
Symptoms of Apanavayuvaigunya in Persons undertaking Atiyana

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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 *Apanavayuvaigunya* varies from mild cases of constipation to severe cases of mental disturbances. One of the prominent factors highlighted as a cause of *Apanavaigunya* is *Atiyana* (excessive travel by any modality). This study explores the hidden knowledge of *apanavayuvaigunya* through the in-depth analysis of symptoms of the same scattered here and there in Samhitas

Symptoms of *Apana Vayuvaigunya* 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* (phantomtumour), *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 *Apanakopa* (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 that can occur due to *atiyana* were selected. In the modern era, due to irregular and bad habits of *ahara*, *vihara* along with the suppression of natural urges, the percentage of *Apanavaigunyajanyavyadhis* 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, *Apanavayuvaigunya*, and *athiyana*. Based on these observations, the present study aims to explore the hidden concept of *Apanavaigunya* mentioned in Ayurvedic literature about *atiyana*.

Keywords: *Apanavayuvaigunya*; *Atiyana*; *Pakvasaya*; *Atichankramana*.

1. INTRODUCTION

The living body can function normally, only when its *doshas*, *dhatus*, and *males* 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 *vatadosha* 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

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(Sootrasthana/Chapter 12/Verse 7e8) [2]. According to Sargadharaacharya, the imbalance of *vatadosha* represents the pathological state of other *doshas* and the body. *Vatavaigunyakaravikara* 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 *panchavayus* is mainly concerned with the functions of the excretory system and the genito-urinary system [5]. General sites of *Apanavayu* in the body are the pelvic region, umbilicus, intestines, urinary bladder, penis, testis, rectum, anus, and thigh. *Pakvasaya* is specific site of *Apanavayu*. The following are the physiological functions of *Apanavayu* 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.

Apanavayu 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 the large intestine(*Pakvasaya*), disorders of semen, diseases of urine, hemorrhoids, and prolapse of rectum, etc.

Apanavata being one among five subdivisions of *vata* has more importance as its *sthana* is in *Pakvasaya*, which itself is the capital of *vata*. Based on it, any vitiation in the normal state of *Apanavata* or the *Pakvasaya* leads to the vitiation in the normal physiological functions of the other subdivision of *vata*. To treat the *Apanavata* or *vatasthana* 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 *Apanavaigunyajanyavyadhis* are increasing, which affects physical as well as psychological factors also.

The word *vaigunya* does not mean only *vrddhi* or *ksaya* but also about the qualitative and quantitative disturbances of the *Apanavata*. *Apanavaigunya* is one of the main causes of *paratantravyadhis*. The manifestation of *Apanavayuvaigunya* varies from mild cases of constipation to severe cases of mental disturbances. Food habits and lifestyle of the regime of the present era strongly predispose the chances of *Apanavayu* vitiation.

Indian Railways is among the world's largest rail networks, and its route length network is spread over 67, 956 km, 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 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 *theaigunya* 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) [10], *margatikarsanath, sahasam* (stressful work), *aayasam, yanayana* (long-distance travel), *hayaostrayana* (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, Apanavayuvaigunya, and atiyana*. Based on these observations, the aim of the present study is to explore the hidden concept of *Apanavaigunya* mentioned in Ayurvedic literature about *atiyana*.

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

	Charak Samhita [7]	Sushrut Samhita	Astanga Hridaya	Astanga Sangraha
<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> (feces), <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 fetus

2. METHODOLOGY

2.1 Objective

To assess the symptoms of *Apanavayuvaigunya* in relation with *atiyana*.

2.2 Definitions of the Terms

- 1) *Apanavayu*: 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.

2.3 Materials

1. Jadavji Trikamji Editor, Charaka Samhita of Agnivesha (Ayurveda Dipika, Chakrapani Dutta, commentary, Sanskrit) Varanasi: Chaukhambha Surbharati Prakashan; 2018.
2. Pt. HariSadasiva Sastri Paradakara, Astangahrdaya of Vagbhata;.ed 2017, Chaukhamba Sanskrita Samstana Varanasi.
3. JadavjiTrikamji Acharya SusrutaSamhita of Susruta; ed 2017, Chaukhamba Sanskrita Samstana Varanasi.
4. Ayurvediya Vikriti Vijana & Rogavijana: Dr. P.S.Badgi, 1st edition, volume II, Chaukhamba Publications.
5. Ashtanga SangrahaVagbhata, with Sasilekha commentary by Indu, edited by Dr. Shivprasad Sarma, Chaukhamba Sanskrit series. Doshabhediya. chapter 20, verse 6
6. Madhava Nidana: Madhavacharya with Madhukosa commentary, Chaukhamba Sanskrit series, Varanasi.
7. Amarakosa – Amara simha, Chaukhamba Sanskrit series, Varanaetc

