

### **Scooping review on the symptoms of Apana vayu vaigunya in relation with Atiyana**

#### **Abstract**

The science of life which explains the knowledge of various guidelines to be followed in order to make a healthy living is called Ayurveda. With the expansion of facilities of travel and occupation, man has to undertake extensive journeys, through diverse modes such as rail, road, water etc. Most of these situations cited have been principally implicated in vaigunya of Apanavayu. The manifestation of Apana vayu vaigunya varies from mild cases of constipation to severe cases of mental disturbances. One of the prominent factors highlighted as cause of Apana vaigunya is Atiyana.

Symptoms of Apana vayu vaigunya told in major classical books of Ayurveda were gathered to device a comprehensive understanding of the context. Apanavata was invariably associated with the component of pathogenesis in 45 diseases starting from Vatavyadi, Arsas, Asmari, Prameha, Sosa, Jwara, Rakthapitta, Vatarakta, Gulma, Udara, Mutrakrcha etc. Later the symptoms possibly associated to the vitiation of Apanavata present in diseases were listed and 332 symptoms were found associated to Apana kopa vitiation. These symptoms were further tabulated according to the order of frequency of occurrence as most repeatedly occurring symptoms, moderately repeated symptoms and least repeated symptoms. Thus out of 332 symptoms, 30 symptoms which can possibly occurs due to atiyana were selected. It is the right time to concentrate this issue from the concepts of Ayurveda, Apana vayu vaigunya and athiyana. Based on these observations, aim of the present study is to explore the hidden concept of Apana vaigunya mentioned in Ayurvedic literature in relation with atiyana.

#### **Key words**

Apana vayuvaigunya, Atiyana, Pakvasaya, Atichamkramana

## Introduction

The living body can function normally, only when its doshas, dhatus and malas are in a state of equilibrium<sup>1</sup>. These dosha, dhatu and mala constitute the basis of the physiological and pathological doctrines of Ayurveda. The term physiology is used here to signify the normal functions of the living body in all of its different aspects, in the same manner as this term is understood to-day viz. cells, tissue, organs and systems, their structural and functional integration and direction as a single composite unite or whole.

The normalcy of vata dosha corresponds to physiological states of other two doshas and body. The imbalance of the vata dosha equilibrium on the other hand, represents pathological states for other doshas and body also. Vata vaigunyakaravikara is a condition in which vata is in vitiated state and responsible for many pathological conditions. Vata is present all over the body, but it has variation in its guna and karmas according to its special sthana of the subdivision of vata, i.e. as per an organ or system in which it is present. All Acharyas have mentioned Pakvasaya as a main sthana for vata.<sup>2</sup>

Prana, Udana, Vyana, Samana and Apana are five types of vata. To take away, To breath out, to expire are the grammatical derivation of the word apana.<sup>3</sup> Apana vayu the last among pancha vayus is mainly concerned with the functions of excretory system and the genito-urinary system.<sup>4</sup> General sites of Apana vayu in the body are pelvic region, umbilicus, intestines, urinary bladder, penis, testis, rectum, anus, and Thigh. Pakvasaya is specific site of Apana vayu. The following are the physiological functions of Apana vayu in the body, helps in the process of micturition, evacuation of bowels, ejaculation of semen, expulsion of menstrual discharge, and delivery of foetus.

**TABLE-1**

**Site and Functions of Apana Vayu by Different Acharya:**<sup>5</sup>

	Charak Samhita <sup>6</sup>	Sushrut Samhita	Astanga Hridaya	Astanga Sangraha
Sthana(Location)	Vrishana (testicles), Vasti (urinary bladder), Medhra (penis),	Pakvadhana (Large intestine)	apana desha (perineal region) and it traverses along sroni	Rectum, moves along the urinary bladder, pelvis, penis, scrotum,

	Nabhi(umbilicus), Uru (thighs), Vakshyana (inguinal region) and Guda(anus)		(pelvis), vasti (urinary bladder), medhra (external genital apparatus of each sex) and uru (thighs)	and groin
Karma (Function)	Ejaculation, Micturition, defecation, expulsion of menstrual blood and fetus.	Elimination samirana (flatus), sakrit (faeces), mutra (urine), sukra (semen), garbha (fetus), artava (menstrual fluid)	Expulsion of sukra (semen), artava (menstrual blood), sakrit (faeces), mutra (urine), and garbha (the product of conception that is fetus and placenta)	Elimination of faeces, urine, semen, menstrual fluid and foetus

Apana vayu gets aggravated by ingestion of dry and heavy foods, suppression or too much initiation of urges, excess indulgence in riding on animals and vehicles, sitting and walking for long time etc.<sup>7</sup> gives rise to many difficult diseases of large intestine(Pakvasaya), disorders of semen, diseases of urine, hemorrhoids and prolapse of rectum etc.

