

*Chapter 10***अजीर्ण (Ajīrṇa)****अजीर्ण हेतु (Ajīrṇa hetu)**

तृट्खासदाहमूर्च्छाद्या व्याधयोऽत्यग्निसंभवाः ।
 अभोजनादजीर्णातिभोजनाद्विषमाशनात् ॥
 असात्यगुरुशीतितिरुक्षसंदुष्टभोजनात् ॥
 विरेकवमनस्नेहविध्रमादव्याधिकर्षणात् ॥
 देशकालर्तुवैषम्याद्वेगानां च विधारणात् ॥
 दुष्यत्यग्निः ।

C.S.Ci. 15/42-44

अत्यधुपानाद्विषमाशनाद्वा सन्धारणात् स्वप्नविपर्ययाच्च ।

S.S.Su. 46/507

अनात्मवन्तः पशुवद्धुक्ते येऽप्रमाणतः ।
 रोगनीकस्य ते मूलमजीर्णं प्राप्नुवन्ति हि ॥

M.Ni. 6/14

Causative factors for the manifestation of Ajīrṇa are as follows-

Factors which vitiates Agni are responsible for *Ajīrṇa roga* and the same was described are as follows- Excessive fasting; eating during indigestion; over eating and irregular eating; consumption of unwholesome, heavy, cold, excessively rough and contaminated food; improper administration of purgation, emesis and oleation therapies; emaciation due to disease; faulty adaptation in respect to place, time & season; suppression of natural urges; drinking more quantity of water. Improper sleep, one who eats large quantities of food recklessly like cattle and *Ajīrṇa* is said to be root cause for many diseases.

इर्ष्याभयक्रोधपरिक्षतेन लुब्धेन रुदैन्यनिपीडितेन ।
 प्रद्वेषयुक्तेन च सेव्यमानमन्नं न सम्यक् परिणाममेति ॥

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Food consumed by person afflicted with jealousy, fear, anger, miseries, grief, helplessness & hatredness does not digest the food properly.

अजीर्ण संप्राप्ति (*Samprāpti of Ajīrṇa*)

कालेऽपि साम्यं लघु चापि भुक्तमन्नं न पाकं भजते नरस्य ॥

S.Su. 46/500-501

स दुष्टोऽन्नः न तत् पचति लघ्वपि ।

अपच्यमानं शुक्तत्वं यात्यनं विषरूपताम् ॥

C.S.Ci. 15/44

Due to above etiological factors *Agni* become greatly vitiated and manifest *Ajīrṇa*. Patients of *Ajīrṇa* does not digest the food even though consumed at the proper time, wholesome diet and easily digestible food substances. This undigested food becomes sour in taste and toxic.

अजीर्ण भेद (*Ajīrṇa Bheda*)

आमं विदग्धं विष्टब्धं कफपित्तानिलैखिभिः ।

अजीर्ण केचिदिच्छन्ति चतुर्थं रसशेषतः ॥

S.Su. 46/499

आमं विदग्धं विष्टब्धं कफपित्तानिलैखिभिः ।

अजीर्ण केचिदिच्छन्ति चतुर्थं रसशेषतः ॥

अजीर्ण पञ्चमं केचिन्निर्देषं दिनपाकि च ।

वदन्ति यष्टं चाजीर्णं प्राकृतं प्रतिवासरम् ॥

M.Ni. 6/5-6

It is of 6 types namely *Āmājīrṇa*, *Vidagdhājīrṇa*, *Viṣṭabdhājīrṇa* are three varieties of *Ajīrṇa* caused by *Kapha*, *Pitta* and *Vāta* respectively. Some says *Rasaśeṣājīrṇa* is the fourth variety, fifth variety is *Dinapāki* and sixth variety is *Prākṛta*.

अजीर्ण लक्षण (*Ajīrṇa Lakṣaṇa*)

तस्य लिङ्गमजीर्णस्य विष्टम्भः सदनं तथा ।

शिरसो रुक् च मूर्च्छा च भ्रमः पृष्ठकटिग्रहः ॥





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Ajīrṇa

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जृम्भाऽङ्गमर्दस्तुष्णा च ज्वरश्छदिंः प्रवाहणम् ।
अरोचकोऽविपाकश्च, घोरमनविषं च तत् ॥

C.S.Ci. 15/45-66

Common signs and symptoms of Ajīrṇa are as follows—

Abdominal distension, general malaise, headache, fainting, giddiness, stiffness in back & waist, yawning, bodyache, thirst, fever, vomiting, tenesmus, anorexia & indigestion. This is a serious condition known as *Annaviṣa*.

विशेष लक्षण (Viśeṣa Lakṣaṇa)

आमाजीर्ण (Āmājīrṇa)

तत्रामे गुरुतोत्क्लेदः शोथो गण्डाक्षिकूटगः ।
उद्धारश्च यथाभुक्तमविदग्धः प्रवर्तते ॥

M.Ni. 6/10

माधुर्यमन्नं गतमामसंज्ञं ।

S.S.Su. 46/509

Food which has attained sweetness is known as Āmājīrṇa. It is characterised by heaviness in abdomen, nausea, swelling of the cheeks and eyes & belchings similar to those occurring just after meals.

विदग्धाजीर्ण (Vidagdhājīrṇa)

विदग्धसंज्ञं

गतमम्लभावम् ।

S.S.Su. 46/509

विदग्धे भ्रमतृण्मूर्च्छाः पित्ताच्च विविधा रुजः ।
उद्धारश्च सधूमाम्लः स्वेदो दाहश्च जायते ॥

M.Ni. 6/11

Food which has attained sourness & slightly digested is known as *Vidagdhājīrṇa* and it is characterised by giddiness, thirst, fainting, sour & hot belching, excessive perspiration, burning sensation inside and other symptoms of aggravated *Pitta*.

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विष्टब्धाजीर्ण (Viṣṭabdhājīrṇa)

भृशतोदशूलं

विष्टब्धमानद्विरुद्धवातम् ॥

S.S.Su. 46/509

विष्टब्धे शूलमाध्मानं विविधा वातवेदनाः ।

मलवाताप्रवृत्तिश्च स्तम्भो मोहोऽङ्गपीडनम् ॥

M.Ni. 6/12

Viṣṭabdhājīrṇa is characterised by pricking pain, long stasis, tympanitis, abnormal movement of *Vāta*, obstruction to stool and flatus, delusion, general malaise and other symptoms of *Vāta Vṛddhi*.

रसशेषाजीर्ण (Rasaśeṣājīrṇa)

उद्धारशुद्धावपि भक्तकाङ्गा न जायते हृद्युरुता च यस्य ।

रसावशेषेण तु सप्रसेकं चतुर्थमेतत् प्रवदन्त्यजीर्णम् ॥

S.S.Su. 46/503

रसशेषेऽन्नविद्वेषो

हृदयाशुद्धिगौरवे ।

M.Ni. 6/13

Rasaśeṣājīrṇa is characterised by disliking for meals, pure belchings, heaviness and turbidity in the heart, excessive salivation and heaviness.

दिनपाकि अजीर्ण (Dinapāki Ajīrṇa)

अजीर्णं पञ्चमं केविदित्यादि । निर्दोषम् आध्मानादिदुष्टेकारकम् । दिनपाकि चेत्यहोरात्रेणाहारः पच्यत इत्युत्सर्गः, यत्र तु मात्रा कालासात्यादि दोषादपरदिने पच्यते तद्विनपाकि ।

M.Ni. 6/5-6 (*Madhukoṣa*)

The fifth *Ajīrṇa* is *Dinapāki* in which the digestion completes within one day and one night. This occurs due to overages of quantity and timings of food and waiting alone is required for such condition and hence it is not harmful.

प्राकृत अजीर्ण (Prākṛta Ajīrṇa)

प्राकृतं प्रतिवासरमिति प्राकृतमवैकारिकं प्रतिवासं प्रतिदिनं क्रियमाणम् ।

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अथमधिसन्धिः -अदैव भुक्तमन्नं किं जीर्णमजीर्ण वा? न करोतीति पूर्वेभ्यो
भिन्नम्।

M.Ni. 6/5-6 (Madhukoṣa)

Prākṛta ajīrṇa prevails till the consumed food is completely digested. After the completion of digestion it manifest symptoms like hunger, thirst, defecation, etc. Clinical features of *Āma* like tympanyitis etc are not seen.

अजीर्ण उपद्रव (Ajīrṇa Upadrava)

मूच्छा प्रलापो वमथुः प्रसेकः सदनं भ्रमः ।
उपद्रवा भवन्त्येते मरणं चायजीर्णतः ॥

S.S.Su. 46/511

Complications of *Ajīrṇa* are as follows—

Fainting, delirium, vomiting, excess salivation, debility giddiness and death.

Effect of *Ajīrṇa*

संसूज्यमानं पित्तेन दाहं तुष्णां मुखामयान् ।
जनयत्यम्लपित्तं च पित्तजांश्चापरान् गदान् ॥
यश्मपीनसमेहादीन् कफजान् कफसङ्गतम् ।
करोति वातसंसृष्टं वातजांश्च गदान् बहून् ॥
मूत्रोगांश्च मूत्रस्थं कुक्षिरोगान् शक्तदगतम् ।
रसादिभिर्भ्यं संसृष्टं कुर्याद्रोगान् रसादिजान् ॥

C.S.Ci. 15/47-49

When *Ajīrṇa* combined with *Pitta* causes burning sensation, thirst and diseases of oral cavity. It also manifest *Āmlapitta* and such other *Pittaja Vikārās*.

When *Ajīrṇa* combined with *Kapha* causes *Rājayakṣmā*, *Pinasa*, *Prameha* and other diseases causes by *Kapha*.

When *Ajīrṇa* combined with *Vāta* leading to manifestation of various *Vātaja* diseases.

When *Ajīrṇa* afflicts urine, stool and *Dhātus* gives rise to

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urinary disorders, gastrointestinal diseases and diseases of
Dhātus respectively.

उपशय/अनुपशय (*Upaśaya/Anupaśaya*)

दिवा विबुद्धे हृदये जाग्रतः पुण्डरीकवत् ।
अन्नमक्लिन्नधातुत्वादजीर्णोऽपि हितं निशि ॥
हृदि समीलिते रात्रौ प्रसुप्तस्य विशेषतः ।
क्लिन्नविस्वस्तधातुत्वादजीर्णे न हितं दिवा ॥

S.S.Su. 46/530-531

During day time, the person is awake, his heart is open like the lotus flower and the tissues not soaked with more of moisture, consuming food at night is beneficial though the person is suffering from indigestion. But during night time, the heart being closed because of sleep, and the tissues having more moisture, consuming food at night is not beneficial for the *Ajīrṇa* patients. *Upaśaya* and *Anupaśaya* measures like that of *Grahaṇī Roga*.



***Chapter 11*****अरोचक (Arocaka)****अरोचक निदान (Arocaka Nidāna)**

वातादिभिः शोकभयातिलोभक्रोधैर्मनोज्ञाशनगन्धरूपैः।

अरोचकाः स्युः ॥

C.S.Ci. 26/124

Arocaka is caused by aggravated Vātādi Doṣās. The causative factors of the disease are as follows—

Excessive grief, fear, greed, anger; disgusting food, smell and sight.

अरोचक भेद एवं संप्राप्ति (Arocaka Bheda Evam Samprāpti)

दोषैः पृथक् सह च चित्तविपर्व्याच्य भक्त्यायनेषु हृदि चावतते प्रगाढम् ।
नान्ने रुचिर्भवति तं भिषजो विकारं भक्तोपधातमिह पञ्चविधं वदन्ति ॥

S.S.Utt. 57/3

Due to above etiological factors Vātādi Doṣās getting aggravated either separately or in combination of all the three Doṣās or by perversance of mind leading to accumulation of Doṣās in the seats of taste, then the person does not relish food is known as *Bhaktopaghāta* or *Arocaka* and it is classified into 5 types namely *Vātaja*, *Pittaja*, *Kaphaja*, *Sannipātaja* and *Manobhighātaja*.

वातज अरोचक (Vātaja Arocaka)

हृच्छूलपीडनयुतं विरसाननत्वं वातात्मके भवति लिङ्गमरोचके तु ।

S.S.Utt. 57/4

परिहृष्टदन्तः कषायवक्त्रश्च मतोऽनिलेन ॥

C.S.Ci. 26/124

Vātaja Arocaka is characterised by pain in heart, bad taste in mouth, sensitive in teeth and astringent taste in the mouth.

8 R.V. ॥

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80 *Āyurvedīya Vikṛti Vijñāna & Roga Vijñāna***पित्तज अरोचक (Pittaja Arocaka)**

हृदाहचोषबहुता मुखतिक्तता च मूर्च्छा सत्रुद्भवति पित्तकृते तथैव ॥

S.S.Utt. 57/4

कट्वम्लमुण्डं विरसं च पूर्ति पित्तेन विद्याल्लवणं च वक्त्रम् ।

C.S.Ci. 26/125

Pittaja Arocaka is characterised by severe burning sensation, sucking pain in the heart, fainting, thirst, bitter, pungent, sour taste in the mouth, hot; bad taste, foetid and saline in the oral cavity.

कफज अरोचक (Kaphaja Arocaka)

कण्ठगुरुत्वकफसंस्ववसादतन्नः श्लेष्मात्मके मधुरमास्यमरोचके तु ।

S.S.Utt. 57/5

माधुर्यपैच्छिल्यगुरुत्वशैत्यविबद्धसंबद्धयुतं कफेन ॥

C.S.Ci. 26/125

Kaphaja Arocaka is characterised by itching, heaviness, exudation of *Kapha*, debility, stupor, sweet taste in mouth, sliminess, coldishness, obstruction and stickyness in the oral cavity.