Apana Vayuvaigunya is a condition in which *apanavata* is in vitiated state and responsible for many pathological conditions. The word *vaigunya* does not mean only *vrddhi* or *ksaya* but also about the qualitative and quantitative disturbances of the *Apanavata*. Symptoms of *Apanavayuvaigunya* in relation to *atiyanat*old in major classical books of *Ayurveda* like *Charakasamhita*, *Susruthasamhitha*, *Astangasamgrha*, and *Astangahrdaya*, etc, journals and web sources were identified, the data thus obtained were analyzed and collective opinions of experts were utilized to device a comprehensive understanding of the context. As a part of literary review, this scattered information has been gathered and critically analyzed.

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 *Vatadosha* 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 *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.

The significant role of *Atiyana* causing *Apanavayuvaigunya* has been described in *Ayurvedic* classics in diverse contexts. As a part of the literary review, this scattered information has been gathered and critically analyzed. In literature aryrevi, ew 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.

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

Sl no	Diseases	Symptoms
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 the 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> [11]	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.	<i>Grdhrasi</i> [11]	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> [11]	Excessive distension of abdomen, gurgling sound
8.	<i>Arsas</i> [12]	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>panduroga</i> , loss of strength, giddiness, stupor, Excess sleep, weakness of sense organs, constipation.
9.	<i>Vataja arsas</i> [12]	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>Rakthajaarsasa</i> associated with <i>vata</i> [12]	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.
11.	<i>Vatajabhagandara</i> (<i>Shataponaka</i>) [11]	Abscess of light red colour, exudation of continuously a clear frothy fluid in taste in excess quantity
12.	<i>Unmargi</i> [11]	Tears develop in the walls of anus, expulsion of urine stool, flatus & semen via fistula tract
13.	<i>Gulma</i> [11]	<i>Dosa – vatapradanatridosaja</i> (<i>Samana, Apana, vyana</i>) <i>Gulmapoorvarupa</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 the abdomen, distension, gurgling sound in the abdomen, malaise, diarrhea, loss of appetite, debility, intolerance to heavy foods

SI Diseases no	Symptoms
14 <i>Vataja gulma [11]</i>	Colicky pain the in abdomen, evening rise of temperature, dryness of mouth, Horripilation during pain, distention of abdomen, gurgling sound in abdomen, Indigestion, abnormal peristalsis, body acheblackishness, redness and roughness in skin, nails, eyes, face, urine & stool.
15 <i>Adhwa sasi [11]</i>	<i>Srsthanga</i> -weakness of body, <i>sambrshtaparusachavi</i> -rough and lusterless complexion, <i>Prasuptagatravayava</i> -absence of sensation in the body, dryness of <i>kloma</i> , throat, and face
16 <i>Udararogasamanya laksnam [11]</i>	<i>Kukshaeradhmanam</i> (tympanitis), <i>Aatopa</i> (gurgling sound in the abdomen), <i>Padasopha</i> (edema in the foot), <i>Karasopha</i> (edema in hands), <i>Mandagni</i> (poor digestion),) <i>Slakshanagandathuvam</i> (smooth cheek) <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>Padasopha</i> (edema in foot), <i>Karasopha</i> (edema in hands), <i>Mandgni</i> (poor digestion), <i>Slakshanagandathuvam</i> (smooth cheek), <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 <i>Vatajaudara laksanam [11]</i>	<i>Kukshiswayathu</i> -swelling in the belly, <i>Karasopha</i> , <i>Padasopha</i> , <i>Vrshanasopha</i> , <i>Udaravipatana</i> (tearing of abdomen), <i>Aniyatham chavrdhihrasa</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 <i>Badhagudhodara lakshanam [11]</i>	<i>Trisna</i> (morbid thirst), <i>Daha</i> , <i>Jwara</i> , <i>Mukhathalusosha</i> (dryness of mouth*palate), <i>Oorusada</i> (prostration in the thighs), <i>Kasa</i> (cough), <i>Swasa</i> (dysponea), <i>Dourbalyaweakn</i>), <i>Arochaka</i> (anorexia), <i>Avipaka</i> (indigestion), <i>Varchosanga</i> , <i>Mutrasanga</i> , <i>Aadmana</i> , <i>ChardiKshvadhu</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 <i>Vataja jwara [11]</i>	<i>Vishamarambavisargatwat</i> (irregularity in onset), <i>Ushmanovaishyam</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 <i>Rakthapitta sampraptigataka [11]</i>	<i>Dosa –pittapradanatridoshaja</i> <i>Vata-Samana</i> , <i>Apana</i> , <i>vyana</i> <i>Vatajaraktapittalakshanam</i> , Blood becomes frothy, blackish, reddish Blood is thin, unctuous, nonsilmy, flowing quickly, and not clotting.

