IAMJ

Review Article International Ayurvedic Medical Journal ISSN:2320 5091

DOSHAS INVOLOVED IN AHARA PACHANA

Elgeena Varghese[1], Amrutha B.L[2], Kekuda T R Prashanth[3]

[1,2]P.G. Scholar, [3]Associate Professor, Department of Shareera Kriya,

Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka, India

ABSTRACT

Ahara is that which is ingested by the tongue and teeth, down to throat. *Pachana* is the process of transformation of a substance in its structure, form and taste. So *Ahara Pachana* is the process of transformation of heterogenous *Ahara* into homogenous ingredients in the presence of *Agni* which can be readily acceptable by the body. Apart from *Agni*, *Doshas* are also playing an important role in the *Ahara Pachana*. When we are considering the physiology of digestion, several factors like reflexes for stimulating gastric secretions, several enzymes, mucous etc. plays their role in the digestive process. So the main aim of this discussion is to represent the functions of *Doshas* involved in *Aharapachana* with the factors which are responsible for the physiology of digestion.

Keywords*: Ahara Pachana, Prana Vata, Kledaka Kapha, Samana Vata, Pachaka Pitta*

INTRODUCTION

Ahara Pachana is the process of transformation of heterogenous *Ahara* into homogenous ingredients in the presence of *Agni* which can be readily acceptable by the body. Or in other words, digestion is the process of conversion of Complex food particles into simpler ones. In *Ahara Pachana*[1], the food which we are ingested is bringing down to *Koshta* by *Prana Vata. Bodaka Kapha*[2] is responsible for appreciation of taste. Fluids included in the food & digestive juices secreted in the digestive tract make the *Ahara* into dissociated from bonding[3]. *Kledaka Kapha* is present in the Amashaya[4]. Due to the presence of unctousness of *Kledaka Kapha***,** the *Ahara* becomes soft. *Samana Vata* which is situated near *Agni*,ignites the *Agni* to act on *Ahara* for *Pachana* and divides *Ahara* into *Rasa*[5] (*Sara Bhaga*) & *Mala*(*Kitta*)which is eaten at proper time and eaten after observing all rules and regulation about ingestion of food. The process of *Ahara Pachana* is explained by a simple example of cooking raw rice in a vessel which contains rice and water under which fire is placed[6].

Physiology of Digestion:

The digestive system contributes to homeostasis by breaking down food into forms that can be absorbed and used by body cells. Foods must be broken down into molecules that are small enough to enter body cells, a process known as digestion[7].The GI tract contains food from the time it is eaten until it is digested and absorbed or eliminated. Muscular contractions in the wall of the GI tract physically break down the food by churning it and propel the food along the tract, from the esophagus to the anus. The contractions also help to dissolve foods by mixing them with fluids secreted into the tract. Enzymes secreted by accessory digestive organs and cells that line the tract break down the food chemically[8].

DISCUSSION

1. When the food enters the mouth, *Bodhaka Kapha* which is present in *Rasana* is responsible for the appreciation of taste. Salivary juice present in saliva plays an important role in taste perception apart from its protective function. Here we can represent the function of *Bodhaka Kapha* with the function of salivary juice as both are responsible for taste perception.

2. The food which reaches the mouth is bringing down to *koshta* by *Prana Vata*. The ingested food is bringing down to GIT by a process called Deglutition[9] (act of swallowing). It consists of 3 stages. 1) Oral stage, which is voluntary 2) Pharyngeal stage which is involuntary. Glossopharyngeal Nerve is responsible for the pharyngeal stage. 3) Oesophageal-which is involuntary. Vagus Nerve is responsible for the reflex contol. So here we can represent the function of *Prana Vata* with the functions of nervous control in deglutition stage, i.e. reflex activity of Glossopharyngeal Nerve and Vagus Nerve.

3. When the food reaches down, *Kledaka Kapha* which is present in *Amashaya* due to its unctuous property brings food in a semi solid form and makes it soft and slimy. The mucous present in the GIT makes the food soft and slimy. Here we can represent the function of *Kledaka Kapha* with the functions of mucous.

4. *Samana Vata* situated near the vicinity of *Agni* is responsible for stimulating *Agni* for *Ahara Pachana*[10] and carries the *Saara Bhaga* to *Hrudaya*[11]. From *Hrudaya* it is circulated by *Vyana Vata*[12]. Several Peristaltic movements in GIT,gastric secretions and enzymes are altogether stimulated & controlled by Enteric nervous System.The gastrointestinal tract is regulated by an intrinsic set of nerves known as the enteric nervous system and by an extrinsic set of nerves that are part of the autonomic nervous system. ENS is the “brain of the gut,” .It consists of about 100 million neurons that extend from the esophagus to the anus[13]. Hence this enteric system is responsible for the stimulation of digestive glands for their secretions which are essential for digestion. So here we can represent the functions of *SamanaVata* with Enteric nervous system.

