

CLINICAL AND DIAGNOSTIC INTERPRETATION OF TYPES OF ATISAAR W.S.R. TO DIARRHOEA

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ABSTRACT

Atisaar in modern science closely correlated with watery diarrhoea. Ayurveda describes *atisaar* which means *ATI* (excessive) and *SARANAM* (flow) i.e watery stool passes in excessive volume and frequency both. According to mythology *Atisaar* was initially originated due to eating of cow and bull's meat. Due to Guru and *ushna guna* diet like COW and Bulls meat there occurs *agnidushti*. Some *mansika Doshas* like *Bhaya*, *Shoka* are develop *Atisaar*. *Krimi* is an important causative factor of *Atisar*. In Ayurvedic science main cause of *Atisaar* is *agnidushti*. Main site of *agni* is *Grahani*. It is situated in between *amashaya* and *pakwashaya*. In the condition of *mandagni* digestion of food particle not occurs completely. This leads to formation of *Ama*. *Ama* is considered like toxins or pathogens which is responsible for etiology of all diseases. As In *samyawashtha* of *Apana Vata* is responsible for defecation, micturition, and *nishkramana*

of *Shukra* and *Artva*. so consumption of *Ama* leads *Nidan* thus *Vata* gets vitiated due to the Mala function of *Saman -Apan vata* which resulted *manda jathar agni*, *koshtha shunyata* overall increases *dravata* of stool in *pakwashay* and causes *Atisaar*. *Atisaar* involve vitiation *strotasa* such as, *annavah*, *udakvaha*, *malavaha*. In the case of *Atisaar* (Diarrhoea) the proper diagnosis is very important because, Diarrhoea is the very burning problem worldwide. And actual diagnosis is the key of actual treatment or management. There are two criteria to make out clearcut diagnosis – 1. Clinical 2. Laboratorial. This paper will explain above diagnostic review.

KEYWORDS: *Ayurveda*, *Atisara*, *Diarrhoea*, *Agnidushti*.

INTRODUCTION

Diarrhoea is a very common disorder. Dietary habits, stomach infections and unhygienic conditions are major causes of diarrhoea. *Ayurveda* described diarrhoea as *Atisaar* which means *Ati* (Excess) and *SARANAM*(flow), condition where watery stools passed in excess with high speed. The general symptoms involve dryness of mouth, discolouration of body, uneasiness, disturbed functioning of *vayu*, and dehydration, etc. It can be Acute or Chronic. Diarrhoea is the very burning problem especially in developing countries. If it affects millions of children and amongst people worldwide. *Ama* and *vata* are the major pathological factors of diarrhoea. As per ayurveda consumption of *Ama* leads *Nidan* thus *Vata* gets vitiated due to the Mala function of *Saman -Apan vata* which resulted into *manda jathar agni koshttha shunyata* overall increases *dravata* of stool in *pakwashay* and causes *Atisaar*. *Atisaar* involve vitiation *strotasa* such as, *annavah*, *udakvaha*, *malavaha*, this article described detailed perspective of ayurveda towards Diarrhoea. As Ayurveda is ancient science and described detailed About *Nidan* (Causes) of *Atisaar*(Diarrhoea), *Samprapti*(Pathogenesis) of *Atisaar* which is most important for appropriate diagnosis and appropriate treatment. So Article shows Ayurvedic Approach towards Diarrhoea.

Nidan (In ayurveda)

गुर्वतिस्निग्धरुक्षोष्ण द्रवस्थूलातिशीतलैः । विरुद्धाध्यशनाजीर्णैरसात्मैश्चापि भोजनैः ॥

रुनेहाद्यैरतियुक्तैश्च मिथ्यायुक्तैर्विषाद्भयात् । शोकादुष्णाम्बुमद्यातिपानात् सात्म्यर्तुपर्यायात् ॥

जलातिरमणैर्वैगविघातैः कृमिदोषतः । नृणां भवत्यतीसारो लक्षणं तस्य वक्ष्यते ॥^[1] (सु.उ.४०/३-७)

Aharaj Nidan

Diarrhoea is caused by heavy, excessively fatty, Rough, hot, liquid, and solid excessively cold, intake of incompatible food items, eating when previous food is not digested, improperly cooked and unsuitable food, excessive and faulty use of unction etc poison, excessive drinking of water and defective wine.

Viharaj nidan

Jalatiraman(excessive sporting in water) *vegighat*(suppression of urges and infestation of helminths), *Rutu astyam viparyayat* (contrariety of suitability and seasons).

