

## National Journal of Research in Ayurved Science

### Observational study to understand the prevalence of *Aam Lakshana* (symptoms of *Aam*) in various diseases.

Madhumati S. Nawkar<sup>\*1</sup>, Shailesh S. Nawkar<sup>2</sup>, Atul G. Ginode<sup>3</sup>

1. Associate Professor & HOD – Sanskrit-Samhita-Siddhant Department,
2. Associate Professor & HOD – Rasashastra-Bhaishajya Kalpana Department,
3. Associate Professor & HOD – Agadtantra Department,

R. T. Ayurved College, Akola, Maharashtra.

\*Corresponding author: Email- [shailmadhupa@gmail.com](mailto:shailmadhupa@gmail.com) ; Phone no- 9011928998

#### **ABSTRACT: -**

**Introduction** – *Aam* is unique concept in Ayurveda. *Aam* is important etiopathogenesis factor causing disease. One of the synonyms for disease is *Aamay* which is indicating the *Aamodhbhav* nature (originating from *aam*) of the disease. Thus, to find the correlation of *Aam* and the disease, this study was planned. Parallel prevalence of *Aam* symptoms were also traced in various diseases which are visiting to OPD, in day to day practice.

**Methodology** – 80 patients of various diseases visiting to OPD were selected randomly irrespective of demographic variables. The 10 symptoms of *Aam* mentioned by *Vagbhata* were observed.

The *samatva* score was calculated. Occurrence of each *Aam* symptom in all patients were noted.

**Discussion** – The *samatva* score was more than 50% is observed in 65% patients i.e. in 47 patients among 80. As the nature *Aam* is *guru*, *picchil*, causing obstruction, 9 symptoms out of 10 were observed in more than that of 50% patients. The most prevalent symptom of *Aam* was *Anilmoodhata*.

**Result** – There is positive correlation between *samtva* associated with disease. The most common observed symptoms of *Aam* were *Anilmoodhata* & *balabhramsha* and the least common was *Nishthiv*.

**KEY WORDS:-** *Aam*, Prevalence, *Samatva* score, Correlation

#### **INTRODUCTION: -**

*Aam* is most important fundamental concept in Ayurveda. One of the synonym of *vyadhi* is *Aamay*<sup>1</sup>, indicating diseases are caused by *Aam*. The popular concept of *Aam* shows its interdependence on *Agni* (digestive fire)

vitiation. All the diseases are caused by *mandagni*<sup>2</sup> (low digestive fire). In *Madhavanidan* even *Aam* has mentioned to be the root cause for all the diseases.

### ***Samulasarvaroganamaamitiabhidhiyate***<sup>3</sup>

There are many opinions about how the *Aam* is produced in the body, and how it is participating in the etiopathogenesis of every disease. *Aam* sometimes act as a *vyadhihetu* (Cause of disease) for e.g. *Aamvat* (Rheumatoid Arthritis), sometimes *avastha* (stage) for e.g. *Jwara* (Fever), and sometimes it is an individual *vyadhi* i.e. *aamdosha* also.

If one considers the *chikitsaskandha*, in the management of every disease, *langhan* (Fasting) treatment gets prime position almost in all the diseases. *Langhan* is the main treatment for *Aam*<sup>4</sup>.

Thus theoretically every disease is associated with *Aam*, the question arises in mind, what is the relation of *Aam* in every disease, whether every disease is *aamaj* (generated from *Aam*) in nature or not? To verify this fact, keeping this as research question in mind the present study was conducted.

