



# A SYSTEMIC REVIEW ON AMA DOSHA -AN AYURVEDIC REVIEW

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## ABSTRACT

An old branch of life science is ayurveda. It has its own fundamental ideas, such as Dosha, Dhatu, Mala, and Agni. Ama is one among them as well. It is very important in the creation of Dhatu (Dosha, Dhatu, Mala) Vaishmya (vitiation) and different ailments in the body. According to Ayurveda, the fundamental cause of all ailments is Mandagni (hypo functioning of the digestive fire). Ama is produced by Mandagni and is regarded as Apakwa Ahara Rasa (unripe, undigested, or partly digested food). Additionally, it travels throughout the body via the Srotas (channels of circulation), generates Sroto-vaigunya (vitiation in the channels of circulation), and contributes significantly to the development of many illnesses. Sama Dosha, Sama Dushya, and Sama Mala are the three doshas, dhatus, and malas that Ama has vitiated. It will provide better results to design the therapy of sickness by comprehending the idea of Sama and Niram. The notion of Ama is discussed in this review article using quotes from several Ayurvedic scriptures and Samhitas.

**KEYWORDS** - Ama, Sama, Niram, Agni, etc.

## INTRODUCTION

One of the most significant fundamental ideas in Ayurveda is called "Ama." Understanding the pathophysiology of the illness and deciding on a course of therapy are beneficial. According to Ayurveda, Mandagni (hypofunction of Agni) is the primary cause of all diseases. Proper food digestion is prevented by poor Agni functioning, which

causes Ama to develop and is the cause of the appearance of practically all ailments. There are Dosha and Dushya Vaishmya (vitiation) phases in every sickness. Understanding that the Dushit (vitiated) Dosha or Dushya is either Sama or Niram can help with therapy. Therefore, the notion of Ama, its creation at various levels, and a thorough examination of it in all Samhitas have been discussed in this article.

## AIM & OBJECTIVE

To evaluate the concept of Ama and its clinical importance to decide the line of treatment

## METHODOLOGY

For this study, many references have been gathered from Ayurvedic Samhitas and literary materials. Additionally searched were contemporary literature, similar websites, and related articles.

## CONCEPT OF AMA

The various pathological factors (Samprapti-Ghatak) associated with Ama are as follows:

**Hetu:** Agnidusti, Agnimandhkarak

**Adisthan:** Mahasrotas, Viseshta Grahani

**Dosha:** Tridosa

**Srotas:** Annavah, Purisvah

**Dushya:** Anna, Ras

Low levels of Jatharagni and Bhutaagni generate thick, viscous ama that obstructs bodily pathways because of its nature. When the Ama and Dosha unite, it forms Amavisha, which can lead to chronic sickness. These pathological occurrences are linked to Ama:

Following are some of the pathological elements (Samprapti-Ghatak) linked to Ama: Agnidusti and Agnimandhkarak, Hetu; Mahasrotas; Viseshta Grahani; Adisthan "Dosa: Tridosa," "Srotas: Annaavah, Purisvah," and "Dushya: Anna, Ras"

Vitiate Agni and causes fatigue, mental illness, lack of excitement, gas, diarrhea, bloating, a terrible aftertaste in the mouth, and appetite loss. It also transmits a sensation of unease.

## CHARACTERISTICS OF AMA

- Unpleasant Odour
- Deprives nutritional components of Ahar
- Possess tendency of accumulation

- Heavy and Sticky

## AYURVEDA MANAGEMENT OF AMA DOSHAS

Nidan Parivarjanan signifies that mitigating the causes of Ama's negative impacts is helpful. Food that has been cooked properly should be consumed, and excessive eating should be avoided. Foods that are hot, sour, heavy, or greasy are not advised. Because psychological stress can inhibit an individual, they should avoid being around tension, worry, wrath, and sadness. Ama Pachan compounds that are suggested based on a person's Prakriti. Yoga, Shodhan treatment, Swedana therapy, Agni Dipana herbs, and other methods serve to balance Ama and vitiate the Doshas.

Trikatu, Ginger, Black Pepper, Cinnamon, Hing, Ajwan, and Fennel are a few herbs that aid to lighten accumulated Ama and get rid of exacerbated Vata Dosha. Coriander, cinnamon, lime, and other bitter herbs and spices can also be used to calm Pitta Ama can. The detoxification procedures also aid in the elimination of Pitta Ama. Using medications for nausea and vomiting, Kapha Ama can be addressed. Herbs that are pungent and bitter can calm Kapha Ama. To rectify Kapha Ama, use Trikatu, Ginger, Pippali, Chitrak, Garlic, Vidanga, and Tulsi, among other herbs.

## CONCLUSION

Ama started a lot of pathological processes inside the body when it was generated at the levels of Jatharagnian and Dhatvagnian. Ama further impairs digestion and metabolism, obstructs strotas, vitiates dhatus, and disrupts rakta, which leads to a host of illnesses, including auto-immune disorders. Avoiding Virrudha Aahara, fear, worry, reestablishing a disciplined daily routine, using Ayurvedic medications, taking cleansing measures, practicing yoga, and taking into account the concepts of Pathya and Apathya helps prevent the occurrence of disorders linked to an excess production of Ama.

## CONFLICT OF INTEREST -NIL

## SOURCE OF SUPPORT -NONE

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