

A comprehensive review article on Nidanpanchak of Atisar w.s.r to Diarrhoea.

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Abstract—In modern science Atisar is correlated with watery diarrhoea. In Ayurvedic science main cause of Atisar is Agnidushti (Mandagni), Mandagni is root cause of Amadosha and it is crucial factor for manifestation of most of the disease including Atisara (diarrhoea). Atisar is increasing day by day due to the influence of western food habits, inappropriate diet regimen and mental stress. Nidan Panchaka with emphasis on Samprapti of Atisar as describe in Ayurvedic literature is discussed here. By understanding the Nidanpanchaka with in depth understanding of Samprapti help in planning specific preventive measures and management.

Index Terms—Atisar, Mandagni, Nidanpanchaka, Samprapti

I. INTRODUCTION

According to Acharya Charaka - Nirukti

Ati + Sru + Nich + Ach

Ati = Prabhut matra (excessive quantity)

Sru = Saran , gati (Flow)

Atishayen Saaryati Malam eti Atisara
(Ch.Chi.19/1-2)

- Food (Aahar) is the basic need of our body. After digestion of food (Aahar) purisha and urine are formed in the form of faeces.
- As a result of not having proper digestion (Mandagni) of food the amount of faeces is excessive.
- In the present context, people who are not following the Dincharya, Ritucharya and sadvritta which are described in Ayurveda, Virudha Aahaar (incompatible foods - like- Chaat, Samosas, Bada) Ushna, guru padarth (like-Gomaans, Til ki Pishti, Urad Daal), excessive consumption of alcohol, drinking contaminated water etc.... leads to Purishvaha Strotas Dusti. As a result of Purishvaha Shrotodushti due to Mandagni the passes of large amount of watery stools two or more times a day is called diarrhoea or the frequent passage of loose watery unformed stools is called Atisara (Diarrhoea).

(Ch.Chi.19, Su.u 40/3-5)

- The most important factor in the pathogenesis of Atisar is Mandangni. (A.H.N.8/3)
- In Brihatrayi there are six types of Atisara. Acharya Charaka are explained six types of Atisara (Vataj, Pittaj, Kaphaj, Sannipataja, Bhayja, Shokja) but Acharya Sushruta has mentioned Amaja type of Atisara.

Acharya Charaka mentioned 36 types of Atisar on the basis of predominance of one, two, or tridoshas in 8th chapter of Siddhistan.

Acharya Indu has been also mentioned 36 types of Atisar.

library of Govt. Ayurved College, Raipur (C.G.). The text books referred are Charak Samhita, Sushruta Samhita, Ashtang Sangraha, Madhava Nidan and Bhaishajya Ratnavali along with commentaries.

II. MATERIAL AND METHOD

- This article is based on review on Nidanpanchaka of Atisar Vyadhi from Ayurvedic Samhitas and texts available in the

• Aim and Objective : To Study and understand the Nidanpanchaka of Atisar Vyadhi an Ayurvedic aspect.

Nidana (Causes)

	Aaharaj Nidana	Viharaj Nidana	Manasika Nidana
1	Gomaans Sevana ⁵ (Consumption of beef)	Adhik Vaayu, Adhik Dhup Adhik Vyayama sevan ⁷ (Getting more air, Sunlight more Exercise)	Bhaya (fear) Shoka ¹⁰ (grief)
2	Ruksha, Alpa, Asamay Bhojan (Dry less quantity of food and untimely meal)	Vegasandharan ⁸ (Suppression of natural urges)	Krodha (Anger) ⁰ Irshya (Envy)
3	Amla, Lavan, Katu, Kshar, Ushna, Tikshna Padarth sevana. (consumption of pungent food, Tikshna food)	Nitya Ativyavaya (Daily excessive intercourse) Divaswapa (Sleep during the day), Aalsya (Laziness)	
4	Guru, Madhur Padarth Atisevana. (high intake of heavy and sweet food)	Agni, Surya, Vayu, Jal Ke Sampark Mai Adhik Nivas. (More contact with fire, sun, air, water)	
5	Dushit Jal, Atyaambu Paan (Contaminate water, drinking too much water)	Panchakarma ka Asamuchit Prayoga ⁹ (Improper use or Panchakarma)	
6	Dushit Madhyapan ka sevana ⁶ (Consumption of contaminated alcohol)	Ratrijagaran (excessive Awakening at night) Atinidra (More Sleep)	
7	Masha sevana (eating of urad dal.)	Adhik Jalkrida (Swim more in water)	
8	Drava, Sthool Padarth sevana (intake of liquid, hard substance)		
9	Adyashana (eating before the digestion of previous meal), Ajeerna (indigestion)		

Poorvarupa (Premonitory signs and symptoms)

- Toda in Hridaya, Nabhi, Payu, Udar, Kukshi (Pricking pain in heart, umbilicus, rectum, abdomen)
- Anilsannirodha (Non-elimination of flatus)
- Avipaka (indigestion)

