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### A Review: AMA which Means an Element that Shows an Effect Like Poison.

<sup>1</sup>Dr. Jyotsana Choudhary, <sup>2</sup>Dr. Munna Lal, <sup>3</sup>Prof. Pankaj Marolia, <sup>4</sup>Prof. Man Mohan Sharma, <sup>5</sup>Dr. Suman Meena

<sup>1,2</sup>PG SCHOLAR, PG Dept. of Rog Nidan Evum Vikriti Vigyan, Madan Mohan Malviya, Govt. Ayurved College, Udaipur (Raj.)

<sup>3</sup>M.D., Ph.D. (Rog Nidan) Prof. & H.O.D., PG Dept. Of Rog Nidan Evum Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurved College, Udaipur (Raj.)

<sup>4</sup>M.D., Ph.D. (Rog Nidan) Professor, PG Dept. Of Rog Nidan Evum Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurved College, Udaipur (Raj.)

<sup>5</sup>M.D., (Rog Nidan) Lecturer, PG Dept. Of Rog Nidan Evum Vikriti Vigyan, Madan Mohan Malviya Govt. Ayurved College, Udaipur (Raj.)

#### INTRODUCTION:-

- ✓ In common usage, "Ama" refers to unripe, partially digested food that is unwholesome for the body due to a malfunctioning digestive system at the level of the G.I.T., also known as Agnimandya, which is largely to blame for the origin of Ama.
- ✓ Here, it is first discussed how Ama, Agni, and Vata are described separately.

#### The origins of Ama-

- ✓ Ama refers to a chemical or combination of substances that is "near the poison" or behaves in a poisonous manner.
- ✓ Combining "Am" Dhatu and "Ninj" Pratyaya, the word "Ama" refers to a chemical that is associated to digestion. Ama, or insufficient or incomplete metabolism, refers to a substance that has not been adequately digested and needs additional digestion.

**KEY WORDS :-** Ama, Agnimandya, Agni, and Vata

#### DEFINITION OF AMA :-

Charaka and Sushruta both mentioned the disorders connected to ama, but Vagbhatta is said to be the first author to define ama as a distinct entity. According to Vagbhatta, Amashaya exhibits the following four stages when food is not adequately digested.

1. Apakva Ahara Rasa: Food that is improperly digested and causes Ajeernadi illnesses.
2. Ama/Ama Rasa: After undergoing Shuktatwa, Apakva Ahara Rasa in Amashaya is referred to as Ama or Ama Rasa.
3. Ama Dosha: This Ama later turns pathogenic as a result of contact with other Doshas and is known as Ama Dosha.
4. Ama Visha: This Ama Dosha eventually reaches a toxic state and acquires the characteristics of Visha. It is known as Ama Visha.

#### Ama's facts:-

- (1) Although Agni's ineffective action is the primary factor in its formation, the Agni is not specifically mentioned by the majority of Acharyas. It follows that if Agni is not functioning properly anywhere in the body, Ama would be created.
- (2) When Ahara Rasa is not fully digested, like in the instance of Jatharagnimandya, ama is formed. The undigested or only partially digested metabolites of other Agni, however, might be Ama.
- (3) Amashaya is listed as the origin of Ama. However, because Agni exists at many degrees, Ama can be produced at various levels and locations throughout the body.

(4) All Acharyas shared the belief that Ama is the underlying cause of a number of ailments. Now consider the different types of *Ama* depending upon their origin and properties and each type will be discussed separately.

**Ama is categorized based on where it was formed:-**

From the previous explanation, it is obvious that Mandagni, operating at many levels, is the primary cause behind the creation of Ama. According to the criteria given above, Ama can be categorized as follows:

- a) Ama produced by *Jatharagnimandya*
- b) Ama produced by *Bhutagnimandya*
- c) Ama produced by *Dhatvagnimandya*

**Ama, which Jatharagnimandya produced:-**

*The Pradhana Agni in Mahakoshtha is called Jatharagni, and its job is to digest the food that has been consumed. Its Mandata or Samyakta directly impacts other Agnis as well. The partitioning of food into Sara and Kitta is its primary purpose. When the Jatharagni is not functioning properly, the food that has been consumed is not fully digested, and Ama is created.*

**Ama created by Dhatvagnimandya:-**

*Dhatvagni are seven in number. In the seven different sorts of Dhatus, seven different types of Dhatvagnis have been imagined. These carry out the metabolic conversion of nutrients into absorbable and removably molecular forms. When Pachakagni's components are located in Dhatus, they are referred to as Dhatvagnis by Vagbhatta. However, Arunadatta asserts that when Bhutagni and Anna Rasa enter Dhatus, they are referred to as Dhatvagnis. As can be seen from the preceding definition, Dhatvagni refers to the portion of Agni that is located in the Dhatus. Rasagni, Raktagni, Mansagni, Medagni, Asthayagni, Majjagni, and Shukragni are those. The Vaishmya of Dhatvagni mentioned by Dalhana and Chakrapani causes the intermediate metabolism to be impaired, resulting in the creation of substances that have not fully undergone metabolism and are manifestly unfit for use by the Sthayi Dhatus. As a result, these products are in an Ama condition, which creates Amadosha at this level, which results in Dhatu Pradoshaja Vikara like Prameha, Amavata, and Urustambha.*

**Ama, which Bhutagni Mandya produced:-**

While Sushruta made an indirect reference to Bhutagnipaka, both Charaka and Vagbhatta of the Acharyas did. According to the Charaka, food is broken down into five separate physico-chemical groups, or Pancha Mahabhutas, by the action of the Jatharagni during digestion. These groups are Parthiva, Apya, Taijasa, Vayavya, and Nabhasa. The Agni portion that exists in each of the five groupings is ignited by Jatharagni.