Apana vata being one among five subdivision of vata has more importance as its sthana is in Pakvasaya, which itself is the capital of vata. On the basis of it, any vitiation in the normal state of Apana vata or the Pakvasaya leads to the vitiation in the normal physiological functions of the other subdivision of vata. To treat the Apana vata or vata sthana is likely to treat all other subdivisions of the vata. In the modern era, due to irregular and bad habits of ahara, vihara along with the suppression of natural urges, the percentage of Apanavaigunyajanya vyadhis are increasing, which affects physical as well as psychological factors also.

The word vaigunya does not mean only vrddhi or ksaya, but also pertaining to the qualitative and quantitative disturbances of the Apana vata. Apana vaigunya is one among the main causes of paratantra vyadhis. The manifestation of Apana vayu vaigunya varies from mild cases of constipation to severe cases of mental disturbances. Food habits and life style of the regime of the present era strongly predisposes the chances of Apana vayu vitiation.

With the expansion of facilities of travel and occupation, man has to undertake extensive journeys, through diverse modes such as rail, road, water etc .The change in the social fabric has also urged female population to undertake strenuous and prolonged journey. The patterns and modes of working has also undergone significant changes due to mechanization which has led to sedentary occupational patterns. Most of these situations cited have been principally implicated in vaigunya of Apanavayu. In classics Atiyana is said to be the cause of many diseases. Even though the term Atiyana is not used in many of them, terms which resemble Atiyana were used. They are as follows atichamkramana, adhwa (excessive travel), margatikarsanath, sahasam (straiful work), aayasam, yanayana (long distance travel), hayaotra yana (travel on elephantats, horses etc.) etc. Atiyana is regarded as one of the prime cause for the following diseases. Vatavyadi, vatajagulma, vatajakasa, kshatajkasa, swasa, rajayekshma etc. Atiyana produces several physical and mental stress. In long run these physical and mental stress give way severe musculoskeletal problems leading to loss of working hours due to ill health, there by leading to loss of productivity to the nation at large. It is the right time to concentrate this issue from the concepts of Ayurveda, Apana vayu vaigunya and athiyana. Based on these observations, aim of the present study is to explore the hidden concept of Apana vaigunya mentioned in Ayurvedic literature in relation with atiyana.

## **Methodology**

### **Objective**

To assess the symptoms of Apana vayu vaigunya in relation with atiyana

### **Definitions of the terms**

1) Apana vayu : One among the 5 major classes of functional entities responsible for bodily functions.

2) Atiyana : Atiyana is defined as the excessive travel by any modality

3) Vaigunya : State of altered functioning.

## **Materials**

1. Jadavji Trikamji editor, Charaka Samhita of Agnivesha (Ayurveda Dipika, Chakrapani Dutta, commentary, Sanskrit) Varanasi: Chaukhambha Surbharati Prakashan; 2018.
2. Pt. Hari Sadasiva Sastri Paradakara, Astangahrdaya of Vagbhata; ed 2017, Chaukhamba Sanskrita Samstana Varanasi.
3. Yadavji Trikamji Acharya Susrutha Samhita of Susruta; ed 2017, Chaukhamba Sanskrita Samstana Varanasi.
4. Ayurvediya Vikriti Vijana & Rogavijana: Dr. P.S.Badgi, 1<sup>st</sup> edition, volume II, Chaukhambha Publications.

Apana Vayu vaigunya is a condition in which apana vata is in vitiated state and responsible for many pathological conditions. The word vaigunya does not mean only vrddhi or ksaya, but also pertaining to the qualitative and quantitative disturbances of the Apana vata. Symptoms of Apana vayu vaigunya in relation to atiyana told in major classical books of Ayurveda like Charaka samhita, Susrutha samhitha, Astanga samgrha and Astanga hridaya etc, journals and web sources were identified, the data thus obtained were analysed and collective opinions of experts was utilized to device a comprehensive understanding of the context. As a part of literary review, this scattered information has been gathered and critically analysed.

## **Discussion**

The Tridoshas are the fundamental constituents of the body and play a vital role in the maintenance of three dimensional health through a life in conformity with the laws of nature. Out of Tridoshas, everywhere and in every aspect, more importance has been given to the Vata dosha for the physiological and pathological state of the body because of its gunas and karmas. Vata being a single entity present all over the body, but regarding its different predominant functions happening in different systems of the body, it can be subdivided into five types as Prana, Udana, Samana, Vyana and Apana. According to the different Acaryas, Apana is one type of vata which

possess the function to expel out the excretory products of the body after absorbing the necessary nutrients from the digested food materials. By doing so it helps to maintain the cleanliness of the body and thus maintain the homeostasis of the body.

