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Critical Review of *Musta* in the Management of *Atisara*

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ABSTRACT:

Atisara (Diarrhoea) is a most common disorder of Gastrointestinal tract and is very much commonly seen in general practice. *Atisara* is characterized by loose watery stools and most of the time will be controlled by simple fasting (*Langhana*). In classics we get many more formulations for management of *Atisara*. *Musta*, *Cyperus rotundus* Linn belonging to *Cyperaceae* family is one such wonderful drug which is explained as effective in almost all types viz, *Ama*, *Pakwa*, *Alpadoshaja*, *Madhya doshaja*, *Samapittaja*, *Pittaja*, *KaphajaAtisara*. Here an attempt is made to review Brihatrayi to analyse mode of action, method of administration of *Musta* in *Atisara*.

Key words: *Atisara*, Diarrhoea, *Musta*, *Cyperus rotundus* Linn *Langhana*, *Ama*, *Pakwa*.

INTRODUCTION

The disease *Atisara* looks very simple, but it is a global problem. In 2016, diarrhoea was the eighth leading cause of mortality, responsible for more than 1.6 million deaths.^[1] According to statistics, Globally in 2017, near to 1.6 million people died due to Diarrheal disease.^[2] *Atisara* is characterised by loose watery stools and *Mithya Ahara Vihara* i.e. faulty diet and lifestyle is the *Nidana* (prime cause) leading to the disease *Atisara*. *Vata Pradhana Tridosha* are involved in *Samanya samprapti* of *Atisara*. According to classics of Ayurveda it is well managed simultaneously it is noted that *Musta* either alone or with others is been found useful for almost all types of *Atisara*. So role of *Musta* in the management of all types of *Atisara* is analysed in this paper.

Samprapti:^[3]

The general *Nidana* being *Mithya Ahara* and *Vihara* (Faulty Diet and Lifestyle) leads to *Agnimandya* (Diminished digestive capacity) which in turn causes indigestion and vitiates Gastrointestinal tract and hinders absorption from intestine leading to Loose stools. Fig.no. 1

Types: There are 6 types of *Atisara* explained by all the *Acharyas* viz. *Vataja*, *Pittaja*, *Kaphaja*, *Tridoshaja*, *Bhayaja* and *Shokaja*. *Acharya Sushruta* explains *Amaja* instead of *Bhayaja*. *Acharya Charaka* explicates 2 stages in *VatajaAtisara* as *Ama* and *Pakwaatisara*. Diagnosis of *Atisara* is based on *Lakshana* as follows.^[4] **Table no.1**

Management of *Atisara*: Diarrhoea occurs when intestinal villi cannot absorb fluid from the contents of bowel or when extra fluid is secreted into bowel leading to watery



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faeces.^[5] So the main line of treatment should be improving intestinal absorption and halting of fluid secretion. Ayurveda emphasise the same and explains when to use drugs for improvement of intestinal absorption and halts the intestinal secretion.

Management of *Atisara* involves assessment of *Ama* and *Pakwaavastha* along with *Doshakopana*. In *Amaavastha*, the drugs which are *Amapachaka*, *Doshapachaka* and *Malapachaka* are advised. In *Pakwaavastha*, *Stambhana Dravya* are advised. Fig.no. 2.

Musta is one such drug which can be used in both the conditions (*Ama* and *Pakwa*) of *Atisara*.

Musta, *Cyperus rotundus* Linn belonging to Cyperaceae family is a Glabrous; stolon elongate, slender, 10-20 cm. long and has hard ovoid tunicate black fragrant tubers 0.8-2.5 cm. diam; root fibres clothed with flexuous hairs.^[6] *Musta* is very much eaten by *Varaha* (Pigs) as it helps in digesting any type of food stuff. *Musta* is attributed for following properties:^[7] Table no. 2

Prayoga: It is highly recommended in *Amatisara*, *Pakwatisara*, *Grahani*, *Aruchi* and *Trishna* like gastrointestinal disorders.^[7]

Mode of action Of *Musta* in *Atisara*:

Amatisara: It is characterised by *Mandagni* and *Amadosha* and *Mala*. *Musta* digests *Ama* due to *Tikta*, rasa and resolves *Ajirnata*. *Musta* subsides abdominal pain observed in *Amatisara*. Hence *Musta* works effectively in *Amatisara*.