मनोभिघातज अरोचक (Manobhighātaja Arocaka)

संरागशोकभयविप्लुतचेतसस्तु चिन्ताकृतो भवति सोऽशुचिदर्शनाच्च ॥

S.S.Utt. 57/5

अरोचके शोकभयातिलोभक्रोधाद्यहृद्याशनगन्धजे स्यात् । स्वाभाविकं वक्त्रमथारुचिश्च ॥

C.S.Ci. 26/126

Manobhighātaja Arocaka is produced by lust, grief, fear, greed, worry, anger, seeing dirty things, disgusting food & smell, and mouth is normal but there is dislike for food.

सन्निपातज अरोचक (Sannipātaja Arocaka)

सर्वात्मके पवनपित्तकफा बहूनि रूपाण्यथास्य हृदये समुदीरयन्ति ॥

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Arocaka

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त्रिदोषजे नैकरसं भवेत् ॥

C.S.Ci. 26/126

Sannipātaja Arocaka is characterised by many symptomatology due to involvement of all the three *Dosās*, appearance of different taste in mouth, discomfort in heart.

उपशय/पथ्य (*Upaśaya/Pathya*)

Useful items and meal in cases of Arocaka:

Wheat, *Mudga*, red variety of rice, meet of goat, deer, hare, *Cenga* and other kinds of fishes, melon, shoots of cane, radish, brinjal, *Śobhāñjana* (drum sticks), banana, pomegranate, *Paṭola* (kind of small cucumber), black salt, *Gṛtam*, milk, date fruits, garlic pearls, mango, buttermilk, curd, jujube, raisin, fruit rind of *Harada*, *Āmalakī*, caraway seeds, black pepper and asafoetida, etc. (B.R. 18/51-54)

अनुपशय/अपथ्य (*Anupaśaya/Apathya*)

Items and activities that are prohibited in the condition of Arocaka

Suppression of hunger, eructation and tears, anger, fright, shock, over indulgence in food, consumption of uncherished food and staring at foul elements are prohibited in the condition of *Arocaka*. (B.R. 18/55-56)

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Chapter 12

छार्डि रोग (*Chardi Rooga*)





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Chapter 12**छर्दि रोग (Chardi Roga)*****Nirukti***

छादयन्नानं वेगैरद्यन्नभञ्जनैः ।
 निरुच्यते छर्दिरिति दोषो वक्त्राद्विनिश्चरन् ॥
S.S.Utt. 49/6

Oral cavity is covered by bouts of upward movement and causes discomfort by bending of the body & expulsion of the *Doṣas* from mouth is known as *Chardi*.

छर्दि निदान (Chardi Nidāna)

अतिद्रवैरतिस्निग्धैरहृद्यैर्लवणैरति ।
 अकाले चातिमात्रैश्च तथाऽसत्यैश्च भोजनैः ॥
 श्रमात् क्षयात्थोद्वेगादजीर्णात् कृमिदोषतः ।
 नार्यांश्चापन्नसत्त्वायास्तथाऽतिद्रुतमशनतः ॥
 अत्यन्तामपरीतस्य छर्देवं सम्बवो ध्रुवम् ।
 बीभत्सैर्हेतुभिश्चान्यैर्द्रुतमुत्क्लेशितो बलात् ॥
S.S.Utt. 49/3-5

Causative factors of Chardi are as follows:-

One who consumes food which are excessive liquid, excess unctuousness, unpleasant, excessive salt, meals during improper time, excessive quantity of food intake, unwholesome, exertion, depletion of tissues, mental emotions, indigestion, worm infestations, pregnant women, consuming food very quickly, too much accumulation of *Āma*, horrifying causes and sudden bouts of emotions.

छर्दि रोग संप्राप्ति (Samprāpti of Chardi Roga)

दोषानुदीरयन् वृद्धानुदानो व्यानसङ्घ्रतः ।
 ऊर्ध्वमागच्छति भृशं विरुद्धाहारसेवनात् ॥
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Chardi Roga

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Mahāsrotas, incite the local *Dosās* and throw them upwards and thus cause vomiting due to gastric irritation also producing discomfort after afflicting vital organs and manifest *Vātaja Chardi*.

वातज छर्दि लक्षण (*Vātaja Chardi Lakṣaṇa*)

हृत्पाश्वर्पीडामुखशोषमूर्धनाभ्यर्तिकासस्वरभेदतोदैः ॥

उदगारशब्दप्रबलं सफेनं विच्छिन्नकृष्णं तनुकं कषायम् ।

कृच्छ्रेण चाल्पं महता च वेगेनातोऽनिलाच्छर्दयतीह दुःखम् ॥

C.S.Ci. 20/8-9

प्रच्छर्दयेत् फेनिलमल्पमल्पं शूलादितोऽध्यर्दितपाश्वर्पृष्ठः ।

*शान्तः सधोर्णं बहुशः कषायं जीर्णेऽधिकं साऽनिलजा वमिस्तु ॥

S.S.Utt. 49/9

Vātaja Chardi is characterised by pain in heart and sides of chest, dryness of the mouth, pain in the head & umbilical region, cough, hoarseness of voice, pricking pain; patients vomits with great sound of eructations, which is frothy, scattered, blackish, thin & astringent in taste; patient vomits with severe impulse with difficulty only small amount associated with great distress and vomiting is more after digestion of food.

पित्तज छर्दि निदान (*Pittaja Chardi Nidāna*)

अजीर्णकट्वम्लविदाह्याशीते..... ।

C.S.Ci. 20/10

Causative factors of *Pittaja Chardi* are as follows:-

Intake of food during indigestion, consumption of pungent, sour, *Vidāhi* and cold substances in excess.

पित्तज छर्दि सप्राप्ति (*Pittaja Chardi Samprapti*)

आमाशये पित्तमुदीर्णवेगम् ।

रसायनीभिर्विसृतं प्रपीडय मर्मोर्ध्वमागम्य वर्मिं करोति ॥

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Due to etiological factors, *Pitta* situated in Āmāśaya gets aggravated and circulates through *Rasāyani* and afflicts the vital organs situated in the upper portion of the body and manifest *Pittaja Chardi*.

पित्तज छर्दि लक्षण (*Pittaja Chardi Lakṣana*)

मूच्छापिपासामुखशोषमूर्धताल्वक्षिसंतापतमोभ्रमार्तः ।

पीतं भृशोण्णं हरितं सतिक्तं धूम्रं च पित्तेन वर्मेत् सदाहम् ॥

C.S.Ci. 20/11

योऽमस्तं भृशं वा कटुतिक्तवक्त्रः पीतं सरक्तं हरितं वर्मेद्वा ।

सदाहचोषज्वरवक्त्रशोषो मूच्छाऽन्वितः पित्तनियितजा सा ॥

S.S.Utt. 49/10

Pittaja Chardi is characterised by fainting, thirst, dryness of mouth, burning sensation in the head, palates & eyes, feeling of darkness, giddiness, patient vomits yellow, excessively hot, green, mild red, bitter and smoky material associated with burning sensation, vomited material is very sour, mouth has pungent & bitter tastes, sucking pain & fever.

कफज छर्दि निदान (*Kaphaja Chardi Nidāna*)

स्निग्धातिगुर्वामविदाहिभोज्यैः स्वज्ञादिभिश्चैव ।

C.S.Ci. 20/12

Causative factors of *Kaphaja Chardi* are as follows:-

Excessive intake of unctuous, heavy, uncooked, burning food, excessive sleep or sleep during day time.

कफज छर्दि संग्राप्ति (*Kaphaja Chardi Samprāpti*)

कफोऽतिवृद्धः । उरः शिरो मर्म रसायनीश्च सर्वाः समावृत्य वर्मिं करोति ॥

C.S.Ci. 20/12

Due to etiological factors *Kapha* gets aggravates and afflicts chest, head, vital organs and *Rasāyanis* to cause *Kaphaja Chardi*.

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Chardi Roga

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कफज छर्दि लक्षण (Kaphaja Chardi Lakṣaṇa)

तन्द्रास्यमाधुर्यकफप्रसेकसंतोषनिद्रारुचिगौरवातः ।

स्निघ्यं घनं स्वादु कफाद्विशुद्धं सलोमहर्षोऽल्परुजं वमेत् ॥

C.S.Ci. 20/13

यो हृष्टरोमा मधुरं प्रभूतं शुक्लं हिमं सान्द्रकफानुविद्धम् ।

अभक्तरुग्गौरवसादयुक्तो वमेद्वमी सा कफकोपजा स्यात् ॥

S.S.Utt. 49/11

Kaphaja Chardi is characterised by drowsiness, sweetishness in mouth, excessive salivations, contentment, sleep, anorexia, heaviness; vomits unctuous, thick, sweet, large quantity, white in colour mixed with thick *Kapha*, cold, free from any undesirable smell; horripitation, pain in empty stomach, debility and slight discomfort.

सन्निपातज छर्दि (Sannipātaja Chardi)**सन्निपातज छर्दि निदान (Sannipātaja Chardi Nidāna)**

समश्नतः सर्वरसान् प्रसक्तमामप्रदोषतुविपर्ययैश्च ।

C.S.Ci. 20/14

Causative factors of Sannipātaja Chardi are as follows:-

Habitual consumption of wholesome & unwholesome together, having all the six tastes, due to *Āma Dosās* seasonal perversions.

सन्निपातज छर्दि संप्राप्ति (Sannipātaja Chardi Samprāpti)

सर्वे प्रकोपं युगपत् प्रपन्नाश्छर्दि त्रिदोषां जनयन्ति दोषाः ॥

C.S.Ci. 20/14

Due to etiological factors all the three *Dosās* vitiated simultaneously to cause *Sannipātaja Chardi*.

सन्निपातज छर्दि लक्षण (Sannipātaja Chardi Lakṣaṇa)

शूलाविपाकारुचिदाहतृष्णाश्वासप्रमोहप्रबलाप्रसक्तं ।

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छर्दिस्त्रिवोषाल्लवणाम्लनीलसान्द्रेष्वरक्तं वमतां नृणांस्यात्॥

C.S.Ci. 20/15

Sannipātaja Chardi is characterised by colic pain, indigestion, anorexia, burning sensation, thirst, dyspnoea, and fainting which are of serious nature and persistent. Patient vomits saline, sour, blue, viscous, hot & red.

छर्दि उपद्रव (Chardi Upadrava)

Complication of Chardi are as follows:-

विट्स्वेदमूत्राम्बुवहानि वायुः स्नोतांसि संरुद्ध्य यदोर्ध्वमेति ।

उत्सन्दोषस्य समाचितं तं दोषं समुद्धय नरस्य कोष्ठात् ॥

विष्मूत्रयोस्तत् समवर्णगन्धं तृट्श्वासहिकर्तियुतं प्रसक्तम् ।

प्रच्छर्दयेदुष्टमिहातिवेगात्तयाऽर्दितश्चाशु विनाशमेति ॥

C.S.Ci. 20/16-17

Excessively exacerbated *Vāta* obstruct the channels carrying faeces, sweat, urine and water, moves upwards & expels accumulated *doṣas* out of gastrointestinal tract in the person having excited *doṣas*; vomiting material having the colour & smell of the urine & stool, thirst, dyspnoea, hiccup, foetid and bouts of vomiting with great force. These patients die immediately.

द्विष्टार्थ योगज छर्दि (Dviṣṭārtha Yogaja Chardi)

द्विष्टप्रतीपाशुचिपूत्यमेघ्यबीभत्सग्न्याशनदर्शनैश्च ।

यच्छर्दयेत्तप्तमना मनोघैर्द्विष्टार्थसंयोगभवा मता सा ॥

C.S.Ci. 20/18

Smelling, eating and seeing despicable, antagonistic, unclean, putrid, unholy, and gruesome ingredients and objects, afflicts the mind and manifest *Dviṣṭārtha Yogaja Chardi*.

कृमिज छर्दि (Krmija Chardi)

शूलहृल्लासबहुला कृमिजा च विशेषतः ।

कृमिहृदोगतुल्येन लक्षणेन च लक्षिता ॥

S.Utt. 49/14

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Chardi Roga

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If *Chardi* manifest due to *Krimi* is known as *Krmija Chardi* and it is characterised by pain in abdomen & nausea and other symptoms of *Krmija Hrdroga* are observed.

साध्या साध्यता (*Sādhyā Sādhyatā*)

क्षीणस्य या छर्दिरतिप्रवृद्धा सोपद्रवा शोणितपूयसुक्ता ।
सचन्द्रिकां तां प्रवदन्त्यसाध्यां साध्यां चिकित्सेदनुपद्रवां च॥

C.S.Ci. 20/19

Prognosis of Chardi- Excessive vomiting in emaciated person, which is too severely complicated and associated with blood & pus and moon like lustre is indicative of the incurable nature of disease. Vomiting which is free from complications is curable.

उपशय/पथ्य (*Upaśaya/Pathya*)

Auśadha → *Pippalyādi kalka, Kapitthādiyoga, Candanādi Yoga.*

Anna → Foods which are light, well dried, wholesome and *Jvaraghna* decoctions may be used.

Vihāra → Patient should be made to hear pleasing talks, consoled & encouraged, mythological stories, friends & amorous movements, pleasing smell from earth, flower, vinegar & sour fruits.

