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## CONCEPT OF AAM DOSH (INDIGESTED FOOD) IN AYURVEDA

Dr. Pradeep Kumar Jaiswal<sup>1</sup>, Dr. Prashant Chandrakant Sarade<sup>2</sup>  
Dr. Madhuri Nivrutti Gavade<sup>3</sup>

Assistant Professor<sup>1</sup>, Associate Professor<sup>2</sup>, Consultant<sup>3</sup>  
Department of Kayachikitsa<sup>1</sup>, Department of Swasthavritta<sup>2</sup>, MD Kayachikitsa<sup>3</sup>  
Shri Ramchandra Vaidya Ayurvedic Medical College and Hospital, Lucknow, U.P.<sup>1</sup>  
Government Ayurvedic College, Jalgaon, Maharashtra<sup>2</sup>  
Shri Gulabrao Deokar Multispeciality Medical and Ayush Hospital<sup>3</sup>

**Abstract:** Aam is the Apakva Ahar Ras formed due to action of Mandagni on ingested food. When vitiated doshas come in association with Ama they are called Saama doshas. These sama doshas are very tough to handle as they produce serious symptoms and are root causes for many diseases. These diseases can be divided into 2 groups- Saama and Nirama. In Ayurveda various Acharyas have described about qualities, features and treatment modalities of Ama. It is very important to distinguish between Saam and Nirama Avastha of the body before treating any disease. Aam is considered as toxins produced due to improper functioning of Agni. The Aim of present article is to understand the concept of Aam.

**Index:** Aam, Apakva Ahar Ras Saama doshas, Nirama Avastha etc.

### INTRODUCTION :

The term Ama means unripe, uncooked undigested substances which produced from the impaired function of Kayagni.

ऊष्मणोल्पबलत्वेन धातुमाद्यमपाचितम् ॥  
दुष्टमाशयगतं रसमामं प्रचक्षते ॥

- अ. ह. सु. १३/२५

Due to lack of digestion strength, the Ras dhatu does not form well, it remains in raw, weak form. It gets vitiated, it stays in the Amashaya itself, and becomes Ama.[1] They are called Saam doshas. These Saam doshas are very tough to handle as they are root cause of many disease. Aam Utpatti is at highest level whenever there is low digestive power (Agnimandya). In Ayurveda the concept of agni is used in the sense of power which converts ingested substances from one to another. Agni converts food in the form of substances which are acceptable by body. Also vata, pitta and kapha dosha when mixed with one another lead to the formation of Ama dosha. Due to inhibition of jathragni if the ingested food is not properly digested and the product which arise out of such an impaired digestion are being retained in the Amashaya, they undergo changes i.e. Aam.

### AIM :

To study the concept of Aam as per Ayurveda.

**Definition of Aam:**

अविपकं असंयुक्तं दुर्गन्धं बहुपिच्छिलम् ।  
सदनं सर्वगात्राणां आम इत्याभिधीयते ॥

- मा. नि. २५ (मधुकोष टिका)

- 1) The undigested food which has to undergone Vipak, leading to Durgandha (bad smelling), and with large quantity with picchil (sticky), which leads to Gatrasedan is called Aam.(2)
- 2) Some toxins are produced from the unnecessary accumulation of feces in the body and they are also given the term Aam.
- 3) Due to Nidansevan when Agni is vitiated it becomes incapable of digesting even less amount of the digestible food and then this undigested food becomes turn into poisonous substance.

**Sign and symptoms of Aam -**

स्त्रोतोरोधबलभ्रंशगौरवानिलमूढताः ।  
आलस्यापक्तिनिष्ठिवमलसङ्गारुचिक्लमाः ॥

- अ.ह.सु. १३/२३, २४

Srotorodha (clogging of channels), Balabhransha (decrease strength of immunity), Gaurav ( heaviness in body) ,Anila mudhta (abnormal or flow of vata), Alasya (lethargy), Apakti (indigestion), Nisthiva (excessive salivation), Malasanga (obstruction of urine, stool, and waste product in the body), Aruchi (lack of desire towards food), Klama (exhaustion)