1. *Musta churna* is given with *Vacha*(*Acorus calamus*), *Ativisha*(*Aconitum heterophyllum*), *Abhaya*(*Terminalia chebula*), *Bhadradaru*(*Cedrus deodara*) and *Nagakeshara*(*Mesua ferrea*).^[8]
2. *Musta Kshira*: 20 *Musta* pounded and boiled in 8 times of milk and water(3 times more than milk) till water evaporates. It reduces *Shula* and cures *Amatisara*.^[9]
3. Equal parts of *churna* of *Musta*, *Patolapatra*(*Trichosanthes dioica*), *Ajamoda*, *Bilva*(*Aegle marmelos*), *Vacha*(*Acorus calamus*), *Pippali*(*Piper longum*), *Shunthi*(*Zingiber officinale*), *Kushtha*(*Saussurea lappa*), *Vidanga*(*Embelia ribes*) is given in 2-4 *Masha Matra* (2-4gms) with *Koshnajala*(lukewarm water) for 2-3 times.^[10]
4. 1 part of milk, 20(*Pala*) of *Musta* and 3 parts of water are mixed, boiled and reduced to the quantity of milk will cure painful *Amatisara*.^[11]

Samapittatisara: It involves *Sama pitta* and *Musta* is *Amapachaka* and *Pittashamaka*(*Tikta*, *Kashaya rasa* and

Shitaviryaya)so resolve *Samapittatisara*.

1. *Churna* or *Kwatha* of *Musta* with *Kutajaphala*(*Hoerrhena antidysentrica*) and *Tvak*(*Cinnamomum zeylanicum*), *Shunthi*(*Zingiber officinale*) and *Vacha*(*Acorus calamus*) is advised.^[12]
2. *Churna* or *Kwatha* of *Musta* with *Kutajabija*(*Indrayava*), *Bhunimba*(*Andrographis paniculata*) and *Rasanjana* is administered.^[13]

Pakwatisara: *Stambhana* and *Agnidipana* are the treatment modalities and *Musta* halts *Mala* by reducing intestinal secretion. The *Ruksha*, *Laghuguna*, *Kashayarasa* and *Shitaviryaya* of *Musta* helps in *Malastambhana*.

1. *Churna* or *Kwatha* of *Musta*, *Dhatakipushpa* (*Woodfordia fruticosa*), *Manjishtha* (*Rubia cordifolia*) and *Lodhra* (*Symplocos racemosa*) is given with *Madhu* and *Tandulodaka*.^[14]
2. *Musta kwatha* with *Madhu* is advised.^[15]
3. *Yavagu* prepared with *Bilva*(*Aegle marmelos*), *Musta*, *Akshibhaishajya* (*Rodhra-Symplocos racemosa*), *Dhatakipushpa*(*Woodfordia fruticosa*) and *Nagara*(*Zingiber officinale*) will cure *Pakwatisara*.^[16]

Sashonita Pakwatisara: *Rakta* and *Malastambhana* is the line of treatment in case of blood in loose stools. *Shitaviryaya*, *Kashaya rasa* of *Musta* acts as *Pittahara*, *Raktashodhaka* so can stop bleeding and loose stool.