Since all the different types of vomitting are caused by the affliction of *Āmāśaya* (stomach including small intestines), it is necessary in the first instance, to administer *Laṅghana* (fasting) therapy to the patient. *Laṅghana* should not be advised for *Vātaja chardi* patients. Patient suffering from vomitting may also be given *Samśodhana* (elimination) therapies for the elimination of *Kapha* and *Pitta*. (B.R. 19/1)

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The *Pathya* in the case of vomiting includes *Harītakī* (chebulic *Harada*), pomegranate, lemon, *Jātīphala* (nutmeg), *Netrabälā*, fresh leaves of *Neem*, *Vāsaka* leaves, jaggery, *Śatā*, *Nāgakeśara*, *Rāgā*, *Khaḍā*, *Kambalikā*, wine, *Vetāgra*, coriander, coconut, *Āmalakī*, mango, grapes, berry and ripe catechu, etc. The patient should also sprinkle cold water on his face; he should anoint his body with *Kalka* of *Kastūrī* and sandalwood, powder of flowers and other scented materials. Moving around in moonlight is also helpful for the patient of *Chardi*. Administration of the *Dāhakarma* (cauterization) slightly over the naval is also helpful in such cases. The non-veg items useful in the case include the flesh of rabbit, peacock, partridge, wood-cutter and the like. (B.R. 19/29-34)

अनुपशय/अपथ्य (Anupaśaya/Apathya)

The avoidable (*Apathyas*) in case of *Chardi*: One should avoid in indisposition of *Chardi*, the following: *Nasya* (medication through nose), *Basti* (enema therapy), *Sveda* (sweating), blood-letting, brushing tooth through twigs, liquid meals, beholding disgusting scenes, fear, emotional intensity. And warm, very oily, incompatible, displeasing food items, *Śimbi*, *Bimbi*, bitter gourd, flowers of the *Madhuka* tree and like vegetables, roots of *Citraka* herb, smaller cardamom, mustard and *Devadāli*, etc. are to be avoided in the indisposition. Exercising, holding an umbrella and applying *Añjana*, these are also harmful to the patients. (B.R. 19/35-36)





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Chapter 13

विसूचिका (*Visūcikā*), अलसक (*Alasaka*) and विलम्बिका (*Vilambhikā*)

अजीर्णमामं विष्टब्धं विदग्धञ्च यदीरितम् ।
विसूच्यलसकौ तस्माद्वेच्चापि विलम्बिका ॥

S.S.Utt.56/3

Visūcikā, Alasaka & Vilambikā manifest due to afflictions of *Āmājīrṇa, Viṣṭabdhājīrṇa & Vidagdhājīrṇa*.

विसूचिका (*Visūcikā*)

सूचीभिरिव गात्राणि तुदन् सन्तिष्ठतेऽनिलः ।
यस्याजीर्णन् सा वैश्चूरुच्यतेति विसूचिका ॥
न तां परिमिताहारा लभन्ते विदितागमाः ।
मूढास्तामजितात्मानो लभन्ते कलुषाशयाः ॥

S.S.Utt. 56/4-5

तं द्विविधमामप्रदोषमाचक्षते भिषजः:-विसूचिकाम्, अलसकं च। तत्र विसूचिकामूर्ध्वं चाधश्च प्रवृत्तामदोषां यथोक्तरूपां विद्यात् ॥

C.S.Vi. 2/10-11

Excessively aggravated *Vāta* consequent to *Ajīrṇa* gives rise to pricking pain in the body is known as *Visūcikā*. One who consumes proper amount of wholesome food and adhering to dietetic rules & regulations will not suffer from *Visūcikā*. It manifest in those individuals who have no control over themselves and indulges in such activities which vitiates the stomach as a result *Visūcikā* manifest.

विसूचिका लक्षण (*Visūcikā Lakṣaṇa*)

It is characterised by fainting, diarrhoea, vomiting, thirst, abdominal pain, giddiness, rigidity of the extremities, yawning, burning sensation, abnormal complexion, tremors, pain in car-

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diac region, & headache. *Āmadoṣa* manifest two pathological conditions i.e. *Visūcikā* and *Alasaka*. *Visūcikā* is characterised by expulsion of undigested food from upper channels and lower channels.

अलसक (Alasaka)

कुक्षिरानहृतेऽत्यर्थं प्रताम्यति विकूजति ।
 निरुद्धो मारुतश्चापि कुक्षी विपरिधावति ॥
 वातवर्चोनिरोधश्च कुक्षी यस्य भृशम्भवेत् ।
 तस्यालसकमाचष्टे तुष्णोदगारावरोधकौ ॥

S.S.Utt. 56/7-8

अलसकमुपदेक्ष्यामः:-दुर्बलस्यात्पाग्नेव्यहुश्लेष्मणो वातमूत्रपुरीषवेगविध
परिणः स्थिरगुरुबहुरूक्षशीतशुष्कान्नसेविनस्तदन्नपानमनिलप्रपीडितं श्लेष्मणा
 च विबद्धमार्गमतिमात्रप्रलीनमलसत्त्वान्न बहिर्मुखीभवति, ततश्छर्द्यतीसार-
 वर्ज्यान्यामप्रदोषलिङ्गान्यभिदर्शयत्यतिमात्राणि C.S.Vi. 2/12

Severe distension of the abdomen, the patient becomes unconscious and moons, *Vāta* getting obstructed moves upwards in the stomach, there is obstruction to flatus, faeces & accumulation in more quantity inside the abdomen, accompanied with thirst and excessive belchings is known as *Alasaka*.

If debilitated individuals suffering from *Mandagni* and excessive *Kapha*, suppresses the urge for passing flatus, urine & stool, and consumes compact, heavy, ununctuous, cold & dried food in excess; get pressed by *Vāta* and their passage being obstructed by *Kapha*. Because of the sluggishness caused by these factors it is not possible for the undigested food product to come out; then they exhibit excessively the symptom of over affliction of *Āma* except vomiting

दण्डालसक (Danḍālasaka)

अतिमात्रप्रदुष्टाश्च दोषाः प्रदुष्टामबद्धमार्गस्तिर्यगच्छन्तः कदाचिदेव



दण्डालसक (Danḍālasaka)

अतिमात्रप्रदुष्टाश्च दोषाः प्रदुष्टामबद्धमार्गस्तिर्यगच्छन्तः कदाचिदेव

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Visūcikā, Alasaka, Vilambhikā

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केवलमस्य शरीरं दण्डवत् स्तम्भयन्ति, ततस्तं दण्डालसकमसाध्यं बुवते।

C.S.Vi. 2/12

Excessively aggravated and vitiated *Doṣās* moves obliquely, when their passage is blocked by over vitiated *Āma* and make the body of the patient rigid like a stiff is known as *Danḍālasaka*.

आमविष (Āmaviṣa)

Described in first volume of my book under *Āma* chapter.

विलम्बिका (Vilambikā)

दुष्टन्तु भुक्तं कफमारुताभ्यां प्रवर्तते नोदर्घमधश्च यस्य ।

विलम्बिकां तां भृशदुश्चिकित्स्यामाचक्षते शास्त्रविदः पुराणाः ॥

S.S.Utt.56/9

Food getting vitiated by *Kapha* & *Vāta*, does not come out either from downward or from upward channels and waste products remain for longer period of time in the *Mahāsrotas* is known as *Vilambikā* and which is difficult to treat.

Signs and symptoms after consumption of in improper quantity of food

अमात्रावत्वं पुनर्द्विविधमाचक्षतेहीनम्, अधिकं च। तत्र हीनमात्राहारराशिं बलवण्णोपचयक्षयकरमतृप्तिकरमुदावर्तकरमनायुथवृथ्यमनोजस्यं शरीरमनो-बुद्धीन्द्रियोपधातकरं सारविधमनमलक्ष्यावहमशीतेश्च वातविकाराणामाय-तनमाचक्षते, अतिमात्रं पुनः सर्वदोषप्रकोपणमिच्छन्ति कुशलाः। यो हि मूर्तनामाहारजातानां सौहित्यं गत्वा द्रवैस्तृप्तिमापद्यते भूयस्तस्यामाशयगता वातपित्तश्लेष्याणोऽभ्यवहरेणातिमात्रेणातिप्रपीडयमानाः सर्वं युगपत् प्रकोप-मापद्यन्ते, ते प्रकुपितास्तमेवाहरराशिपरिणतमाविश्य कुक्ष्येकदेशमन्नाश्रिता विष्टम्भयन्तः सहसा वाऽप्युत्तराधराभ्यां मार्गाभ्यां प्रच्यावयन्तः पृथक् पृथगिमान् विकारानभिनिर्वर्तयन्त्यतिमात्रभोक्तुः! तत्र वातः शूलानाहाङ्गम-दमुखशोषमूर्छाभ्रमाग्निवैषम्यपाश्वर्पृष्ठकटिग्रहसिराकुञ्चनस्तम्भनानि करोति, पुनर्ज्वरातीसारान्तदर्हतुष्णामदध्रमप्रलपनानि, श्लेषा तु छर्द्यरोचका-विपाकशीतन्वरालस्यगात्रगौरवाणि॥

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Improper quantity of food is subdivided into two types namely deficient and excess.

Deficient quantity of food produces following signs & symptoms are as follows—

Loss of strength, complexion & development; emaciation; unsaturation; upward movement of *Vāta*; diminished longevity, virility and ojas (immunity); damage to body, mind, intellect and senses; impairment of *Sāra*; development of inauspicious conditions and causative factor for eighty types of *Vātaja Vikāra*.

Effect of excess quantity of food

Excessively consumed food aggravates all the three *Doṣas*. One who consumes solid food in sufficient quantity and then takes liquid food in excessive quantity, all the three *Doṣas* get too much compressed and simultaneously aggravated. These exacerbated *Doṣas* enters into the undigested food situated in a portion of belly and cause distension of abdomen or instantaneously moves through upward & down tracts separately to produce following signs and symptoms—

Vāta produces colic pain; constipation; malaise; dryness of mouth; fainting; giddiness; irregular digestion; stiffness in sides of chest, back and waist; constriction & hardening of blood vessels. *Pitta* produces fever, diarrhoea, internal burning sensation, thirst, intoxication, giddiness & delirium. *Kapha* produces vomiting, anorexia, indigestion, fever with cold, lassitude & heaviness of body.

आनाह (*Anāha*)

आमं शकुद्धा निचितं क्रमेण भूयो विबद्धं विगुणानिलेन ।
प्रवर्त्तमानं न यथास्वमेनं विकारमानाहमुदाहरन्ति ॥
तस्मिन् भवन्त्यामसमुद्धवे तु तृष्णाप्रतिश्यायशिरोविदाहाः ।
आमाशये शूलमयो गुरुत्वं हल्लास उद्गारविद्यातनञ्ज ॥

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94 Āyurvedīya Vikṛti Vijnāna & Roga Vijnāna

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Effect of excess quantity of food

Excessively consumed food aggravates all the three Doṣas. One who consumes solid food in sufficient quantity and then takes liquid food in excessive quantity, all the three Doṣas get too much compressed and simultaneously aggravated. These exacerbated Doṣas enters into the undigested food situated in a portion of belly and cause distension of abdomen or instantaneously moves through upward & down tracts separately to produce following signs and symptoms—

Vāta produces colic pain; constipation; malaise; dryness of mouth; fainting; giddiness; irregular digestion; stiffness in sides of chest, back and waist; constriction & hardening of blood vessels. Pitta produces fever, diarrhoea, internal burning sensation, thirst, intoxication, giddiness & delirium. Kapha produces vomiting, anorexia, indigestion, fever with cold, lassitude & heaviness of body.

आनाह (Ānāha)

आमं शक्त्वा निचितं क्रमेण भूयो विबद्धं विगुणानिलेन ।
प्रवर्त्तमानं न यथास्वमेन विकारमानाहमुदाहरन्ति ॥
तस्मिन् भवन्त्यामसमुद्दवे तु तुष्टाप्रतिश्यायशिरोविदाहाः ।
आमाशये शूलमथो गुरुत्वं हृल्लास उद्धारविधातनञ्ज ॥

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Visūcikā, Alasaka, Vilambhikā

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स्तम्भः कटीपृष्ठपुरीषमूत्रे शूलोऽथ मूर्च्छा स शकद्वमेच्च ।
श्वासश्च पकवाशयजे भवन्ति लिङ्गानि चात्रालसकोद्रवानि ॥

S.S.Utt. 56/20-22

Gradual accumulation of *Āma* or stool inside the *Mahāsrotas* and it is obstructed from going out by the exacerbated *Vāta* and is not expelled out through their respective channels is known as *Ānāha*.

If *Ānāha* manifests by *Āma* produces thirst, rhinitis, burning sensation in the head, pain & heaviness in stomach, nausea and obstruction to belchings.

If *Ānāha* caused by stool produces stiffness in waist & back, non elimination of stool & urine, pain in abdomen, fainting, faecal vomiting, dyspnoea and symptoms of *Alasaka*.

आध्मान-प्रत्याध्मान (*Ādhmāna-Pratyādhmāna*)

साटोपमत्युग्ररुजमाध्मातमुदरं भृशम् ।
आध्मानमिति जानीयाद्घोरं वातनिरोधजम् ॥
विमुक्तपाश्वहृदयं तदेवामाशयोत्थितम् ।
प्रत्याध्मानं विजानीयात् कफव्याकुलितानिलम् ॥

S.S.Ni. I/88-89

Distension of abdomen associated with sound and severe pain is known as *Ādhmāna* and it manifest due to suppression of *Vāta*.

The same commences from *Āmāśaya* sparing the flanks and region of the heart is known as *Pratyādhmāna* and it manifest by association with *Vāta* & *Kapha*.

आटोप (*Āṭopa*)

आटोपो रुजापूर्वक उदरक्षोभः ।
S.S.Su. 21/32 (*Dalhana*)

Āṭopa means abnormal movements of *Vāta* with pain.