**Symptoms of Sama and Nirama Dosha:****Sama Vata Dosha Lakshana :[3]**

1. Vibandha (constipation)
2. Agni Sada (decreased appetite)
3. Tandra (Drowsiness)
4. Antrakujan (gurgling in intestine)
5. Vedana (pain)
6. Shotha (edema)
7. Toda (pricking in organs)
8. Snehadai Vriddhim Aayati Meghe Suryodaye Nishi (features increase on oleation, during clouds in the sky, during morning, during evening)

**Nirama Vata Dosha Lakshana : [4]**

- 1) Tamram (copper coloured)
- 2) Ati Ushnam (hot)
- 3) Katukam (bitter)
- 4) Saram (spready)
- 5) Uragandhi (foul smelling)
- 6) Ruchi Krit (arouses test)
- 7) Vanhi Bala Vardhan (increases appetite)

**Sama Pitta Dosha Lakshana:[5]**

1. Amla (sour/ acidic)
2. Durgandham (bad smelling)
3. Haritam (greenish)
4. Shyavam (Blackish)
5. Guru (heavy)
6. Sthiram (Stable)
7. Amlapittakar (gives rise to GERD)
8. Kantha Hrit Dahakar (gives rise to burning in chest)
9. Trishnakar (increases thirst)
10. Mukhamayan (may give rise to other oral diseases)
11. May give rise to other Pitta Rogas.

**Nirama Pitta Dosha Lakshana:[5]**

1. Tamram (copper coloured)
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**Sama Kapha Dosha Lakshana:[5]**

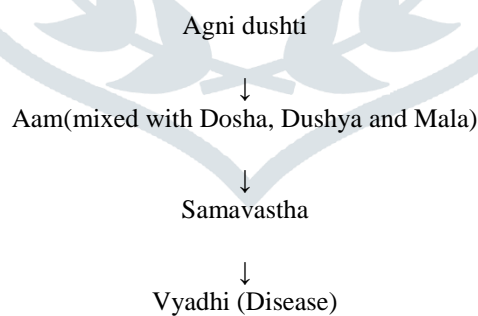
1. Avil (increased cloudiness)
2. Tantul (with fibrils)
3. Styan (increased stickiness)
4. Durgandha (bad smelling)
5. Trit Upaghatakrit (suppresses thirst)
6. Kshudha Upaghatalrit (suppresses appetite)

**Nirama Kapha Dosha Lakshana:[6]**

1. Nirgandha (odourless)
2. Fenwan (bubbling)
3. Chhedwan (can be separated in lumps)
4. Pindita (from a lump when spitted)
5. Pandu (whitish yellowish)
6. Aasyavairasya Nashkrit (arouses test in mouth)

**Causes of Aam formation –[7]**

- 1) Atimatra ashan (heavy eating)
- 2) Adhyashan ( eating even previous meal is not digested)
- 3) Ajeerna ashan (eating during indigestion state)
- 4) Virudhashan (incompatible diet)
- 5) Divaswapna, ratri jagaran, veg vidharan,

**Samprapti of Disease by Aam –****How to treat Aam dosha in Ayurveda-**

It is very important to know the Aam status in body before giving Vyadhi specific treatment. According to charak ,Mandagni is never able to digest dosha, medicine and food. It can be done in three severity of the ways according to severity of the disease.[9]

- 1) Langhan – indicated in disorder of less morbidity, Langhana (starvation) which helps in to decreased the Aam production.
- 2) Langhana Pachana – indicated in disorder of moderate morbidity, Pachan dravya helps indigestion of already produced Aam.
- 3) Dosha Avasechana – indicated in severe condition.

**Conclusion:-**

Aam is the Apakva ahara rasa due to Mandagni. Aam is formed by the action of Mandagni during digestion of food, which is responsible for various disease. Treatment of such disease first requires the knowledge of Sam and Nirama state of the body and treat the disease from its root. In Saam roga the treatment to pacify Aam dosha should be applied first and after obtaining Nirama state. Aam dosha is not capable of digesting Dosh, Ahara, and even medicine. Thus forming more Aam and increases the severity of the disease.

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