Introduction - Autoimmune hepatitis is a chronic inflammation that occurs when your body's immune system turns against liver cells. The exact cause is unclear but genetic and environmental factors in triggering the disease. AIH affects all races and all ages worldwide, regardless of all sex1-4. As per concept of modern medical science autoimmune diseases are occurs due to unknown's etiology but in Ayurveda Acharyas stated that it is caused by Ama. The normal process of digestion that should take place in the body is as follows: All the food we eat should be fully digested. Half of it is absorbed in to the body as nutrients and the rest of it expelled out of the body as waste products5. But sometimes due to external negative influences (e.g. stress, strain, adverse weather, inappropriate food and habits) and environmental parameters may contribute to its development. Autoimmune hepatitis does not have a pathognomic features, and its etiology, serological, and histologic manifestations are found in acute and chronic liver disease of diverse causes. Autoimmune Hepatitis can be compared to madya Bhutangni in Yakrit. According to Ayurveda, Yakrit is the main site of Bhutangni and one of the sub types of pitta namely Ranjakapitta. This Bhutangni helps in the digestion process as well as Ranjakapitta imparts colour to the blood. According to Charka, Agni turns food into chakras in the breakdown of food in to five distinct physicochemical groups. Jatharangi ignites the Agni fraction present in each of five groups. This Bhutangni then converts the respective portion in to assimilable form. If the function of Bhutangni is not proper, at this stage Ama would be produced. If Agni improperly processed during digestion and metabolism of food it disturbs the process leading formation of Ama. Which is responsible for the manifestation of almost all disease especially autoimmune hepatitis compared with Bhutangni giving a detailed literature overview of Bhutangni, Immunopathogenesis (Ama production) and diagnostic criteria.

KEYWORDS
Agni, Ama, Autoimmune hepatitis, Immunopathogenesis.

Mechanisms - The pathogenesis of autoimmune hepatitis follows the general hypothesis underlying many autoimmune diseases. The disease is thought to arise in a genetically predisposed individual when potential environmental antigenic trigger sets of a T-cell mediated immune response directed at liver antigens, leading to a progressive inflammatory process and scarring15. According to Ayurvedic classic immunopathogenesis of autoimmune hepatitis in terms of Agni and Ama.

Ama –

+----------------+----------------+-----------------+
|                |                |                 |
| Incompletely   | Threat to      |
| processed food | health         |
| components and  |                |
| metabolites in  |                |
| the system     |                |
|                |                |
+----------------+----------------+-----------------+

Ama means the substance which remains uncooked or improperly digested or not converted into the suitable material for the body.

Material and Methods – facts for this study was obtained by literature search and critical review. The pathogenesis of autoimmune hepatitis was studied from modern medicine textbooks of various authors and by searching various online medical research databases like pub med, Google scholar and other national research data bases. The study of various Ayurvedic texts were madecritically and an effort is made to understand the complete pathogenesis of autoimmune hepatitis in terms of Agni and Ama.

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ABSTRACT
Autoimmune hepatitis is a chronic inflammatory disorder characterized by high levels of aminotransferase and auto antibodies, hypergammaglobulinemia and interface hepatitis. The etiology of Autoimmune hepatitis has not been completely elucidated. The interaction of genetic and environmental factors may contribute to its development. Autoimmune hepatitis does not have a pathognomonic features, and its laboratory, serologic, and histologic manifestations are found in acute and chronic liver disease of diverse causes. Autoimmune Hepatitis can be compared to madya Bhutangni in Yakrit. According to Ayurveda, Yakrit is the main site of Bhutangni and one of the sub types of pitta namely Ranjakapitta. This Bhutangni helps in the digestion process as well as Ranjakapitta imparts colour to the blood. According to Charka, Agni digests the food by jatharangi results in the breakdown of food in to five distinct physicochemical groups. Jatharangi ignites the Agni fraction present in each of five groups. This Bhutangni then converts the respective portion in to assimilable form. If the function of Bhutangni is not proper, at this stage Ama would be produced. If Agni improperly processed during digestion and metabolism of food it disturbs the process leading formation of Ama. Which is responsible for the manifestation of almost all disease especially autoimmune hepatitis compared with Bhutangni giving a detailed literature overview of Bhutangni, Immunopathogenesis (Ama production) and diagnostic criteria.

KEYWORDS
Agni, Ama, Autoimmune hepatitis, Immunopathogenesis.
Autoimmune hepatitis can be managed with Ayurvedic medicine but generally to calm the immune system and rejuvenate it. They help then the above treatment procedure will just be useless. Ghrita21-22, correcting the immune system. If the immune system is not corrected, Increase in ojus production - Lastly, Ayurvedic medicine works at correct the metabolism.

Vasa3, Patolpatra4Guduchi5,20(1-5) andGhrita21-22 are used to when afflicted with an autoimmune disorder. Guggulu1, Neem2, Maricha4Haritaki519 (1-5) are used to detoxify the body. UsuallyPippali1, Shunthi2, Hingu3, and undergoes many chemical changes which creates toxins. These substances, from this body and the immune system can react and forming antibodies against the body, giving rise to antigen antibody complex and producing immune disorders. During the physiology, there is accumulation of impurities and toxins from inside the body.

In modern parameters -
Ama is supposed to be free radicals. It's a molecule that contain unpaired electron, they are unstable chemical formed in the body during metabolism and cause degenerative changes and diseases.

Effect of free radical i.e. Ama -
Ama or free radical (Impure material) have tendency to create clogs the liver and other channels, at different level (i.e. micro and macro level) and undergoes many chemical changes which creates toxins. These toxins are absorbed in to the blood and enter the general circulation. They eventually accumulate in weaker parts of the body, where they create contraction, clogging, stagnation and weakness of respective system or tissue.

Discussion - Autoimmune hepatitis is not a common condition but it is an important condition to identify in view of its poor prognosis. Signs and symptoms of autoimmune hepatitis include weakness, weight loss, fever, abdominal pain, diarrhea, skin rashes, edema, and yellowing of skin or eyes. A number of women than men are affected by autoimmune hepatitis. These disorders may be caused due to genetic issues or due to mutations. It can be only managed with medicines. There are Alopeathic medicines to keep the disease under control but they have been found to have side effects. According to Ayurveda, autoimmune disorders are a result of constant unhealthy lifestyle and diet. Ayurveda works at the root cause of the disease where it starts treating the malfunctioning immune system.

Toxin removal - Toxins or Ama in the body interfere with the proper functioning of the immune system, which often leads to autoimmune disorders. Some Ayurvedic medicine get starts working on removing the toxins from the body and the immune system can react and undergoes many chemical changes which creates toxins. These substances, from this body and the immune system can react and forming antibodies against the body, giving rise to antigen antibody complex and producing immune disorders. During the physiology, there is accumulation of impurities and toxins from inside the body.

Autoimmune hepatitis can be managed with Ayurvedic medicine but one also needs to make lifestyle changes to keep body's immunity. Abstinence from alcohol, smoking, and spicy foods are beneficial and so is regular exercise and plenty of water intakes. These automatically increase the immunity of the body and thus, keep the disease in check.

Conclusion – Thus we can conclude from this study that autoimmune hepatitis is caused by Bhatnagi Manda janya Ama. So firstly, correct Agni and life style modification.Rasayana therapy is very effective in reducing symptoms ofautoimmune hepatitis due to its Deepana- Vata- Kapha Shamaka, antioxidant properties; it is very suitable for interrupting the pathogenesis of the disease. Anti-oxidants are the key elements in the immune system which the body uses in order to neutralize the activity of dangerous and over the long term, deadly free radical enemies.

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