**AIM:** - To study the prevalence of *Aamlakshana* (symptoms of *Aam*) in various diseases.

### **OBJECTIVE:** -

1. To find correlation between *Samtva* associated with various disease.
2. To form the conceptual base about *Aam*.

### **METHODOLOGY:** -

In the present study, 80 patients of various disease visiting the OPD were

selected randomly irrespective of demographic variable. The following symptoms of *Aam* mentioned in *Ashtanghriday Sutrasthan* Chapter 13 verse 23, are observed in patients. These are namely *Srotorodha*, *Balabhramsha*, *Gaurav*, *Anilmoodhata*, *Alasya*, *Apakti*, *Nishthiv*, *Malasang*, *Aruchi*, *Klam*.<sup>5</sup>

### **Operational definitions:** -

1. ***Strotorodha***<sup>6</sup> – obstruction of *strotas* (Channels) i.e. if the patient is consuming proper diet but still lacking in stamina, *strotorodh* is predicted
2. ***Balabhramsha***<sup>7</sup> – generalized weakness
3. ***Gaurav***<sup>8</sup> – heaviness in the body
4. ***Anilmoodhata***<sup>9</sup> – improper flow of *Vatadosha*, mainly of *Apanvayu* causing gaseous distention in *mahastrotas*
5. ***Alasya***<sup>10</sup> – laziness. Unwillingness to do the any work.
6. ***Apakti***<sup>11</sup> – indigestion
7. ***Nishthiv***<sup>12</sup> – excessive salivation
8. ***Malasang***<sup>13</sup> – constipation
9. ***Aruchi***<sup>14</sup> – lack of taste
10. ***Klama***<sup>15</sup> – lethargy (feeling fatigue without any work)

The percentage of *Samatva* (Occurrence of *Aam* symptom) = each symptom which present was scored 1 point.

The total score of symptoms present in the patient/10, multiplied by 100

### **REVIEW OF THE LITERATURE:** –

The word *Aam* is derived from the root word *Am-* *amyate gamyate*, the one which is undergoing digestion is *Aam*.

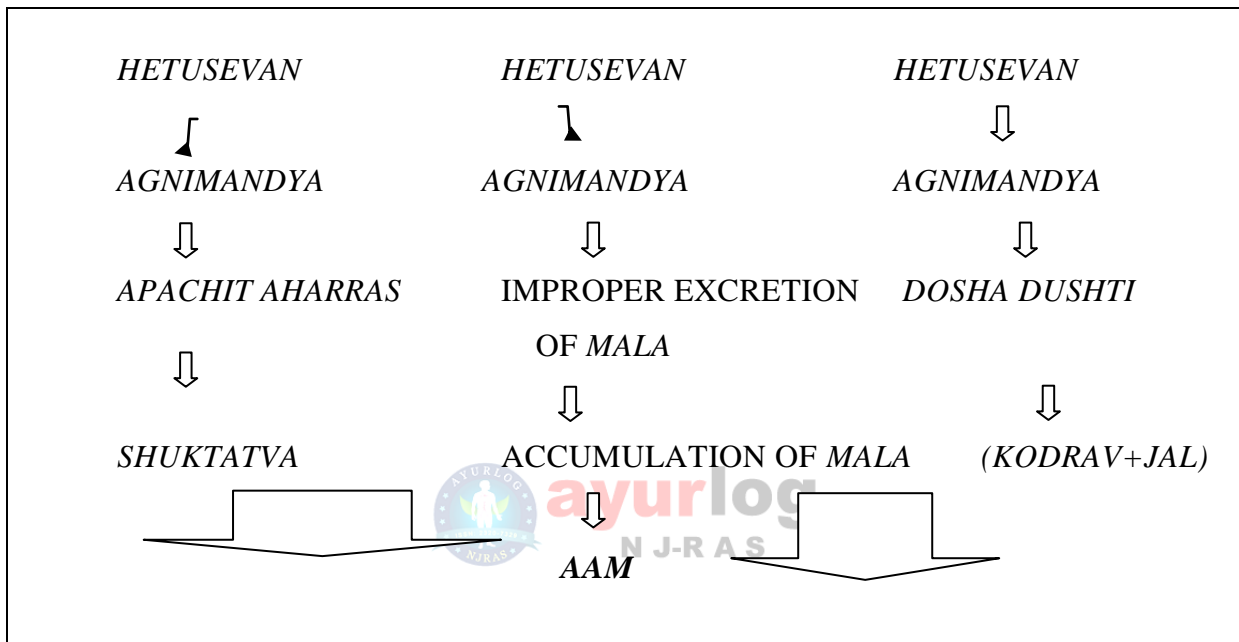
*Vagbhata* giving crystal clear definition of *Aam* quotes - When the first *dhatu*

