

system.

- 3 It secretes acid and enzymes, the stomach muscles contract in a process called peristalsis to mix the food with the acid and enzymes.
- 4 The acid also works to kill harmful microbes that may have made their way into the body along with food and drink.
- 5 The acid could damage the stomach, so it secretes sticky, neutralizing mucus that coats its walls and protects it from damage.
- 6 The stomach also makes a substance that is necessary for the body to absorb vitamin B12.
- 7 It can take four to six hours or longer to digest a meal, when higher the fat content of the food, the longer it takes for the food to digest.

Discussion:

After having review on the both the literatures regarding the *Ahara Pachana* (digestion) .the concept of *Aamashaya* reveals that (*Aashaya*) empty space formed by the *Susheera* type of *Snayu* has capability of holding the food before its digestion (*Aam*). The exactly similar opinion has been given in the modern anatomy.

The *Dosha*, present in the *Aamashaya* have their role in digestion as like that of stomach secretions. Pyloric sphincter act as controlled executor of food towards *Grahani* (duodenum) for further digestion.

Thus it can be said that *Ahara Pachana* in the stomach is determined by the its characteristic anatomy.

Conclusion:

There is similarity in the functions of stomach in both the views that *Aamashaya* is the house of undigested food for some duration in which there is proper mixing and liquification of the food stuff takes place. *Kledaka Kapha* nothing but the mucoid secretions of stomach glands cause its liquification.

Pitta dosha nothing but the digestive enzymes are added to the food stuff for helping the further digestion in GIT (*Anna Vaha Strotas*) The types of *Vata Dosha* helping in this process. *Prana Vayu* (*Anupraweshha* i.e. ingestion) and *Samana Vayu* (*Pachana and Saara Kitta Vibhajana*) i.e. mixing of food , absorption of essential digested part and propulsion of food for further digestion)are the types of *Vata Dosha* helping in this process.

Thus *Aamashaya* according to *Ayurveda* co-relates with the stomach According to modern anatomy musculature of the Stomach is (*Susheera*) so mannered that it can hold maximum food before digestion

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