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*Chapter 14***आम्लपित्त (Āmlapitta)****आम्लपित्त निदान (Āmlapitta Nidāna)**

विरुद्धदृष्टाम्लविदाहिपित्तप्रकोपिपानान्नभुजो विदाधम् ।
पित्तं स्वहेतूपचितं पुरा यत्तदम्लपित्तं प्रवदन्ति सन्तः ॥

M.Ni. 51/1

विरुद्धाध्यशनाजीण्डामे चामे च पूरणात् ।
पिष्ठान्नानामपक्वानां मद्यानां गोरसस्य च ॥
गुर्विविष्णन्दिभोज्यानां वेगानां धारणस्य च ।
अत्युष्णस्निग्धरूक्षाम्लद्रवाणामतिसेवनात् ॥
फाणितेक्षुविकाराणां कुलत्थानां च शीलनात् ।
भृष्टधान्यपुलाकानां पृथुकानां तथैव च ॥
भुक्त्वा भुक्त्वा दिवास्वप्नादतिस्नानावगाहनात् ।
अन्तरोदकपानाच्च भुक्त्पर्युषिताशनात् ॥

K.S.Khi. 16/3-6

Etiological factors of Āmlapitta are as follows—

One who consume foods which are incompatible, rotten, sour; food substances which increases burning sensation inside; other factors which aggravates *Pitta*; eating before the digestion of previous meal; indigestion; manifestation of *Āma*; *Āma* develops at tissue levels; use of ground cereals (*Māṣa*); improperly processed wines & drinks; eating of heavy & moisture producing foods; suppression of natural urges; excessive use of hot, unctuous, dry, sour & liquid articles, consumptions of *Molasses*; *Kulattha* & sugarcane preparations; parched cereals; wildly growing rice and *Prithuka* (flattened rice obtained from boiled paddy); repeatedly sleeping in day time after eating again and again; over bathing; tub bath; drinking water in between food eating and consumption of stale food.

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Āmlapitta

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आम्लपित्त संप्राप्ति (Samprāpti of Āmlapitta)

वातादयः प्रकुप्यन्ति तेषामन्यतमो यदा ।
 मन्दीकरोति कायाश्चिमग्नौ मार्दवमागते ॥
 एतान्येव तथा भूयः सेवामानस्य दुर्मतेः ।
 यत्किञ्चिद शितं पीतं देहिनस्तद्धि दद्यति ॥
 विदग्धं शुक्तां यादि शुक्तमामाशये स्थितम् ।
 तदम्लपित्तमित्याहुभूयिष्ठं पित्तदूषणात् ॥
 जन्मोर्धदनुबन्धाति लौल्यादनियतात्मनः ।
 अविशुष्के यथा क्षीरं प्रक्षिप्तं दधिभाजने ॥
 क्षिप्रमेवाम्लतामेति कूर्च्छिभावं च गच्छति ।
 रसाधातौ तथा व्यस्ते भुक्तं मुक्तं विदहते ॥

K.S.Khi. 16/7/13

Due to above etiological factors Vātādi Doṣas get aggravated leading to mildness of Agni. At this time, whatever is eaten by an *ignoramus* person, the same gets burnt, due to improper digestion, food gets acidified inside the stomach. If person doesn't follow rules & regulation of diet even at this stage and indulging unwholesome diet due to greed, the same gets severely vitiated due to pitta is known as Āmlapitta.

As the milk poured into undried & uncleansed curd pot, immediately it attains sourness & gets inspissated in a brush form, in the same way repeatedly eaten food gets improperly processed into Rasadhātu in case of Āmlapitta. When Ajīrṇa associates Pitta causes Āmlapitta.

आम्लपित्त संप्राप्ति घटक (Samprāpti Ghaṭaka of Āmlapitta)

| | |
|--------------|------------------------------------|
| <i>Doṣa</i> | : Pitta Pradhānatridoṣaja |
| | <i>Vāta</i> → <i>Samāna, Udāna</i> |
| | <i>Pitta</i> → <i>Pācaka</i> |
| | <i>Kapha</i> → <i>Kledaka</i> |
| <i>Dūṣya</i> | : <i>Dhātu</i> → <i>Rasa</i> |

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Upadhātu → *Tvacā*

Śāririkamala → *Puriṣa*

Dhātumala → *Kapha, Pitta*

Agni : *Jaṭharāgni, Dhātvāgni*

Agniduṣṭi : *Tikṣṇāgnī, Mandāgnī*

Srotas : *Rasavaha, Annavaha*

Srotoduṣṭi : *Saṅga, Vimārgagamana*

Adhiṣṭhāna : *Āmāśaya*

Udbhavasthāna : *Āmāśayottha*

Sancārasthāna : *Mahāsrotas*

Vyaktasthāna : *Āmāśaya, Kanṭa, Hṛdaya*

Svabhāva : *Cirakāri & Āśukāri*

Prabhāva : Newly manifested curable with difficulty & chronic disease curable with difficulty only in few persons.

Rogamārga : *Abhyantara*

Roga bheda : *Urdhvaga, Adhoga*

सामान्य लक्षण (*Sāmānya Lakṣaṇa*)

अविपाकवलमोत्क्लेशतिक्ताम्लोद्धारगौरवे:

हृत्कण्ठदाहारुचिभिश्चाम्लपितं वदेद्दिघक् ॥

M.Ni. 51/2

Amlapitta is characterised by indigestion, exhaustion, nausea, sour or bitter eructations, heaviness, burning sensation in the chest & throat and loss of appetite.

अथोग आम्लपित्त लक्षण (*Adhoga Āmlapitta Lakṣaṇa*)

तुडदाहमूच्छाभ्रममोहकारि प्रयात्यधो वा विविधप्रकारम् ।

हृल्लासकोठानलसादहर्षस्वेदाङ्गपीतत्वकरं कदाचित् ॥

M.Ni. 51/3

Adhoga Āmlapitta is characterised by thirst, burning sensation, fainting, giddiness, delusion, downward movement of





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various kinds, occasional oppression in chest, skin rashes, diminished functions of *Agni*, horripilations, perspiration and yellowish discolouration of the body.

ऊर्ध्वग आम्लपित्त (*Urdhvaga Āmlapitta*)

बान्तं हरित्पीतकनीलक्ष्यामारक्तरक्ताभमतीव चाम्लम् ।
 मांसोदकार्भं त्वतिपिच्छलाच्छं श्लेष्मानुजातं विविधं रसेन ॥
 भुक्ते विदधे त्वथवाऽप्यभुक्ते करोति तित्ताम्लवर्णं कदाचित् ।
 उद्धारमेवंविधमेव कण्ठहृत्कृक्षिदाहं शिरसो रुजं च ॥
 करचरणदाहमौष्यं महतीमरुचिं ज्वरं च कफपित्तम् ।
 जनयति कण्ठूमण्डलपिङ्गकाशतनिचितगात्रोगचयम् ॥

M.Ni. 51/4-6

Urdhvaga Āmlapitta is characterised by vomiting, which is green, yellow, blue, black, slightly red or bright red colored sour substances, it resembles like mutton washed water, shiny, thin, followed by *Kapha*; patient vomits during digestion of food or in empty stomach, which is either bitter or sour taste associated with belching of similar nature; burning sensation in the throat, chest and upper abdomen; headache, burning sensation in the palms & soles, feeling of great heat, loss of appetite, *Kapha-Pittaja* fever, skin rashes, itching, surrounded by numerous small vesicles on the skin & other troubles to the body.

Classification of Āmlapitta based on Predominance of Dosas

सानिलं सानिलकफं सकफं तच्च लक्ष्येत् ।
 दोषलिङ्गेन मतिमान् भिषङ्गमोहकरं हि तत् ॥
 कम्पप्रलापमूच्छाचिमिचिमिगात्रावसादशूलानि ।
 तमसो दर्शनविभ्रमविमोहहर्षाणयनिलकोपात् ॥
 कफनिष्ठीवनगौरवजडतारुचिशीतसादवमिलेपा: ।
 दहनबलसादकण्ठूनिन्द्राश्चिह्नं कफानुगते ॥
 उभयमिदमेव चिह्नं मारुतकफसंभवे भवत्यस्ते ।
 तित्ताम्लकटुकोद्धारहृत्कृक्षिकण्ठदाहकृत् ॥
 भ्रमो मूर्च्छारुचिश्छर्दिरालस्यं च शिरोरुजा ।

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प्रसेको मुखमाधुर्यं श्लेष्मपित्तस्य लक्षणम् ॥

M.Ni. 51/8-12

Physician should be able to recognise the symptoms of *Āmlapitta* caused by *Vāta*, *Vātakapha*, & *Kapha* because they are likely to create confusion to him.

Vātapradhāna Āmlapitta

It is characterised by tremors, delirium, fainting, feeling of pins & needles, general weakness, pain, feeling of darkness in front of the eyes, giddiness, delusion and horripilations.

Kapha Pradhāna Āmlapitta

It is characterised by expectoration of thick phlegm, heaviness, lassitude, loss of appetite, coldishness, general weakness, vomiting, coated tongue, burning sensation, loss of strength, itching and excessive sleep.

Vāta-Kapha Pradhāna Āmlapitta

It is characterised by the appearance of the signs of symptoms of *Vātaja Pradhāna* & *Kaphaja Pradhāna Āmlapitta*.

Kapha-Pittaja Pradhāna Āmlapitta

It is characterised by eructation having bitter, sour and pungent tastes, burning sensation in chest, upper abdomen & throat, giddiness, fainting, loss of appetite, vomiting, lassitude, headache, salivations and sweetishness in mouth.

साध्यासाध्यता (Sādyasādhyatā)

रोगोऽयमस्तपित्ताख्यो यत्नात् संसाध्यते नवः ।
चिरोत्थितो भवेद्याप्यः कृच्छ्रसाध्यः स कस्यचित् ॥

M.Ni. 51/7

Prognosis of Āmlapitta- Recently manifested disease responds to treatment with difficulty; chronic *Āmlapitta* is manageable or curable with difficulty in few persons.

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M.Ni. 51/7

Prognosis of Āmlapitta- Recently manifested disease responds to treatment with difficulty; chronic Āmlapitta is manageable or curable with difficulty in few persons.

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उपशय/पथ्य (Upaśaya/Pathya)

In cases of *Urdhva Āmlapitta* where *Ślesma* has high concentration one should try *Vamana* therapy. Similarly, in cases of *Adhogata Āmlapitta* where *Pitta* has high concentration one should go with *Virecana* therapy. After carrying out either of these therapies one should administer the *Basti* therapy. Apart from the above measures, one can include the following edibles in their diet: rice of old *Śāli* variety, *Yava*, wheat, *Mudga*, meat and meat soups of wild animals and birds, cool boiled water, sugar, honey, *Saktu*, *Karkoṭa*, *Kāravellaka*, *Paṭola* leaves, *Hilmocika*, *Vetāgra*, well ripened fruit of *Kuṣmāṇḍa*, flowers of banana tree, *Vāstuka*, *Kapittha*, pomegranate, *Āmalakī* and all *Tikta* juices and edibles. One should also drink liquids which are anti-*Kapha* and anti-*Pitta*. (B.R. 56/156-159)

अनुपशय/अपथ्य (Anupaśaya/Apathya)

The following are strictly prohibited for a patient of *Āmlapitta*: fresh paddy, *Viruddhaśana*, *Pitta* increasing meals, obstructing the flow of vomiting, sesame, *Urada*, *Kulattha*, items fried in oil, milk of sheep, *Kānji*, salt, *Āmla* and *Kaṭu* juices, *Guru* products, curd and liquor. (B.R. 56/160-161)

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*Chapter 15***शूल (Śūla)**

वातज शूल निदान एवं लक्षण (Vātaja Śūla Nidāna Evam Lakṣaṇa)

व्यायामयानादतिमैथुनाच्च प्रजागराच्छीतजलातिपानात्।
 कलायमुद्राढकिकोरदूषादत्यर्थरुक्षाध्यशनाभिघातात् ॥
 कथायतिक्तातिविरुद्धजान्नविरुद्धवल्लूरकशुष्कशाकात्।
 विट्शुकमूत्रानिलवेगरोधाच्छोकोपवासादतिहास्यभाष्यात्॥
 वायुः प्रवृद्धो जनयेद्धि शूलं हृत्यार्थपृष्ठत्रिकबस्तिदेशे ।
 जीर्णो प्रदोषे च धनागमे च शीते च कोयं समुपैति गाढम् ॥
 मुहर्मुहुश्वोपशमप्रकोपी विड्वातसंस्तम्भनतोदभेदैः ।
 संवेदनाभ्यञ्जनमर्दनादैः स्निग्धोष्णभोज्यैश्च शमं प्रयाति ॥

M.Ni. 26/2-5

वातज शूल निदान (Vātaja Śūla Nidāna)

Etiological factors of *Vātaja Śūla* are as follows-

Excessive physical exercises; riding over vehicles & animals; sexual intercourse; awake at night; drinking cold water, consumption of food substances like peas, green gram, *Āḍaki*, *Koraduṣa* and others in excess; rough substances; eating food during indigestion; injury; foods which are astringent and bitter; germinated grains; incompatible dietetics; dried fish & leafy vegetables; suppression of the urge for feces, semen, urine, flatus; grief, fasting; excessive speaking & laughing.

वातज शूल संप्राप्ति (Vātaja Śūla Samprapti)

Etiological factors exacerbates *Vāta* and manifest *Vātaja Śūla*.