**Nidana:**

*The primary cause of Ama is Mandagni. Ama can be produced by the Nidanas that cause Agnimandya. The causes of Ama are detailed in numerous Ayurvedic scriptures, and they can be categorized in the following ways.*

**The Aharatmaja-**

*Ahara Parinamakara Bhavas actively contribute to the process of food digestion. Similar to how Ushna breaks it down, Vayu absorbs it, Kleda creates looseness, Sneha creates softness, Kala completes the change, and Samayoga refers to the use and necessity of Asta Aharavidhi, Rutu Dehsa, etc. Samyoga is seen as the balanced use of eight dietary considerations. The primary cause of Amotpatti is Agni Vikruti, which is brought on by the imbalanced state of Ahara Parinamakara Bhava.*

**Viharatmaja –**

*Mithya Vihara means life style which is unfavourable, unwanted and inconvenient to the body resulting into imbalance of Doshas.*

- More intake of Water

Irregular dietary habits

Suppression Of Vomiting And Other Natural Urges

Day Sleep after Lunch and late night sleep or night awakening

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## PROPERTIES OF AMA:-

1. **Avipakvama:** Apakva Guna is always discovered as a result of Agni's hypofunctioning. Ama is a phrase used to describe an undigested or inadequately digested material that is in an incomplete metabolic state. In other words, it might be claimed that Agni must be functioning properly for any substance to be considered paka. However, the hypofunction of Agni that results in Ama production indicates that it must be Avipakva.

### 2. *Asamyuktama*

Even while Ama contains Pichchilata and Snigdghata features that make it adhere to other body tissues fast, this property refers to the stage of Ama when it is produced and is incompatible with tissues because of inadequate metabolism. Ama is currently in a free state, but if it is not digested or expelled from the body.

3. **Durgandham, Bahupichchilam:** Each Dravya has a distinctive odor in the body.

Even if Ama is composed of the same Dravyas, there is a variation in its typical structure as a result of improper metabolism. Additionally as a result of putrefication and fermentation that occur during the ama's development, which has a foul odor. Durgandha describes this quality of Ama. Bahu Pichchilam is a noun for pastiness. The "Pichchila Guna" of Ama makes it possible to coat or plaster srotasa.

### 4. *"Swakarya Akshamatwan iti" is the sadanam.*

Sadana is the inability of any physical portion to perform any function. Ama causes the body's different tiny channels to get blocked, which may result in nutritional deficiencies and Sadanam.

5. **Tantumavam:** Ama is a viscous, spindly substance that is an intermediate substance. Due to the Pichchilatva that exists in Ama and is visible in Sama Mala and Sama Shlesma, this Guna is present.

6. **Snigdghata** - Ama is a Kapha group material and has the quality of adhering to the elements of the body.

7. **Guruta** - To become a Laghu, every Dravya depends on Agni. Apakva Dravya continues to be Guru, just like Ama. Jala and Prithvi Mahabhasas' dominance in Ama is the cause of Guruta.

8. **Aneka Varna Yuktama:** As already said, the body contains a variety of Ama. Different chemicals are therefore classified as Ama according on their origin, functionality, and location. As a result, Anekavarnata (various colors) are displayed.

9. **Ashukari:** "Asurasukaro dehe dhavatyambhasi tailavat" (Hemadri) Amavisha has the ability to spread rapidly throughout the body.

### 10. *Shulanubandha: "Vatadrute nasti Ruja".*

Without the crazy Vayu's intervention, there is no agony. Ama's srotarodha prevents Vata from functioning properly, which results in Shula.

11. **Visha Rupatama:** Amadosha has symptoms resembling Visha's. Ama can cause significant illnesses, just like Visha can induce a wide variety of disorders.

12. **Sarvaroga hetutva:** "Ama hi sarva roganama hetu." (Sutra of ayurveda)

Ama can be combined with Dosha, Dhatu, and Mala to cause all diseases.. So in *Ayurvedic* texts the word *Amaya* is used for disease or *Vyadhi*.

### **Ama is comparable to a number of abnormal compounds.**

Uric acid is produced when protein metabolism is impaired. Lactic acid, ketone bodies, and ketones are produced when the metabolism of fat and carbohydrates is impaired. Methaemoglobin is produced when the metabolism of Hb is incomplete. The synthesis of indol, sketol, methane, and hydrogen sulfide in the colon as a result of bacterial action causes stool discolorations. Normally, metabolism produces free radicals. Cells of the immune system may occasionally make them on purpose to combat viruses, bacteria, etc. However, free radicals can also be produced by environmental factors like pollution, radiation, smoking, and pesticides. The body normally uses antioxidants to scavenge these free radicals. However, harm may result if free radical scavengers are absent or if free radical production rises too high.

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## Conclusion:-

The term "Ama" is not a single entity but it can be applied to many malformed substance in the body. *Sthula Ama* at the level of *Jatharagni* could be easily understood as undigested food due to lack of sufficient of digestive power. *Sukshma Ama* at the level of *Dhatu* is not so easy to be understood. As we know that-

1. *Ama* is something not properly digested. Intermediate metabolites that are formed due to incomplete metabolism.

2. *Amavisha* is a toxic material resulted due to stagnation or accumulation of *Ama*. Certain toxic substances produced due to bacterial action can be termed as *Ama*..

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