



**International Journal of Biology, Pharmacy
and Allied Sciences (IJBPAS)**
'A Bridge Between Laboratory and Reader'

www.ijbpas.com

PREVALENCE OF PURISH STROTO DUSHTI LAKSHANA AND ITS IMPACT ON HEALTHCARE WORKERS

KORDE P¹*, NAKADE M², GAIKWAD P³ AND CHOUDHARI V⁴

- 1:** PG Scholar, Department of Panchakarma, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, (Deemed to be University), Pimpri, Pune – Maharashtra, India-411018
- 2:** Guide, HOD and Professor, Department of Panchakarma, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, (Deemed to be University), Pimpri, Pune – Maharashtra, India-411018
- 3:** Associate Professor, Department of Panchakarma, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, (Deemed to be University), Pimpri, Pune – Maharashtra, India-411018
- 4:** Associate Professor, Department of Panchakarma, Dr. D. Y. Patil College of Ayurved & Research Centre, Dr. D. Y. Patil Vidyapeeth, (Deemed to be University), Pimpri, Pune – Maharashtra, India-411018

***Corresponding Author: Dr. Prajakta Korde; E Mail: prajakta.korde48@gmail.com**

Received 25th Jan. 2023; Revised 24th Feb. 2023; Accepted 15th April 2023; Available online 15th June 2023

<https://doi.org/10.31032/IJBPAS/2023/12.6.1062>

ABSTRACT

Background:- To determine the prevalence of Purishavah Stroto Dushti Lakshanas and the effects it has on healthcare professionals to correlate with the physiological changes linked to it.

Methodology:- 130 healthcare workers from both sexes and the 20–50 age ranges were included in the planning and execution of the current study. The Purishavah Stroto Dushti Prevalence Questionnaire (Clinical Survey) Questionnaire was based on self-reported data, according to the methodology. The study was carried out by extracting and organizing 15 questions from the list of purishavah stroto dushti symptoms reported in the Brihatrayi, then collecting and analyzing the data.

Result:-Based on the volunteers' self-reported data, the following result was obtained: In this post, we discovered that the Lakshana of Purishavah Stroto Dushti represents the Modern Era and indicates that Every Human Being Adopts a Systematic Lifestyle and Habits, according to the data analysis.

Keywords: Purishavah Stroto Dushti, Irregular Eating Habit, Effects of PurishLife, Style, Defecation, Faeces, Digestion

INTRODUCTION

The Special Idea of Ayurveda Is Strotas. These Are in charge of Ensuring That Each Respective Sharia Bhava Is Properly Originated, Developed, Operated, and Transported. One of the Bahirmukh strotas is Purishvaha. It is related to the formation and excretion of purisha, as the name suggests [1].

Purisha is Aharamala, which is how it was created. Sara Bhaga becomes Rasa and Kitta Bhaga becomes Mala after Sara-Kitta Vibhajana. Sara Bhaga is the source of Sharira Poshana [2].

Poshana of Sweda, Mutra, Purisha, Vata, Pitta, Kapha, and other Dhatu Mala are performed by kittabhaga. When it reaches Basti, Ahara Sara is Rasa, and the Sarahina Maladrava portion is Mutra. The result of Anna pachanakriya is Purisha. It is Ahara's Sthula Mala. The third stage of Avasthapaka is when it forms in Pakwashaya. At this point, Anna receives the 'Paripindita' version of Shoshana Karma from Agni. Purisha is this Nissara, Pindita form. Apana Vayu is in charge of Guda's Purisha Visarjana. Any Purishavaha strotas crash could cause Purisha to become abnormal. Sushrut Mul Sthan asserts that there are two of them, along with pakwashay and gudas. Pakwashaya, which refers to the anal canal, is said to be the cause of the presence of the intestine below the umbilicus. Charka Mul Sthan of Purishvah Strotas asserts that it is

identical to Sushrut but explains it in plural form. It is possible to conclude that the Stuhl Guda and Pakwashaya are connected to the GIT's reason colon. The final result of digestion is purisha. Jatharagni's primary function is digestion. Therefore, Jatharagni Plays a Crucial Part in Purisha Formation. Many diseases are caused by Jatharagni's impaired function [3-5].