- Aadhmana (Flatulence)
- Vitsanga (Constipation)
- Awsad¹² (looseness of body) (Su.U.40/9)

Bheda (types) of Atisar Vyadhi on the basis of Nidana (Etiology)

Sr.No.	A/C to Acharya Charaka (6)	A/C to Acharya Sushruta (6)	A/C to Ashtanga Hridya ((6)	A/C to Madhav Nidana (7)
1.	Vataj Atisar	Vataj Atisar	Vataj Atisar	Vataj Atisar
2.	Pittaj Atisar	Pittaj Atisar	Pittaj Atisar	Pittaj Atisar
3.	Kaphaj Atisar	Kaphaj Atisar	Kaphaj Atisar	Kaphaj Atisar
4	Sannipataj Atisar	Sannipataj Atisar	Sannipataj Atisar	Sannipataj Atisar
5.	Shokaj Atisar	Shokaj Atisar	Shokaj Atisar	Shokaj Atisar

6.	Bhayaj Atisar	Aamaj Atisar	Aamaj Atisar	Aamaj Atisar
7.				Raktaj Atisar

(Cha.Chi.19)

Roopa (Common signs and symptoms)

- Atidravamala pravritti¹⁴ (frequent passes of loose stools)
- Koshtha Toda¹⁵ (Pain in abdomen)
- Gatrasaad (weakness)

- Gudatoda (Pain in perianal region)

- Avipaka (indigestion) (A.H.Ni.8/4, Ch.Vi5/8)

Roopa (Signs and symptoms of Atisar according to Doshas):

Vataj Atisar	Pittaj Atisar	Kaphaj Aisar	Sannipataj Atisar
Ruksha ¹⁶ (Dry)	Haridra ¹⁷ (Yellowish)	Singdha ¹⁸ (Unctous)	Haridra (Yellowish)
Drava (Liquid)	Harita (Greenish)	Shweta (whitish)	Hara ,Nila, Krushna ,Shweta varna purish
Sashula (with pain)	Nila (Blue)	Pichchila (slimy) Tantumat (contain fibrinous shreds)	Mansa Dhavan (like Red color)
Amagandha	Krishna (Blakish stool with blood)	Daugandha (offensive)	Varah Vasa ¹⁹ (Pig lard product like)
Vibandha Vata, Mutra (Retention of urine and flatus)	Trishna (Thirst) Daha (burning sensation)	Guru Udar, Guda, Basti, Vankshana (heaviness in the abdomen, rectum etc.)	frequent passes painful or painless stool

(Cha.Chi.19/5-7, Ma.Ni.3/8)

Shokaj Atisar Samptoms -

- Acharya Charaka has specified that symptoms of flatulence²⁰ are found in shokaj Atisar.
- According to Acharya Vagabhatta, there is a tendency to pass Ushna²¹ and Taral Purish.
- According to Acharya Sushruta Gunja²² color like, blood mixed stools is passes in Shokaj Atisar with or without odour and pain.

(A.H.Ni.8/12,Su.U.40/14-15)

- Acharya Sushruta has considered Shokaj and Bhayaj Atisar in the same category.

Amatar Symptoms

- Ajeerna (Indigestion)
- Vaivarnya (Multicolour)
- Shool (Colic)
- Apakwa mala (Immature Stool) (Su.U.40/16)

SAMPRAPTI –

Due to consumption of Vaatadi aggravating Nidana the Vata dominant Tridoshas are involved in the common occurrence of Atisar. According to Acharya Vagbhat Mandagni¹¹ is the main causative factor of Atisar. As a result the Updhatu get diverted from different parts of the body to the Koshtha, due to which there is an increase in the fluidity of Pureesha in Pakwashaya causing liquefaction of mala. (A.H.Ni.8/3)

Resulting in Atisara, each dosha becomes dominant and cause different types of Atisar like Vataj Atisar, Pittaj Atisar & Kaphaja Atisar etc. Samprapti Ghatak :

