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Clinical consideration of *Pittaj Atisaraa*: a review based on *Ayurveda*

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ABSTRACT

Diarrhoea is one of the major disease scattered word widely, especially in tropical and sub-tropical countries. The medical science paid significant attention towards the curbing of this problem. The prevalence of *Atisaraa* is high in children especially age below 4 years, may be due to the unhygienic condition and contamination due to the infectious organism. Ayurveda considered *Atisaraa* as Diarrhea and have mentioned various treatment modalities for the prevention of *Atisaraa*. Gangadhar Churna & *Balachaturbhadra Choorna* are such formulation used in Ayurveda for the management of *Atisaraa*. The literature mentioned that these formulations control vitiation of the *Strotasa* initially and Deepana, Pachana and Grahi properties of

these drugs relieved *Annannabhilasha*, *Avipaka*, *Arochaka*, *Atidrava mala*, *Atibahu mala*. The traditional text of Ayurveda described that use of such Ayurvedic formulation control *Agnimandya* and reduces production of Ama which is main pathological factors of *Atisaraa*. The research investigation proved that use of these drugs in *Atisaraa* helped in digestion of Ama and in the improvement of Agni due to their *Pachana* and *Deepana* effect. This article presented various aspects of *Atisaraa* and its Ayurvedic management.

KEYWORDS:

Atisaraa, *Gangadhar Churna*, *Balachaturbhadra Choorna*, *Diarrhea*.

INTRODUCTION

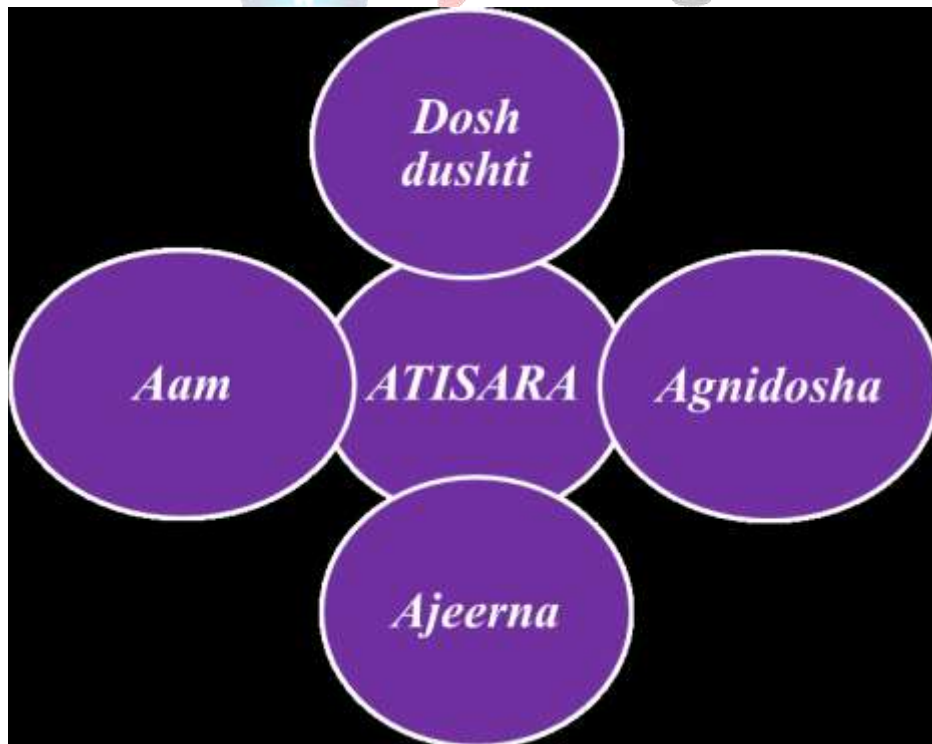
Atisaraa is disease associated with intestinal disturbances may occur due to the lack of resistance against causative pathogens and associated with water & electrolyte disturbances, malnutrition and under-nutrition. *Atisaraa* is serious health problem since it is responsible for infant mortality in tropical and sub-tropical countries. The intake of contaminated water & food stuffs are considered as main cause of *Atisaraa*. Charaka described properties of medicines which should be used in *Atisaraa*; the medicine should be *Madhura, Mridu, Laghu, Surabhi sampurna, Sheetal & Sanshamaka*. *Ayurveda* emphasized six types of *Atisaraa*

i.e. *Vataja, Pittaja, Kaphaja, Sannipataja, Bhayaja and Shokaja (Aamaja)*. *Atisaraa* also involve vitiation of *Strotasa* namely *Annavaaha, Udakvaaha and Malavaaha*. [1-4]

Figure: 1. Pathological factors of *Atisaraa*.