The significant role of Apanavaya causing Apanavaya vaigunya has been describing in Ayurvedic classics in diverse context. As a part of literary review, this scattered information has been gathered and critically analysed. In the literary review it was found that Apanavata was invariably associated with the component of pathogenesis in 45 diseases starting from Vatavyadi, Arsas, Asmari, Prameha, Sosa, Jwara, Rakthapitta, Vatarakta, Gulma, Udara, Mutrakrcha etc.

The symptoms of the diseases in which Apanavayu is involved in the process of pathogenesis (sampraptighadaka) leading to the manifestation of the disease are enumerated and enlisted below.

#### 1. Vata vyadi

The following signs and symptoms manifest in vata vyadi are as follows

Contraction, stiffness of joints, pain in bones and joints, horripilation, delirium, spasticity of hands, back and head, lameness of hands and feet; hunch back, atrophy of limbs, insomnia, destruction of foetus, semen and menses, twitching sensation and numbness in the body, crookedness of head, nose, eye, clavicular region and back, splitting pain, pricking pain, distress, convulsion, unconsciousness, exhaustion and other features as involvement of lesions.

#### 2. Kostasritha vata<sup>8</sup>

Excessively aggravate vata inside kosta causes retention of urine and stool, bradhma (hernia), cardiac diseases, gulma, piles and pain in both the flanks.

#### 3. Gudagatha vata

In the anus causes retention of stool, urine and flatus, colic pain, tympanitis, calculus, gravels, pain and emaciation in the calf region, thighs, sacral region, legs and back.

#### 4. Pakvasaya gata vata

Excessively aggravated vata in the pakvasaya causes gurgling sound in the intestines, colic pain, tympanitis, dysuria, constipation, flatulence and pain in the lumbar region.

5. Khanja and pangu<sup>9</sup>

Excessively aggravated vata in the waist invades the big tendons of the legs, and then the person becomes khanja. (Lame by one leg) and pangu, when both the legs are affected.

6. Grdhrasi

Excessively aggravated vata inside buttocks causes rigidity, pain, pinning sensation then descends to low back, knees, calves and legs.

7. Aadmana

Excessive distention of abdomen, gurgling sound

8. Arsas

Lack of desire to take food, difficulty in digestion, sour belching, burning sensation all over the body long stasis of food, thirst, debility in thighs, flatulence, emaciation, belching, swelling in the eyelids, intestinal gurgling, cutting pain in the anus, pandu roga, loss of strength, giddiness, stupor Excess sleep, weakness of sense organs, constipation.

9. Vataja arsas

Constipation, needling pain, abdominal distention, pain in thighs, waist, back, anorexia, distaste in mouth, blurred vision, pain in nose, ear, loss of voice, appearance of greyishness or blackishness & coarseness in nails, eyes, face, skin, urine, passes hard stool with difficulty

10. Rakthaja arsasa associated with vata

Hard & rough stool, non elimination of flatus, blood comes of the pile mass is thin out, reddish & foamy, pain in the lumbar region, thighs & anus etc.

Like these 45 diseases are enlisted. Later the symptoms possibly associated to the vitiation of Apanavata present in diseases were listed and 332 symptoms were found associated to Apana kopa vitiation. These symptoms were further tabulated according to the order of

frequency of occurrence as most repeatedly occurring symptoms, moderately repeated symptom and least repeated symptoms. Thus out of 332 symptoms, 30 symptoms which can possibly occurs due to atiyana were selected. They are as follows.

Among the 332 symptoms produced in the above mentioned 45 diseases. The most frequently, moderately and rarely occurring symptoms are shown in the table below.

TABLE 2

Apana vayu symptoms according to the order of frequency of occurrence in classics

Sl.no	Frequently occurring	Moderately occurring	Rarely occurring
1	Colicky pain in abdomen	Difficulty in passing the urine	Burning sensation over the body
2	Constipation	Heaviness in the lower abdomen	Cough
3	Distension of abdomen	Indigestion	Emaciation
4	Low backache	Pain in flanks	Rectal prolapse
5	Pain in bladder	Belching	Varicose veins
6	Flatulence	Giddiness	
7	Aversion towards food	Edema in feet	
8	Headache	Irregular menstruation	
9	Gurgling sound in abdomen	Piles	
10	Weakness of body	Cramps in calf & thighs	
11	Pain in anus	Pain in the legs	
12	Pain in the back region		



The most repeatedly occurring symptoms

The following symptoms are always found in classics, in connection with Apanavayu vaigunua. They were Constipation, Distension of abdomen, Lowbackache, Pain in bladder, Flatulence, Aversion towards food, Headache, Gurgling sound in abdomen, Weakness of body, Pain in anus, Pain in the back region

Moderately repeated symptoms

Difficulty in passing the urine, Heaviness in the lower abdomen, Indigestion, Dryness of mouth, Pain in flanks, Belching, Giddiness, Edema in feet, Irregular menstruation, Piles, Cramps in calf & thighs and Pain in the legs were occasionally found in Ayurvedic treatises.

