



## **Scooping Review on the Symptoms of *Apana vayu vaigunya* in relation with *Atiyana***

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### **Authors' contributions**

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

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### **ABSTRACT**

The science of life which explains the knowledge of various guidelines to be followed 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 the *vaigunya* (state of altered functioning) 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 a cause of *Apana vaigunya* is *Atiyana* (excessive travel by any modality).

Symptoms of *Apana Vayu vaigunya* told in major classical books of Ayurveda were gathered to deduce a comprehensive understanding of the context. *Apanavata* is invariably associated with the component of pathogenesis in 45 diseases starting from *Vatavyadi*, *Arsas(piles)*, *Asmari*, *Prameha*, *Sosha*, *Jwara*, *Rakthapitta*(Bleeding disorders), *Vatarakta*, *Gulma*(phantom tumour), *Udara*, *Mutrakrcha*(difficulty in urination), etc. Later the symptoms possibly associated with the vitiation of *Apanavata* present in diseases were listed and 332 symptoms were found to be associated with *Apana kopa* (vitiating of apana). 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, 28 symptoms which can possibly occur due to *atiyana* were selected. In the modern era, due to irregular and bad habits of *ahara*, *vihara*

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along with the suppression of natural urges, the percentage of *Apanavaigunyajanya vyadhis* are increasing, which affects physical as well as psychological factors also. Work related travel is also now increasing, so 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*.

**Keywords:** *Apana vayuvaigunya; Atiyana; pakvasaya; atichankramana.*

## 1. INTRODUCTION

The living body can function normally, only when its *doshas*, *dhatu*s, and *malas* are in a state of equilibrium [1]. 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 today 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 the physiological states of the other two *doshas* and body. Of the three *doshas*, *Vata* is undoubtedly the most fundamental and crucial *dosha* for survival (Sootrasthana/Chapter 12/Verse 7e8) [2]. According to *Sargadhara acharya*, the imbalance of *vata dosha*, represents the pathological state of other *dosha* and body. *Vata vaigunyakara vikara* 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 *karma* according to the *sthana*(site) it represents as the subdivision of *vata*, i.e. as per an organ or system in which it is present. All *Acharyas* have mentioned *Pakvasaya*(Large intestine) as the main *sthana* for *vata* [3].

*Prana, Udana, Vyana, Samana and Apana* are five types of *vata*. To take away or to expire is the grammatical derivation of the word *apana* [4]. *Apana vayu* the last among *pancha vayus* is mainly concerned with the functions of the excretory system and the genito-urinary system [5]. General sites of *Apana vayu* in the body are the 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, which helps in the process of micturition, evacuation of bowels, ejaculation of semen, expulsion of menstrual discharge, and delivery of the fetus.

*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 a long time, etc [8] gives rise to many diseases of large intestine(*Pakvasaya*), disorders of semen, diseases of urine, hemorrhoid,s and prolapse of rectum etc.

*Apana vata* being one among five subdivisions 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 of 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 lifestyle of the regime of the present era strongly predisposes the chances of *Apana vayu* vitiation.

Indian Railways is among the world's largest rail network, and its route length network is spread over 67,956 kms, with 13,169 passenger trains and 8,479 freight trains, plying 23 million travelers and 3 million tonnes (MT) of freight daily from 7,349 stations. India's railway network is recognized as one of the largest railway systems in the world under single management [9]. 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

