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Diagnostic criteria for *Amadosha*

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ABSTRACT

Ama is the outcome of improper digestion. The product which brings discomfort in *Srotas* is *Ama*. *Agni* is having great role in the formation of *Ama*. *Ama* formation takes place in *Jataragni*, *Bhutagni* and *Dhatuagni* level, mainly due to hypo functioning state of digestive fire.^[1] *Ama* can be identified in body through urine examination, stool examination, blood investigation and biochemical test. Based on this, the concept of inflammatory condition, autoimmune diseases and other non communicable diseases can be identified and treated in Ayurveda. Thus for the treatment of Ayurveda understanding the concept of *Ama* is important.

Key words: *Ama*, Urine Examination, Stool Examination, Blood Investigations, Treatment.

INTRODUCTION

As the digestive fire is not functioning normally the formation of *Aadyadhatu* gets hampered and this improperly metabolized substance is called *Ama*, which manifest in *Amashaya*.^[2] It can be understood as *Apakvaahara Rasa* in *Amashaya*, *Rasashesha* in *Amashaya*, *Apakvamala* in *Annavahasrotas*, *Aadidhatu* resulting out of *Apakvaahara Rasa*. Thus *Ama* is something which comes in contact with *Dehagni*, and the derangement of this result in *Ama*.

Amalakshana

Ama is liquid, heavy (high molecular weight), attain different colors, etiological factor for almost all disease, slimy, visid, thread, sticky nature, manifest various kinds of pain, yields foul smell, increased

sourness, excess in quantity, thick increased turbidity, obstruct various pathways etc.^[3] When *Ama* mixes with *Dosa*, *Dhatu*, *Mala*, develops certain complex adverse reactions, which is the basis for the manifestation of the disease. It does obstruction in *Srotas*, diminution of strength, heaviness, disturbance in the normal movements of *Vata*, drowsiness, indigestion, excess secretions from oral cavity, obstruction for urine and stool, lack of desire towards food, exhaustion.^[4] *Saama* and *Niraama* are the two states of *Amadosha*.

INDICATORS OF SAMA

Urine examination

The presence of markers of *Sama* condition depends upon the tissue (*Dhatu*) involved. *Shuklatva* and *Amlatva* which is seen in acidosis indicates *Ama* with *Pitta Dushti*.^[5] Acidosis is a high level of acid in the body which causes imbalance in body's pH. it results in breathing difficulty, infection, rapid shallow breathing etc.

Alkalosis is excessive blood alkalinity caused by an overabundance of bicarbonate in the blood or loss of acid from the blood or by low level of carbon dioxide in the blood. Alkalosis can be understood as *Kaphadusti* with *Ama*. Presence of bile salts and pigments indicates presence of *Ama* in *Raktadhatu*. This can be considered as "*Asrujahamala Pitta*"

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increased due to *Raktadhatumandhyata*, *Raktavahasrotodushti*.

Sama Mutra Lakshanas can be understood by *Tailabindu Pareeksha*. If a drop of *Taila* floats over urine surface but not spreads indicates disease become difficult to cure. If *Tila Taila* drops sinks in urine Indicates incurability of the disease. Other symptoms of *Sama* in *Mutra* include, increased frequency and micturition, increased turbidity. When it mixes with *Dosha*, *Dhatu* and other *Malas* leading to manifestation of various urological disorder. There will be change in colour, consistency and specific gravity. It develops discomfort in *Mutravahasrota Avayava*.

Ama when combined with *Pitta* manifest inflammatory symptoms like burning sensation and other *Amlapitta Lakshanas*. These symptoms when shown up in urine can be taken as the indicators of *Ama* in urine.^[6]

Stool examination

There are several reference for identification of *Ama* in the *Purisha* by various texts. The common and sure among them are *Appsumajah*, *Atidrava*, *Atisaitya*, *Sleshmayukta* and *Guru*. All the *Amalakshana* present in stool shows the presence of *Stulaamarasa* in GIT and its associated *Dosha Gunas* which indicates the involvement of *Sama Doshas* in GIT.



When considering the modern parameters *Sama Pureesha* can be taken if the quantity of the stool is more than 100gm/day with putrefied odour, hard and purulent stool, either more acidic or alkaline, presence of parasite, occult blood etc.

The presence of RBC, WBC, ingested food and bacteria or parasites in stool microscopic study indicates the presence of *Ama*.