Mansik nidan

Shok(sorrow), *bhay*(fear)

Agantuj nidan

Krimi doshat(pathogens),*shok*(sorrow),*bhay*(fear).

CAUSES**IN MODERN****A] Watery diarrhoea causative factors**

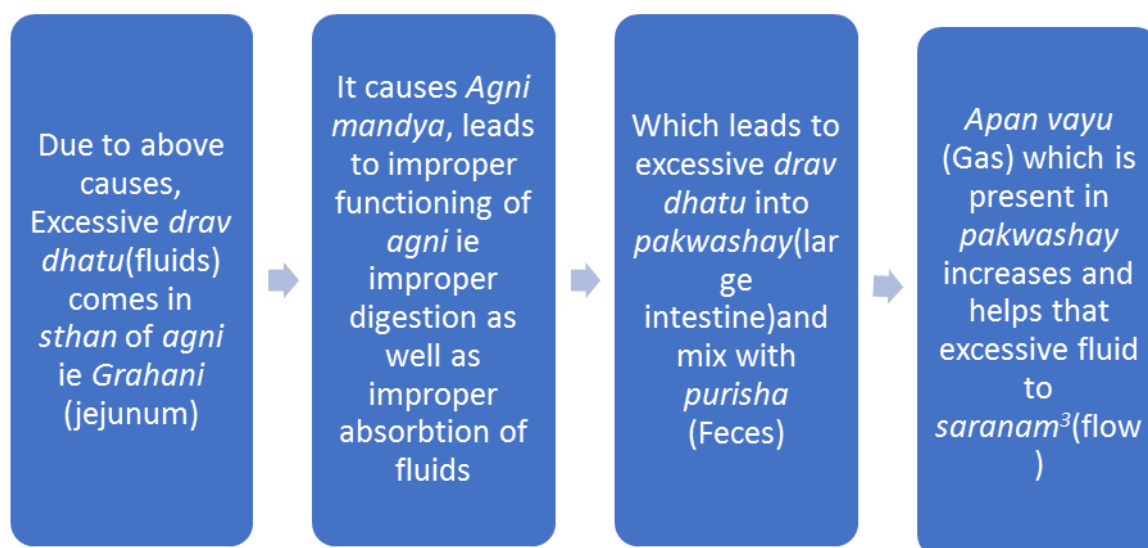
1. INFECTIOUS -Enterotoxigenic Escherichia coli (ETEC), Enteropathogenic Escherichia coli (EPEC), Staphylococcus aureus, Vibrio cholerae, Clostridium perfringens, Rotavirus, Adenovirus.^[2]

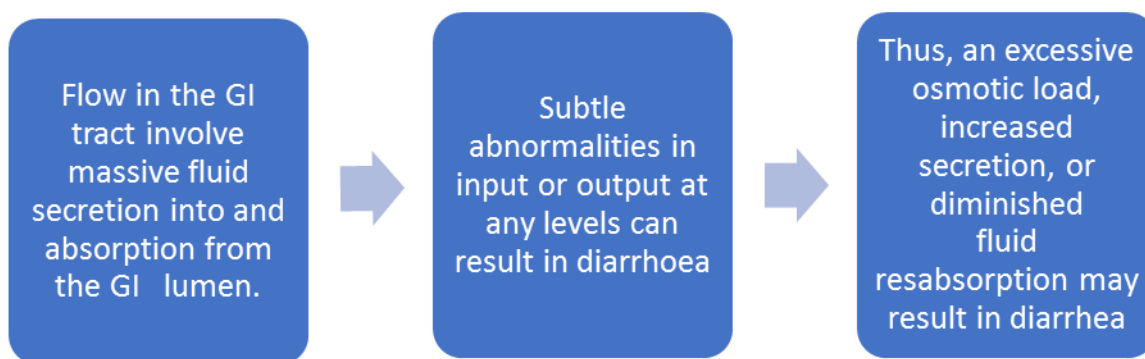
2. NON INFECTIOUS

Food intolerance, Drugs, Inflammatory bowel disease, Thyroid disease.

In ayurveda causes are very specific than modern, because in *ayurveda nidanparivarjan* is first step in treating disease. which means avoid known causing factors, so to prevent disease and to stop recurrence of it.