**Table 1. Site and functions of *Apana Vayu* by different *Acharya* [6]**

	<b>Charak Samhita [7]</b>	<b>Sushrut Samhita</b>	<b>Astanga Hridaya</b>	<b>Astanga Sangraha</b>
<i>Sthana</i> (Location)	<i>Vrishana</i> (testicles), <i>Vasti</i> (urinary bladder), <i>Medhra</i> (penis), <i>Nabhi</i> (umbilicus), <i>Uru</i> (thighs), <i>Vankshana</i> (inguinal region) <i>Guda</i> (anus)	<i>Pakvadhana</i> (Large intestine)	<i>Apanadesha</i> (perineal region), traverses along <i>sroni</i> (pelvis), <i>vasti</i> (urinary bladder), <i>medhra</i> (external genital apparatus of each sex) and <i>uru</i> (thighs)	Rectum, urinary bladder, pelvis, penis, scrotum, groin
<i>Karma</i> (Function)	Ejaculation, Micturition, Defecation, expulsion of menstrual blood and fetus.	Elimination of <i>adovata</i> (flatus), <i>sakrit</i> (faeces), <i>mutra</i> (urine), <i>sukra</i> (semen), <i>garbha</i> (fetus), <i>artava</i> (menstrual fluid)	Expulsion of <i>sukra</i> (semen), <i>artava</i> (menstrual blood), <i>sakrit</i> (faeces), <i>mutra</i> (urine), and <i>garbha</i> (the product of conception that is fetus and placenta)	Elimination of feces,urine, semen, menstrual fluid and foetus

**Table 2. The symptoms of the diseases in which *Apanavayu* is involved in the process of pathogenesis (*sampraptighataka*)**

<b>Sl no</b>	<b>Diseases</b>	<b>Symptoms</b>
1.	<i>Vata vyadi</i> [7]	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 fetus, 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.	<i>Kostasritha vata</i> [7]	Excessively aggravate <i>vata</i> inside <i>kostha</i> causes retention of urine and stool, <i>bradhna</i> (hernia), cardiac diseases, <i>gulma</i> , piles and pain in both the flanks.
3.	<i>Gudagatha vata</i> [7]	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.	<i>Pakvasayagata vata</i> [7]	Excessively aggravated <i>vata</i> in the <i>pakvasaya</i> causes gurgling sound in the intestines, colic pain, tympanitis, dysuria, constipation, flatulence and pain in the lumbar region.
5	<i>Khanja and pangu</i> [10]	Excessively aggravated <i>vata</i> in the waist invades the big tendons of the legs, and then the person becomes <i>khanja</i> . (Lame by one leg) and <i>pangu</i> , when both the legs are affected.
6.	Grdhrasi [10]	Excessively aggravated <i>vata</i> inside buttocks causes rigidity, pain, pinning sensation then descends to low back, knees, calves and legs.
7	<i>Adhmana</i> [10]	Excessive distention of abdomen, gurgling sound
8	<i>Arsas</i> [11]	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, <i>pandu roga</i> , loss of strength, giddiness, stupor, Excess sleep, weakness of sense organs, constipation.
9	<i>Vataja arsas</i> [11]	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	<i>Rakthaja arsasa</i> associated with <i>vata</i> [11]	Hard & rough stool, non-elimination of flatus, blood comes of the pile mass is thin in nature, reddish&foamy, pain in the lumbar region, thighs& anus etc.