वातज शूल लक्षण (Vātaja Śūla Lakṣaṇa)

Vātaja Śūla is characterised by pain in heart, flanks, back, waist & urinary bladder; gets aggravated during or after the

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digestion of food, evening, cloudy & cold weather; pain increases or decreases of its own accord frequently; there is obstruction to stool & flatus associated with pricking & tearing pain; get relieved by the use of hot fomentation, oil massage, fatty and warm foods & drinks.

पित्तज शूल (*Pittaja Śūla*)

क्षारातितीक्ष्णोष्णविदाहितैलनिष्यावपिण्याकुलतथ्यूर्धैः ।
 कट्वम्लसौवीरसुराविकारैः क्रोधानलायासरविप्रतापैः ॥
 प्राप्यातियोगादशैर्विद्यैः पित्तं प्रकुप्याशु करोति शूलम् ।
 तृण्मोहदाहातिकरं हि नाभ्यां संस्वेदमूच्छीभ्रमचोषयुक्तम् ॥
 मध्यन्दिने कुप्यति चार्धरात्रे विदाहकाले जलदात्यये च ।
 शीते च शीतैः समुपैति शान्तिं सुस्वादुशीतैरपि भोजनैश्च ॥

M.Ni. 26/6-8

पित्तज शूल निदान (*Pittaja Śūla Nidāna*)

The etiological factors for the manifestation of *Pittaja Śūla* are as follows—

Excessive consumption of food substances which are alkaline, heat producing, very hot, food substances which induce burning during digestion, oily preparations, *Niṣpāva* (cow-pea), oil cake, horsegram soup, food substances which are pungent & sour, fermented preparations like *Sauvirā*, *Surā* etc., anger, exposure to fire, fatigue, prolonged exposure to hot sun, sexual intercourse and irritating food substances.

पित्तज शूल संप्राप्ति (*Pittaja Śūla Samprapti*)

Due to above etiological factors *Pitta* aggravates in excess & manifest *Pittaja Śūla*.

पित्तज शूल लक्षण (*Pittaja Śūla Lakṣaṇa*)

It is characterised by thirst, confusion, burning sensation near the umbilicus, perspiration, fainting, giddiness, localised

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burning sensation; pain aggravates during mid day or mid night, during digestion of food, rainy season; gets relieved by cold substances like cold drinks, cold exposure etc., sweet foods & drinks which is cold.

कफज शूल निदान (*Kaphaja Śūla Nidāna*)

Etiological factors of *Kaphaja Śūla* are as follows :

Excessive intake of meat of aquatic & marshy land animals; butter milk & other milk products; mutton; sugarcane products; flour preparations of blackgram, sesamum etc., and other *Kapha* increasing factors.

कफज शूल संप्राप्ति (*Kaphaja Śūla Samprāpti*)

Due to above etiological factors *Kapha* gets aggravated in excess & manifest *Kaphaja Śūla*.

कफज शूल लक्षण (*Kaphaja Śūla Lakṣaṇa*)

It is characterised by *Nausea*, cough, debility, anorexia, salivation, pain near the stomach, stiffness and loss of movement in the abdomen, heaviness in head, pain increases just after taking food, sunrise, autumn & spring seasons.

सन्निपातज शूल (*Sannipātaja Śūla*)

सर्वेषु दोषेषु च सर्वलिङ्गं विद्याद्विषक् सर्वभवं हि शूलम्।

सुकष्टमेन विषवत्रकल्पं विवर्जनीयं प्रवदन्ति तज्जाः ॥

M.Ni. 26/11

It is produced by the combination of all the three *Doṣas* simultaneously and manifest the symptoms of all the three *Doṣas*, symptoms persist continuously all the time, powerful, produce severe discomfort like poison & difficult to treat or it should be rejected for the treatment.

आमज शूल (*Āmaja Śūla*)

आटोपहल्लासवमीगुरुत्वस्तैमित्यकानाहकफ्रसेकैः ।

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कफस्य लिहेन समानलिङ्गमामोद्द्रवं शूलमुदाहरन्ति ॥

M.Ni. 26/12

Āmaja Śūla is characterised by gurgling sound in the intestines, Nausea, vomiting, heaviness, rigidity & distension of abdomen, salivation and other symptoms as described under Kaphaja Śūla.

द्वन्द्वज शूल (Dvandvaja Śūla)

बस्तौ हत्पार्श्वपृष्ठेषु स शूलः कफवातिकः ।

कुक्षौ हत्प्रभिमध्येषु स शूलः कफपैत्तिक ॥

दाहज्वरकरो घोरो विज्ञेयो वातपैत्तिकः ।

M.Ni. 26/13-14

कफवातज शूल (Kapha-Vātaja Śūla)

Kapha-Vātaja Śūla is characterised by pain in heart, sides of chest and back.

कफपित्तज शूल (Kapha-Pittaja Śūla)

Kapha-Pittaja Śūla is characterised by pain in abdomen, heart and centre of umbilicus.

वातपित्तज शूल (Vāta-Pittaja Śūla)

Vāta-Pittaja Śūla is characterised by severe pain associated with burning sensation and fever.

साध्यासाध्यता (Sādhyāsādhyatā)

एकदोषोत्थितः साध्यः कृच्छ्रसाध्यो द्विदोषजः ॥

सर्वदोषोत्थितो घोरस्त्वसाध्यो भूर्युपद्रवः ।

M.Ni. 26/14-15

If Śūla manifests due to single *Doṣa* then it is curable, that produced by combination of any two *Doṣas* then it is curable with difficulty; that produced by combination of all the three *Doṣas*, severe and associated with complications is incurable.

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परिणाम शूल (Pariṇāma Śūla)

परिणाम शूल निदान एवं संप्राप्ति (Pariṇāma Śūla Nidāna Evam Samprāpti)

कफपित्ते समावृत्य शूलकारी भवेद्वली ।
भुक्ते जीर्यति यच्छूलं तदेव परिणामजम्॥

M.Ni. 26/16

Pariṇāma Śūla manifest due to following etiological factors-

Factors which brings aggravation of all the three *Doṣas* by their respective etiological factors resulting in the manifestation of *Pariṇamaśūla*.

परिणाम शूल प्रत्यात्म लक्षण (Pariṇāma Śūla Pratyātma Lakṣaṇa)

Pariṇāma Śūla is characterised by pain just after the digestion of food.

वातज परिणामशूल लक्षण (Vātaja Pariṇāma Śūla Lakṣaṇa)

आध्मानाटोपविण्मूत्रविबन्धारतिवेपनैः ॥
स्निग्धोच्चोपशमग्रायं वातिकं तद्वदेद्विषकृ ।

M.Ni. 26/17-18

Vātaja Pariṇāma Śūla is characterised by distension of abdomen, gurgling sound in the abdomen, non elimination of stool and urine, restlessness, tremors, pain gets relieved by fatty & warm foods.

पित्तज परिणामशूल शूल (Pittaja Pariṇāma Śūla)

तुष्णादाहारतिस्वेदं कट्वम्लवणोत्तरम् ॥
शूलं शीतशमग्रायं पैत्तिकं लक्षयेद् बुधः ।

M.Ni. 26/18-19

Pittaja Pariṇāma Śūla is characterised by thirst, burning sensation, restlessness, perspiration, burning sensation, pain aggravates after consuming pungent, sour & salty foods but get

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Śūla

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relieved after taking cold food & cold measures.

कफज परिणाम शूल (*Kaphaja Pariṇāma Śūla*)

छर्दिहल्लासंमोहं स्वत्परुग्दीर्घसन्ततिः ॥
कटुतिक्तोषशान्तं च तच्च ज्ञेयं कफात्मकम् ।

M.Ni. 26/19

Kaphaja Pariṇāma Śūla is characterised by vomiting, nausea, delusion, mild pain persist for long time, pain gets relieved by pungent & bitter foods.

द्वन्द्वज परिणाम शूल (*Dvandvaja Pariṇāma Śūla*)

संसुष्टलक्षणं बुद्ध्वा द्विदोषं परिकल्पयेत् ॥

M.Ni. 26/20

Pariṇāma Śūla manifest due to combination of two *Doṣās* and combined features are observed as per dominancy of *Doṣās*.

त्रिदोषज परिणाम शूल (*Tridoṣaja Pariṇāma Śūla*)

त्रिदोषजमसाध्यं तु क्षीणमांसबलानलम् ।

M.Ni. 26/21

Tridoṣaja Pariṇāma Śūla manifest due to combination of all the three *Doṣās* & manifest the clinical features of all the three *Doṣās*. If it is associated with emaciation, loss of strength & digestion is said to be incurable.

अन्नद्रव शूल (*Annadrava Śūla*)

जीर्णे जीर्यत्यजीर्णे वा यच्छूलमुपजायते ।
पथ्यापथ्यप्रयोगेण भोजनाभोजनेन च ।
न शमं याति नियमात्सोऽन्नद्रव उदाहृतः ॥
अन्नद्रवाख्यशूलेषु न तावत्स्वास्थ्यमश्नुते ।
वान्तमात्रे जरत्पित्तं शूलमाशु व्यपोहति ॥

M.Ni. 26/21-23

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Annadrava Śūla is characterised by continuous severe pain and not subsiding either by digestion or after digestion or after





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Annadrava Śūla is characterised by continuous severe pain and not subsiding either by digestion or after digestion or after taking food or in empty stomach. It does not get relieved by any kind of measures. Some people say patient gets relief after vomiting accumulated *Pitta*.

उपशय/पथ्य (*Upaśaya/Pathya*)

Wholesome Diets: To patient suffering from colic pain, steam boiled nuggets prepared out of *Māsa* along with its husk and fried in the *Ghṛtam*, should be served as food. Wheat flour mixed with *Ghṛtam* and jaggery is also useful. It can be given along with sugar and cold milk. Lukewarm *Manda* (water which is strained out after boiling rice) of *Śāli* rice free from *Siktā* (sticky portion) is also useful. *Yava* (barley) cooked in milk and added with *Ghṛtam*, vegetable soup and sugar may also be given. The patient can take boiled milk after taking sugar. He can also take *Saktu* (roasted flour) of *Cāka* along with the soup of leaves of *Paṭola*. (B.R. 30/271-273)

The following measures and eatables are considered to be good for the patient suffering from *Śūla* disorder: *Vamana*, *Svedana*, *Laṅghana* (fasting), putting wicks in *Guda*, *Basti* therapy, sleeping during daytime, *Recana*, easily digestible edibles, one year old rice, fried barley's *Manda*, warm milk, meat soup of wild animals, *Paṭola*, *Śobhāñjana*, *Kārvellaka*, aubergine, ripe mangoes, raisins, *Kapittha*, black salt, *Priyālāsthī*, leaves of *Śāli* *Nca* *Śaka*, *Vāstuka*, sea salt, *Sauvarcalā* salt, asafoetida, dried ginger, *Viḍa* salt, aniseeds, garlic, clove, oil of *Eraṇḍa*, warm water, juice of *Jambīra* lemon, powder of *Kuṭaja* and light *Kṣārās*. (B.R. 30/279-281)

अनुपशय/अपथ्य (*Anupaśaya/Apathya*)

Prohibitions: The patient suffering from colic pain should avoid eating incompatible foods, remaining awake during nights, unequal meals, exercises, sexual intercourse, alcoholic





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Śūla

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drinks, salt, pungent food, *Dvidala* (pulses having two cotyledons), suppression of the manifested natural urges, worry and anger. (B.R. 30/282-283)

The patient of *Pariṇāma Śūla* should avoid rice obtained from *Śimbi* variety of paddy, edibles containing cold properties, sour eatables and sesame seeds. He should not take meals before digesting the foods earlier taken. He should also avoid sexual intercourse, walking in sun, waking for long hours, getting angry, indulging in grief and the like. (B.R. 30/284-285)

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*Chapter 16***ग्रहणी दोष (Grahaṇī Doṣa)**

Grahaṇī Doṣa refer to diseases located in *Grahaṇī*. This specific term refers to 4 types of *Grahaṇī roga*. This also includes *Agnimāndhya*, *Ajīrṇa* etc, these diseases manifest due to vitiation of *Grahaṇī*. The term *Grahaṇī* as a disease entity specifically used for the ailment *Grahaṇīgada*, which manifest due to malfunctioning of *Grahaṇī*. (C.S.Ci. 15/38-41 (*Cakrapāṇi*)

Other ailments, like *Agnimāndhya* having only their location are not implied by the term *Grahaṇīgada*. In *Atisāra*, undigested food particles are released but it is not called *Grahaṇī Doṣa* because of difference in its pathogenesis & line of treatment.

Pittadharakalā situated between *Pakvāśaya* & *Āmāśaya* is known as *Grahaṇī*, strength of *Grahaṇī* is *Agni* and *Agni* resides in the *Grahaṇī*; that's why when *Agni* is vitiated, *Grahaṇī* also become vitiated (S.S.Utt. 40/169-170).

ग्रहणी रोग निदान (Grahaṇī Roga Nidāna)

| | | |
|---------|-------------|---------------------------|
| दुष्यति | ग्रहणी | जन्तोरग्निसादनहेतुमिः ॥ |
| अतिसारे | निवृत्तेऽपि | मन्दाग्नेरहिताशिनः । |
| भूयः | सन्धूषितो | वह्निर्ग्रहणीमभिदूषयेत् ॥ |

S.S.Utt. 40/166-167

| | | | |
|-----------|---------------------------|------------|-------------|
| अतीसारेषु | यो | नातियलवान् | ग्रहणीगदः ॥ |
| तस्य | स्यादग्निविध्वंसकैरन्यस्य | | सेवितैः । |

A.H.Ni. 8/15-16

Diseases of *Grahaṇī* manifest due to disordered functions of *Agni*. After the cure of *Atisāra* or who is suffering from mild digestive fire, if they consume unwholesome dietetic regimen leading to further vitiation of *Agni* along with *Grahaṇī*.

