

CONCEPT OF SUSHRUTOKTA AASHAYA

Nithin Kumar¹, U Govindaraju²

¹Asst. Professor, ²Professor & HOD,
Dpt. of Shareera Rachana, SDMCA, Udupi, Karnataka, India

Email: nithinkumarjain@gmail.com

ABSTRACT

Ayurveda is a science of life which deals about *swastha rakshana & vikara prashamana*. Knowledge about structural & functional aspect of *Shareera* is very important in attaining these goals. *Aashaya* is one such structural entity explained in *Ayurveda* which support or provide shelter for various substances in the body. According to *acharya Sushruta*, *Vataashaya*, *Pittaashaya*, *Shleshmaashaya*, *Raktaashaya*, *Amaashaya*, *Pakwaashaya* & *Mootraashaya* are the seven *Aashaya*'s present in human body and *Garbhashaya* is the additional *Aashaya* found in females. Knowledge of these *Aashaya*'s helpful in understanding various diseases.

Hence, in this article an attempt is made to understand the concept of *Sushrutokta Aashaya*.

Key words: *Aashaya*, *Vataashaya*, *Pittaashaya*, *Shleshmaashaya*, *Raktaashaya*, *Amaashaya*,

INTRODUCTION

Ayurveda is a unique system of medicine which considers health promotion & disease management as its prime goal¹. Structural & functional knowledge of *Shareera* plays a vital role in attaining these goals. *Aashaya* is one such structural entity found in human body which acts as a support or shelter for various factors like *mootra*, *rakta*, *garbha* etc. Knowledge of these *Aashaya*'s helps in understanding normal functions of *Shareera* & pathogenesis of various diseases.

LITERARY REVIEW

Aashaya's are the structural entities found in human body which provide shelter for *aama anna* etc.² Acc to *acharya Sushruta*, there are seven *Aashaya*'s present in the human body and they are *Vataashaya*, *Pittaashaya*, *Shleshmaashaya*, *Raktaashaya*, *Amaashaya*, *Pakwaashaya* & *Mootraashaya*. *Garbhashaya* is considered as the extra *Aashaya* found in females³.

Shroni & Guda pradesha can be considered as *Vataashaya* as these are the *vata sthana* and are situated below the *Pakwaashaya*⁴.

Pittashaya is the *adhishtana* of *pitta* & is located in between *Aamaashaya* & *Pakwaashaya*⁵.

Ura pradesha can be considered as *Shleshmaashaya* as it the *adhaara* of *Shleshma*⁶.

Yakrit & Pleeha are considered as the *Raktaashaya* as they support the *Rakta*⁷.

Aamaashaya is the *adhishtana* of *aama anna* & is located above the *Pittaashaya*⁸.

Pakwaashaya is the *adhaara* for *pakwa anna* and is located below the *Naabhi* & above *Shroni & Guda*⁹.

Mootrashaya is the *adhaara* of *mootra* located between *Naabhi, Prushta, Kati, Mushka, Guda, Vankshana & Shepha* and is also called as *Basti*¹⁰.

Garbhaashaya is the additional *Aashaya* found in females in the 3rd *aavarta* of *Yoni* between *Pittaashaya* & *Pakwaashaya*. Its shape resembles the mouth of *Rohita matsya*¹¹.

DISCUSSION

Aashaya is the place which acts as shelter for *aama anna, mootra* etc in the body & is seven in number. They are *Vataashaya, Pittaashaya, Shleshmaashaya, Raktaashaya, Amaashaya, Pakwaashaya & Mootraashaya*. *Garbhashaya* is the additional *Aashaya* found in females.

Aashaya's are considered as *adhishtana* for various *Dosha, Mala, Rakta, Anna & Garbha*. As all these *Aashaya*'s are located in *Koshta pradesha*, we can consider them as *Koshtanga* too.

Few scholars opine *Pakwaashaya* as the *pradhana sthana* of *vata*¹² as well as *Vataashaya*,

but *acharya Sushruta* opines *Shroni & Guda pradesha*, which is located below *Pakwaashaya* as *vata sthana*. As this reference clearly states *vata sthana* & *Pakwaashaya* are two different entities, we may predict *Shroni & Guda pradesha* as *Vataashaya*. Pelvic region can be considered as the place of *Vataashaya*. As *Pakwaashaya* is located below *Nabhi & Pittashaya* in between *Amaashaya & Pakwaashaya* we may predict *Nabhi pradesha* is the *sthana* of *Pittashaya*. Few scholars name *Pittaashaya* as *Grahani* or *Pakwaamaashaya madhyaga*. *Pittashaya* is the *adhishtana* of *pachaka pitta*¹³. *Pittashaya* can be correlated to Duodenum, Jejunum & proximal part of Ileum as major part of digestion takes place in these areas.

Even though *Amashaya, Ura pradesha* etc are considered as *Shleshma sthana*, *Ura pradesha* including upper part of *Amashaya* can be considered as *Shleshmaashaya* as it is the *pradhana sthana* of *Shleshma*. Thoracic region can be considered as location of *Shleshmaashaya*.

