

FEAR A CAUSE OF AMA AND RASA DATHU DUSHTI – CASE STUDY

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ABSTRACT

Rasadhatu is one of the *Sapthadhathu* in our body. During the process of digestion, initially the nourishing part of food is transformed into *Rasadhatu*. Later, it helps in the formation of remaining *dhatus*. *Ama* is a condition when the food is incompletely or partially digested. Thus formed *Ama* mixes with first formed dhatu i.e *Rasadhatu* and transforms into *Samarasa* which will be circulated in body and manifesting symptoms such as body pains, stiffness in body or joints, fever, palpitations, drowsiness, lack of concentration, dyspepsia, heaviness of body. *Rasadhatu* kshaya is a condition when *Rasadhatu* depletes in body and manifests as intolerance towards sound. **Case**

Report and management: A 60 years old female patient presented with acute onset of right knee joint pain, swelling and gradually stiffness of it. Within 12 hours of initial symptoms she developed high grade fever, restlessness and intolerance to noise. She was diagnosed as a case of *Rasadhatu dushti* and treated accordingly. **Outcome:** patient responded to treatment well with gradually decreasing symptoms with in 12 hours of treatment **Message:** *Rasadushti* (vitiation of *Rasadhatu*) can be caused by various factors. Identification of pinpoint symptoms is important to treat a disease.

KEYWORDS: *Rasadhathu*, *Sama*, *kshaya*, Ayurvedic Treatment.

INTRODUCTION

According to *Ayurveda* human body is made of three components *dosha* (body humours), *dhatu* (Tissues), *malam* (waste products)^[1] and generally called as *tridoshas*, which are formed during the process of digestion.^[2] *Sapta dhatu* are formed from one *dhathu* to another

with the help of *Dhatwagni* (a type of digestive fire responsible for formation of *Dhatus*). *Agni* (digestive fire) is important for longevity, body strength, body nourishment.^[3] when this digestive fire is not proper it leads to formation of incompletely digested food and referred to as *Ama*. If this ama mixes with *doshas*, *dhatu*, *mala* it is termed as *samadosh*, *sama dhathu* and *sama mala* respectively which manifests different symptoms in body.

CASE REPORT

A 60 years old female patient initially presented with acute onset of pain, swelling and stiffness in right knee joint. Gradually symptoms began worsening every hour and developed inability to move right knee joint. Patient was initially diagnosed to have *Sandhi soola* (joint pains) and advised to apply *Mahanarayana tailam* (medicated oil prepared by herbs) and hot water fomentation. After initial therapy, symptoms further aggravated. On the next day, Patient gradually developed high grade fever, intolerance to sound (patient felt uneasiness even to normal audible conversation of family members), anorexia, nausea and vibandha (heaviness in abdomen with no bowel movement). On examination temperature was 103°F, blood pressure 150/80 mm of Hg, Pulse was 85/min. Patient was drowsy, restless, unable to make any joint movements, and had dried lips. Patient had a history of fear of some incident few hours before onset of initial symptoms and later had full meal in the afternoon. After 4 hours of meal she developed pain in the joint.

The symptoms of *Angamardha* (Body pains), *Stambha* (Stiffness) *Jwara* (High grade fever), Anorexia and positive history of fear pointed towards the diagnosis of *Samrasadushti* with *Rasa kshaya* (intolerance to sound). Aggravation of initial symptoms of pain and swelling by applying oil indicates the patient is in a condition of *Ama* (Incompletely digested food with vitiation of *Rasadhatu* and its circulation into body). Patient was given 50ml *Harithaki kashaya* (medicated water prepared by boiling it with a herb *Terminalia chebula*). Patient passed little quantity of stool after 2 hours of *kashayapana*. The stool was black, hard and foul smelled. After passing stool *Angamardha* (*body pains*) was decreased to about 25%. After 15 minutes she passed frothy yellow smooth stool. 60% decrease in all symptoms was seen after second passage of stool. She developed taste, intensity of fever was decreased. She was advised to have *jeera* water (water boiled by adding cumin seeds) for drinking and gruel prepared by adding pepper and rock salt as food. Internally she was advised to take Tab. *Chousatprahari pippali* along with food thrice a day. After 12 hours of treatment all the symptoms were almost nil and the patient gained back her normal activity.

DISCUSSION

Ama is a condition where body has decreased digestive fire thus causing incomplete formation of Rasadhātu. In this case the patient had a history of exposure to fearful situation followed by afternoon meal. Here fear is the Manasika^[4] dosha causing vitiation of vata dosha. Fear increased vata dosha in the body which got mixed with food thus resulting in the formation of incompletely digested food which in turn caused formation of Amayukta Rasa dhātu. Initially vata was associated with Ama and manifested as Sama yukta vayu which occupied bone (knee joint). Generally Vata and Asthi (Bones) have Ashraya Ashrayi^[5] relationship. Whenever vata is aggravated it lodges into bones and causes pain in that particular bone. So, in this case pain was noticed initially in knee joint. Diagnosing it as Sandhi soola, medicated oil was advised, which when applied externally caused increased pain and swelling. Generally pain is due to aggravated vata and decreased by external application of oil.^[6] But in this case vata was mixed with Ama which has pichhila^[7] (sticky) character worsened the condition thus giving a clue to physician about presence of Ama in body. The very next day patient presented with a sign of intolerance to sound, which is a feature of Rasadhātu kshaya.^[8] Also other symptoms like Ashraddha (lack of concentration), Aruchi (anorexia), Nausea, Tandra (Drowsiness), Angamardha (joint pains) were symptoms of Samayukta rasa dhātu.^[9] Finally she was diagnosed to have Amayukta Vata and Sama rasa dushti. As the final diagnosis was made after 12 hours of onset of initial symptoms, Ama can't be eliminated from body by Vamana (induction of vomiting) as it reached pakvashaya (intestines) evident from the symptoms of vibandha So, Haritaki (*Terminalia chebula*) was selected as drug of choice for purgation to eliminate Sama yukta vayu. Patient passed stool after 2 hours of treatment. On observing stool colour, (black) quantity (little) suggests predominance of vata dosha. After passing second stool patient condition improved tremendously. Tab. Chousatprahari pippali, gruel, jeera water improved digestive fire thus decreasing Samarasa dushti symptoms. On a whole patient was almost normal after 12 hours of treatment. She is advised to take gruel and hot jeera water as food and drinking water respectively for 2 more days followed with Tab. Chousatprahari pippali thrice in a day.

CONCLUSION

Though the presentation of symptoms was critical, correct diagnosis and history makes a physician to treat patient on right protocols. Role of patient or guardian is important to explain symptoms clearly. Hence Ayurvedic treatment is effective even in acute cases with minimal or no hospitalisation.

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