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Grahaṇī Doṣa

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ग्रहणी रोग भेद (Grahaṇī Roga Bheda)**Classification of Grahaṇī Roga**

एकशः सर्वशक्तिव दोषैरत्यर्थमुच्छ्रवते: ।

सा दुष्टा बहुशो भुक्तमामयेव विमुच्छति ॥

S.S.Utt. 40/171

वातात् पित्तात् कफाच्च श्यात्तद्रोगस्त्रिभ्य एव च ।

हेतुं लिङ्गं चिकित्सां च शृणु तस्य पृथक् पृथक् ॥

C.S.Ci. 15/58

There are four varieties of *Grahaṇī roga* namely *Vātaja*, *Pittaja*, *Kaphaja* & *Sannipātaja* are described.

The word '*Grahaṇī Doṣa*' includes the following diseases
C.S.Ci. 15/71, C.S.Ci. 15/38-41 (*Cakrapāṇi*)

- (A) *Grahaṇī roga or Grahaṇī gada*
- (B) *Agnimāndhya*
- (C) *Ajīrṇa*
- (D) *Mandāgni*
- (E) *Tikṣṇāgni*
- (F) *Viśamāgni*

पूर्वरूप (Pūrvavarupa)

पूर्वरूपं तु तस्येदं तुष्णाऽलस्य बलक्षयः ।

विदाहोऽनस्य पाकच्च चिरात् कायस्य गौरवम् ॥

C.S.Ci. 15/55

तस्योत्पत्तौ विदाहोऽन्ने सदनालस्यतुदक्लमाः ।

बलक्षयोऽरुचिः कासः कर्णक्षवेडोऽन्नकूजनम् ॥

S.S.Utt. 40/173

Premonitory signs & symptoms of *Grahaṇī roga* are as follows— Thirst, laziness, diminution of strength, burning sen-

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sation during digestion of food, delayed digestion, heaviness in body, general malaise, exhaustion, anorexia, cough, ringing inside the ears and gurgling noise in the abdomen.

ग्रहणी रोग संप्राप्ति (Samprapti of Grahaṇī Roga)

सा दुष्टा बहुशो भुक्तमाममेव विमुच्चति ॥

पक्वं वा ॥ C.S.Utt. 40/17-172

दुर्बलो विदहत्यनं तद्यात्यूर्ध्वमधोऽपि वा ॥

अथस्तु पक्वमार्म वा प्रवृत्तं ग्रहणीगदः ।

उच्यते सर्वमेवान्न प्रायो ह्यस्य विदहृते ॥

C.S.Ci. 15/51-52

दुर्बलाग्निबला दुष्टा त्वाममेव विमुच्चति ॥

C.S.Ci. 15/57

Due to etiological factors both *Agni* and *Grahaṇī* becomes disturbed leading to development of *Grahaṇī roga*.

Impaired *Agni* burns the food incompletely which goes either upward or downwards when it moves downwards either in ripe or unripe condition is known as *Grahaṇī gada*. Such patients suffers from sour eructation, burning sensation, thirst along with difficulty in digestion.

ग्रहणी रोग संप्राप्ति घटक (Samprapti Ghaṭaka of Grahaṇī Roga)

Doṣa : *Pitta Pradhāna Trdoṣaja*

Vāta → *Samāna*

Pitta → *Pācaka*

Kapha → *Kledaka*

Dūṣya : *Dhātu* → *Rasa*

Upadhātu →

Śārīrika mala → *Mūtra, Puriṣa*

Dhātu mala → *Kapha, Pitta*

Agni : *Jatharāgni*

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Grahaṇī Doṣa

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| | | |
|----------------------|---|---|
| <i>Agniduṣṭi</i> | : | <i>Mandāgni</i> |
| <i>Āma</i> | : | <i>Āgnijanya</i> |
| <i>Srotas</i> | : | <i>Annavaha</i> |
| <i>Srotoduṣṭi</i> | : | <i>Saṅga & Vimārgagamana, Atipravṛtti</i> |
| <i>Adhiṣṭhāna</i> | : | <i>Grahaṇī</i> |
| <i>Udbhavasthāna</i> | : | <i>Grahaṇī</i> |
| <i>Vyaktasthāna</i> | : | <i>Grahaṇī</i> |
| <i>Sancārasthāna</i> | : | <i>Mahā Srotas, Annavaha Srotas</i> |
| <i>Svabhāva</i> | : | <i>Cirakāri</i> |
| <i>Prabhāva</i> | : | <i>Mahāroga, Sudustura (difficult to treat)</i> |
| <i>Roga Mārga</i> | : | <i>Abhyantara</i> |
| <i>Roga bheda</i> | : | <i>Vātaja, Pittaja, Kaphaja & Sannipātaja</i> |

सामान्य लक्षण (*Sāmānya Lakṣaṇa*)

अतिसृष्टं विबद्धं वा द्रवं तदुपदिश्यते ।
 तृष्णारोचकवैरस्यप्रसेकतमकान्वितः ॥
 शूनपादकरः सास्थिपर्वरुक् छर्दनं ज्वरः ।
 लोहामगन्धिस्तिक्ताम्ल उद्गारश्चास्य जायते ॥
C.S.Ci. 15/53-54

अथ जाते भवेज्जन्तुः शूनपादकरः कृशः ।
 पर्वरुलौल्यतुद्धर्दिज्वरारोचकदाहवान् ॥
 उद्ग्रीच्छुक्तिक्ताम्ललोहधूमामगन्धिकम् ।
 प्रसेकमुखवैरस्यतमकारुचिपीडितः ॥

S.S.Utt. 40/174-175

General signs and symptoms of *Grahaṇī roga* are as follows-

Patient passes frequent watery stools or constipated associated with thirst, anorexia, distaste in mouth, excessive salivation, and feeling of darkness. Besides, oedema on feet and hands, pain in bones & joints, vomiting, fever, eructations have metallic or *Āma* or smoke smell; sour, bitter, & vinegar eructations; emaciation, greediness, burning sensation inside and breathlessness.

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वातज ग्रहणी रोग हेतु, संप्राप्ति एवं लक्षण (Vātaja Grahaṇī Roga Hetu, Samprāpti Evam Lakṣaṇa)

कटुतिक्तकषायातिरुक्षशीतलभोजनैः ।
 प्रमितानशनात्यध्ववेगानिग्रहमैथुनैः ॥
 करोति कुपितो मन्दमग्निं संछाद्य मारुतः ।
 तस्यानं पच्यते दुःखं शुक्तपाकं खराङ्गता ॥
 कण्ठास्यशोषः क्षुन्त्या तिमिरं कर्णयोः स्वनः ।
 पाश्वर्वोरुवड़क्षणग्रीवारुजोऽभीक्षणं विसूचिका ॥
 हृत्पीडा काश्यदौर्बल्यं वैरस्यं परिकर्तिका ।
 गृद्धिः सर्वरसानां च मनसः सदनं तथा ॥
 जीर्णे जीर्यति चाध्मानं भुक्ते स्वास्थ्यमुपैति च ।
 स वातगुल्मद्रोगप्लीहाशङ्की च मानवः ॥
 चिराददुःखं द्रवं शुष्कं तन्वामं शब्दफेनवत् ।
 पुनः पुनः सृजेद्वर्चः कासश्वासादितोऽनिलात् ॥

C.S.Ci. 15/59-64

Vātaja Grahaṇī Roga manifest due to following etiological factors— Excessive consumption of pungent, bitter, astringent, excessively unctuous & cold food substances, less intake of food, fasting too much, travelling on foot, suppression of natural urges and excessive sexual intercourse.

संप्राप्ति (Samprāpti)

Due to etiological factors *Vāta* gets aggravated and surrounds *Agni* as a result *Agni* becomes sluggish and manifest *Vātaja Grahaṇī*.

लक्षण (Lakṣaṇa)

Food digested with difficulty, hyperacidity, roughness in body, dryness of throat & mouth, hunger, thirst, blurred vision, tinnitus, frequent pain in sides of chest, thighs, pelvic region

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Grahaṇī Doṣa

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and neck, *Visūcikā*, pain in cardiac region, emaciation, weakness, distaste in mouth, cutting pain in abdomen, desire to take all taste food items, lassitude, flatulence after & during the process of digestion, temporary relief after taking food, patient suspects as if he is suffering from *Vātagulma*, *Hṛdroga* or *Plihā roga*. Patient passes stool frequently with difficulty, which is liquid mixed with hard stool, thin, *Āma* associated with sound & froathyness. Patient also suffers from cough & dyspnoea.

पित्तज ग्रहणी रोग हेतु, संप्राप्ति एवं लक्षण (Pittaja Grahaṇī roga hetu, Samprāpti evam Lakṣaṇa)

Pittaja grahaṇī roga manifest if patient adopts following etiological factors-

Intake of pungent, uncooked food; eating during indigestion, food substances which induce burning, sour, alkaline food etc.

संप्राप्ति (Samprāpti)

Due to etiological factors *Pitta* gets aggravated and extinguishes *Agni*, like hot water causes extinction of physical fire. Patient passes stool, which is watery, undigested, either bluish-yellow or yellow in colour, foetid and sour eructations, burning sensation in the cardiac region & throat, anorexia & thirst.

कफज ग्रहणी रोग हेतु, संप्राप्ति एवं लक्षण (Kaphaja Grahaṇī Roga Hetu, Samprāpti Evam Lakṣaṇa)

गुर्वतिस्निग्धशीतादिभोजनादतिभोजनात् ।
 भुक्तमात्रस्य च स्वजाद्दन्त्यग्निं कुपितः कफः ॥
 तस्यान्नं पच्यते दुःखं हृल्लासच्छर्द्धरोचकाः ।
 आस्योपदेहमाधुर्यकासष्टीवनपीनसाः ॥
 हृदयं मन्त्यते स्त्यानमुदरं स्तिमितं गुरु ।
 दुष्टो मधुर उद्गारः सदनं स्त्रीब्बहर्षणम् ॥

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etc.

संप्राप्ति (Samprapti)

Due to etiological factors *Pitta* gets aggravated and extinguishes *Agni*, like hot water causes extinction of physical fire. Patient passes stool, which is watery, undigested, either bluish-yellow or yellow in colour, foetid and sour eructations, burning sensation in the cardiac region & throat, anorexia & thirst.

कफज ग्रहणी रोग हेतु, संप्राप्ति एवं लक्षण (Kaphaja Grahanī Roga Hetu, Samprapti Evam Lakṣaṇa)

गुर्वतिस्नाधशीतादिभोजनादतिभोजनात् ।
 भुक्तमात्रस्य च स्वनाद्दून्त्यग्निं कुपितः कफः ॥
 तस्यान्नं पच्यते दुःखं हृल्लासच्छर्द्धरोचकाः ।
 आस्योपदेहमाधुर्यकासष्टीवनपीनसाः ॥
 हृदयं मन्यते स्त्यानमुदरं स्तिमितं गुरु ।
 दुष्टो मधुर उद्गारः सदनं स्त्रीब्वहर्षणम् ॥

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भिन्नामश्लेष्मसंसृष्टगुरुवर्चःप्रवर्तनम् ।
 अकृशस्यापि दौर्बल्यमालस्य च कफात्मके ॥

C.S.Ci. 15/67-70

Kaphaja Grahanī Roga manifest by following etiological factors-

Excess consumption of food, which is heavy, too unctuous, cold etc; over eating and sleeping immediately after meals.

संप्राप्ति (Samprapti)

Due to etiological factors *Kapha* gets aggravated and extinguishes *Agni* & manifest *Kaphaja Grahanī Roga*.

लक्षण (Lakṣaṇa)

Digestion of food with difficulty, nausea, vomiting, anorexia, sliminess and sweetishness in mouth, cough, spitting sputum, rhinitis, feeling of sluggishness in cardiac region, patient feels his abdomen is still & heavy, sweetish eructations having foul smell, general debility, lack of desire towards women, patient passes stool which is split into pieces, mixed with *Āma* & *Mucus* and heavy; without emaciation patient feels weak & lassitude.

सन्निपातज ग्रहणी रोग हेतु, संप्राप्ति एवं लक्षण (Sannpātaja Grahanī



हृदय मन्यत स्थानमुदर स्तामत गुरु ।
दुष्टो मधुर उदगारः सदनं स्त्रीष्वहर्षणम् ॥

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भिन्नामश्लेष्मसंसृष्टगुरुवर्चःप्रवर्तनम् ।
अकृशस्यापि दौर्बल्यमालस्य च कफात्मके ॥

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सन्निपातज ग्रहणी रोग हेतु, संप्राप्ति एवं लक्षण (Sannipātaja Grahanī Roga hetu, Samprapti Evam Lakṣaṇa)

If person adopts such etiological factors, which is capable of aggravating all the three *Doṣas* simultaneously leading to suppression of *Agni* and manifest signs & symptoms of all the *Doṣas* is known as *Sannipātaja Grahanī Roga*.

