



ISSN 2456-3110

Vol 7 · Issue 11

December 2022

Journal of  
**Ayurveda and Integrated  
Medical Sciences**

*www.jaims.in*

**JAIMS**

An International Journal for Researches in Ayurveda and Allied Sciences



**Maharshi Charaka**  
Ayurveda

**Indexed**

# An Ayurvedic approach to Auto Immune Disease

**K G Muddapur**

Assistant Professor, Department of Kayachikitsa, SMVVS RKM AMC and Hospital, Vijayapur, Karnataka, India.

## ABSTRACT

Immune system is meant for fighting against foreign pathogens such as bacteria and viruses when they enter your body. The white blood cells will identify the foreign cells, attack and wipe them off your body. But, if a person has an autoimmune disease, then the immunity cells stop differentiating the foreign cells from the body cells. As a result, the immune system releases auto-antibodies that attack the healthy cells of the body tissues instead of just fighting the infection.

**Key words:** Agni, Ama, Langhana

## INTRODUCTION

*Ayurveda* treatment includes various remedies and medicines that can be helpful to treat these autoimmune diseases. This is a natural treatment and include detoxification of the body, improving metabolic activities, and increase *Ojus* production important for autoimmune disorders in *Ayurveda*. The *Ayurvedic* line of treatment for autoimmune disorder focuses on restoring balance and strengthening the natural immunity. In addition to that, a customized combination of remedy, medicines, diets and lifestyle recommendations work on the overall problem. Though we don't know the exact triggering factors for this over-activity of the immune system, researchers suspect that genetics, infections, exposure to chemicals and solvents in the environment, and western diets which contain high-sugars, high fats, and processed foods are the risk factors of autoimmune diseases.

### Address for correspondence:

**Dr. K G Muddapur**

Assistant Professor, Department of Kayachikitsa, SMVVS RKM AMC and Hospital, Vijayapur, Karnataka, India.

E-mail: preeti.sonar1990@gmail.com

Submission Date: 16/10/2022 Accepted Date: 22/11/2022

### Access this article online

#### Quick Response Code



Website: [www.jaims.in](http://www.jaims.in)

Published by Maharshi Charaka  
Ayurveda Organization, Vijayapur,  
Karnataka (Regd) under the license  
CC-by-NC-SA

## Causes of Autoimmune Disorders<sup>[1]</sup>

Causes of Auto Immune Disorder are unknown but some prominent triggers are enumerated as under:

1. Bacteria
2. Toxins
3. Virus
4. Germs and parasites
5. Fungi
6. Drugs
7. Chemical irritants
8. Environmental irritants
9. Hereditary

## Types of Autoimmune Diseases

Based on the location of the attack, autoimmune diseases can be classified into the following two types

### 1. Organ-Specific Autoimmune Disorders (Affects One Main Organ)

In these conditions, the immune system usually targets a particular tissue or organ in the body.

#### Examples:

- The thyroid gland is targeted in Graves disease,
- The endocrine pancreas is targeted in type 1 diabetes
- Skin cells are targeted in vitiligo

## 2. Systemic Autoimmune Disorders (Affects Multiple Organs)

In these conditions, the immune system produces auto-antibodies in almost any kind of tissue or body cells. This results in the damage of multiple tissues and organs in the body.

### Examples:

- Rheumatoid arthritis
- Scleroderma
- Systemic lupus erythematosus (SLE)
- Dermatomyositis

### Common Symptoms of Autoimmune Diseases

The following are the most common early symptoms for various autoimmune diseases:

- Low-grade fever
- Rashes on skin
- Tingling and numbness in the arms and feet
- Fatigue
- Swelling and redness
- Hair loss
- Muscles-ache
- Difficulty in concentrating

### Ayurvedic Approach

#### Nirukti

The word 'Ama' is, the combination of 'Am' Dhatu with 'Nich' Pratyaya forms the word Ama, which is subjected to digestion i.e., undigested or unprocessed matter.<sup>[2]</sup>

Ama is undigested, properly unprocessed consisting of heavy, unctous liquid, sticky, fibrous material which has foul smell. It is formed due to hypo-functioning of Agni, the first Dhatu 'Rasa' is not properly digested, instead the Anna Rasa undergoes fermentation being retained in the Amashaya. This Rasa is called as Ama.<sup>[2]</sup> Thus Ama is formed due to Agnimandhya and Aama production cause Agnimandhya & vice versa.