(body element) remains immature because of the *mandagni* (low digestive fire), after entering the *amashaya* (stomach) gets vitiated and this immature indigested *Ahar-rasa* is *Aam*.<sup>16</sup>

*Charak*, though mentioned about *Aam* at various places, but explained its production in *Grahani chikitsa*<sup>17</sup>, *Madhavidan* along with *Madhukoshatika*

is main Ayurvedic text throwing light on the nature of *Aam*<sup>18</sup>. The term *Aam* is given to the three factors-

1. ***Annarasa*** – Indigested *Ahar rasa*.
2. ***Malasanchay*** – Accumulation of toxins.
3. ***Doshadushti*** –Vitiating of *dosha*.



Thus, we can see that *Aam* is produced by vitiating *Dosha*, *dhatu*, *Mala*, but in all cases *Agnimandya* (low digestive fire) is the basic cause in the pathogenesis. The *Agnidushti* (vitiating of digestive fire) can be caused at two levels, *Jatharagni* and *Dhatwagni*. The *Aam* caused by *jatharagnimandya* is *sthula* and usually situated in the *mahastrotas* i.e. in *Grahani*, *Amlapitta*. But if *dhatwagnimandya* is the cause behind *Aam* production it is *sukshma*, penetrating in the deep *strotas* causing depletion in the nourishment of various *dhatu*s.

In the case of *malasanchayjanya aam* the *mala* is accumulated because of hampered metabolism. In case of *doshadushtijanya aam*, the vitiating of *doshas* is primarily observed, which forms such amalgamation giving rise to *Aam*. This is elaborated by the example of *kodrav* and *jalsamyog*. Even this *doshadushti* is dependent on *Agni* as mentioned in *Gulma* –

***Shamaprakopadoshanamsarvesh  
am agnisamshrito!***<sup>19</sup>

**Nature of the *Aam*** – The *Aam* is immature, inconsistent, bad smelling,

slimy and causing fatigue in the whole body.<sup>20</sup>

**Symptoms of the Aam – Vagbhat** has mentioned the following symptoms -

*Strotorodha, Balabhransha, gauravanilmoodhata, alasya, apakti, Nishthiv, Malasang, Aruchi & klama.*

The present study is based on these symptoms only.

**OBSERVATIONS:** –

Disease-wise distribution of the 80 patients.

As the study includes the patients visiting the OPD in day to day practice, this distribution is shown as follows-

**Table no. 1 - DISEASE-WISE DISTRIBUTION OF THE PATIENTS -**

Sr. No	Name of the disease	No. of Patients	Percentage
1	<i>Sandhigatvata</i>	15	18.75 %
2	<i>Tvagrog</i>	12	15.00 %
3	<i>Kati-Manyagat vat</i>	11	13.75 %
4	<i>Aamvat</i>	9	11.25 %
5	<i>Madhumeha</i>	6	7.50 %
6	<i>Amlapitta</i>	6	7.50 %
7	<i>Adhman</i>	3	3.75 %
8	<i>Shotha</i>	2	2.50 %
9	<i>Angamarda</i>	2	2.50 %
10	<i>Sthaulya</i>	2	2.50 %
11	<i>Mutradah</i>	2	2.50 %
12	<i>Jwara</i>	2	2.50 %
13	<i>Pratishyay</i>	2	2.50 %
14	<i>Vandhyatva</i>	1	1.25 %
15	<i>Pakshavadha</i>	1	1.25 %
16	<i>Kasa</i>	1	1.25 %
17	<i>Sirajgranthi</i>	1	1.25 %
18	<i>Parikirtika</i>	1	1.25 %
19	<i>Khalitya</i>	1	1.25 %
	Total	80	100.00%

The maximum number of the patients are of *Sandhigatavata* (18.7%). *Tvagroga* is second most occurring disease (15%) followed by that *Katimanyagat vat* (13.75%). 11.25% patients were of *amavata*. *Madhumeha* and *Amlapitta* each occurs in 7.5% patients. *Adhman* was

diagnosed in 3.75% patients only. 2.50% patients each of *Sthaulya*, *Jwar*, *Pratishyay*, *Shotha*, *Angamarda*, *Mutradaha* were noted. *Vandhyatva*, *Khalitya*, *Sirajgranthi*, *Parikartika* was observed in single (1.25%) patient each.