संग्रहग्रहणी एवं घटीयन्त्र ग्रहणी (Sangraha grahanī evam ghaṭī yantra grahanī)

अन्त्रकूजनमालस्य दौर्बल्यं सदनं तथा ।
द्रवं शीतं घनं स्निग्धं सकटीवेदनं शकृत ॥

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Grahanī Doṣa

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आमं बहु सपैच्छिल्यं सशब्दं मन्दवेदनम् ।
 पक्षान्मासाह्शाहाद्वा नित्यं वाऽप्यथ मुञ्चति ॥
 दिवा प्रकोपो भवति रात्रौ शान्तिं ब्रजेच्च या ।
 दुर्विज्ञेया दुश्कित्स्या चिरकालानुबन्धिनी ॥
 सा भवेदामवातेन संग्रहणी मता ।
 स्वप्तः पार्श्वयोः शूलं गलज्जलधटीधनिः ।
 तं बदन्ति घटीयन्त्रमसाथ्यं ग्रहणीगदम् ॥

M.Ni. 4

Sangrahagrahanī is caused by *Āma* and *vāta* and it manifest signs and symptoms are as follows:-

Intestinal gurgling; lassitude; debility; general malaise; passes stool which is liquid, cold, solid, unctuous, associated with pain in low back; patient voids stool with excessive *Āma*, sliminess, sound associated with mild pain. This disease repeats once in 15 days, 30 days, 10 days or once in a day. Disease aggravates during day time and pacifies in night time. It is very difficult for diagnosis & management. Patient suffers from this entity for longer period of time.

Ghaṭiyantagrahanī is characterised by excessive sleeping, pain in sides of chest, and produces the sound like that of water pouring out of pot while defecating and it is incurable.

Prognosis of Grahanī roga

दोषं सामं निरामं च विद्यादत्रातिसारवत् ॥
 लिङ्गैरसाथ्यो ग्रहणीविकारो धैस्तैरतीसारगदो न सिद्धेत् ।
 वृद्धस्य नूनं ग्रहणीविकारो हत्वा ततुं नैव निवर्तते च ॥
 बालके ग्रहणी साध्या यूनि कृच्छ्रा समीरिता ।
 वृद्धे त्वसाध्या विज्ञेया मतं धन्वन्तरेरिदम् ॥

M.Ni. 4/18-20

The digested and undigested state of this disease are to be known like *Atisāra*. Prognosis is like that of *Atisāra*. If an old

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person is afflicted by *Grahanīroga*, it will not leave him even



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person is afflicted by *Grahanīroga*, it will not leave him even after death. *Grahanī roga* in children is curable, it is difficult for management in young and it is incurable in the old, according to *Dhanvantari*.

उपशाय/पथ्य (Upaśaya/Pathya)

Auṣadha- *Daśamūlādyā ghṛta, Tryuṣaṇādya ghṛta, Pañcamūlādyā ghṛta* and *Cūrṇa, Citrakādya guṭikā, Pippalādya Cūrṇa, Maricyādi Cūrṇa, Takrāriṣṭa, Tiktaka ghṛta, Nāgarādya Cūrṇa, Bhūnimbādya Cūrṇa, Kirātādya Cūrṇa, Madhūkāsava, Durālabhāsava, Mūlāsava, Piṇḍāsava, Madhvāriṣṭa, Pippalyādi Cūrṇa, Kṣāra Ghṛta, Bhallātakādya Kṣāra, Durālabhādya Kṣāra, Bhunimbādikṣāra, Haridrādya Kṣāra, Kṣāra guṭikā, Tālisapatrādī Cūrṇa, Pañcamūlādī Ghṛta.*

Anna- C.S.Ci. 15/115-117

Soup of *Pañcakola* or the soup of *Mūlaka* prepared by adding *Marica* and ghee or oil, or spiced meat soup of wild animals added with ghee and sour pomegranate & butter, meat soup of carnivorous animals mixed with appetisers are recommended as diet. Buttermilk, sour gruel, wine & *Ariṣṭa* should be taken as post meal drink.

Use of buttermilk (butter milk) with salt is very effective in checking psoriasis. The buttermilk is very useful in adjusting the three orders of body including *Vāta*, *Pitta* and *Kapha*. It is light and thus helpful in promoting digestion. It is *Madhura* in *Vipāka* and thus it does not vitiate the *Pitta Doṣa*. It is sour, astringent, hot by nature and thus it controls the *Kapha* contents as well. The fresh buttermilk is smooth and it does not produce burning sensation as well. (B.R. 8/3-4)

The following measures are considered to be beneficial for patients of *Grahanī*



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Grahanī Doṣa

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Sleeping, vomiting, *Laṅghana* (fasting), taking in meals old Šāli rice, old Ṣaṣṭhi rice, liquid obtained from the cooked rice, pulse soup of *Masūra* (lentil), *Ādhya* (pigeon peas) and *Mudga* (kidney beans) pulses, curd of cow's milk containing no butter, butter obtained from goat's milk or curd, *Gṛtam* of goat's milk, cow's milk, curd, sesame oil, liquor, honey, *Kamalakanda*, *Maulśī*, both types of pomegranate, fresh fruits of *Kaseru*, fruit and flowers of banana, pulp of fresh *Bilva* fruits, *Śrīṅgāṭaka*, *Cāngerī*, *Vijayā*, *Kapittha*, bark of *Kuṭaja*, cumin seeds, buttermilk, leaves of *Kancṭa*, *Niśānna*, *Jātīphala*, *Jambū*, coriander, *Tinduka*, *Mahānimba*, *Mañjiṣṭhā*, *Pelava*, meat of carnivorous birds, meat soup of rabbit, *Eṇa* and *Tittira* (partridge) and all types of small fish, *Khuddiṣa* (one type of fish which flies for a short period), *Madhuralikā* (type of fish), *Khalīś* (type of fish), all types of sour liquids. One can also heat up the patient around the areas two fingers up and two fingers down of belly and also at the roots of backbone. It also helps the patient of *Grahanī*. (B.R. 8/622-625)

अनुपशय/अपथ्य (*Anupaśaya/Apathya*)

The following are considered to be harmful in cases of *Grahanī*: blood letting, roaming during night, drinking excessive water, bathing, intercourse, stopping flow of excretions, nasal therapy, application of collyarium, *Svedana* therapy, smoking, heavy work, uncomptiable food, sun bathing or enjoying fire heat, taking food items prepared from wheat, white beans, peas, *Urada* (pulse soup), barley, ginger, *Catraka* (mushroom), *Rājamāṣa*, *Upodikā*, *Vāstuka*, *Kākamācī*, ash gourd or *Kāśīphala*, *Tumbī*, ripe drum stick, potato, *Arui*, and other tubers, betel leaves, sugarcane, berry, mango, snake cucumber (*Karkaṭī*), betel nut, garlic, *Kānji*, *Sauvira* (barley and wheat's *Kānji*), *Tuṣodaka* (*Kānji* of *yava* along with its peels), milk, jaggery, buttermilk, coconut fruit or water, *Punarnavā*, fruit of

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Kaṇṭakārī, bamboo shoots, all types of leafy cuisine, contaminated water, cow's urine, *Kastūrī*, *Yavakṣāra*, all types of laxative liquids, *Drākṣā* and like sour eatables, salt, taking heavy to digest meals, all types of pudding and *Puri*. (B.R. 8/617-621)

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*Chapter 17***उदररोग (Udara Roga)****हेतु (Hetu)**

अत्युच्छालवणक्षारविदाह्यम्लगराशनात् ।
 मिथ्यासंसर्जनादूक्षविरुद्धाशुचिभोजनात् ॥
 प्लीहाशौग्रहणीदोषकर्शनात् कर्मविभ्रमात् ।
 क्विलष्टानामप्रतीकाराद्रोक्ष्याद्वेगविधारणात् ॥
 स्वोतसां दूषणादामात् संक्षोभादतिपूरणात् ।
 अशौबालशकुद्रोधादन्त्रस्फुटनभेदनात् ॥
 अतिसंचितदोषाणां पापं कर्म च कुर्वताम् ।
 उदराण्युपजायन्ते मन्दाग्नीनां विशेषतः ।
C.S.Ci. 13/12-15

Etiological factors of *Udara roga* are as follows :- Excessive intake of hot, saline, alkaline, burning, sour and poisoned food; improper dietetic regimen after evacuative procedures, intake of rough, antagonistic and unclean food, emaciation due to splenomegaly, piles and *Grahaṇī roga*. Improper administration of evacuative therapy and neglecting the treatment of these disorders i.e piles, splenomegaly etc. roughness, suppression of natural urges and morbidity in channels. *Āmadoṣa*, intake of irritating foods and drinks, over saturation, obstruction due to piles, hairs, stool, perforation and tearing of intestines, excessive accumulation of vitiated *Dosās* and indulgence in sinful acts.

The places of eastern country are known as sweet, cold and heavy. These are first of all *Kumārvartani*, then *Kaṭīvaraṣa* in *Māgadha*, the *Mahārāṣṭra* and also *Rṣabhadvīpa*, *Paundravardhanaka* and also *Mrittika*, *Vardhamānaka*, *Karvaṭa*, *Mātaṅga*, *Tāmralipta*, *Ciraka*, *Priyaṅgu*, *Kauśalya*, *Kalinga* and *Priṣṭapūraka*. The mortals are susceptible to – *Pliha*

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(*Splenomegaly*) and *Galagaṇḍa* (Goitre). (K.S.Khi. 25/7-11.1)

- All diseases developed due to heat of the body and psyche of the God and sages running due to fear of being killed in *Yajña* of *Dakṣa*. (K.S.K. 9/14)
- Due to swimming and floating, the *Pliha roga* manifests. (K.S.K. 9/15)

Complication of non-observance of phased diet after cleansing therapy leads to the manifestation of many complications like *Udara* (K.S.Su. 24/16-17)

पूर्वरूप (Pūrvarūpa)

क्षुनाशः स्वाद्वितिस्नग्धगुर्वनं पच्यते चिरात् ।
भुक्तं विदहते सर्वं जीर्णजीर्णं न वेत्ति च ॥
सहते नातिसैहित्यमीषच्छोफश्च पादयोः ।
शश्वद्वलक्षयोऽल्पेऽपि व्यायामे श्वासमृच्छति ॥
वृद्धिः पुरीषनिचयो रुक्षोदावर्तहेतुका ।
बस्तिसन्धौ रुगाध्मानं वर्धते पाठ्यतेऽपि च ॥
आतन्यते च जठरमपि लच्छल्पभोजनात् ।
राजीजन्म वलीनाश इति लिङ्गं भविष्यताम् ॥

C.S.Ci. 13/16-19

Lack of appetite; delayed digestion of sweet, too unctuous and heavy food; burning of the entire food taken (with hyperacidity); absence of feeling of digestion or indigestion; intolerance to over eating; slight oedema on feet; continuous deterioration of strength; dyspnoea even on slight physical exertion; abdominal enlargement; accumulation of faeces; pain in pelvic region due to roughness and upward movement of *Vāta*; increase of tympanitis; increasing, tearing and expansion of abdomen even on light and little food; appearance of streaks; disappearance of abdominal wrinkles; loss of strength, colour, complexion & desire for food; appearance of lines over abdomen, and also folds of abdomen; uncertain understanding of digestion and burning sensation during digestion.

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Udara Roga

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tion and burning sensation during digestion.

उदररोग संप्राप्ति (*Samprapti of Udara Roga*)

अविनदोषान्मनुष्याणां रोगसङ्घः पृथग्विद्या: ।
 मलवृद्धया प्रवर्तन्ते विशेषेणोदराणि तु ॥
 मन्देऽग्नौ मलिनैर्भृत्यैरपाकादोषसंचयः ।
 प्राणाग्न्यपानान् संदूष्य मार्गान्कदध्वाऽधरोत्तरान् ॥
 त्वङ्मांसान्तरमागम्य कुक्षिमाध्मापयन् भृशम् ।
 जनयन्त्युदरं तस्य हेतुं शृणु सलक्षणम् ॥

C.S.Ci. 13/9-11

सर्वमेवोदरं प्रायो दोषसङ्घातजं मातम् ॥

C.S.Ci. 13/95

All varieties of *Udara roga* are generally caused by the congregation of *Doṣās*. In human beings different disease groups particularly the abdominal diseases arise from the defect of *Agni* due to increase of *Malas*. If person indulges in foods and activities during weak digestion leads to improper digestion and gradually accumulation of *Doṣās*, which affecting *Prāṇa*, *Agni* and *Apāna*, and blocking upward and downward passages reaches the interspace between skin and muscle and blows up the abdomen.

रुदध्वा स्वेदाम्बुद्वाहीनि दोषाः स्रोतांसि संचिताः ।

प्राणाग्न्यपानान् संदूष्य जनयन्त्युदरं नृणाम् ॥

C.S.Ci. 13/20

Accumulated *Doṣās* obstruct the *Svedavaha & Ambuvaha Srotas* and vitiate *Prāṇa*, *Agni* and *Apāna* leading to the manifestation of *Udara roga*.

उदररोग संप्राप्ति घटक (*Samprapti Ghaṭaka of Udara Roga*)

Components of *Samprapti* are as follows-

Doṣa : *Tridoṣaja*
Vāta → *Prāṇa*, *Apāna*, *Samāna*

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वाता → रुग्णा, व्यापना, समाना

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*Pitta → Pācaka**Kapha → Kledaka**Dūṣya* : *Dhātu → Rasa, Rakta, Māmsa**Upadhātu → Tvacā, Vasā**Śārīrika Mala → Mūtra, Purisa**Dhātu Mala → Sveda**Agni* : *Jaṭharāgni, Dhātvāgni**Agniduṣṭi* : *Mandatā**Āma* : *Āgnijanya**Srotas* : *Svedavaha, Ambuvaha, Rasavaha, Raktavaha, Māmsavaha, Annavaha,**Srotoduṣṭi* : *Saṅga, Vimārgagamana**Udbhavasthāna* : *Āmāśayottha, Koṣṭha**Adhiṣṭhāna* : *Udara, Tvacā (Tvak Māmsantaram)**Vyaktasthāna* : *Udara, Yakṛt, Plīhā**Rogamārga* : *Abhyantara**Sancārasthāna* : *Sirāḥ (Su. Ni 7/6)**Svabhāva* : *Cirakāri**Prabhāva* : *Vātodara, Pittodara, Kaphodara, Plīhodara, Sannipātodara & Udagodara, the subsequent ones are more and more difficult for treatment than the previous ones.**Roga bheda* : 8 types

सामान्य लक्षण (Sāmānya Lakṣaṇa)

General Symptoms of abdominal diseases :

कुक्षेराध्मानमाटोपः शोफः पादकरस्य च ।

मन्दोऽग्निः श्लक्षणगण्डत्वं काश्यं चोदरलक्षणम् ॥

C.S.Ci. 13/21

आध्मानं गमनेऽशक्तिदीर्घल्यं दुर्बलाग्निता ।

शोफः सदनमङ्गानां सङ्गो वातपुरीषयोः ।

दाहस्तृष्णा च सर्वेषु जठरेषु भवन्ति हि ॥

S.S. Ni. 7/24-25

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Tympanitis and gurgling sound in abdomen; oedema on hands and feet; poor digestion; smooth cheek; emaciation; flatulence; inability to walk; debility; swelling & weakness of body parts; obstruction of flatus & stool; burning sensations and thirst.