1. Equal quantity of *Musta*, *Vidar i*(*Pueraria tuberosa*), *Raktachandana* (*Pterocarpus santalinus*), *Bharangi* (*Clerodendrum serratum*), *Sharkara* (Sugar), and *Padmakeshara* (*Nelumbo nucifera*) made into *Churna* and 2-4 *Masha* is given with *Madhu*(Honey) and *Tandulodaka*.^[17]

Pittaja atisara: *Musta* being *Tikta rasa* and *Shita* in *Viryaya*, subsides *Kupita pitta*, reduces morbid thirst, burning sensation, excessive sweating, fainting, colic pain and hot sensation; and suppuration of the anus found in *Pittajaatisara*.

1. *Kwatha* prepared of *Musta* with *Hrivera* (*Pavonia odorata*), *Bilva* (*Aegle marmelos*), *Nagara* (*Zingiber officinale*) and *Dhanyaka* (*Coriandrum sativum*) is given.^[18]
2. *Kashaya* of *Musta* with *Madhu*(Honey) is advised.^[19]

Kaphaja atisara: *Agnidipana*, *Amapachana* and *Aruchihara chikitsa* is required. *Musta* is having *Laghu*, *Ruksha guna*, *Tikta*, *Kashaya rasa* so relieves *Snigda*

(unctuous), *Swetha* (whitish), *Pichila* (slimy). *Tantummat* (contain fibrinous shreds and undigested matter). *Guru* (heavy), *Durgandha* (offensive) loose and constant, *Sleshomapahita* (gets mixed with the lump of mucus).

1. *Kwatha* prepared of *Musta*, *Bilva*(*Aegle marmelos*), *Karkatika*, *Pranada*, *Shunthi*(*Zingiber officinale*), *Vacha*(*Acorus calamaus*), *Vidanga*(*Embelia ribes*), *Bhutika*, *Dhanyaka*(*Coriandrum sativum*), *Maradaru* is given.^[20]
2. *Kwatha* of *Musta*, *Abhaya*(*Terminalia chebula*), *Shunthi*(*Zingiber officinale*) and *Balabilwa*(*Aegle marmelos*) is given.^[21]

Trishna in Atisara:*Trishna* or polydipsia is frequently seen symptom after loss of fluid in stool, if not supplemented with fluids body may suffer from dehydration. So Acharyas have explained administration of medicated water in Diarrhoea. *Musta* is *Trishnanigrahaka* and prevents water loss by improving water absorption in intestine.

1. *Jala* prepared of *Musta*, *Vacha*(*Acorus calamus*), *Hribera*(*Pavonia odorata*), *Parpata*(*Fumaria parviflora*), *Prativisha*(*Aconitum heterophyllum*), *Shunthi*(*Zingiber officinale*) is given.^[22]

Madhyadosha Atisara:Here *Dosha* involved will not be so severe and can be controlled with simple formulations.

1. *Pramathya* of *Jala*, *Musta*, *Bilwapeshika*(*Aegle marmelos*), *Shunthi*(*Zingiber officinale*) and *Dhanyaka*(*Coriandrum sativum*) will cure *Atisara*.^[23]
2. *Kwatha* of *Musta*, *Pippali*(*Piper longum*), *Indrayava*(*Hoerrhena antidysentrica*), *Patha*(*Cyclea peltata*) and *Tejovati*(*Zanthoxyllum alatum*) is beneficial.^[24]

Alpadosha Atisara: It is the initial stage of *Atisara*. *Jala* boiled in *Musta* and *Parpata*(*Fumaria parviflora*) is beneficial.^[25]

DISCUSSION

From the above review, it is evident that *Musta* acts effectively in both the stages and different types of *Atisara*(Diarrhoea). *Samanya Samprapti* of *Atisara* involves *Agnimandya*(diminished digestive capacity), *Ajirnata*(indigestion) and diminished intestinal absorption, *Musta* corrects Digestion, increases intestinal absorption and stops loose stool. It is apparent from the classics that *Musta* prevents fluid loss, hence the dehydration. At the same time it along with other drugs can be used to prepare

oral rehydration solution.