SI no	Diseases	Symptoms
11	Vatajabhagandara (Shataponaka) [10]	Abscess of light red colour, exudation of continuously a clear frothy fluid in taste in excess quantity
12	Unmargi [10]	Tears develop in the walls of anus, expulsion of urine stool, flatus & semen via fistula tract
13	Gulma [10]	<i>Dosa –vata pradana tridosaja (Samana, Apana, vyana) Gulma poorvarupa</i> Aversion towards food, anorexia, indigestion, irregularity in the digestion and metabolism, burning sensation during digestion, vomiting and eructation during digestion without any apparent cause, nonmanifestation of the flatus, constipation, pain in abdomen, distension, gurgling sound in abdomen, malaise, diarrhea, loss of appetite, debility, intolerance to heavy foods
14	Vataja gulma [10]	Colicky pain in abdomen, evening rise of temperature, dryness of mouth, Horripilation during pain, distention of abdomen, gurgling sound in abdomen, Indigestion, abnormal peristalsis, bodyache blackishness, redness and roughness in skin, nails, eyes, face, urine & stool.
15	Adhwa sasi [10]	<i>Srsthanga</i> -weakness of body, <i>sambrshta parusachavi</i> -rough and lusterless complexion, <i>Prasuptagatravayava</i> -absence of sensation in the body, dryness of <i>kloma</i> , throat and face
16	Udara roga samanya laksnam [10]	<i>Kukshaeradmanam</i> (tyimpanitis), <i>Aatopa</i> (gurgling sound in the abdomen), <i>Pada sopha</i> (edema in the foot), <i>Karasopha</i> (edema in hands), <i>Mandagni</i> (poor digestion), <i>Slakshanagandathuvam</i> (smooth check) <i>Karsyam</i> (emaciation), <i>Gamanaeasakthi</i> (inability to walk), <i>Sadanagha</i> (weakness of body ) <i>Vatasanga</i> (obstruction of flatus), <i>Purisasanga</i> (obstruction of stool), <i>Daha</i> (burning sensation), Thirst, <i>Aatopa</i> (gurgling sound in abdomen), <i>Pada sopha</i> ( edema in foot), <i>Karasopha</i> (edema in hands), <i>Mandgni</i> (poor digestion), <i>Slakshanagandathuvam</i> (smoothcheck), <i>Karsyam</i> (emaciation), <i>Gamanaeasakthi</i> (inability to walk), <i>Sadanagha</i> (weakness of body), <i>Vatasanga</i> (obstruction of flatus), <i>Purisasanga</i> (obstruction of stool), <i>Daha</i> (burning sensation), Thirst
17	Vataja udara laksanam [10]	<i>Kukshi swayathu</i> -swelling in the belly, <i>Karasopha</i> , <i>Padasopha</i> , <i>Vrshanasopha</i> , <i>Udaravipatana</i> (tearing of abdomen), <i>Aniyatham cha vrdhihrasa</i> (increase and decrease of the swelling in the abdomen without any apparent cause), <i>Kukshisoolam</i> , <i>Parswasoolam</i> , <i>Udavarta</i> , <i>Angamarda</i> (pain in body), <i>Parvabheda</i> (pain in small joints), <i>Sushkaswasa</i> (dry cough), <i>Karsyam</i> (emaciation), <i>Arochaka</i> , <i>Avipakam</i> , <i>Adogurutwam</i> , <i>Vatasangam</i> , <i>Varchosangam</i> , <i>Mutrasangam</i> , Appearance of blackish or reddish tinge in nails, eyes, face, skin, urine, and stool.
18	Badhagudhodara lakshanam [10]	<i>Trisna</i> (morbid thirst), <i>Daha</i> , <i>Jwara</i> , <i>Mukhathalu sosha</i> (dryness of mouth*palate), <i>Oorusada</i> (prostration in the thighs), <i>Kasa</i> (cough), <i>Swasa</i> (dyspnea), <i>Dourbalya</i> (weakness), <i>Arochaka</i> (anorexia), <i>Avipaka</i> (indigestion), <i>Varchosanga</i> , <i>Mutrasanga</i> , <i>Aadmana</i> , <i>Chardi</i> <i>Kshvadh</i> (sneezing), <i>Sirasoola</i> (headache), <i>Hrtsoola</i> (pain in the regions of heart), <i>Nabhisoola</i> (pain in the regions of umbilicus), <i>Gudasoola</i> (pain in the region of anus), <i>Mudavatam</i> (absence of peristaltic movements in the abdomen)
19	Vataja jwara [10]	<i>Vishamarambavisargatwat</i> (irregularity in onset), <i>Ushmano vaishyam</i> (irregular temperature), Aggravation of <i>jwara</i> at the end of digestion, day, night and summer, Excessive coarseness and redness of nails, eyes, face, urine, stool and skin, Various types of localized or shifting pain in different body parts like numbness in feet and ) cramps in calf, Laxity in knee joint or in all joints, Debility in thighs, tinnitus, piercing pain in temple region, astringent taste or loss of taste in mouth, dryness of mouth, palate and throat, thirst, stiffness in heart, dry vomiting, dry cough, aversion to food & taste, Salivation, Anorexia, Indigestion, Depression, Yawning, Blending, Tremors, Exhaustion, Giddiness, Delirium, Sleeplessness, Horripilation's, Sensation in teeth, Liking for hot substances, Aggravation of the diseases if patient again indulges etiological factors
20	Rakthapitta sampraptigataka [10]	<i>Dosa –pittapradana tridoshaja Vata-Samana, Apana, vyana Vataja raktapitta lakshanam</i> , Blood becomes frothy, blackish, reddish
21	Vatarakta [12]	Blood is thin, ununctous, nonsilmy, flowing quickly and not clotting. <i>Udbhava stana- Pakvasayotha and Amasayotha Vata pradana vataraka lakshanam</i> <i>Sirayamam</i> -dilatation of vessels, <i>soola</i> -colic pain, <i>sphuranam</i> -quivering, <i>todha</i> -piercing pain, blackishness, roughness and browsiness of swelling, <i>dhamani sankocha</i> -contraction of blood