SI no	Diseases	Symptoms
21	Vatarakta [13]	<i>Udbhavastana- Pakvasayotha and Amasayotha</i> <i>Vatapradanavatarakalakshanam</i> <i>Sirayamam</i> -dilatation of vessels, <i>soola</i> -colic pain, <i>sphuranam</i> -quivering, <i>todha</i> -piercing pain, blackishness, roughness and drowsiness of swelling, <i>dhamanisankocha</i> -contraction of blood vessels, <i>angulisandhinamsankocha</i> -contraction in the fingers and joints, <i>angagraha</i> - stiffness in the extremities, <i>atiruk</i> –intense pain, <i>sitadwesa</i> -aversion towards cold substances.
22	Swayadu [11]	Swelling occurs in the region's lower part of the body. <i>Vatajaswayadhulakshanam</i> - Unstable nature, <i>tanutwacha</i> -skin becomes thin, <i>parusaarunaasitha</i> -rough, reddish or blackish discoloration, soft to touch, <i>prasupthi</i> -associated with numbness, <i>harsa</i> -horripilation, Pain like pricking, subsides without any apparent cause, <i>Avayavasthitasothalakshana</i> , <i>Dosas in pakvasaya</i> causes edema in trunk; <i>Dosas in rectum</i> produces edema in the lower part of the body
23	Uraskhathi sosi [11]	Loss of colour and voice
24	Prameha [14]	<i>Vata-vyana&Apana</i> <i>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, the fleshy smell from the body, excess sleep, drowsiness, excessive sweating, flaccidity of body, liking for cold substances, breathlessness
25	Vataja prameha [13]	Greyish or reddish discoloration of urine, Painful micturition
26	Vasa meha [13]	Passes urine frequently resemblance like that of vasa.
27	Majja meha [13]	Urine passes frequently mixed with <i>majja</i>
28	Hasti meha [13]	Passes urine excessively and constantly like an excited elephant.
29	Madhumeha [13]	Passes urine that is astringent, sweet, pale, and unctuous. Passes urine having sweet in taste and smell of the body resembling like honey
30	Vataja vidradi [11]	Abscess which is either black or light red colour, hard, severe pain, different like onset & suppuration, exudes thin watery liquid <i>Abhyantaravidradi</i> <i>Apanasthanavidradi</i> Abscess manifested in the anus obstructs 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	Mutrakricha [11]	<i>Vata-Apana Vatajamutrakchalakshanam</i> Elimination of little quantity of urine often with difficulty, excruciating pain in the groins, scrotum, pain in the penis& urinary bladder. <i>Asmarijamutrakrcha</i> Pain in the urinary bladder, painful micturition <i>Sakrthajamutrakrcha</i> Retention of stool, flatulence, painful micturition, retention of urine <i>Sukrajamutrakrcha</i> Pain in the groin, pain in the urinary bladder, testicles become enlarged Stiffness in testicles.

