AYURVEDA RESEMBLING OF AUTOIMMUNE DISORDERS W.S.R. TO AMA

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ABSTRACT
Autoimmune disorders are very common disorders which affects large population world widely. As per scientific view in autoimmune disorders there is misrecognition of antigen by body immunity. The antibodies attack on self body organs due to misrecognition which leads various diseases such as Rheumatoid arthritis, Lupus, Irritable Bowel Syndrome, Crohn’s Disease, Ulcerative Colitis, Psoriasis, Sclerosis and Polymyelitis. This article presents Ayurveda perspective of Autoimmune disorders W.S.R. to Ama & Amavata.

KEYWORDS: Autoimmune disorders, ama, Amavata, Rheumatoid arthritis.

INTRODUCTION
Ayurveda considered ama as one of the root cause of autoimmune disorders; this ama generated due the mandhagni and disturbed ojas. Ayurveda described that doshas: vata, pitta and kapha may also contribute towards the autoimmune disorders. The aggravation of vata imparts light, cold, mobile and rough properties which make person very susceptible towards the autoimmune disorders related to the anxiety. When pitta is predominant then person may become very susceptible to the inflammation. The kapha aggravation may also induce progression of autoimmune disorders.

Autoimmune disorders affect various parts of the body and mainly involve process of inflammation. The literature reveals that vitiation of pitta dosha mainly contributes towards the autoimmune disorders. Females are more prone to autoimmune disorders; elderly females are more susceptible than females of early age groups. The treatment approaches involve improvement of agni and ojas. Ayurveda also described ama as one of the important aspects of autoimmune disorders, which produced in the body due to the various factors such as: excess of undigested food, aggravation of emotions, stress, environmental factors and adverse effects of drugs.[¹-⁴]

Ayurveda Diagnosis
Ayurveda described agni & ama as vital factors responsible for the autoimmune condition. The improper functioning of digestive fire (agni) affect resistance power of body and modify process of immune response. Similarly Ama metabolic waste products may deposited in the body and affects physiological functioning of body. The further aggravation of Ama along with other physiological abnormalities leads inflammation associated with autoimmune response.

Ayurveda perspective
Ayurveda believe that the healthy human body possesses balanced status of Vata, Pitta Kapha Dosha which is termed as Sahaja Satmya, body’s own immunity does not attack on self organs and natural immune tolerance occurs. However factors such as Daiva, Svabhavika Karanas and others etiological factors leads imbalance to the Sahaja Satmya which leads loss of capacity of immune cells to identify self and foreign agents. Gunas like Sheegra, Alpasrnuti and Grahitu at the level of Raktha contributes towards the misrecognition of body tissues due to the disturbed doshic prakriti. Pitta predominance Lakshana includes Gunas such as; Teekshna Agni and Teekshna Parakrama leads attack of immune system to the body’s tissues. These all resulted consequences of autoimmune disorder especially due to the impaired functioning of dosha (ojavisramsa). The manifestation of diseases occurs at different body parts especially area where Kha Vaigunya has been manifested advancement to the Dosha Dushya Samuchana. The disease mainly involves Vata and Pitta Prakopa, however Malarupi Kapha is also formed as Balakrut. It also contributes towards Slitshmika Ojas or Apara Ojas which confer Vyadhikshamatva Shakti, so if there are any deformities in Kapha it will somewhat affects autoimmune response.[²-⁶]
Prevalence of Anyadosha Prakopa causes Kshaya to Kapha resulting malfunctioning of immune system. Ojas & Bala which are the essence of Dhatus are driven by balanced functioning of Kapha, Vata and Pitta, thus any doshic imbalances resulted malfunctioning of Ojas & Bala which further may initiate disturbed autoimmune response.^[1][4]

**AMA AND AUTOIMMUNITY**

As per Ayurveda Ama is aamyate ishat paschayate paak: which resembles indigested food or body waste (paakarahita & apakwa). Ama it enters into circulation which may resemble free radicals as per modern science, that after it settles into the body & starts many complicated process. Virtue of this body loss capacity to identify its own products & immune system start on attacking the body tissues this process termed as auto-immunity.

**Nidana**

The ama & its disorders occurs due to the various factors such as; apathyah ahara sevana, viruddhahara sevana, manovayadhaha, vegha udeeran, ajeerna & agnimandyaya avasthaa. Similarly the auto-immune diseases arise due to the various factors such as; genetic, hormonal factors, microbiological factors & environmental factors, etc.