Sl no	Diseases	Symptoms
		vessels, <i>anguli sandhinam sankocha</i> -contraction in the fingers and joints, <i>angagraha</i> - stiffness in the extremities, <i>atiruk</i> –intense pain, <i>sita dwesa</i> -aversion towards cold substances.
22	<i>Swayadu</i> [11]	Swelling occurs in the region lower part of the body. <i>Vataja swayadhu lakshanam</i> - Unstable nature, <i>tanutwacha</i> -skin becomes thin, <i>parusa aruna asitha</i> -rough, reddish or blakish discoloration, soft to touch, <i>prasupthi</i> -associated with numbness, <i>harsa</i> -horripilation, Pain like pricking, subsides without any apparent cause, <i>Avayava sthita sotha lakshana</i> , <i>Dosas in pakvasaya</i> causes edema in trunk; <i>Dosas</i> in rectum produces edema in the lower part of body
23	<i>Uraskhathi sosi</i> [10]	Loss of colour and voice
24	<i>Prameha</i> [13]	<i>Vata-vyana&amp;Apana Poorvarupa of prameha</i> Matting of hairs, sweetishness in oral cavity, numbness and burning sensation in hands and feet, dryness in mouth, palate, and throat, thirst, lassitude, excess accumulation of waste over the body especially in palate, throat, tongue& teeth, adherence of excreta in body orifices, burning sensation and numbness in the body, abnormality in the urine, fleshy smell from the body, excess sleep, drowsiness, excessive sweating, flaccidity of body, liking for cold substances, breathlessness
25	<i>Vataja prameha</i> [12]	Greyish or reddish discoloration of urine, Painful micturition
26	<i>Vasa meha</i> [12]	Passes urine frequently resemblance like that of <i>vasa</i> .
27	<i>Majja meha</i> [12]	Urine passes frequently mixed with <i>majja</i>
28	<i>Hasti meha</i> [12]	Passes urine excessively and constantly like an excited elephant.
29	<i>Madhumeha</i> [12]	Passes urine which is astringent, sweet, pale, and unctuous.
30	<i>Vataja vidradi</i> [10]	Passes urine having sweet in taste and smell of the body resembling like honey Abscess which is either black or light red colour, hard, severe pain, different in the nature of onset & suppuration, exudes thin watery liquid <i>Abhyantara vidradi Apana sthana vidradi</i> Abscess manifested in the anus causes obstruction of flatus Abscess manifested in the <i>basti</i> causes difficulty in micturition and passes less quantity of urine, abscess manifested in the <i>vamkshana</i> causes <i>katigraham</i> , <i>prustagraham</i> Abscess manifested in the <i>vrikka</i> causes <i>parswasankocha</i> (constriction of the flanks)
31	<i>Mutrakricha</i> [10]	<i>Vata-Apana Vataja mutrakrcha lakshanam</i> Elimination of little quantity of urine often with difficulty, excruciating pain in the groins, scrotum, pain in the penis& urinary bladder. <i>Asmarija mutrakrcha</i> Pain in the urinary bladder, painful micturition <i>Sakrthaja mutrakrcha</i> Retention of stool, flatulence, painful micturition, retention of urine <i>Sukraja mutrakrcha</i> Pain in the groin, pain in the urinary bladder, testicles become enlarged Stiffness in testicles.
32	<i>Dustasukra lakshnam (vataja)</i> [10]	Semen become frothy, semen becomes thin, semen become ununctous <i>Avasadi</i> type of <i>sukram</i> -pain in the scortum
33	<i>Mutraghatam</i> [14]	<i>Vatakundalika Lakshana</i> -Passes urine frequently, passes urine in small quantity <i>Vatashteela</i> - Constipation, obstruction of flatus, urine, and stool, flatulence, pain in the urinary bladder. <i>Vatabasthi</i> - Retention of urine, pain in the bladder, pain in the abdomen <i>Mutrasteetaha</i> - Retention of urine, painful micturition <i>Mutrajatara</i> - Abdominal distention, obstruction of mutra, purisa and vata <i>Mutragranthi</i> -Tumour inside the urinary bladder, pain in the bladder, obstruction to urinary passage <i>Ushnavata</i> - Burning sensation in the urinary bladder, burning sensation in the penis& rectum, urine become yellow, mixed with blood, <i>Vidvighata</i> - Obstruction of stool, difficulty in micturition, urine assumes the smell of feces
34	<i>Asmari</i> [10]	Pain in the umbilical region, pain in the bladder, pain in the perineum Difficulty in micturition, scattered urination, pain during running, jumping, swimming
35	<i>Atisara samprapti ghataka</i> [10]	<i>Vata-Samana, Apana</i> According to Charaka, due to etiological factors, vata gets exacerbated and <i>agni</i> is diminished. At this stage agitated <i>Apana vata</i> forcefully brings down the <i>mutra&amp; sweda</i> to the <i>purishasaya</i> and liquefies the stool to cause <i>atisara</i> .

