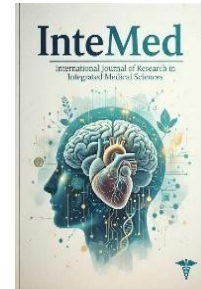




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Review Article

CONCEPTUAL REVIEW STUDY OF ETIOPATHOGENESIS OF ATISAR

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Abstract

Ayurveda is an ocean of science related to prevention and treatment of disease. This both can be achieved by studying detail information of particular disease. Roganidan is a branch of Ayurveda which deals with study of etiological factors, prodromal symptoms, symptoms, pathogenesis and its complications. Atisar as per Ayurveda can be correlated with Diarrhoea as per modern science. It is most troublesome public health issue for any government. It arises due to contaminated food, drinking water and poor hygiene. Vast community, especially in developing countries, is affected. It is the second prevalent cause for death in children below five years of age. It accounts for 4 % death. It is defined as frequently passing of loose stool, more than normal. So present study is attempt to study conceptually etiopathogenesis of Atisar. Keywords: Ayurveda, Atisar, Etiopathogenesis, Diarrhoea.

Introduction:

Diarrhea is everywhere in developing countries — it's one of the biggest public health headaches. The problem really comes down to overcrowding, poor sanitation, and not enough clean water. Those basic shortages cause more than 94 percent of the world's four billion annual diarrhea cases. And the numbers are brutal: about two million people die from it every year, making up 4% of global deaths. Of those, 1.3 million are children — it's the second

most common killer for kids under five. Floods make things worse, spreading waterborne infections like diarrhea far and wide.

The good news? Diarrhea is both preventable and treatable. Safe drinking water, proper sanitation, and good hygiene stop most cases before they start. Still, every year, about 1.7 billion children end up suffering from diarrheal disease, which also drives malnutrition in millions of kids under five.

So, what actually counts as diarrhea? It's when a person passes three or more loose or watery stools per day, or more often than normal. Passing firm stools often isn't diarrhea, nor is the usual "pasty" stool of breastfed babies. Usually, it's a sign of some infection in the intestine — bacteria, viruses, or parasites are usually the culprits. These bugs spread through dirty food, unsafe water, or poor hygiene between people.

In Ayurveda, there's a similar condition called Atisar. That's why this study, "CONCEPTUAL REVIEW STUDY OF ETIOPATHOGENESIS OF ATISAR," digs into how diarrhea happens and what we can learn from both modern medicine and ancient wisdom.

Aim

To study conceptually etiopathogenesis of Atisar.

Objective:

1. To take various references related to Atisar in various Ayurvedic Samhitas.
2. To study detailed samprapti of Atisar.

Material and Methods:

Literature review is done through all available Ayurvedic Samhitas, texts, various research papers available in Journals and online data available.

Review of Literature:

▪ Atisar Nirukti:

It is defined as watery stool passes in excessive volume and frequency both. In this, Ati means excessive and Sar means to flow.

▪ Atisara Hetu (Etiological factors)

The following etiological factors are responsible for the causation of Atisara:

- Excessive consumption of foods which are heavy for digestion,
- very fatty, rough, hot, liquid, hard & cold;
- incompatible food consumption;
- excessive quantity;
- uncooked & unaccustomed;
- improper or excessive administration of oleation and other therapies; consumption of poison; fear; sorrow;
- drinking contaminated water & wine in excess;
- adaptation of unwholesome substances contrary to seasonal regimen;
- excessive indulgence in water sports;
- suppression of natural urges and suffering from Krimidosa. S.S.Utt. 40/3-5

▪ Atisara Samprapti (Pathogenesis)

Due to consumption of above etiological factors, Apa Dhatus (body fluids) are enhanced in excess and brings diminution of strength of Agni, gets mixed with stool, causes downward movement in Annava srotas by Vata leading to development of excess watery stool is known as Atisara. S.S.Utt. 40/6

▪ Samprapti Ghataka of Atisara

- Dosa: Vata pradhana tridosaja

Vata → Samana, Apana

Pitta → Pachaka

Kapha → Kledaka

- Dushya : Dhatu → Rasa, Rakta, Mamsa, Meda

Upadhatu →

Sharirika Mala → Mutra & Purisa

Dhatumala → Kapha, Sveda, Pitta

- Agni : Jatharagni, Dhatvagni
- Agnidusti: Mandagni
- Srotas : Annava srotas, Purisa srotas, Udakavaha
- Srotodusti : Atipravetti, Vimargagamana
- Adhisthana : Mahasrotas
- Udbhavasthana : Amashayottha & Pakvashayottha
- Sancarasthana: Annava srotas, Purisa srotas
- Vyaktasthana : Guda
- Svabhav : Ashukari, Chirakari
- Prabhava: With complications → Incurable

Manifested newly without complications →

Curable

- Roga bheda : 6 types
- Roga Marg : Abhyantara

▪ Purvarupa (Prodromal symptoms)

- Pricking type of pain in heart,
- umbilicus,
- rectum,
- lower abdomen and flanks;
- general malaise;
- non elimination of flatus,
- constipation,
- distension of abdomen and indigestion. S.S.Utt. 40/8-9

▪ Roga bheda (Types)

Atisara is classified into six types i.e.