Other than *Ashtavidha Pareeksha*, *Susruta* also highlights *Samapureesha Lakshanas* in *Atisara Chikitsa*. It is mentioned as when the *Sama Mala* combines with *Dosha Dhatu* and other *Malas* diseases manifest accordingly. The symptoms are, the mala will sink in water, there will be increase in quantity and frequency. This can be associated with foul smell, change in colour and consistency and heaviness, pain in abdomen.^[7]

Blood investigation

Haemoglobin

Haemoglobin below 12g indicates *Raktadhatualpata*. Shows the condition of *Raktagnimandhyata* and *Amlatva* in *Rakta*. Hence any abnormality or subnormality in the production of RBC/hb indicates *Raktadhatvagnimandhyatva*. *Ashtanga Hrudaya* explains *Sama* is a condition manifest due to amalgamation of *Dosha* and *Dushya* resulting into formation of various kinds of disorder. Further *Arunadhata* opines that *Dushya* should be understood as *Rakta*.^[8]

If WBC increased, indicates the presence of *Ama*, because the increase of leucocytes takes place where in *Vijatiya* factor (antigen) is in circulation, and similarly decreased number also indicates *Ama* condition since less production (*Sarabaga*) due to *Dhatvagnimandhyata*.^[9] Inflammation is characterised by rubor, color, dolor and swelling which are nothing but *Shwayathu Lakshanas* results due to *Srotoavarodha* by various factors, "*Utsedalingamswayathumkaroti*". Thus inflammation markers are essential parameters to know the *Sama* condition.

ESR

ESR can be affected by the concentration of fibrinogen, immunoglobulins and their plasma proteins. The rate of erythrocyte sedimentation depends upon the increased fibrinogen and globulin, decreased albumin in blood, which indicates all condition in which *Dhatvagnimandhyata* and *Dhatukshyaya*. Since *Ama Gunas* like *Guru*, *Abhishyandi*, *Picchila* are attained by RBC leads to sedimentation fastly and there by increased sedimentation rate. It indicates *Ama* in *Raktadhatu*. Thus the inflammatory arthritis, abscess and other infections can be correlated to *Ama Lakshanas* and can be treated. Here *Samarakta Dhatu Lakshanas* can be also considered. Various dermatological disorders including leprosy, herpes, infections, pimples, hemorrhages, bleeding from genital organs, inflammation of anus, penis and oral cavity, splenic disorders, internal growths, blue moles, liver disorders, freckles, portwine mark, blackmoles, ringworm, dermatitis, leucoderma, papules, urticarial rashes, red rounded patches are the symptoms of *Samarakta*.^[10]

CRP

C reactive protein test measures the level of CRP in blood. CRP is a protein made by the liver sent into the bloodstream in response to inflammation. It increases in concentration within few hours of acute inflammatory stimulus and reaches a peak in 2-3 days and then falls relatively rapidly after the withdrawal of stimulus. CRP measurement help to differentiate inflammatory condition from non-inflammatory mechanical problems. CRP is one of the strong indicators of *Ama* condition, since it is responsible for *Agnimandya* which produce *Amadosha*.

Biochemical test

Biochemical test levels which are above the normal levels indicates the presence of *Ama*. In the case of hyperglycemia the *Ahara* consumed by person is not utilized by body tissue due to *Bhutagnimandiyata*, Thus becoming *Amalakshana* like *Bahumutrata*, *Guru*, *Tantra*, *Utsahahani*, *Upalepadi* etc. Similarly

hyperlipidemia condition indicates *Medoagnimandyata*. Decreased protein indicates *Rakta* and *Mamsa Agnimandyata* and hence less production of *Mamsadhatu*.

DISCUSSION

The application of diagnostic method can be appreciable in case of different treatment aspects. For example in case of *Amavata* the inflammatory changes will be highlighted in investigations like ESR, RA factor, CRP levels indicates *Amalakshanas* as mentioned above. By understanding the concentration and the level of *Ama* present in the disease the dose and other treatment approach can be followed. These also leads to the scope of research work in Ayurveda in order to standardize the treatment protocol.

CONCLUSION

For the standardization of Ayurvedic classic and for the accurate treatment *Ama* can be identified by various diagnostic techniques. Urine, stool examination, biochemical test, blood investigation, provide the criteria for better understanding of *Ama*. Based on the diagnostic values obtained treatment can be planned. *Pachana*, *Deepana* and other *Apatarpana Chikitsa* can be adopted for *Amadosha*.

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