Problems with digestion are becoming more prevalent today as a result of lifestyle changes. Additionally, instances of obstruction syndrome and constipation related to defecation are on the rise. Irregularity in daily routine is the same cause for this as well. A Healthy Life Plays Key Roles for Proper Food Digestion and Waste Product Removal [6, 7].

There are various methods for evaluating certain Sharia Bhavas that are described in various Samhita. These assessments use Darshana, Sparshana, and Prashna as their tools. Anumana Pramana, Yukti Pramana, and Aptopadesha Pramana are also the foundation of assessments, in addition to Pratyaksha Pramana. Similar to how Jaranashakti determines Agni's assessment, which is based on Anumana Pramana. There is no clear indication of the status of Purishavaha Srotas' functions in this situation. There are references to the purisha and the purishavaha strotas, as well as to

Dushti Hetu and Dushti Lakshana in charak vimana sthan adhyay 5 [8, 9].

MATERIALS AND METHODS

1. Do You Have Difficulty In Defecation?
Yes
No
2. Do You Have A Lot Of Sound During Defecation?
Yes
No
3. Do You Have Faeces Getting Expelled Out In Small Quantities?
Yes
No
4. Do You Have Painful Excretion of Faeces?
Yes
No
5. Do You Excrete Loose Stools?
Yes
No
6. Do You have Excrete Hard Stool?
Yes
No
7. Do You Have Frequent Excretion?
Yes
No
8. Do You Have A Regular Habit Of Holding The Urge To Defecation?

- Yes
No
9. Do You Have A Habit Of Excessive Eating?
Yes
No
 10. Do You Have A Problem With Indigestion Regularly?
Yes
No
 11. Do You Have A Habit Of Repeated Eating?
Yes
No
 12. Do You Have Weak Digestion?
Yes
No
 13. Are You An Emaciated Person?
Yes
No
 14. Is There A Foul Smell During Defecation?
Yes
No
 15. Do You Have Flatulence Regularly?
Yes
No

RESULTS

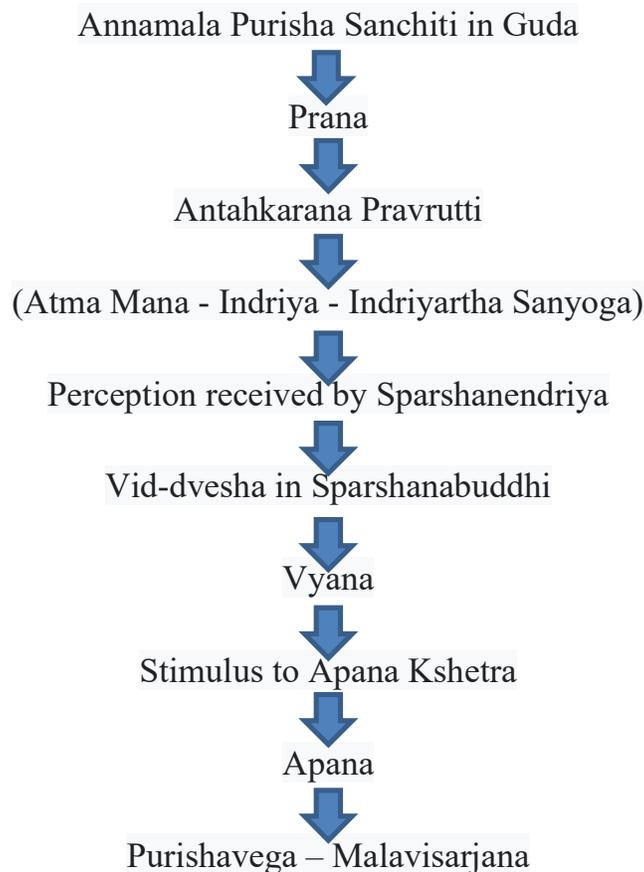
Symptoms	Total Number Of Volunteers Enrolled	Symptoms Reported By Volunteers Enrolled
Difficulty In Defecation	130	58
A Lot Of Sound During Defecation	130	54
0Faeces Getting Expelled Out In Small Quantities	130	61
Painful Excretion Of Faeces	130	50
Excrete Loose Stools	130	60
Excrete Hard Stool	130	59
Frequent Excretion	130	51
A Regular Habit Of Holding The Urge Of Defecation	130	59
A Habit Of Excessive Eating	130	71
Indigestion Regularly	130	63
A Habit Of Repeated Eating	130	76
Weak Digestion	130	69
Emaciated Person	130	57
Foul Smell During Defecation	130	55
Flatulence Regularly	130	70

DISCUSSION

The Ayurvedic system makes no explicit mention of the Vega process. It might be fashioned with the use of additional compendia references. Feces, or purisha, are the result of digestion The body has to

eliminate it. Purisha's urge to urinate is known as Purishavega (defecation reflex).