1. Vataja,
2. Pittaja,
3. Kaphaja,
4. Sannipataja,
5. Sokaja &
6. Amaja;

According to Acharya Charaka:

1. Vataja,
2. Pittaja,
3. Kaphaja,
4. Sannipataja &
5. Agantuja (Bhayaja & Sokaja).

• Vataja Atisara Samprapti

Due to Vata dosha aggravating etiological factors Vata gets exacerbated and Agni is diminished. At this stage agitated Vata forcefully brings down the Mutra & Sveda

to the PurisaSaya and liquifies the stool to cause Atisara. C.S.Ci. 19/5

- **Pittaja Atisara Samprapti**

Due to Pitta dosha aggravating etiological factors, Pitta gets aggravated and suppresses the functions of Agni due to liquidity of Pitta and reaches the colon and disintegrates the stool because of heat, liquidity & mobility and causes Pittaja Atisara. C.S.Ci. 19/6

- **Kaphaja Atisara Samprapti**

Due to Kapha dosha aggravating etiological factors, Kapha gets aggravated. Exacerbated Kapha diminishes the power of Agni by its heavy, sweet, cold & unctuous nature and makes downward movement and reaches the colon and further due to watery nature affects the colon with excessive fluid and manifest Kaphaja Atisara. C.S.Ci. 19/7

- **Sannipataja Atisara Samprapti:**

Due to three dosha aggravating etiological factors, all the three Dosas gets aggravated and brings affliction in Agni and reaches PakvaShaya cause Sannipataja Atisara with signs & symptoms of all three Dosas. C.S.Ci. 19/8

Sannipataja Atisara is characterised by stupor, delusion, debility, dryness of mouth, eliminates faeces of many colours, thirst and has the appearance of specific symptoms of all the Dosas. It is very difficult to treat and incurable in young & old persons. S.S.Utt. 40/13

- **Agantuja Atisara**

The exogenous (Agantuja Atisara) manifest due to mental factors, and it is of two types i.e. Bhayaja & Sokaja. Their signs & symptoms are similar to those of Vataja Atisara. C.S.Ci. 19/ 11

- **Shokaja Atisara**

Person who is suffering from various kinds of grief, eat less quantity of food, the force of the tears (grief) vitiates the digestive power of man and reaches the gastrointestinal tract, vitiates his Rakta; begins to move in the downward direction and passes stool mixed with Rakta; the blood resembles Kakananti in colour either mixed with stool or without stool comes out from anus associated with either bad smell or without smell & passes with difficulty. It is very difficult to treat says the physicians. S.S.Utt. 40/14-15

- **Amaja Atisara**

Due to Amajirna, Dosas exacerbates in excess in abdomen gives rise to elimination of faeces of various colours, passes stool with difficulty and it is difficult to treat. S.S.Utt. 40/15-16

- **Raktatisara**

If someone has Pittaja Atisara and ignores the treatment—plus keeps eating and drinking stuff that makes their Pitta worse—they end up with their Rakta getting messed up, leading to Raktatisara. Managing this is tough. The condition gets pretty serious.

Raktatisara may manifest as a complication of Pittatisara and it may also manifest independently without Pittatisara if person adopts Pitta provocative etiological factors in excess. C.S.Ci. 19/69-70 and S.S.Utt. 40/116-117

Upadrava (Complications)

Complications of Atisara are colic pain, gripping pain, flatulence, thirst, feeling of hotness, burning sensation, fainting etc. C.S.Ci. 8/22

- **Sadhyasadhyata**

Stool resembling ghee, fat, water of meat soup, oil, bone marrow, milk, honey, Mañjishā or Mastulunga, putrid smell, cold, cadaveric smell, appears like Añjana (Sauvirañjana), has separating lines, glistening particles, resembling like pus or slush and hot, these features greatly enhanced and acting as complications and kill the weak persons. The patient whose anal orifice does not close at all, who is emaciated, having severe flatulence, inflammation in the anus, and coldish touch should be rejected. S.S.Utt. 40/19-21

- **Atisāra Nivrutti lakshanas:**

Proper elimination of urine, flatus and stool, enhancement of digestive fire and feeling of lightness in gastro-intestinal tract indicates that patient is recovered from Atisara. S.S.Utt. 40/ 162

Discussion and Conclusion:

- Atisara is a majorly seen public health disorder.
- It occurs due to consumption of contaminated food and water, improper sanitary habits.
- It is the second leading cause of death.
- Excessive consumption of foods which are heavy for digestion, very fatty, rough, hot, liquid, hard & cold; incompatible food consumption are some causative factors of Atisara.

- It is mainly classified into vataj, Pittaj, Kaphaj, Sannipataj, Shokaj, Amaj, Raktaj etc, depending upon predominant cause.
- In this, aggravated doshas affects agni and reaches Pakwashaya. It results into frequently passing of loose stool, more than normal.
- Conceptual review study of Atisar will be helpful for its avoidance and giving treatment.

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