Classification of Udara Roga :

पृथग्दोषैः समसौश्च प्लीहबद्धक्षतोदकैः ।
संभवन्त्युदराण्यष्टौ तेषां लिङ्गं पृथक् शृणु ॥

C. Ci. 13/22

8 types

- | | |
|-------------------------|-----------------------------|
| 1. <i>Vātaja Udara</i> | 2. <i>Pittaja Udara</i> |
| 3. <i>Kaphaja Udara</i> | 4. <i>Sannipātaja Udara</i> |
| 5. <i>Plīhodara</i> | 6. <i>Baddhodara</i> |
| 7. <i>Kṣatodara</i> | 8. <i>Udakodara</i> |

Five types of *Plīha Doṣa* – *Vātaja*, *Pittaja*, *Kaphaja*, *Sannipataja* and *Raktaja*. (C. Su. 19/3).

वातज उदर रोग हेतु एवं संप्राप्ति (Vātaja Udara Roga Hetu evam Samprāpti)

रुक्षाल्पभोजनायासवेगोदावर्तकर्णैः ।
वायुः प्रकुपितः कुक्षिहद्वस्तिगुदमार्गः ॥
हत्वाऽग्निं कफमुदधूय तेन रुद्धगतिस्ततः ।
आचिनोत्युदरं जनोस्त्वद्मांसान्तरमाश्रितः ॥

C.S.Ci. 13/23-24

Etiological factors and pathogenesis of Vātaja Udara Roga are as follows:-

Vāta gets aggravated due to intake of rough food, less consumption of food, exertion, suppression of natural urges, *Udāvarta* and emaciation.

Aggravated *Vāta* reaches belly, cardiac region, urinary bladder and anus, suppresses the power of digestion & stimu-

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lates *Kapha*. This *Kapha* obstructs the movement of *Vāta* and thus enlarges the abdomen by residing in the interspace between skin & muscle.

वातज उदर रोग लक्षण (Vātaja Udara Roga Lakṣaṇa)

तस्य रूपाणि—कुक्षिपाणिपादवृषणम्बवयथुः, उदरविपाटनम्, अनियतौ च वृद्धिहासौ, कुक्षिपाश्वर्षशूलोदावर्ताङ्गमर्दपर्वभेदशुष्ककासकाशर्यदौर्बल्यारोचकाविपाकाः, अधोगुरुत्वं, वातवर्चोमूत्रसङ्ग, श्यावारुणत्वं च नखनयनव—दनत्वङ्गमूत्रवर्चसाम्, अपि चोदरं तन्वसितराजीसिरासंततम् आहंतमाधातदूतिशब्दवद्वत्ति, वायुश्चोर्ध्वमधस्तिर्यक् च सशूलशब्दश्चरति, एतद्वातोदरमिति विद्यात् ॥

C.S.Ci. 13/25

Signs & symptoms of Vātaja Udara Roga are as follows:-

Swelling in the belly, hands, feet and scrotum; tearing of abdomen; increase & decrease of the swelling in the abdomen without any apparent cause; colic pain in the belly & sides; *Udāvarta*; general malaise, pain in small joints; dry cough; emaciation; weakness; anorexia; indigestion; heaviness in the lower abdomen; non elimination of flatus, stool & urine; appearance of blackish or reddish tinge in nails, eyes, face, skin, urine & stool; appearance of thin & black net work of veins over the abdomen; on percussion, sounds like the beat of an inflated leather bag and movement of *Vāta* upwards, downwards & sideways alongwith colic pain & sound.

पित्तज उदर रोग हेतु एवं संप्राप्ति (Pittaja Udara Roga Hetu evam Samprapti)

कट्म्ललवणात्युद्धातीक्षणाग्न्यातपसेवनैः ।
विदाहाध्यशनाजीर्णश्वाशु पित्तं समाचितम् ॥
प्राप्यानिलकफौ रुद्ध्वा मार्गन्मार्गमास्थितम् ।
निहन्त्यामाशये वहिं जनयत्युदरं ततः ॥

C.S.Ci. 13/26-27

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Udara Roga

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Etiological factors & pathogenesis of Pittaja Udara Roga are as follows:-

Pitta accumulates due to intake of pungent, sour, saline & very hot food items; exposure to intense fire & sun; *Vidāhi* food and intake of food before the digestion of previous meals.

Aggravated *Pitta* joins with *Vāta* & *Kapha* obstruct the passage and moving upwards it suppresses the *Agni* in the stomach and manifest *Pittaja Udara Roga*.

पित्तज उदर रोग लक्षण (Pittaja Udararoga Lakṣaṇa)

तस्य रूपाणि—दाहञ्चरतुष्णामूर्च्छातीसारभ्रमाः, कटुकास्यत्वं, हरितहा—रिद्रत्वं नखनयनवदनत्वङ्-मूत्रवर्चसाम्, अपि चोदरं नीलपीतहारिद्रहरिताप्त्रा—जीसिरावनद्वं, दह्यते, दूयते, धूयते, ऊष्यते, स्विद्यते, क्लिद्यते, मृदुस्पर्शं क्षिप्रपाकं च भवति; एतत् पित्तोदरमिति विद्यात्।

C.S.Ci. 13/28

Signs & symptoms of Pittaja Udara Roga are as follows:-

Burning sensation, fever, thirst, fainting, diarrhoea, giddiness, pungent taste in the mouth, appearance of green & yellow tinge in nails, eyes, face, skin, urine & stool; prominence of blue, yellow, deep yellow, green or coppery streaks & veins on abdomen which has burning sensation, pain, fuming, heating, sweating, moistening & is soft on palpation & prone to immediate inflammation.

कफज उदर रोग हेतु एवं संप्राप्ति (Kaphaja Udararoga Hetu evam Samprapti)

अव्यायामदिवास्वप्नस्वाद्वितिस्निग्धपिच्छिलैः ।
दधिदुग्धौदकानूपमांसैश्चाप्यतिसेवितैः ॥
क्रुद्धेन श्लेषणा स्रोतःस्वावृतेष्वावृतोऽनिलः ।
तमेव पीडयन् कुर्यादुदरं बहिरन्त्रगः ॥

C.S.Ci. 13/29-30

Kapha accumulates due to lack of exercise, day sleep; in-
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take of sweet, unctuous and slimy food; curd; milk; meat of aquatic & marshy animals.

Aggravated *Kapha* obstruct the channels of circulation as a result of which *Vāta* having been blocked in its passage comes out of intestine & produces *Kaphaja Udara Roga*.

कफज उदर रोग लक्षण (Kaphaja Udara Roga Lakṣaṇa)

तस्य रूपाणि-गौरवारोचकाविपाकाङ्गमर्दः, सुप्तिः, पाणिपादमु-
ष्कोरुशोफः, उत्क्लेशनिद्राकासश्वासाः, शुक्लत्वं च नखनयनवदनत्वङ्गूऽ-
वर्चसामः अपि चोदरं शुक्लराजीसिरासंततं, गुरु, स्तिभिं, स्थिरं, कठिनं च
भवति; एतच्छ्लेष्योदरमिति विद्यात् ॥ C.S.Ci. 13/31

Signs & symptoms of Kaphaja Udara Roga are as follows:-

Heaviness, anorexia, indigestion & malaise, numbness, appearance of swelling in hands, legs, scrotum and thighs, nausea, excessive sleep, cough, dyspnoea, whiteness of nails, eyes, face, skin, urine & stool, prominence of white streaks & veins all over the abdomen and abdomen becomes heavy, timid, immobile & hard.

सन्निपातज उदर रोग हेतु एवं संप्राप्ति (Sannipātaja Udara Roga Hetu evam Samprāpti)

दुर्बलाग्नेरपथ्यामविरोधिगुरुभोजनैः ।
स्त्रीदत्तैश्च रजोरोमविष्मूत्रास्थिनखादिभिः ॥
विषैश्च मन्दैर्वाताद्याः कुपिताः संचयं त्रयः ।
शनैः कोच्छे प्रकुर्वन्तो जनयन्त्युदरं नृणाम् ॥ C.S.Ci. 13/32-33

Simultaneous accumulation of all the *Dosās* due to intake of unwholesome, uncooked, mutually contradictory & heavy food during weak power of digestion; when unwholesome ingredients like menstrual blood, hair, stool, urine, bone, nails etc. are administered by a woman and slow poisoning (*dūṣīviṣa*).

All the three *Dosās* gets aggravated & accumulates gradu-

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Udara Roga

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ally in the abdomen & manifest *Sannipātaja Udara Roga*.

सन्निपातज उदर रोग लक्षण (Sannipātaja Udara Roga Lakṣaṇa)

Signs & symptoms of Sannipātaja Udara Roga are as follows:-

Appearance of signs & symptoms of all the three *Doṣās*; morbidity of nails etc. with all the types of colours; appearance of network of veins over the abdomen having various colours and streaks in the abdomen.

सन्निपातज उदर (दूष्योदर) [Sannipātaja Udara (Dūṣyodara)]

ख्लीयोऽन्नपानं नखरोममूत्रविडार्त्तवैर्युक्तमसाधुवृत्ताः ।
 यस्मै प्रयच्छन्त्यरयो गरांश्च दुष्टाम्बुदूषीविषसेवनाद्वा ॥
 तेनाशु रक्तं कुपिताश्च दोषाः कुर्वन्ति घोरं जठरं त्रिलिङ्गम् ।
 तच्छीतवाताभ्ससमुद्दवेषु विशेषतः कुप्यति दहते च ॥
 स चातुरो मूर्च्छति सम्प्रसक्तं पाण्डुः कृशः शुष्यति तुष्याया च ।
 प्रकीर्तिं दूष्युदरं तु घोरं ॥

S. S.Ni. 7/11-14

Uncultured women serving food mixed with nails, hairs, urine, excreta, menstrual blood etc. or enemies administering artificial poisons or use of contaminated water, impoverished poisons etc. leading to aggravation of all the three *Doṣās* along with *Rakta* & manifest enlargement of *Udara* accompanied with symptoms of all the three *Doṣās*. This disease becomes exacerbated especially during the time of cold breeze & cloudy sky, burning sensation, fainting, anaemia, emaciation & thirst. This condition is also called *Dūṣyodara* & it is dreadful.

प्लीहोदर एवं यक्षदाल्युदर हेतु एवं सम्प्राप्ति (Plīhodara evam Yakṛddālyudara Hetu evam Samprāpti)

रसप्रदोषजारोगाः वक्ष्यन्ते रक्तदोषजाः ।
 कुष्ठबीसर्पिङ्गका रक्तपित्तमसृदगरः ॥
 गुदमेद्रास्यपाकश्च प्लीहा गुल्मोऽथ विद्रधिः ।

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तच्छीतवाताभ्यसमुद्देषु विशेषतः कृप्यति दह्यते च ॥
 स चातुरो मूर्च्छिति सम्प्रसक्तं पाण्डुः कृशः शुष्यति तृष्णाया च ।
 प्रकीर्तिं दूष्युदरं तु घोरं ॥

S. S.Ni. 7/11-14

Uncultured women serving food mixed with nails, hairs, urine, excreta, menstrual blood etc. or enemies administering artificial poisons or use of contaminated water, impoverished poisons etc. leading to aggravation of all the three *Doṣas* along with *Rakta* & manifest enlargement of *Udara* accompanied with symptoms of all the three *Doṣas*. This disease becomes exacerbated especially during the time of cold breeze & cloudy sky, burning sensation, fainting, anaemia, emaciation & thirst. This condition is also called *Dūṣyodara* & it is dreadful.

प्लीहोदर एवं यकृद्वाल्युदर हेतु एवं सम्प्राप्ति (Plīhodara evam Yakṛddālyudara Hetu evam Samprāpti)

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| रसप्रदोषजारोगः: | वक्ष्यन्ते | रक्तदोषजाः। |
| कृष्टबीसर्पिडका | | रक्तपित्तमसृदगरः॥ |
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About the book

This book is the basic book intended as a course supplement to Students, Researchers, Medical officers, and Practitioners of *Ayurveda*. 64 chapters are included in this book. This book gives emphasis on complete understanding of *Nidāna Pañcaka* of diseases. *Samprāpti Ghaṭaka* of main diseases described in detail. This text book describes all vital topics related to *Roga Vijñāna*. It is the first book written in English by a *Vikṛti Vijñāna* and *Roga Vijñāna* specialist. Diagnosis of diseases is completely relied on the history taking, clinical examination and ancillary investigations; all these aspect covered in this text. It is the classical book on *Ayurvedic* diagnostics.