**Table No. 2 – SAMATVA - SYMPTOM WISE DISTRIBUTION -**

Sr. No	Symptoms of Aam	Number of patients	Percentage
1	<i>Strotorodha</i>	48	60.00%
2	<i>Balabhramsha</i>	52	65.00%
3	<i>Gaurav</i>	44	55.00%
4	<i>Anilmoodhta</i>	53	66.25%
5	<i>Alasya</i>	45	56.25%
6	<i>Apakti</i>	41	51.25%
7	<i>Nishtiv</i>	24	30.00%
8	<i>Malasang</i>	48	60.00%
9	<i>Aruchi</i>	42	52.50%
10	<i>Klama</i>	46	57.50%

Among the 10 symptoms of *Aam* maximum 66.25% patients had complaints of *anilmoodhta* followed by 65% patients complaining about *balabhramsha*. *Malasang* and *strotorodha*

was observed in 60% patients followed by that *klama* in 57.5%, *alasya* in 56.25%, *gaurav* in 55%, *apkti* in 51.25% patients. *Nishtiv* was observed only in 30% patients.

**Table No. 3 - DISEASE WISE SAMATVA SCORE (PERCENT) DISTRIBUTION -**

SAMATVA SCORE (%)	NUMBER OF PATIENTS	PERCENTAGE
20%	3	03.75%
30%	11	13.75%
40%	14	17.50%
50%	17	21.50%
60%	9	11.25%
70%	8	10.00%
80%	10	12.50%
90%	7	08.75%
100%	1	01.25%

The percentage of *samata* according to score of *samatva* symptoms shows that maximum percent of patients lie in 40% and 50%. Almost 31 patient (38.75%) lies in this group showing that 4 to 5 symptoms among 10 symptoms are present in this group. 36 patients (45%) showed *samatva* score more than 50%. Below 50% of *samatva* score 28 patients (35%) were observed.

### **DISCUSSION: -**

In the present study of 80 patients, it was found that most common patients were of *Sandhigataavata* (Arthritis), followed by that the patients of *Tvagrog* (skin disease), as both the diseases are chronic in nature, people tend to seek remedies from Ayurveda in these diseases. Number of patients of

*Aamvata* in which *Aam* is direct component of disease are 9 in number. These disease wise distribution shows involvement of various *strotas* such as *Pranvaha* (*Kas*, *Pratisyay*) *Annavaha* (*adhman*, *amlapitta* etc) *Rasavaha*, *Raktavaha*, *Medovaha*, *Asthimajjavaha*, *Shukravaha*, *Mutravaha* and *Purishvaha strotas*.

Regarding the *samatva* symptoms, out of 80 patients 52 patients i.e. almost 65% were having *samatva* percent more than or equal to 50%, indicating that *Aamlakshanas* are prominent irrespective of disease. On the other hand, there was not a single patient who was not having less than 20% of *Aam* showing *amodbhav* nature of the disease.

If one considers all the symptoms of *Aam*, in the present study, the most common symptom observed was *Anilmoodhata* (66.2%), impaired activity of *vata* causing gaseous accumulation in *annavaha strotas* was observed in various patients, as the nature of *Aam* is *Guru* (Heaviness), *Picchil* (Viscous) causing the obstruction, which is opposite that of *chala* (Mobility), *laghu* (Lightness) *guna* of *vata*. Second most prevalent symptom in the present study was *Balabhramsha* (65%), as the *Aam* lodged in *strotas* hampers nutrition, and this *Aam* indulging in the *dhatu*s causing impairment of their function leading to *balabhramsha*. *Anilmoodhata* sometimes lead to *malasanga* (Constipation) as *malanishkramana* (defecation) is also the function of *vata*. In the present study *Malasanga* was observed in 60 % patients. All other symptoms such as *Gaurav*, *Aruchi*, *Apakti*, *Klama* shows prevalence in more than 50%. Among

these symptoms *Aruchi* and *Apakti* are directly related to *Agnimandya*. *Strotorodha* and *Klama* are associated with each other, mainly caused because of the obstructive nature of *Aam*. *Gaurav* and *Alasya* are due to the *Guru* and *Picchil* nature of the *Aam*. The least common symptom found in the present study was *Nishthiv*, only 30% patients complained about excessive salivation.