Causes :

Ayurveda mentioned that *Atisaraa* arises due to the deficient digestive fire (*Agnimandya*) and production of *Aam* (product of improper digestion). The *AgniDosha* and *Ajeerna* play significant role in disease prognosis. There are various causative factors associated with *Atisaraa* such as; *Aharaj, Viharaj, Manasik, Samajik*, “vitiation of *Vata, Pitta, Kaphaj*”, *Sannipataj, AamAtisara* and *RaktAtisara*.



Symptoms

- Continuous liquefied defecation.
- Weakness.
- Nausea and vomiting.
- Symptoms of low blood pressure.
- Spasm.
- Abdominal pain.

Treatments

The treatment approaches involve Nidan *Parivarjan*, removal of vitiated *Dosha*, boosting of *Agni*, *Langhan-Deepan-Pachana*, *Shodhan chikitsa*, reduction in *Aam*, *Grahee chikitsa*. *Kutaj*, *Shunthee*, *Haritaki* and electrolyte therapy also suggested for the treatment of *Atisaraa*. The therapy for *Atisara* aimed to achieve cessation of liquefied defecation, reduction in abdominal pain, improvement in appetite and maintenance of electrolyte imbalances. Ayurveda also mentioned that use of some traditional formulations such as; *Gangadhar Churna* and *Balchaturbhadra Churna* offer beneficial effects in Diarrhoea.[2-4]

Gangadhar Churna in Atisaraa

Gangadhar Churna is polyherbal Ayurvedic formulation used in treatment of diarrhoea and dysentery; it is consisted of *Mustaka*, *Araluka*, *Shunthi*, *Woodfordia fruticosa*, *Lodhra*, *Sugandh bala*, *Bilva*, *Motch ras*,

Cissampelos pareira, *Holarrhena antidysenterica*, *Mangifera indica*, *Aconitum heterophyllum*, *Mimosa pudica*.

Clinical significance of Gangadhar Churna

- Diarrhoea.
- Dysentery.
- Irregular bowel movements.
- Improving digestion.

Balchaturbhadra Churna in Atisaraa

Balchaturbhadra Churna is poly-herbal Ayurvedic formulation. It is used in cough cold and diarrhoea. It improves digestion, immunity and regulates physical growth. *Balchaturbhadra Churna* is consisted of *Motha*, *Ativish*, *Pippali* and *Kakar Singhi*.

Clinical significance of Balchaturbhadra Churna

- *Atisara*
- Dysentery
- Nausea, vomiting
- Improves appetite, digestion and immunity
- Cough, cold & Asthma
- Abdominal pain[5-6]

Summary

Atisaraa is disorder of intestinal disturbance and samprapti included Aaharaj,

Agnimandya, Aam nirmitti, and vitiation of Dosh, Abdhatu dushti, pureeshwaha srotodushti and dravikaran of pureesh mal. Socio economical status play significant role in *Atisaraa* and high number of incidence observed in lower income groups due to the prevalence of unhygienic condition.[7-8] The problem is more prompt in developing countries due to the poor hygiene, malnutrition and insufficient medical awareness. The Pitta vitiation is most predominate Doshika vitiation amongst three *Dosha* in *Atisaraa*, these Pitta vitiation may be due to the improper functioning of Agni. The treatment approaches involve improvement in Agni and Ayurveda suggested use of some conventional formulation like; *Gangadhar Churna* & *Balachaturbhadra Choorna* for the management of *Atisaraa*, the efficacy of these ayurvedic Choorna in *Atisaraa* may be attributed to their *Deepana*, *Pachana* and *Grahi* properties. The *Deepan* effect of the drugs improves appetite, *Grahi* property of *Churna* relieve frequent defecation while it is suggested that *Pachana* and *Vatanuloman* actions *Churna* relief abdomen pain, tenderness and distension of abdomen.

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