Tikta rasa of Musta helps its *Amapachaka* property and makes it potent in *Amatisara*. In the same way *Grahiguna* of *Musta* improves intestinal absorption and stops loose stool so best indicated in *Pakwatisara*.

CONCLUSION

Atisara, a very common suffering of human being can be easily managed by Ayurvedic prospective when it is diagnosed accordingly (the involvement of *Dosha* and *Ama*). From the literature review, it is evident that the *Brihatrayis*, mentions *Musta* as a best drug of choice in *Ama* as well as *Pakwa Atisara*. Colicky Abdominal pain(*Shula*), a common suffering during *Atisara* is well treated by *Musta* as it is *Shulahara*. Even the dyspepsia (*Trishna*) can be managed with medicated water prepared with *Musta*. Post diarrhoea, Loss of appetite(*Aruchi*) is a usual complaint, *Musta* when continued corrects it by stimulating secretion of Digestive enzymes.

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Fig.no. 1. Samprapti of *Atisara*

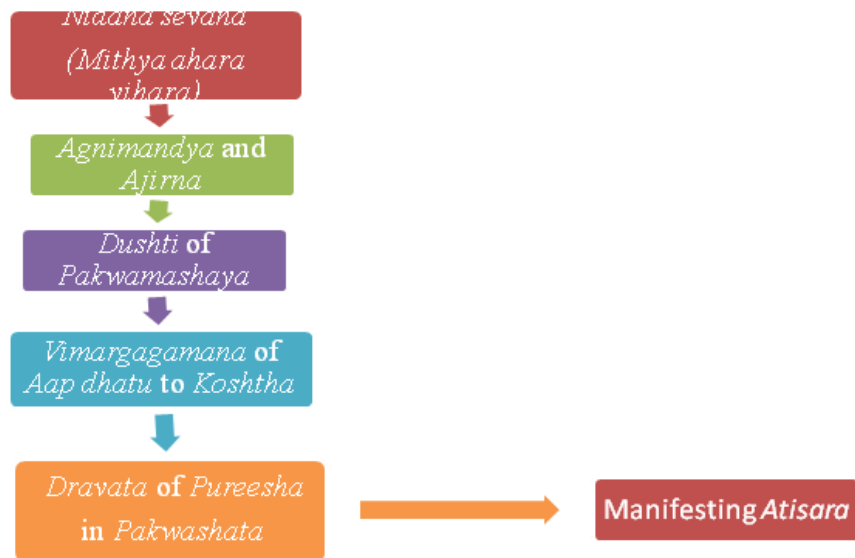


Fig.no. 2. Samanya chikitsa of *Atisara*.