Atma, Indriya, and Manas initiatory action in concert with Sparshanendriya and Vata Dosha There is a Purishavega process. An overview of this process is provided below:-



The large intestine/colon is the source of the feces-carrying canal known as Pureeshavaha Srotas. The large intestine is where faeces are produced, according to Ayurveda. The drying colon fire dries out the excrement once the digested meal reaches the colon. This indicates that the majority of the water and essential salts in the digested meal that reaches the colon are lost, causing them to be retained. This occurs as a result of the large intestine's ability to absorb salts and water. The result is that the faeces become dry (with little moisture). According to Ayurveda, the action of the colon drying fire is what causes these helpful items to be absorbed. It is now said that the faeces are fully developed and prepared for excretion. To be removed in a single excretion procedure, the faeces also take on the shape of a bolus. All these activities in the colon prepare a smelly environment. In addition to nurturing the Vayu there, this habitat aids in its creation. The colon is regarded as the principal location of vata. As a result, one of the roots of feces-carrying channels is the colon.

b. The root of the feces-carrying tube is the rectum. The developed faeces are pushed to the rectum once they have formed in the colon. The rectum temporarily stores the faeces until it can exert. As a result, it is also present in the roots of channels that transport excrement.

c. The anus or anal canal serves as the origin of the feces-carrying duct, from which the waste is ultimately expelled. As a result, the anal canal and anus are regarded as being a component of the channels' roots.

Analysis of the signs of faeces carrying channel pollution. Flatulence and foul-smelling feces hint at a flawed process for faeces generation, likely as a result of prolonged faecal stagnation that caused fermentation. The long-standing custom of suppressing the desire to urinate may be the background behind this. The hardness of the faeces, their infrequent occurrence, and pellet-like stool indicate enhanced or hyperactive apana vata function and excessive dryness of the faeces. i.e., excessive salt and water absorption causing severe faecal dryness. In the long run, this will result in constipation and its associated difficulties as well as difficult and painful faeces. As a result of excrement-carrying routes becoming contaminated, liquid stools signify diarrhea. As a result, two opposite symptoms—constipation and trouble urinating as well as diarrhea and faecal incontinence—have been identified as signs of contamination of these channels. The lack of or inappropriate absorption of water and salts by the colon may cause diarrhea.

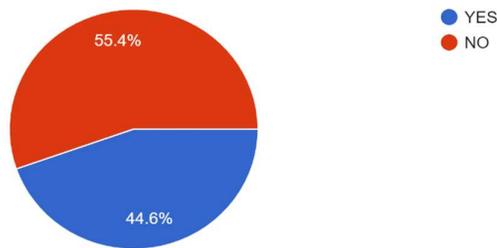
In this article, we have found that 44.6% of people have difficulty in defecation. 41.4% produce sound during defecation. 46.9% expelled faeces in small quantities. 38.5 feel

painful excretion. 46.2% Excrete loose stool.45% excrete hard stool.39.2% feel frequent excretion. 45.4% have a habit of regularly holding the urge of defecation.54.6% have a habit of excessive eating.48.1% have a problem with

indigestion regularly.58.5% have a habit of repeated eating.53.1% have weak digestion.43.8% are emaciated person.42.3% have foul smell during defecation.53.8% have flatulence regularly.

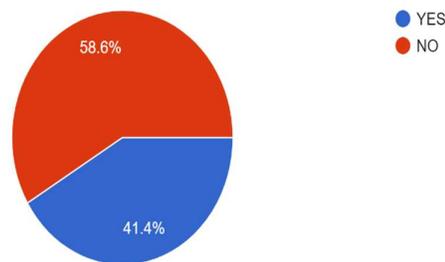
Do you have Difficulty in Defecation?