Least repeated symptoms

Burning sensation over the body, Cough, Emaciation, Rectal prolapse, varicose veins are some of the rare symptoms related with Apana vayu vaigunya in classics.

## CONCLUSION

Among Tridoshas, Vata dosa has more importance for the physiological and pathological state of the body due to its gunas and karmas. Based on the site and different predominant functions of vata dosha in the body it is sub-divided into five types i.e. Prana, Udana, Samana, Vyana and Apana. Apana vayu is more important as its functional area is Pakvasaya which is also the capital area of Vata dosa. Apana vayu not only control and coordinate the functions of its own area but also that of the other subtypes of vata. Since the stana of apana vayau is the important site of vata dosa, through the treatment of apana vayu all the other subtypes of vata can also be managed.

The important physiological function of apana vayu is to facilitate the excretion of mala vayu (flatus), purisa (stool) and mutra (urine), Ejection of the sukra (semen), To cause the artava vahana (menstrual function) ,To bear down the garbha (foetus) at the time. Due to its location

ruksha guna is the most predominantly functioning guna of apana vayu. Hence it is principally responsible for all the physiological and pathological function of apana vayu. Atiyana or atichmkramana is described as an important cause for apana vayuvaigunya in Ayurvedic classics. In the literary review it was found that Apanavata was invariably associated with the component of pathogenesis in 45 diseases starting from Vatavyadi, Arsas, Asmari, Prameha, Sosa, Jwara, Rakthapitta, Vatarakta, Gulma, Udara, Mutrakrcha etc.

Later the symptoms possibly associated to the vitiation of Apanavata present in diseases were listed and 332 symptoms were found associated to Apana kopa vitiation. These symptoms were further tabulated according to the order of frequency of occurrence as most repeatedly occurring symptoms ,moderately repeated symptom and least repeated symptoms. Thus out of 332 symptoms, 30 symptoms which can possibly occurs due to atiyana were selected. So atiyana is an important causative agent for the manifestation of apana vayu vaigunya. In the present medical scenario atiyana should be considered as the major pathogenic factor in many diseases.

**NOTE:**

The study highlights the efficacy of "AYURVEDA" which is an ancient tradition, used in some parts of India. This ancient concept should be carefully evaluated in the light of modern medical science and can be utilized partially if found suitable.

**References**

1. YadavjiTrikamji Acharya Susrutha Samhita of Susruta; ed 2017,Doshadhatumala kshaya vridhivijaneeyam.cchapter15:verse3 Chaukhamba Sanskrita SamstanaVaranasi.
2. Pt. Hari Sadasiva Sastri Paradakara, Astangahrdaya of Vagbhata;Doshabhediya, ed 2017, Chaukhamba Sanskrita Samstana Varanasi
3. Amarakosa – Amara simha, Chaukhambha Sanskrit series, Varanasi.
4. Ashtanga Sangraha : Vagbhata, with Sasilekha commentary by Indu, edited by Dr.Shivprasad Sarma, Chaukhambha Sanskrit series.Dosha bhediya.chapter 20,verse 6.

5. Vishnu Patel: The Concept of Apan Vayu; ayurpub; Mar-Apr 2020 Vol V, Issue 2 : 1443-1447
6. Jadavji Trikamji editor, Vatavyadhi chikista adhyaya in Charaka Samhita of Agnivesha (Ayurveda Dipika, Chakrapani Dutta, commentary, Sanskrit) Varanasi: Chaukhambha Surbharati Prakashan; 2018. p. 616.28/3.
7. Pt. Hari Sadasiva Sastri Paradakara, Astangahrdaya of Vagbhata; Vatarakta nidnam, chapter 16: verse 21.ed 2017, Chaukhamba Sanskrita Samstana Varanasi.
8. Madhava Nidana : Madhavacharya with Madhukosa commentary, Chaukhambha Sanskrit series, Varanasi.
9. Ayurvediya Vikriti Vijana& Rogavijana: Dr. P.S.Badgi, 1<sup>st</sup> edition, volumeII, Chaukhambha Publications.