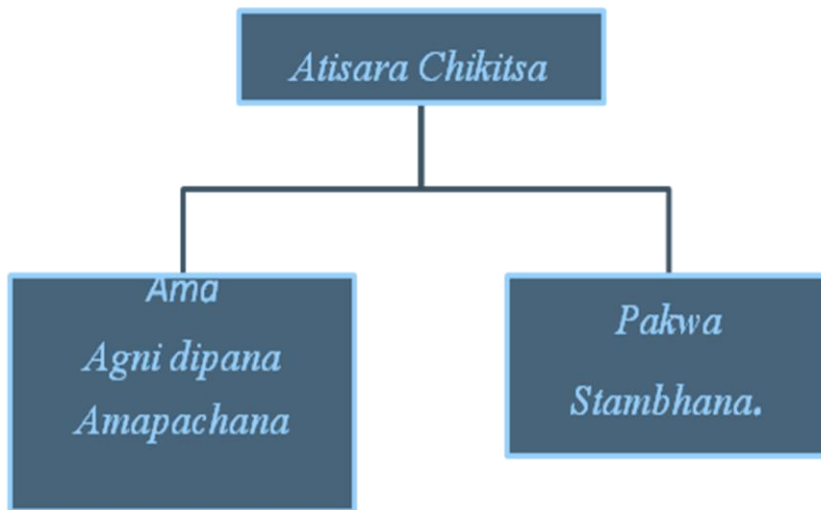


Table no. 1 Types

Vataja		Pit.taja	Kaphaja
Ama	Pakwa		
<p><i>Mala: Vijjala</i> (slimy), <i>Vipluta/prasaranasheela</i> (spreading nature), <i>avasadi</i> (that contains undigested matter, that are sinking when put in to water/<i>leenam</i> (gets absorbed when fall on ground) <i>Ruksha</i> (dry), <i>Drava</i> (liquid), <i>Sashula</i> (attended with pain), <i>Amagandha</i> (smelling like putrid flesh) <i>Sashabdam/asabdam</i> (with or without making sound) <i>Vibadhavata</i>, <i>mutra</i> (retention of urine and flatus) <i>vata</i> lodged in alimentary tract, getting obstructed moves obliquely making gurgling sounds and colicky pain.</p>	<p><i>Mala: Vibadha</i>, <i>Alpalapam</i>, (passing of hard stool little by little), <i>Sashabdam</i>, <i>sashoola</i> (along with sound and colicky pain), <i>Phena</i>, <i>Picha</i> (frothy and slimy), <i>Parikarthika</i> (gripping pain), <i>Romaharsha</i> (horripilation), associated with <i>Shwasa</i> (difficulty in breathing) and <i>Sushkamukha</i> (dryness of mouth). There will be pain in <i>Kati</i>, <i>Uru</i>, <i>Trika</i>, <i>Janu</i>, <i>Prishta</i>, <i>Parswa</i> (waist, thigh, hips, knees, back and sides).</p>	<p><i>Mala: Haridra</i> (yellowish) <i>Haritha</i> (greenish), <i>Nila</i> (blue), <i>Krishna</i> (blackish) tinged with blood and pitta, <i>Atidurgandha</i> (very offensive), is accompanied by <i>Trishna</i> (thirst), <i>Daha</i> (burning), <i>Sweda</i> (perspiration) <i>Murcha</i> (fainting) <i>Shula</i> (colic) <i>Santapa</i>, <i>Paka</i> (suppuration and inflammation of the affected organs).</p>	<p><i>Mala: Snigda</i> (unctuous), <i>Swetha</i> (whitish), <i>Pichila</i> (slimy). <i>Tantumata</i> (contain fibrinous shreds and undigested matter). <i>Guru</i> (heavy), <i>durgandha</i> (offensive) loose and constant, <i>sleshomapahita</i> (gets mixed with the lump of mucus), <i>Anubandhashoola</i>, <i>Alpalpa</i>, <i>Abhishana</i> (scanty stools accompanied with pain, <i>Guruudara</i>, <i>guda</i>, <i>basti</i>, <i>vakshana</i> (heaviness in the abdomen, rectum, hypogastric and inguinal region, <i>Kriteapi akrutasamjata</i> (sense of incomplete evacuation), <i>Romaharsha</i> (horripilation), <i>Utklesa</i> (nausea), <i>Nidra</i> (drowsiness), <i>Alasya</i> (lethargy), <i>Sadana</i> (asthenia), <i>Annadweshi</i> (dislike for food).</p>

Table no. 2 Properties of *Musta*:

Guna	<i>Laghu</i> (light), <i>Ruksha</i> (Dry)
Rasa	<i>Katu</i> (Pungent), <i>Tikta</i> (Bitter), <i>Kashaya</i> (Astringent)
Vipaka	<i>Katu</i>
Virya	<i>Shita</i>
Doshakarma	<i>Kaphahara</i> , <i>Pittahara</i>
Anyakarma	<i>Grahi</i> , <i>Dipana</i> , <i>Pachana</i> , <i>Triptighna</i> , <i>Trishnanigrahana</i> , <i>Sthanyashodhana</i> , <i>Raktashodhana</i>