Sl no	Diseases	Symptoms
		Symptoms of <i>vataja amatisara</i> Stool is slimily mixed with mucus, floats on water, or spreads on water Diarrhoea with colic pain, foul smell of the stool, retention of urine Retention of flatus, gurgling sound in the abdomen
36	<i>Pakvatisara(Vataja) lakshnam</i> [10]	Constipation, stool in little quantity, Cutting pain in the anus Dryness of mouth, pain in the waist, thigh, sacral region
37	<i>Pravahika</i> [10]	<i>Apana vata</i> is the main cause of <i>pravahika</i> . <i>Vataja pravahika</i> has pain
38	<i>Aavarana</i> [10]	All the three <i>doshas</i> circulate all over the body through channels. Out of three <i>vata</i> having specific property enters the minute channels of the body. That's why <i>vata</i> is said to be a powerful one. Among which <i>Apana vata</i> are included in the following <i>Pranavrta Apana, Apanavrta prana, Apanavrtha udana, Apanavrta Samana, Apanavrta vyana, Udanavrta Apana, Samanvrta Apana, Vyanavrta Apana, Pittavrta Apana, Kaphavrta Apana</i>
39	<i>Samanvrta Apana vata lakshnam</i> [10]	<i>Grahani gada</i> -diseases of <i>grahani</i> , <i>parsva gada</i> -diseases of sides of chest, <i>hrdgada</i> -diseases of heart, <i>amasaya sula</i> -pain in stomach.
40	<i>Udanavrta Apana vata lakshnas</i> [10]	<i>Chardi, swasa roga</i>
41	<i>Apanavrta udana vata lakshnam</i> [10]	<i>Moham</i> -unconsciousness, Suppression of power of <i>Agni, atisara</i>
42	<i>Vyanavrt Apana vata lakshanm</i> [10]	<i>Chardi</i> -vomiting, <i>Aadhmana</i> –abdominal distension, <i>Udavarta</i> -upward movement of <i>vata</i> <i>Gulma</i> –abdominal growth, <i>Parikaarthika</i> -sawing pain in the abdomen
43	<i>Apanavrta vyana vata lakasnas</i> [10]	Excessive discharge of stool, urine, and semen
44	<i>Pittavrta Apana vata lakshanm</i> [10]	Yellowish discoloration of urine and stool, Sensation of heat in anus and penis. Excessive discharge of menstrual fluid
45	<i>Kaphavrta Apana vata laksana</i> [10]	Patient passes loose watery stools, mixed with <i>ama</i> and <i>kapha</i> <i>Kaphaja prameha</i> may manifest.

has also urged the female population to undertake strenuous and prolonged journeys. The patterns and modes of working have 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 that resemble *Atiyana* were used. They are as follows *atichamkramana*, *adhwa* (excessive travel), *margatikarsanath*, *sahasam* (stressful work), *aayasam*, *yanayana* (long-distance travel), *hayaostra yana* (travel on elephants, horses etc.) etc. *Atiyana* is regarded as one of the prime causes of 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 to severe musculoskeletal problems leading to loss of working hours due to ill health, thereby 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 *atiyana*. Based on these observations, the aim of the present study is to explore the hidden concept of *Apana vaigunya* mentioned in Ayurvedic literature in relation with *atiyana*.

