



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 1287-1289

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www.theyogicjournal.com

Received: 10-11-2018

Accepted: 15-12-2018

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ApanaVata and its impact on human body

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Abstract

Doshas are basis of Ayurveda on which all the pathophysiological actions run inside the body. *Vata* (a type of physical *Dosha*) has been categorised into five folds named as *Prana*, *Udana*, *Vyana*, *Samana* and *Apana*. *Apana* is a type of *Vata Dosha*. *Apana* and *Prana* are two main among five types of *Vata*. *Apana* helps in entire physiological actions of the body but especially in lower part. Its chief function is to expel out the excreta via lower openings to maintain homeostasis of the body along with other functions too. *Apana* is responsible for health maintenance in normal status as well as becomes cause of various diseases, if vitiated. Regulation of *Apana* in a proper way provides disease free status. Its effects in the body, seats, causes of aggravations, pathophysiological actions, occlusion, management etc. will be presented in detailed during full paper.

Keywords: Dosha, Basti, Guda, Pakvashaya, Vayu

Introduction

Dosha is well known basic principle of Ayurveda so understanding of it becomes necessity. The human body is constituted of three biological humours which are *Vata*, *Pitta* and *Kapha* [1]. *Vata* is categorised into five folds which are *Prana*, *Udana*, *Samana*, *Vyana* and *Apana* [2]. Term *Apana* has various meanings such as breathing out, respiration, one of the five life wind in the body which goes downward and out of the anus [3].

Materials

Seats of ApanaVata in the body

There are various seats of it which are summarised here as follows i.e. *Vrishana* (two testicles), *Basti* (urinary bladder along with kidney), *Nabhi* (navel area), *Uru* (thigh region), *Vankshana* (both side of inguinal region), *Guda* (anus), *Antra* (intestine) *Garbhashaya* (uterus) [4], *Apanapradesh*, *Shroni* (pelvic region), *Medhra* (genitalia) [5], *Jaanu* (knee joint), *Linga* (male and female genitalia), *Jangha* (front of thigh), *Udara* (abdomen), *Krikatika* (lumber region), *Kati* (lumbosacral region) [6], and *Pakvad himalaya or Pakvashaya* (large intestine) as proper seat of it [7].

Colour of ApanaVata and it's generation in the body

Its colour has been told similar to *Indragopa* (brownish red) as well as similar to the cloud appears during evening (see reference no 7). According to Ayurveda the final digestion of food occur in *Pakvashaya* (large intestine) then there occur increase of *Vayu* (generation of *ApanaVayu*) [8].

Normal biological actions of ApanaVata in the body

It having different normal biological actions such as elimination of the semen, urine, faeces, menstrual blood and foetus but also stated that if it is normal and situated in its normal habitats, it performs functions properly and sustain the body in good health [9]. It excrete the faeces but without *Ojus* [10]. *Apana* excretes semen, urine etc. by creating downward movement [11].

Causes of aggravation of ApanaVata in the body

It is mentioned in *Ashtanga Hridaya* which are as follows i.e. by indigestion of dry and

heavy foods, suppressing the urges, excessive involvement in the urges or premature initiation of urges and excess riding on animals and vehicles as well as excess of sitting and walking [12].

Abnormal and pathological function of ApanaVata in the body

Following abnormalities or disorders have been summarized which occur by it i.e., *Bhagandara* (fistula in anus), *Bastishoola* (pain in urinary bladder), *Meha* (urinary disorders), *Arsha* (piles), *Kotha* (wheals), *Sheetapitta* (a type of skin disorder), *Lingadosha* (disease of genitalia), *Gudabhransha* (prolapse of anus), *Gudashoola* (pain in anus), *Mutravarodha* (obstruction in urinary tract), *Malavarodha* (constipation) [13], *Pakvashayarogan* (diseases of large intestine), *Mutradosha* (disorder of urine), *Shukradosha* (disorder of semen) etc. [14] and occur of *Moodhagarbha* (confounder foetus) along with *Keela* (like peg), *Pratikhura* (like hoof), *Beejaka* (sprouting seed), *Parigha* (transverse bar) [15] and *Sanniruddhaguda* (anal stricture) [16].