Table 1. Comparative description of ama & auto-immunity:

<table>
<thead>
<tr>
<th>Nidana</th>
<th>AMA</th>
<th>AUTO-IMMUNITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paaka rahita</td>
<td>Agnimandyaya →apakwa ahara rasa→Dosha-doooshy samurccha→ Sama dosha→Sroto dushti →Dosha – tridosha (vata pradhana) →samshraya Saama roga (vyaktavastha)</td>
<td>Auto antibody, free radical. Immune responses</td>
</tr>
<tr>
<td></td>
<td>Antigen-antibody →auto-antibodies →Enter into the circulation → complexes are formed →damage to the body tissue →Inflammation</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Antigen size, of the antigen, types of antibodies and complexion property</td>
<td></td>
</tr>
<tr>
<td>Guna</td>
<td>Guru, Snigdha, Picchila, Tantumaya, Avipakwa, Asamayktha, Dourgandhya</td>
<td>Rheumatoid arthritis, diabetes, multiple sclerosis &amp; SLE</td>
</tr>
</tbody>
</table>

**Samprapti**

The above mentioned factors aggravated which further vitiated agni which resulted agnimandyaya apakwa anna rasa (ama rasa), this ama obstructs the srotas & dosha-doooshy samurccha initiated. Further Ama circulates throughout the body & initiates cascade disorders associated with Ama. Similarly in autoimmune disorders the immune responses gets disturbed due to the aggravation of various etiological factors (mentioned above), this disturbed immune response leads excessive production of auto-antibodies/free radical (ama) which enters into the circulation & initiates cascade of auto immune responses which involve tissue damage & inflammatory process (Amavata).

**Diagnosis/ Pariksha**

The presence of ama in the body can be identified by changes in properties of stool & urine; foul smelling & high specific gravity. Stool possesses shades of various colours with foul smell & mucous. Amavata involve Twachagata vikaras which exist as clinical manifestation help to identify disease progression.

Similarly the detection of auto-antibodies may be done using agglutination reaction tests, immunofluorescence test & ELISA test.[2][7]

**Diversified autoimmune response**

Ayurveda termed immunity as Vyadhikshamatva which means capacity to resist disease prevalence. Vyadhi Bala Virodhita resembles antagonistic to the strength and virulence of disease while Vyadhi Utpadaka Vibandhakatva resembles capacity to inhibit or bind the causes of disease. Vyadhi Bala Virodhita acts after the disease manifestation in the body, while Vyadhi Utpada Vibandhakatva controls disease Samprapti (pathogenesis). As per ayurveda various individuals possess different Vyadhikshamatva due to the different health status. Vyadhikshamatva depends upon Ojas & Bala which vary person to person due to the diversified nutritional supply. Similarly Prakruti also contributes towards the constitutional status of Vyadhikshamatva. Therefore every individual possess specific immune response which differ from other thus there are diversity in autoimmune diseases.[3][8]

**Ayurveda Recommendation for Autoimmune Disorders**

The treatment approached as per Ayurveda involves; nidana parivarjana, shodhana chikitsa & shaman chikitsa along with drugs.

- **Yoga**
  
  Yoga helps to open shrotas and improve circulatory process. It also offers cooling & calming effects thus relief process of inflammation.

- **Ahara**
  
  One should consume food stuffs as per seasonal requirements which possess ability to pacify pitta dosha. Ahara should not be very spicy and hot but it should offer cooling effects to relieve process of inflammation. Chilies, tomatoes, beets and mushrooms should be
avoided while coriander, coconut, leafy greens and watermelon, etc. may be consumed.

- **Dinacharya**
  One should rise early & start daily routine with suggestive exercise to relieve autoimmune diseases associated with inflammation. The evening meal should be consumed at least 2-3 hours prior to sleep to prevent any indigested waste (ama) which causes autoimmune responses. Ayurveda also recommended to takes proper sleep since it relax whole body a improve process of healing against auto immune response. Consumption of alcohol, tobacco and caffeine should be avoided since this may aggravates doshic imbalances and affect immune system.\(^{[3-6]}\)

**Ayurveda Herbs**
Turmeric possesses anti-inflammatory and antioxidant properties. Similarly Pippali acts as anti-inflammatory and immunomodulator agents. These herbs also help to enhancing agni and clearing ama.

**Panchakarma**
Panchakarma is a shodhna-chikitsa it detoxify body internally as well as externally and remove body waste (ama) which is responsible for the autoimmune response. It also relaxes whole body and prevents progression of autoimmune inflammation.\(^{[7-10]}\)

**AMAVATA**
Amavata is autoimmune disorder involve vitiation of vata along with ama. The disease consideration in ayurveda as follows:

- **Nidana**
  - **Vataj Amavata**
    This condition involves vata predominance and pain.
  - **Pittanubandi**: Pitta dominance possess burning sensation in effected joints along with redness.
  - **Kaphanubandi**: Kapha dominance; loss of movement in joints.

**Pratayatama Rupa**
- Sandhi Shoola
- Sandhi Shotha
- Stabdhata
- Sparshasahatva
- Sashabda Sandhi

**Chikitsa**
- **Langhana**: Consumption of light food.
- **Svedana**: It is process which reduces stiffness & heaviness. *Rukhsasveda* is used for this purpose using *Ushana Jala*.
- **Tikta-Katu** and **Deepana Dravyas**: Bitter & pungent *Dravyas* (Chitraka, Guduchi, Pippali & Maricha) are useful to digest Aama.
- **Virechana**: *Virechana* used for detoxification help to pacify vitiated vata.
  - **Snehapana**: The therapy use to control dhatu and *Vata* & thus relief disease symptoms.
  - **Basti**: *Anuvasana* & *Ashapana Basti* may be performed using *Saindhavadi Taila* and *Khara* respectively for the management of *Amavata*.

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