Modern science has mentioned number of causative organism for diarrhoea like bacteria, virus, parasite. All of There can be correlated to Krimi described in Ayurveda. Further ayurveda has mentioned Kleda as one of the cause of krimi “*kledat sanjayate krimi*”. Kleda produces Krimi. which also play major role in Atisaar. Thus, ayurveda proves its more clarified aspect regarding the causes manifesting the disease

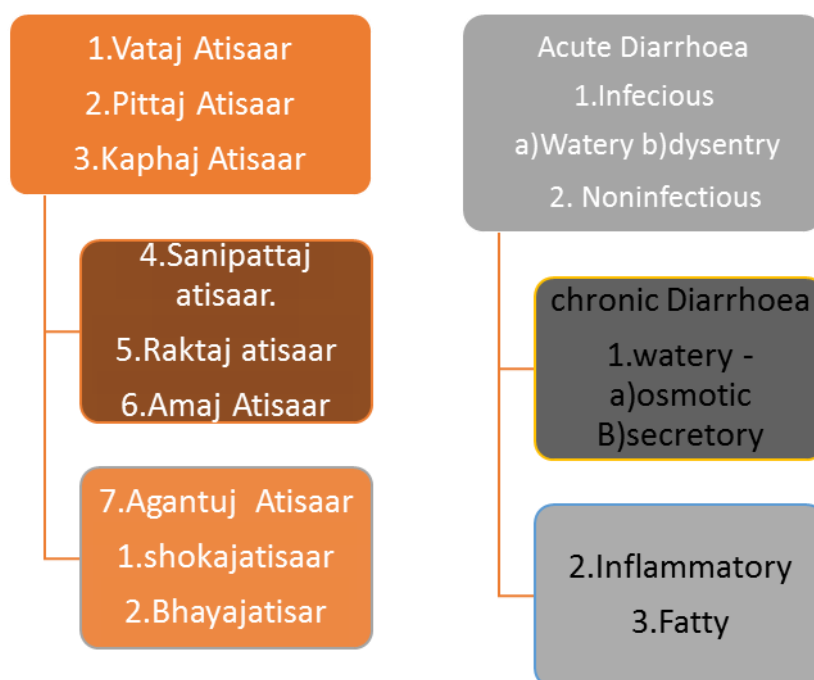
PATHOPHYSIOLOGY**Samprapti-In Ayurveda**

According to modern

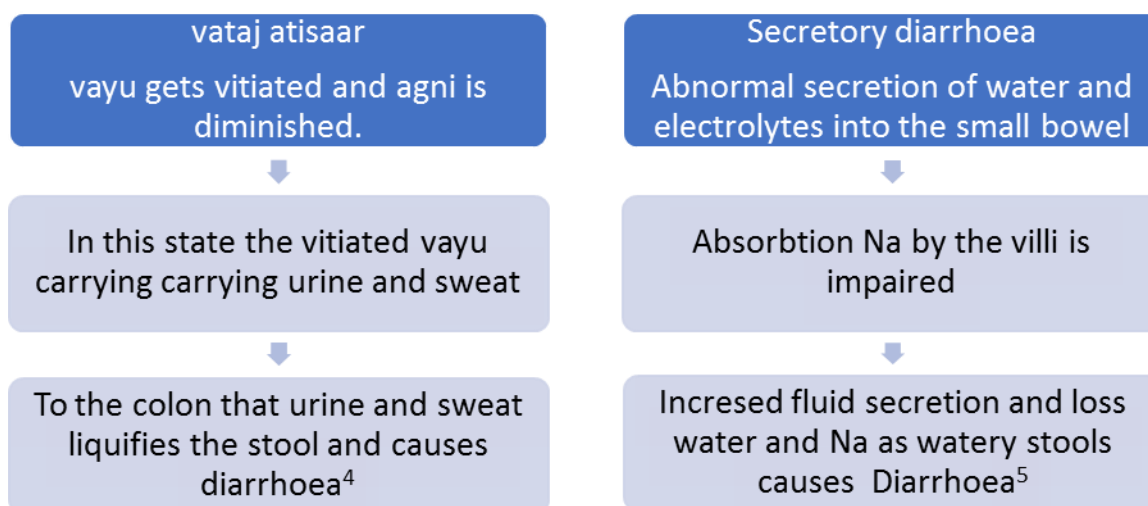
In ayurveda pathophysiology of *atisaar* is very descriptive which helps to treat disease from its root cause, where as in ayurveda “*Samprapti bhang*” itself called as treatment i.e *chikista* of disease so it’s very important to know detailed Samprapti of disease. Where as in modern there is no big role of pathophysiology, symptomatic relief is important so simple pathophysiology of diarrhoea is given.