5. In *Ahara Pachana*, the role of *Pachaka Pitta* is nothing but *Pachana* and *Sara kitta Vibhajana*. The enzymes like amylolytic, proteolytic and lipolytic enzymes are responsible for the conversion of Food into the simpler ones which can be easily available for body. Here we can represent the fuctions of *Pachaka Pitta* with all enzymes.

CONCLUSION

In *Ahara Pachana*, apart from *Agni*, *Doshas* are also playing an important role. So when the physiology of digestion is also taken into consideration, we can represent the functions of *Doshas* which are involved in *Ahara Pachana* with salivary juice, nervous control for GI motility and to stimulate the digestive glands, enzymatic actions. When we are analyzing the functions of *Doshas* in one side and analyzing the factors which are responsible for the physiology of Digestion in contemporary view, we can represent their functions with each other. So in this this paper there is an attempt to establish the representation of functions of *Doshas* with physiology of Digestion in the contemporary view.

REFERENCES

1. YadavjiTrikamjiAcharya.Chikitsasthana chapter 15 verse 6. CharakaSamhita with Ayuveda Deepika commentary. Reprint edition.Varanasi(India): Chaukhambha Orientalia: 2013.p.512
2. Paradakara HSS.Sutrasthana chapter 12 verse 17. Ashtanga Hrudaya with Sarvangasundara commentary of Arunadatta and Ayurveda rasayana commentary of Hemadri. 9th ed. Varanasi (India): ChaukambhaOrientalia ;2012.p.195
3. YadavjiTrikamjiAcharya.Chikitsasthana chapter 15 verse 6 . CharakaSamhita with Ayuveda Deepika commentary. Reprint edition.Varanasi(India): Chaukhambha Orientalia: 2013.p.512
4. Paradakara HSS. Sutrasthana chapter 12 verse 16.AshtangaHrudaya with Sarvangasundara commentary of Arunadatta and Ayurveda rasayana commentary of Hemadri. 9th ed. Varanasi (India): Chaukambha Orientalia;2012.p.194
5. YadavjiTrikamjiAcharya.Chikitsasthana chapter 15 verse 8. CharakaSamhita with Ayuveda Deepika commentary. Reprint edition.Varanasi(India): Chaukhambha Orientalia: 2013.p.512
6. YadavjiTrikamjiAcharya.Chikitsasthana chapter 15 verse 6 . CharakaSamhita with Ayuveda Deepika commentary. Reprint edition.Varanasi(India): Chaukhambha Orientalia: 2013.p.512
7. Tortora JG, Derrickson B. Principles of Anatomy & Physiology. 12th ed. Asia: John Wiley & Sons ; 2009.p.921
8. Tortora JG, Derrickson B. Principles of Anatomy & Physiology. 12th ed. Asia: John Wiley & Sons ; 2009.p.922
9. Sembulingam K, PremaSembulingam. Essentials of Medical Physiology.5th ed. Chennai: Jaypee Brothers Medical Publisher; 2011.p. 269
10. YadavjiTrikamjiAcharya.Chikitsasthana chapter 15 verse 7 . CharakaSamhita with Ayuveda Deepika commentary. Reprint edition.Varanasi(India): Chaukhambha Orientalia: 2013.p.512
11. SrivastavaShailaja.Poorvakhanda Chapter 6 verse 9. SharngadharSamhita with Jiwanprada Hindi Commentry of Acharya Sharngadhar. 3th ed. Varanasi: Chaukhambha Orientalia; 2003.p.52
12. YadavjiTrikamjiAcharya.Chikitsasthana chapter 15 verse 36. CharakaSamhita with Ayuveda Deepika commentary. Reprint edition. Varanasi(India): Chaukhambha Orientalia: 2013.p.512
13. Tortora JG, Derrickson B. Principles of Anatomy & Physiology. 12th ed. Asia: John Wiley & Sons ; 2009.p.925

CORRESPONDING AUTHOR

Dr. Elgeena Varghese

P.G. Scholar, Department of Shareera Kriya,
Sri Dharmasthala Manjunatheshwara
College of Ayurveda & Hospital,
Hassan, Karnataka, India

Email: elgeenavarghese@gmail.com

Source of support: Nil
Conflict of interest: None Declared