homeop Ayurv Med 3: 148. doi:10.4172/2167-1206.1000148

Copyright: © 2014 Saini N, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Generalized symptoms

- a) *Balabhransha* (Decrease strength or immunity)
- b) *Ga ra am* (Heaviness in body and head)
- c) *Alas a* (Lethargy)
- d) *Arti* (Restlessness)
- e) *Klama* (Exhaustion)

Systemic clinical features

- a) *Apakti* (Indigestion)
- b) *Vistambha* (Constipation)
- c) *Vidaha* (Burning sensation)
- d) *Ar chi* (Lack of desire towards food)
- e) *Nisthi a* (Excessive salivation).
- f) *Srotorodha* (Obstruction in *Srotas*)
- g) *Anila m dhata* (Disturbances in normal movements of *Vata*)
- h) *Malasanga* (Obstruction of urine and stool and other waste product)

Detail description of clinical features of *Ama*

Srotorodha: It means obstruction in the channels. *Srotorodha* may involve whole body or a particular *srotas*. *Srotorodha* can be understood as blockage in the existing route of *dosha*, *dhat* s and *malas* etc. As *Ama* is sticky in nature due to which it has tendency to stick in the *srotas* and produces symptoms accordingly. As in disease *Ama ata* blockage of *ata* due to *Ama* causes sti nness in joints. *Vikrita kapha (Ama)* also causes the formation of *ashmari* (stones) [9] which causes obstruction of urine if stone produces at any level of urinary system. Due to stickiness nature it sticks in blood vessels and causes atherosclerosis due to which blood circulation inhibits and causes ischemia. Due to *Amalakshana* there will be no free ow or conduction or transport of particles in membranes and tissues resulting in inhibition of secretion of uids, including enzymes also. Due to viscosity nature of *Ama*, the cell membrane permeability and transportation of nutrients and essential mineral exchanges becomes hampered.

Balabhransha: lack of energy or diminution of *bala* or *ojas*. *Ojas* is called *bala* [10]. *Bala* means *a amashakti* (capac.

bloc22 D(essention e which l energynts af)jW2 1 H(Aa))

Dipika commentary, Chikitsa Sthana, Grahani Chikitsa Adhyaya, 15/73, edited