### **CONCLUSIONS:** –

- 1) The main cause of *Aam* is *Agnimandya*.
- 2) *Aam* can be caused in 3 ways –
  - a) Indigested *ahar rasa* (*Annarasamkechit*)
  - b) Accumulation of toxins (*Malasanchay*)
  - c) Vitiation of *Dosha* (*Doshadushti*)
- 3) In the present study of 80 patients of the various diseases 65% patients were showing the *samatva* score more than 50%. Thus showing positive correlation between *samatva* associated with disease.
- 4) The most prevalent symptom of *samatva* found was *Anilmoodhata* which was observed in 66.25% patients, followed by *Balabhramsha* in 65%.
- 5) The symptoms like *Aruchi*, *Apakti*, *Strotorodha*, *Klama*, *Gaurav*, *Alasya* also show prevalence in more than 50% patients.
- 6) The least common symptom observed was *Nishthiv*, which was found in 30% patients.

### **REFERENCES:** -

1. Agnivesh, Charak Samhita along with Ayurved Dipika Commentary, Chaukhamba

- Sanskrit Sansthan, 1984, Nidansthan, chapter 1, P 193.
2. Vagbhat - Ashtang Hridayam with Arundatta, Hemadri commentary, Chaukhambha Orientalia, Varanasi, Nidansthan, Chapter 12, P 513.
  3. Narendranath Shastri – Madhavnidan with Madhukoshavyakhya, reprint 1993, Chapter 25, P 424.
  4. Agnivesh, Charak Samhita along with Ayurved Dipika Commentary, Chaukhamba Sanskrit Sansthan , 1984, Vimanasthan, chapter 2, P 239.
  5. Vagbhat- Ashtang Hridayam with Arundatta, Hemadri commentary, Chaukhambha Orientalia, Varanasi, Sutrasthan, Chapter 13,P 216.
  6. Venimadhav Shastri, Narayan Hari Joshi. Ayurvediy Shabdakosha, Maharashtra Rajya Sahitya Sanskruti Mandal, Mumbai, 1968, P 1684.
  7. Ibid P 955.
  8. Ibid P 529.
  9. Ibid P 1108.
  10. Ibid P 164.
  11. Ibid P 58.
  12. Ibid P 789.
  13. Ibid P 1053.
  14. Ibid P 86.
  15. Ibid P 436.
  16. Vagbhat- Ashtang Hridayam with Arundatta, Hemadri commentary, Chaukhambha Orientalia, Varanasi, Sutrasthan, Chapter 13, P 216.
  17. Agnivesh, Charak Samhita along with Ayurved Dipika Commentary, Chaukhamba Sanskrit Sansthan, 1984, P 517.
  18. Narendranath Shastri – Madhavnidan with Madhukoshavyakhya, reprint 1993, Chapter 25, P 424.
  19. Agnivesh, Charak Samhita along with Ayurved Dipika Commentary, Chaukhamba Sanskrit Sansthan, 1984, P 442.
  20. Narendranath Shastri – Madhavnidan with Madhukoshavyakhya, reprint 1993, Chapter 25, P 424

*Conflict of Interest: Non Article Type: Original Article Source of funding: Nil*

*Cite this article:*

*Observational study to understand the prevalence of Aam Lakshana (symptoms of Aam) in various diseases.*

*Madhumati S. Nawkar, Shailesh S. Nawkar, Atul G. Ginode*

**Ayurlog: National Journal of Research in Ayurved Science- 2019; (7) (6): 1 - 7**