Avarana (occlusion) related to ApanaVata

The condition of *Avarana* (occlusion) is very specific which is related to *Vata*. Mutual occlusion of each of five *VataDoshas* occurs and creates abnormalities in the body. In the condition of occlusion of *Apana* by *Samana* the assimilation disorders, diseases of the organs situated in hypochondriac region, gastric disorders and colic pain of the stomach appears. In the condition of occlusion of *Apana* by *UdanaVayu* creates vomiting, dyspnoea and similar other disorder and by *VyanaVayu* the vomiting, distension of abdomen, misperistalsis, *Gulma* (tumour), colic pain as well as gripping pain appears. Sometime, *Apana* itself acts as occlusive factor for *UdanaVayu* (stupefaction, dullness of gastric fire and diarrhoea occur) and *VyanaVayu* (excessive discharge of faeces, urine and semen occur) [17].

Management of ApanaVata

It is clearly mentioned that application of oil acts as the best material to manage the *VataDoshas* as well as *Basti* (therapeutic enema) as a best therapeutic procedure [18]. *Apana* should be regulated downward if occluded or misdirected and try to establish in its normal habitat [19]. Medicine should be taken before the meal in the condition of discordance of *Apana* [20]. It is necessary to investigate habitat of it along with increase or decrease of signs and its functions and also should diagnose the mutual occlusion then treat it by means of inunction, unctuous potion and enemata etc. [21]. In the condition of occlusion of *Apana* by *Samana* (apply *Ghee* medicated with digestive stimulants), by *Udana* (give enema and diet conducive to regular peristalsis) and by *Vyana* (treated by regulating peristalsis by means of unctuous medication). In the condition of occlusion of *Udana* by *Apana* then emesis, digestive stimulant and astringents are useful. In the condition of occlusion of *Vyana* by *Apana* the astringent therapy is beneficial [22].

Discussion

Apana is a kind of *Vatadosha* so, helps in sustenance of life. This biological humour plays great role to maintain the normal physiological actions in the body. *Apana* has been enumerated at last among five types of *Vata* because it locates in the lower part of body. Chief seat of *Vatadosha* in the body has been told as *Pakvashaya* (large intestine) which also is the specific seat of *Apana*. So, *Apana* impacts the other four types

of *Vata* from here. As per Ayurveda the final digestion of food occur in *Pakvashaya* (large intestine) then there occur increase of *Vayu* (generation of *ApanaVayu*) and this generated *ApanaVayu* helps in the nourishment of other type of *Vata* thus body physiology runs in a normal way. It helps in the continuation of generation via elimination of semen (movement of sperm), menstrual blood and foetus. It helps in purification of body (also acts as cleansing factor) via expelling out urine and faeces. The body temperature is also maintained via urine excretion. It is said that normally the *Apana* excrete the faeces but without *Ojus* means nutrient will not be excreted with faeces. Natural direction of movement of *Apana* is downward so it creates downward movement of urine, faeces, semen and foetus via its force because without application of force there is no movement in any of the body. Its pathological actions or abnormalities are very much related to lower part of body such as prolapse, piles and fistula etc. *Apana* not only occludes the pathway of other but also itself being occluded by other types of *Vayu* which is very serious condition and requires emergency treatment. To control the *Vata* the *Basti* (therapeutic enemata) has been told as best remedy which acts in *Pakvashaya* (large intestine) and *Pakvashaya* is special seat of *ApanaVayu* thus *Basti* controls the *ApanaVayu* and remaining *Vayu* become regulated more or less. All of these show that *Apana* also governs body system up to some extent which helps in the maintenance of healthy status.

Summary and conclusion

Apana is biological humour which sustains the body by maintaining the normal physiological actions and excreting the excreta, urine, semen and foetus etc. via its downward force. Abnormal *Apana* creates various disorders too. So, it should be maintained in its normal habitat. Conclusively, it can be said that *Apana* is that specific force which maintains the homeostasis via its natural downward movement especially in the lower part of the body.

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