TYPES OF ATISAAR AND ITS CORRELATION WITH MODREN

In Ayurveda There are 7 types of *Atisaar*. And in Modern there are 2 Main types.



Samprapti of *Vataj* And *Pittaj Atisaar* are closely correlated to Pathophysiology of secretory diarrhoea.



From above we can closely correlate the pathophysiology of these *Vataj atisaar* and secretory diarrhoea is same. *Pittaj Samprapti* also closely related to secretory diarrhoea. But As in *ayurveda* Causes of *Vataj* and *pitaj atisaar* are specifically mentioned. Which is most important in Diagnosis as well as in treatment.

Diagnostic And Treatment significance

1) Clinical

Nidan of Vataj Atisaar

When a person is exposed excessively to wind, sun and physical exercise, takes rough, little or deficient food, indulges in sharp things, wine and sex and holds up the urges.^[6]

Nidan of Pittaj Atisaar

When a person takes sour, salty, pungent, alkaline, hot, and irritant things excessively, is afflicted by constant exposure to fire, scorching sun and hot winds and psychologically stressed with anger and envy.^[7]

• *LAKSHANAS of Vataj and Pittaj Atisaar*

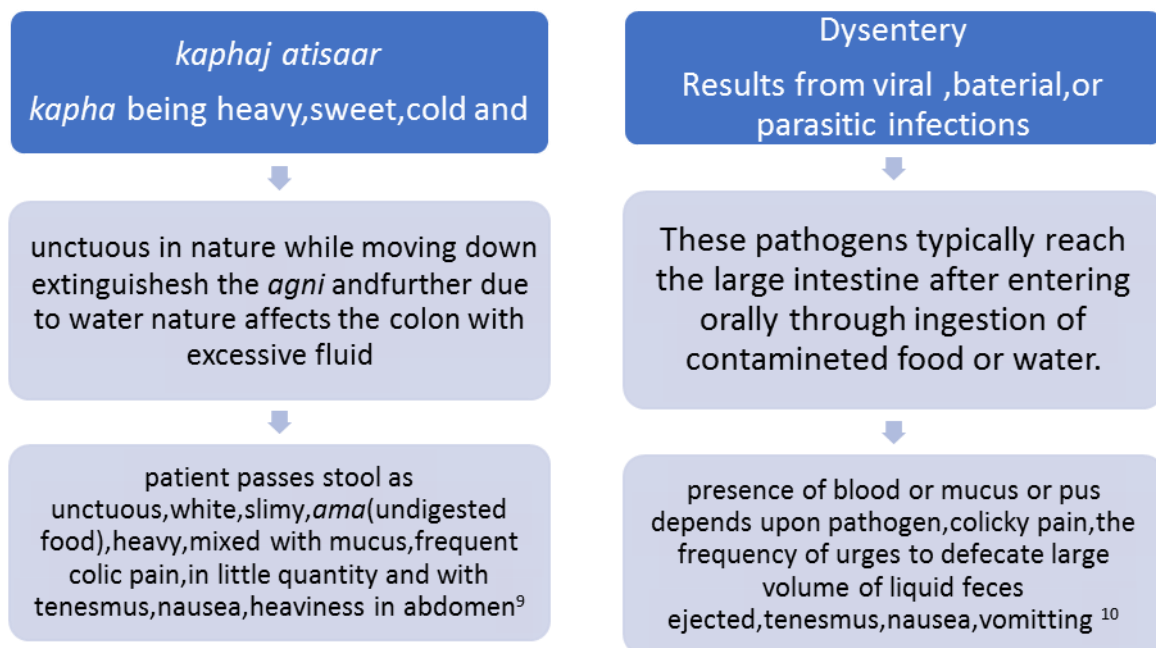
Vataj Atisaar – The patient of vatic diarrhoea suffers from colic, retention of urine, gurgling sound in intestines, prolapse ani, slackness in waist, thigh, and for-leg and passes **stool appearance**- frothy, little, rough, and darkish stool with flatus.

Pittaj Atisaar _ In diarrhoea due to *Pitta*, the patient with perspiring body and afflicted with thirst, fainting, burning sensation, inflammation, and fever passes **Stool appearance** -foul smelling, hot, resembling meat wash, broken, much irritant and yellow, blue, or reddish in colour.

Where as symptoms of secretory diarrhoea is not specifically mentioned, symptoms of Chronic Diarrhoea mentioned where as no specific symptoms of secretory diarrhoea is present.