130 responses



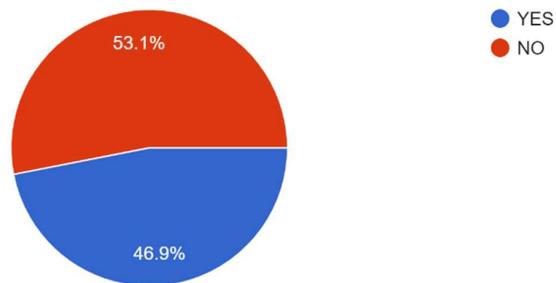
Do you have a lot of sound during Defecation?

128 responses



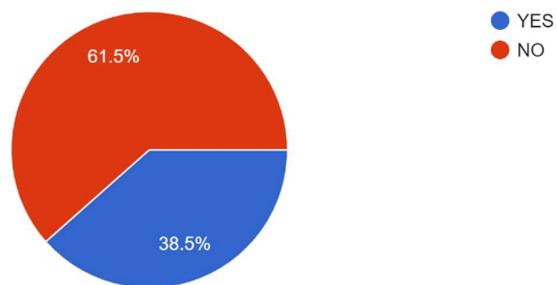
Do you have faeces getting expelled out in small quantities?

130 responses



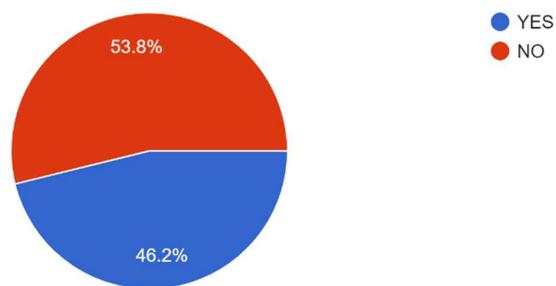
Do you have Painful Excretion of Feaces?

130 responses



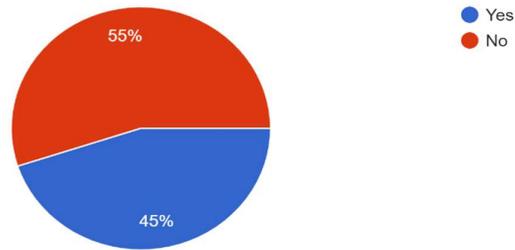
Do you Excrete Loose Stools?

130 responses



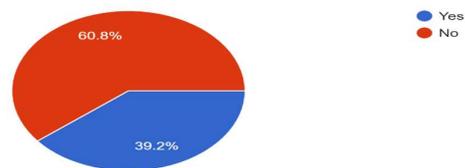
Do you Excrete Hard Stool?

129 responses



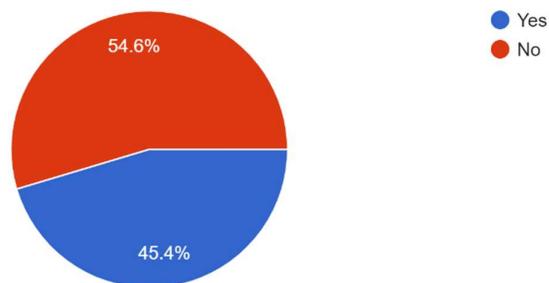
Do you have Frequent Excretion?

130 responses



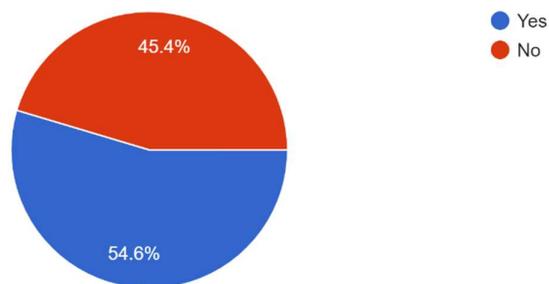
Do you have a regular habit of holding the urge of Defecation?