General characteristic of Ama are, Srotorodha (obstruction of channels), Balabhransha (loss of strength), Gaurava (felling of heaviness), Anilmudhata (obstruction of Vayu), Alasya (laziness), Apakti (indigestion), Nisthiva (excessive salivation), Malasanga (constipation), Aruchi (anorexia), and Klama (fatigueness).<sup>[3]</sup>

#### Jatharagni

Jatharagni is the Agni or bioenergy present in the Jathara (stomach and duodenum). Grahani is the site of Agni which is responsible for the digestion of the ingested food. Importance of Agni When the Agni stops functioning, the individual dies; if the Agni functions normally, the individual can lead a healthy and long life. Similarly, if the Agni becomes abnormal, the individual suffers from various diseases; and hence, the Agni is said to be the root cause of health and longevity.<sup>[4]</sup> Bala, Arogya, Ayu and Prana are dependent on the state of Agni that burns when fed by the fuel of food and drink or dwindles when deprived of them. Grahani is seat of Agni and it is so called since it holds the food for proper digestion and assimilation. It holds the food just above the umbilical region and it is supported and nourished by the Agni.<sup>[5]</sup>

#### The relationship of Agni and Ama

Jatharagni is the digestive fire that controls the various digestive processes within the body. When there is disfunctioning of Agni proper digestion is hampered resulting in the formation of Ama. Then Bhutagni have been enumerated, Bhuta means the physicomaterial classification of food and body elements. Thereafter Dhatvagni have been expounded, Dhatu here means the basic elements of the body. The functions of Dhatvagni refer to tissue metabolism. In Sum, Jatharagni, Bhutagni and Dhatvagni constitute the thirteen types of Agni or metabolic factors of Ayurveda. By the Ayurvedic literature, the food material is first digested and absorbed by the Jatharagni in Amashaya and Grahani. Then it is transported to the liver for Bhutagni Paka and from there, the product of nutrition is processed in the tissues by the Dhatvagni. Normally digestion at all levels proper functioning of these Agni is absolutely

necessary. But, whenever *Agnivyapara* took the shape of *Mandagni*, the resultant material will be unripened, undigested formation of what in Ayurvedic terms is known as *Ama*.<sup>[6]</sup>

“*Ayurveda* perceives autoimmune diseases in a slightly different way. As per *Ayurveda*, the immune cells do not attack body cells accidentally, but to defend against harmful metabolites termed as *Ama*.”

### Chikitsa

*Ayurved* has its own concepts like *Dosha*, *Dushya*, *Mala*, *Agni* etc. *Aam* is one of the concepts which take major role to produce variety of disease. *Aam* is unripe, undigested food which cause due to *Agnimandhya*. *Aam* production cause *Agnimandhy* & vice versa. We all know that all disease occurs due to *Agnimandhy* only. If *Agni* gets destroy then human get die. *Aam* is root cause of all disease.

According to *Vagbhatta* (A.H.Su. 8/20) - Diseases produced by *Ama* (undigested food) such as, *Alasya*, *Agnimandhya* etc. become relieved by *Apatarpana* (non-nourishment). Three kinds of *Apatarpana* should be adopted appropriately in case of *Tridoshas* after careful consideration of all aspects like *Desha*, *Kala* etc.<sup>[9]</sup>

*Langhana* is indicated when *Doshas* are in a mild state.

*Langhana-Pachana* is indicated when the *Doshas* gets aggravated moderately.