Dosha - Vata Pradhan Tridosh

Dushya - Udaka, Purish

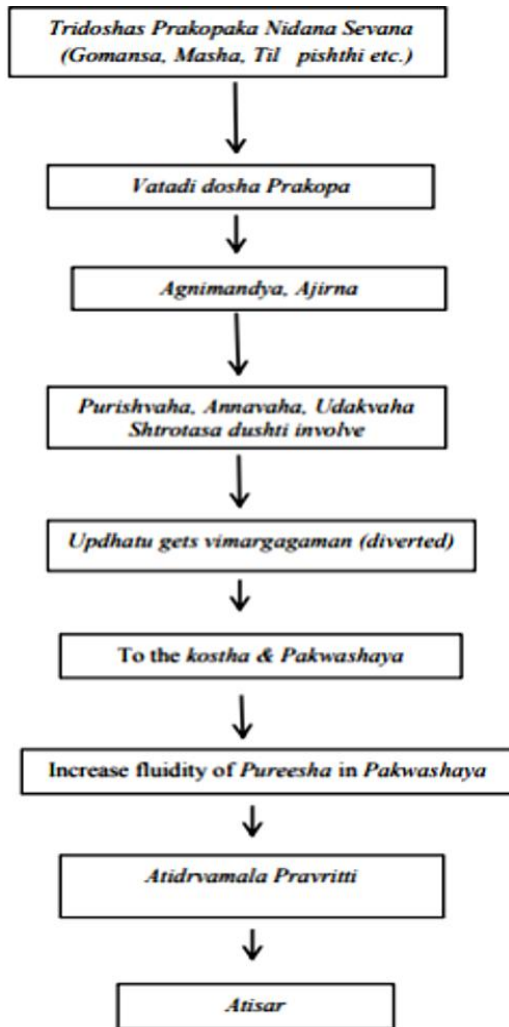
Shrotas - Purishavaha, Annavaha, Udakvaha Strotas.

Shtrotodushti Lakshana - Atipravritti

Adhisthana - Pakwashaya

Swabhav – Ashukari

Samprapti Chakra :



If the Atisar Vyadhi is not treated in early stage the following complication may arises –

- Shotha, Shool²⁴ (Inflammation, colic)
- Jwar, Trishna (Fever, Thirst)
- Kaas, Shwas (Cough-breathing)
- Aruchi, Vaman (Chhardi) (Anorexia, Vomiting)
- Hikka, Murchha (hiccup, unconsciousness)
- Jaliyansh ki Kami (Dehydration) (Ma.Ni.31/19)

Sadhyasadhyata

Acharyas have considered Vataj, Pittaj and Kaphaj Atisar to be Sukhasadhya and Sannipataj, Shokaj and Bhayaj Atisar to be Krichhrasadhya.

Aasadhya Atisar (intreatable Diarrhoea Symptoms)

Diarrhoea with the following symptoms is considered incurable –

- black colored pureesha similar to ripe Jambuphal²⁵.
- pureesha with dark red color similar to Yakrut Khand.
- Atidravamala
- Ghee, Oil, Vasa, Majja, Dugdha, Dadhi like malapravrutti.
- Mansadhawana like malapravrutti.
- krishna and Nila Varnya Pureesha stool.
- Mayurapichchh like Mala . (Ch.Chi.19/9)

Upadrava (Complication)

Upshaya/Pathya

Peya Aahara	Aaharaj	Viharaj
• Takra²⁶, Mans Rasa • Aja dugdh evum Ghee • Godugdh, Goghrut • Yoosh, Vilepi, Lajamand, Khajurmanth • Aaushadh Sidha Oil	Laghu Aahar(Mudga,Puran Shashtik and Rakta shali) • Masoor, Arhar. • Lava Pakshi, Hiran (deer) • All types of small fish, singi fish, Madhulika (type of small fish) Raw banana, honey, Jamun fruit , Zinger, Shunthi, Kamalkand , Bakul, Bilvamajja,	• Vaman, Langhan, Nidra, Vishram.

	Tendu, Anaar fruit, Taal phal, Changeri, Bhang, Jayphal, Sugandh bala, Kutaj chhal, Dhaniya, Maha nimb.	
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(Bh.R 7/182,184)

Anupshaya\Apathaya

Peya Aahar	Aaharaj	Viharaj
- Adhik Jal Pan (excessive drinking) - Madhya, Dushit Jal, Dahi ka Pani - Coconut water, Sneha, Kanji Kshara.	- Ruksh (yawa), Guru Anna²⁷ (Masha). - Viruddhahar. - Godhum (wheat), Urad daal, Yawa, Rajmash - Bathua, Makoy, Paisag, Lauki, Sahijan - Tambul, Supari, Kushmand Phal. - Ekshu / Gud, Aamlvetas, Lasun, Aamala. - Punarnava, Kakadi(Cucumber) - Ati Lavan (excessive salt) - Atiamla (Super sour)	- Swedan Karma, Anjan. - Raktamokshan. - Snaan (Bathing), Streeprasang - Ratrijagran - Dhumrapan (Smoking) Nasya - Mala Mutra Vega Dharana (suppresion of natural urge)

(Bh.R. 7/185,187)

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III. CONCLUSION

Atisar is very common disease of human being. Improper functioning of Agni causes Agni Mandya which leads to Atisar. If Atisar is not treated properly Agni gets further hampered and this lead to Grahni Roga. According to Acharya Atisar Vyadhi is Ghora Darun. Can be easily managed by Ayurvedic Chikitsa. Nidana Parivarjan plays main role in treating Atisar by avoiding Agnivaigunyakara and Apanavaigunyakara hetus. By understanding the Nidanapanchaka with in depth understanding of Samprapti help in planning specific preventive measures and management.

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