Yakrit & Pleeha are considered as the *Raktaashaya* as it is *adhishtana* of *Rakta* as well as the place where *Rasa* converts into *Rakta*. It can be correlated to Liver & Spleen as they play a vital role in hemopoiesis

Amaashaya is the *adhishtana* of *aama anna* & is located above the *Pittaashaya*. We may consider lower part of Oesophagus & Stomach as *Amaashaya* as undigested food stays here for a long period for digestion.

Pakwaashaya is the *adhaara* for *pakwa anna* and is located below the *Naabhi* & above *Shroni & Guda*. Few scholars opine it as the place where *pakwa anna* is converted into *Pureesha*. Terminal part of Ileum, Caecum, Ascending colon & proximal part of Transverse

colon can be considered as *Pakwaashaya* as they help in absorption of food & conversion of remaining material into feces.

As *Mootrashaya* is the *adhaara* of *mootra* located between *Naabhi*, *Prushtha*, *Kati*, *Mushka*, *Guda*, *Vankshana* & *Shepha*, we may consider it as the Urinary bladder located inside the pelvis. *Udakavaha dhamani*'s will carry *dravarooopi mala* from *Pakwaashaya* to *Basti*. Once the *dravarooopi mala* reaches *Basti* it will be called as *Mootra*. *Udakavaha dhamani* can be correlated to renal glomerulus.

Garbhaashaya is the additional *Aashaya* found in females between *Pittaashaya* & *Pakwaashaya*. As Uterus is the place where growth of fetus takes place & is related to intestines during pregnancy we may consider it as *Garbhaashaya*.

CONCLUSION

Aashaya's are the abode of *ama anna* etc in the body & are 7 in number. They are named based on the entity resides in it as *Vataashaya*, *Pittaashaya*, *Shleshmaashaya*, *Raktaashaya*, *Amaashaya*, *Pakwaashaya* & *Mootraashaya*. *Garbhashaya* is considered as the other *Aashaya* found in females. They play an important role in various functions of the body. Hence knowledge of *Aashaya* is very much helpful in understanding normal functions of *Shareera* & pathogenesis of a *vyadhi*.

References

1. Achaarya Agnivesha, Charaka samhita. Vaidya Yadavaji Trikamji Acharya, editor. 8th ed. Varanasi: Chaukhambha Sanskrit Sansthan; 2001; 738:187
2. Achaarya Sushruta, Sushruta samhitha. Vaidya Yadavaji Trikamji Acharya

- and Narayan Ram Acharya, editors. 5th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:409
3. Achaarya Sushruta, Sushruta samhitha. Vaidya Yadavaji Trikamji Acharya and Narayan Ram Acharya, editors. 8th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:364
4. Achaarya Sushruta, Sushruta samhitha. Vaidya Yadavaji Trikamji Acharya and Narayan Ram Acharya, editors. 8th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:100
5. Achaarya Sushruta, Sushruta samhitha. Vaidya Yadavaji Trikamji Acharya and Narayan Ram Acharya, editors. 8th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:100
6. Achaarya Sushruta, Sushruta samhitha. Vaidya Yadavaji Trikamji Acharya and Narayan Ram Acharya, editors. 8th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:100
7. Achaarya Sushruta, Sushruta samhitha. Vaidya Yadavaji Trikamji Acharya and Narayan Ram Acharya, editors. 8th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:102
8. Achaarya Sushruta, Sushruta samhitha. Vaidya Yadavaji Trikamji Acharya and Narayan Ram Acharya, editors. 8th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:100
9. Achaarya Sushruta, Sushruta samhitha. Vaidya Yadavaji Trikamji Acharya and Narayan Ram Acharya, editors. 8th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:100

10. Achaarya Sushrutha, Sushrutha samhitha. Vaidya Yadavaji Trikamji Acharya and Narayan Ram Acharya, editors. 8th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:279
 11. Achaarya Sushrutha, Sushrutha samhitha. Vaidya Yadavaji Trikamji Acharya and Narayan Ram Acharya, editors. 8th ed. Varanasi: Chaukhambha Orientalia; 2005; 824:368-369
 12. Achaarya Vaagbhata, Astanga hridaya. Bhashagaacharya Harishastri Paraadakar Vaidya, editor. 9th reprint ed. Varanasi: Chaukhambha Orientalia; 2005; 956:192
 13. Achaarya Vaagbhata, Astanga hridaya. Bhashagaacharya Harishastri Paraadakar Vaidya, editor. 9th reprint ed. Varanasi: Chaukhambha Orientalia; 2005; 956:193-194
-

Source of Support: Nil
Conflict Of Interest: None Declared

How to cite this URL: Nithin Kumar & U Govindaraju:
Concept Of Sushrutokta Aashaya. International Ayurvedic
Medical Journal {online} 2017 {cited April, 2017}
Available from:
http://www.iamj.in/posts/images/upload/1287_1290.pdf