SI no	Diseases	Symptoms
32	<i>Dustasukralakshnam (vataja)</i> [11]	Semen become frothy, semen becomes thin, semen become ununctuous <i>Avasadi</i> type of <i>sukram</i> -pain in the scortum
33	<i>Mutragehatam</i> [15]	<i>VatakundalikaLakshana</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>Mutrasteeta</i> - Retention of urine, painful micturition <i>Mutragehatam</i> - Abdominal distention, obstruction of <i>mutra</i> , <i>purisa</i> and <i>vata</i> <i>Mutragehatam</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> [11]	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>Atisarasamprapti ghataka</i> [11]	<i>Vata-Samana</i> , <i>Apana</i> According to Charaka, due to etiological factors, <i>vata</i> gets exacerbated and <i>agni</i> is diminished. At this stage agitated <i>Apanavata</i> forcefully brings down the <i>mutra</i> & <i>sweda</i> to the <i>purishasaya</i> and liquefies the stool to cause <i>atisara</i> . Symptoms of <i>vatajaamatisara</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> [11]	Constipation, stool in little quantity, Cutting pain in the anus Dryness of mouth, pain in the waist, thigh, sacral region
37	<i>Pravahika</i> [11]	<i>Apanavata</i> is the main cause of <i>pravahika</i> . <i>Vatajappravahika</i> has pain
38	<i>Aavarana</i> [11]	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>Apanavata</i> are included in the following <i>Pranavrta Apana</i> , <i>Apanavrtaprana</i> , <i>Apanavrthaudana</i> , <i>ApanavrtaSamana</i> , <i>Apanavrtavyana</i> , <i>UdanavrtaApana</i> , <i>SamanvrtaApana</i> , <i>VyanavrtaApana</i> , <i>PittavrtaApana</i> , <i>KaphavrtaApana</i>
39	<i>SamanvrtaApanavata lakshnam</i> [11]	<i>Grahanigada</i> -diseases of <i>grahani</i> , <i>parsvagada</i> -diseases of sides of chest, <i>hrdgada</i> -diseases of heart, <i>amasayasula</i> -pain in stomach.
40	<i>UdanavrtaApanavata lakshnas</i> [11]	<i>Chardi</i> , <i>swasaroga</i>
41	<i>Apanavrtaudanavata lakshnam</i> [11]	<i>Moham</i> -unconsciousness, Suppression of power of <i>Agni</i> , <i>atisara</i>
42	<i>Vyanavrt Apanavata lakshnam</i> [11]	<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>Apanavrtavyanavata lakshnas</i> [11]	Excessive discharge of stool, urine, and semen
44	<i>PittavrtaApanavata lakshnam</i> [11]	Yellowish discoloration of urine and stool, Sensation of heat in anus and penis. Excessive discharge of menstrual fluid
45	<i>Kaphavrta Apanavatalaksana</i> [11]	Patient passes loose watery stools, mixed with <i>ama</i> and <i>kapha</i> <i>Kaphajaprameha</i> may manifest.

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 *Apanakopa* 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 below.

Table 3. Apanavayu symptoms according to the order of frequency of occurrence

SI.no	Frequently occurring	SI no	Moderately occurring	SI No	Rarely occurring
1	Colicky pain in the abdomen	13	Difficulty in passing the urine	24	Burning sensation over the body [11]
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				

Since *Atiyana* is an important causative factor of *apanavatavaigunya*. Eventhough the term *Atiyana* is not used much in classics but terms which resemble *Atiyana* are used. They are as follows *adhwa* (excessive travel), *margatikarsanath*, *sahasam* (strenuous 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*, *vatajagrahani*, *plehodara*, *yakrthodara*, *badhagudodara*, *vatarakta*, *swayathu*, *sosha*, *karsya*, *mutrakrcha*, *ushnavata*, *mutrasukra*, *mutraghata*, *arsas*, *bhagandara*, *sataponaka* etc. All these show *Atiyana* as an important cause for *Apanavayu* vitiation. Thus out of 332 symptoms, 28 symptoms that can possibly occur due to *Atiyana* were selected.

4. CONCLUSION

Among *Tridoshas*, *Vatadosa* 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* in the body, it is sub-divided into five types i.e. *Prana*, *Udana*, *Samana*, *Vyana* and *Apana*. *Apanavayu* is more important as its functional area is *Pakvasaya* which is also the capital area of *Vatadosa* [6]. *Apanavayu* not only control and coordinate the functions of its own area but also that of the other subtypes of *vata*. Since the *stana* of *apanavayu* is the important site of *vatadosa*, through the treatment of *apanavayu* all the other subtypes of *vata* can also be managed. *Vasti* is the main treatment for *vata*, it is done in *apanavayu* which substantiate this can correct the whole subdivisions of *vata* and also *vasti* is the *ardhachikitsa* and it has influence on other *dosh* as too just like as a tree gets destroyed by cutting its roots [16].

The important physiological function of *apanavayu* is to facilitate the excretion of *mala vayu* (flatus), *purisha* (stool) and *mutra* (urine), Ejection of the *sukra* (semen), To cause the *artavavahana* (menstrual function), To bear down the *garbha* (foetus) at the time [17]. Due to its location *rukshaguna* is the most predominantly functioning *guna* of *apanavayu*. Hence it is principally responsible for all the physiological and pathological functions of *apanavayu*. *Atiyana* or *atichmkramana* is described as an

important cause for *apanavayuvaigunya* 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 *Apanakopa* 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 *apanavayuvaigunya*. Thus the aim of the study is to explore the hidden concept of *apanavayuvaigunya* in relation to *atiyana* is proved. In the present medical scenario *atiyana* should be considered as the major pathogenic factor in many diseases.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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