130 responses



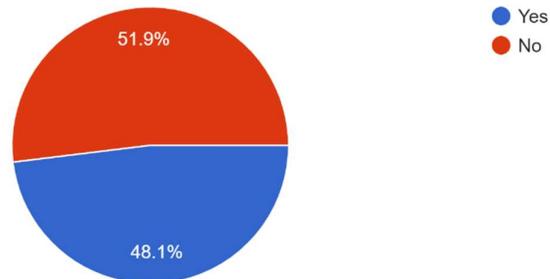
Do you have a Habit of Excessive Eating?

130 responses



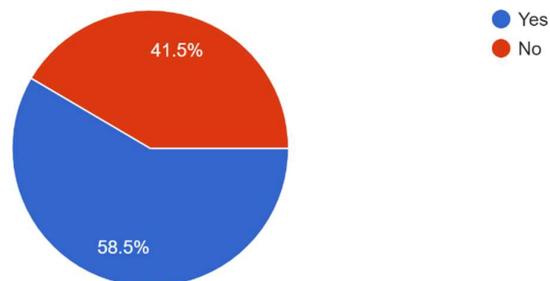
Do you have a problem with Indigestion regularly?

129 responses



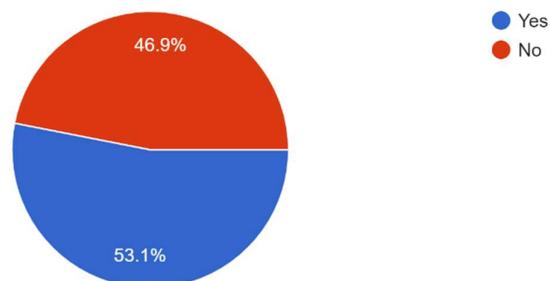
Do you have a habit of Repeated Eating?

130 responses



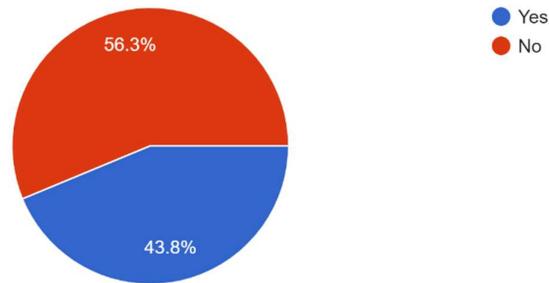
Do you have Weak Digestion?

130 responses



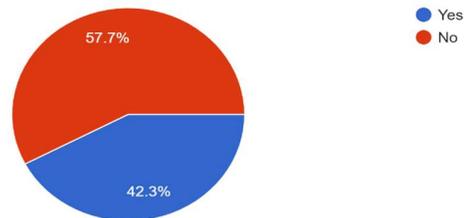
Are you an Emaciated person?

128 responses



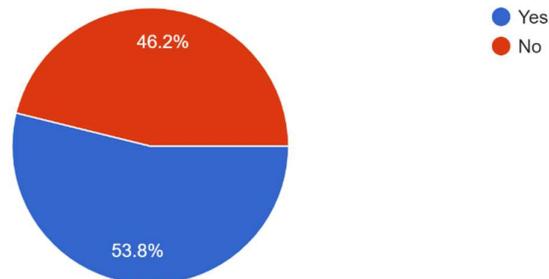
Is there a Foul Smell during Defecation?

130 responses



Do you have Flatulance regulaly?

130 responses



CONCLUSION

In this study, we concentrate on documenting based on self-reported questions assessing the prevalence of purish Vega Dharana, particularly among healthcare workers, to measure the detrimental effects related to purish

domains. To record the variation or suppression of the urge to "purify" in the event of symptoms caused by it, we conducted a methodological survey. The objectives of this work are to document changes in symptomatic event definition and to identify the predominant approaches to

self-reported symptoms caused by changes in purish veg dharna and/or timing. This work should support significant future efforts to standardize questions about pure vegetarian fasting, including timing and duration, and enable studies to better understand the role of defecation in health and safety. Changes in working patterns can throw off the body's circadian rhythms, or internal "clock," which regulate bowel movements. It raises the risk of developing diabetes, heart disease, obesity, and several neurological conditions. The Health Effects Associated With changes in working patterns Is Continuously Being Evaluated By Researchers. In this study, we attempted to establish a correlation between the purish vega Dhahran and a few certain parameters that interfere with daily activities and may even result in dangerous diseased conditions.

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