*Shodhana* - When *Doshas* vitiates excessively expulsion is the only way to root out them from their origin.<sup>[10]</sup>

The amelioration of diseases caused by *ama* is done by *Apatarpana* i.e., depletion therapy. If the disease further progresses even after depletion therapy, appropriate measures should be adopted to counter the morbid condition. Experts recommend the use of measures antagonistic to both the disease as well as its etiological factors, especially medications that could treat them both. According to *Sushruta* (Su.su. 46/512) - In *Ama* condition, *Langhana* should be given.<sup>[11]</sup>

*Apatarpana* means depleting treatment. It is also correlated to *Langhana* (starvation, thinning therapies, and lightening therapies). This treatment is preferred

in those who are suffering from diseases having their origin in over nutrition or saturation. In *Ashtanga Hridaya Acharya Vagbhatta* consider it as a best treatment for *Ama* condition.

It increases the power of digestion as well as does *Shamana* of *Vata* in the body

### CONCLUSION

*Ama* formed at the levels of *Jatharagni* and *Dhatvagni* and initiated many pathological events inside the body. *Ama* further deteriorates digestive and metabolic activities, obstructs *Strotas*, vitiates *Dhatu*s and *Rakta* therefore causes various diseases including autoimmune disorders. Avoidance of *Virrudha Aahara*, fear, anxiety, restoring disciplinary daily regimen, *Ayurveda* drugs, detoxification measures (*Shodhana*), *Yoga* and considerations of concept of *Pathya* and *Apathya* helps to avoid prevalence of diseases associated with excessive production of *Ama*.

### REFERENCES

1. <https://yamunapharmacy.com/auto-immune-disorder/>
2. Amarkosha, Shri. Pandit Hargovinda Shashri, Chaukahmbha Sanskrit Series, Seventh Edi.2005, II kand, IV Varga, Verse no 16, Page no.519.
3. Ganesh Krushana garde, (12thEd.), Sartha vagbhat, vagbhtakryta ashtangrudhaya and its Marathi translation, Sutra-stan; Doshopakramniya-Adhyaya; chapter 13. Verse. no. 25; pune: proficient publishing house, 2009; page no. 70.
4. Sharma RK, Vaidya Bhagavan Dash. editors. Agnivesha, Charaka Samhita; English Translation. Chikitsa Sthana. Vol I. Chapter 30: 28. Varanasi: Chaukhamba Prakashan, 2014.
5. Charak Samhita-Bramhanand Tripathi -chaukhamba Prakashan; Chikitsasthan Sthan 15/4: edition 2013.
6. Bhojraj Arun Chaudhari Critical Evaluation Of Ama; International Ayurvedic Medical Journal; L Issn:2320 5091.
7. Ganesh Krushana garde, (12thEd.), Sartha vagbhat, vagbhtakryta ashtangrudhaya and its Marathi translation, Sutrastan; Doshopakarmaniya-Adhyaya; chapter 13. verse no. 23; Pune: Profesent Publishing House, 2009; page no. 70.

8. Charak Samhita. Bramhanand Tripathi. Chaukhamba Prakashan; Chikitsa sthan Sthan15/51: edition, 2013.
9. Astanga Hridaya. R.Vidyanath. Chaukhamba surbharati Prakashana Varanasi; 2016 chapter 8/20, Page no.157.
10. Astanga Hridaya. R.Vidyanath. Chaukhamba surbharati Prakashana Varanasi; 2016 chapter 8/21, Page no.158.
11. Sushruta -Kaviraj Ambikadatta shastri part 1- Chaukhamba Sanskrit sansthana Varanasi,2019 edition; sutrasthana 46/512 page no.288.

12. Gupta Atrideva. Ashtanga hridya. Varanasi: Chaukhambha Sanskrit Sansthana; 2005. p.566.

**How to cite this article:** K G Muddapur. An Ayurvedic approach to Auto Immune Disease. J Ayurveda Integr Med Sci 2022;11:132-135.

**Source of Support:** Nil, **Conflict of Interest:** None declared.

\*\*\*\*\*