2) Laboratory investigation – Here fecal osmotic gap, Occult blood test, Microscopic Examination of stool helpful for Confirmation of Clinical Diagnosis.^[8]

Kaphaj Atisaar closely related to **Dysentery**



kaphaj atisaar is closely similar to dysentery, only difference is that bloody diarrhoea is not mentioned in *kaphaj atisaar*.

Diagnostic And Treatment significance

Clinical -As Lakshanas (symptoms) explained above.

Laboratory investigation—Microscopic examination of stool^[11], Jal nimajjan pariksha in ayurveda.

Sanipattaj atisaar is closely related to **Malabsorption diarrhoea**.

• Sanipattaj atisaar

वराहस्नेहमांसांबु सट्शं सर्वरूपिणम् ।

कृच्छ्रसाध्यमतीसारं विद्यादोषत्रयोऽद्वयम् ॥ (मा. नि. ३/८)^[12]

Varahsenhmansambu i.e **fat** is excreted through feces, that is called as Steatorrhea and **atisaar** is present with all doshas **lakshana** that include Abdominal pain, Abdominal distension, Bloating, Gas, Nausea and vomiting, undigested food in stool.

Malabsorbtion Diarrhoea

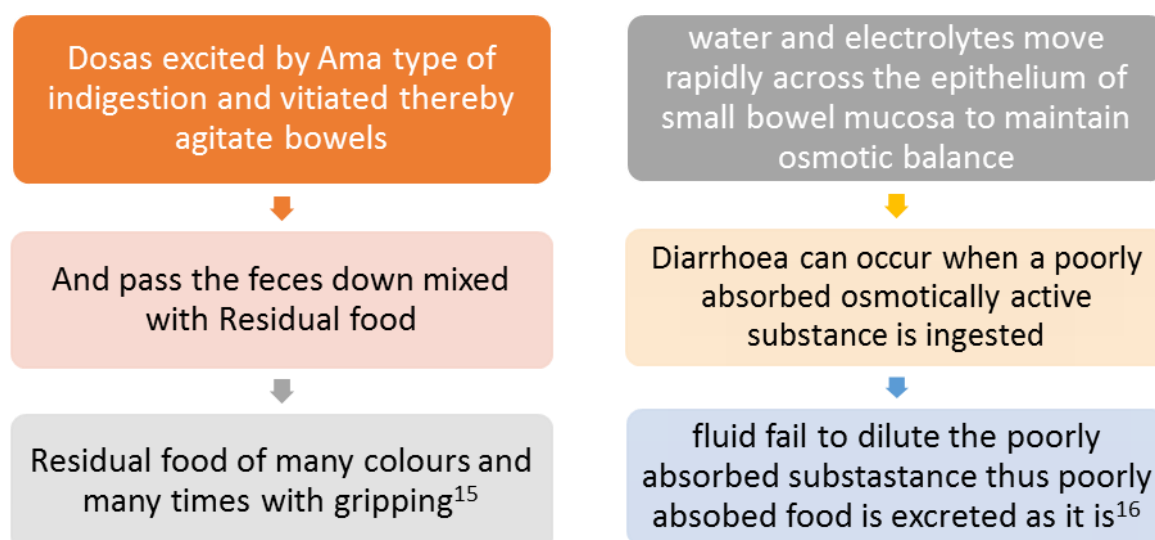
Having symptoms like, Abdominal pain, Gas, Bloating, Abdominal distension, Nausea, Vomiting, Diarrhea, **Steatorrhea**(Fatty stools), undigested food in stool, nutritional disturbance.^[13]

Diagnostic and treatment Significance

Clinical -As lakshanas are explained above.

Laboratory investigation – Test for Malabsorption. for clinical diagnosis confirmation.^[14]

Amaj Atisaar is Closely related to **Osmotic Diarrhoea**.



Diagnostic and treatment significance

Clinical

Residual food excreted through feces.