## 2. METHODOLOGY

### 2.1 Objective

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

#### 2.1.1 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 excessive travel by any modality
- 3) *Vaigunya*: State of altered functioning.

### 2.2 Materials

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*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 *vrdhhi* 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

## 3. RESULTS

The *Tridoshas* are the fundamental constituents of the body and play a vital role in the maintenance of three dimensional health through 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* is 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* that possesses 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.

**Table 3. *Apana vayu* symptoms according to the order of frequency of occurrence**

<b>Sl. no</b>	<b>Frequently occurring</b>	<b>Sl no</b>	<b>Moderately occurring</b>	<b>SI No</b>	<b>Rarely occurring</b>
1	Colicky pain in the abdomen	13	Difficulty in passing the urine	24	Burning sensation over the body [10]
2	Constipation	14	Heaviness in the lower abdomen	25	Cough
3	Distension of abdomen	15	Indigestion	26	Emaciation
4	Low backache	16	Pain in flanks	27	Rectal prolapse
5	Pain in bladder	17	Belching	28	Varicose veins
6	Flatulence	18	Giddiness		
7	Aversion towards food	19	Edema in feet		
8	Headache	20	Irregular menstruation		
9	Gurgling sound in the abdomen	21	Piles		
10	Weakness of body	22	Cramps in calf & thighs		
11	Pain in anus	23	Pain in the legs		
12	Pain in the back region				



The significant role of *Atiyana* 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 analyzed. 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 (*sampraptighataka*) leading to the manifestation of the disease are enumerated and enlisted below.

Thus the symptomatology spreads within a spectrum of 45 diseases including *Vatavyadi, Gulma, Arsas, udara*, etc. The symptoms possibly associated to the vitiation of *Apanavata* present in these 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.

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

Since *Atiyana* is an important causative factor of *apana vata vaigunya*. Eventhough the term *Atiyana* is not used much in classics but terms which resemble *Atiyana* are used. They are as follows *adhwa*(excessive travell), *margatikarsanath, sahasam* (straiful work), *aayasam, yanayana* (long distance travel), *hayaostrayana* (travel on elephants, horses) etc. *Atiyana* is regarded as one of the prime causes of the following diseases. *Vatavyadi, vatajagulma, vatajakasa, kshatajkasa, swasa, rajayekshma, kshatakhina, soola, vatajasirasoola, vatagrahani, plehodara, yakrthodara, badhagudodara, vatarakta, swayathu, sosha, karsya, mutrakrcha, ushnavata, mutrasukra, mutraghata, arsas, bhagandara, sataponaka* etc. All these shows *Atiyana* as an important cause for *Apana vayu* vitiation. Thus out of 332 symptoms, 28 symptoms that can possibly occur due to *atiyana* were selected.

#### 4. 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 subdivided 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* [6]. *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 vayu* is the important site of *vata dosa*, through the treatment of *apana vayu* all the other subtypes of *vata* can also be managed. *Vasti* is the main treatment for *vata*, it is done in *apana stana* which substantiate this can correct the whole subdivisions of *vata* and also *vasti* is the *ardha chikitsa* and it has influence on other doshas too just like as a tree gets destroyed by cutting its roots [15].

The important physiological function of *apana vayu* is to facilitate the excretion of *mala vayu* (flatus), *purisha* (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 functions 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, etc.*

Later the symptoms possibly associated with the vitiation of *Apanavata* present in diseases were listed and 332 symptoms were found associated with *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, 28 symptoms that can possibly occur due to *atiyana* were selected. So *atiyana* is an important causative agent for the manifestation of *apana vayu vaigunya*. Thus the aim of the study is to explore the hidden concept of *apana vayu vaigunya* in relation to *atiyana* is proved. In the present medical scenario *atiyana*

should be considered as the major pathogenic factor in many diseases.

## CONSENT

It is not applicable.

## ETHICAL APPROVAL

It is not applicable.

## COMPETING INTERESTS

Authors have declared that no competing interests exist.

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