Laboratory investigation- Fecal osmotic Gap test for clinical diagnosis confirmation.^[17]

Agantuj Atisaar is specially mentioned in *ayurveda* which occurs due to *Manas Hetu*(Psychological Cause)

Including following types

1.भयज अतिसार :-भयेन क्षोभिते चित्ते सपित्तो द्रावयेच्छकृत् ।वायुस्ततोऽतिसार्येत क्षिप्रमुष्णं द्रवं प्लवम् ॥वातपित्तसमं लिङ्गैराहु (अ. ह. नि. ८/१२-१३)

2.शोकज अतिसार :-तैस्तैर्भविः शोचतोऽल्पाशनस्य बाष्पावेनः पक्तिमाविध्यजन्तोः ॥कोष्ठं गत्वा क्षोभयत्यस्य रक्त तत्त्वाधस्तात् काकणन्तीप्रकाशम्वर्चोमिश्रं निःपुरीषं सगन्धं निर्गन्धं वा सार्यते तेन कृच्छ्रत्॥शोकोत्पन्नो दुश्चिकित्सोऽतिमात्रं रोगो वैद्यैः कष्ट एष प्रदिष्टः।(सु.उ.४०/१३-१४)^[18]

In person aggravated with so many factors and with meagre Diet, the emotion of grief reaching the Abdomen affects digestive fire and in turn Agitates blood which, like gunja, is passed down frequently mixed with stool or without it, with or without smell with difficulty. According to modern Anxiety induced diarrhoea, is mentioned but there is no detailed explanation.

Ayurveda also specially mentioned Avastha (Stages) of *Atisaar* which are really important for Diagnosis of *Atisaar*: *Amaj Atisaar* and *Pakva Atisaar*.

Amaj Atisaar- If feces combined with these dosas sinks down in water, has excessively foul smell and is passed frequently in small quantity is known as *Ama Atisaar* (Immature).^[19]

Pakvaj Atisaar _If the same features but opposite are found along with lightness, the feces should known as *Pakva* (mature).^[20]

DISCUSSION

Nidan are important for *Nidanparimarjan*. As according to *ayurveda* It is first line of treatment of disease. *Ayurveda* explained *Aharaj*, *Viharaj*, *Mansik*, and *angantuj nidan* of *Atisaar*. *Krimi* is equivalent to pathogen(bacteria, parasite, virus). *Samprapti* (pathogenesis) described in detail in *Ayurveda*. As according to *ayurveda samprapati bhang* called as *chikista*(treatment) so *Samprapati* of each type given. which helpful for appropriate diagnosis and appropriate treatment.

Types of *Atisaar* correlated with modern types. As *Vataj Atisaar*, *Pittaj Atisaar* are closely related to Secretory Diarrhoea. *Samprapti* of *Vataj Atisaar*, *Pittaj atissar* closely related to Secretory diarrhoea. But *ayurveda* explain detailed *nidan*(causes) and *lakshanas*(symptoms) of *Vataj* and *Pittaj Atisaar*. Which is helpful for Appropriate clinical diagnosis. To confirm clinical Diagnosis Occult blood test, fecal osmotic gap test are important laboratory

investigations in above types of *Atisaar*(diarrhoea). *Kaphaj Atisaar* is closely related to Dysentery. *Lakshans* of *Kaphaj Atisaar* are closely related to Dysentery. Except bloody Diarrhoea. To confirm Clinical diagnosis stool microscopic examination is important. According to Ayurveda *Jal nimmajan pariksha* important. *Sanipattaj Atisaar* closely related Malabsorption Diarrhoea. *Lakshanas* of *Sanipattaj Atisaar* are closely related to Malabsorption Diarrhoea. To confirm clinical diagnosis Test for malabsorption is important laboratory investigation. As fat is excreted through stool so to confirm type of *Atisaar* this test is important. *Amaj Atisaar* is closely related to Osmotic diarrhoea. *Lakshanas* of *Amaj Atisaar* are closely related to Osmotic diarrhoea. To confirm clinical diagnosis Fecal osmotic gap test is important laboratory investigation. According to ayurveda *Jal nimajaan pariksha* important. As *Agantuj atisaar* mentioned only in *ayurveda* which is caused by *Manas hetu* (psychological reason). *Shokaj Atisaar* and *Bhayaj Atissar* are the types of *Agantuj Atisaar*. *samprapti* also explained in detail where as in modern only anxiety induced diarrhoea is mentioned but detail information not given.

CONCLUSION

As *Ayurveda* is an ancient science, it gives detailed information about every basic to modern aspect of human life including diseases, causes, pathogenesis and treatment. As *vataj* and *pittaj Atisaar* closely related to Secretory diarrhoea. *kaphaj atisaar* closely related to dysentery. *Amaj Atisaar* closely related to osmotic diarrhoea. *Sanipattaj Atisaar* closely related to malabsorption diarrhoea. And *Agantuj Atisaar* is mentioned only in *ayurveda*. This study is useful in proper diagnosis of diarrhoea, Stage of diarrhoea. As well as differential diagnosis of diarrhoea.

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