

A Cross-Sectional Survey Study on – “Role of Agni in Various Lifestyle Disorders”

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ABSTRACT –

Ayurveda is a medical system from India that has been used for thousands of years and the goal is to cleanse the body and to restore balance to the body, mind and spirit. An individual/person who is in a state of equilibrium of body's Doshas (humors), Agni (digestive fire), Dushta (tissues), Malah kriya (Physiological functions of excretions etc. and whose Aatma (soul), Indriya (senses) and Mana (Mind) all are happy, is considered as a Healthy individual. Ayurveda has described an important factor for digestion and metabolism in our body as 'Agni'. Agni is responsible for strength, health, longevity, vital breath etc. According to classical ayurveda texts A balanced state of agni (समाग्नि) is necessary for maintaining life, an imbalanced or deranged state of agni (दग्नि) results in various disease and a reduced state of agni (शांति) causes life to become less abundant and reveals the cause and symptoms of death. Hence agni is said to be 'pivotal of life'. A survey study was conducted in udaipur by M.M.M.G.A.C udaipur to learn how many disorders in the body are reliant on the agni status.

Keywords – Agni , Dushtagni, Ayurveda, Lifestyle disorders, Longevity

I. INTRODUCTION –

1. ETYMOLOGY –

अङ्गति उर्ध्वं गच्छति इति अग्नन । (शब्दकल्पद्रुम)

Meaning – one which move upward.

अगति व्याप्नोति इति अग्नन । (शब्दकल्पद्रुम)

Meaning – wide spread in all the substances.

2. DEFINITION –

दोष धातु मर सतननाति जतनोअन्तिरूष्मा । ¹

दोष धातु मराददनामूष्येत्यात्रयशासनम् ।
दोषादानमूष्माअग्ननररति ॥²

As we have seen, agni plays a crucial role in our daily life. The Aahar is transformed by agni and Rasadi, saptadhatu and updushta and mala are formed as a result. Not only it is essential for proper digestion it also plays an important role in the maintenance of overall health, having an impact on everything from our digestive and excretory system to our mental and emotional wellbeing as well as our sense of vitality.

ROLE OF AGNI –

समदोष समाग्ननश्च समधातु मर क्रिया ।
प्रसन्नात्मेन्द्रियमन् स्वस्थइतिअभिधीयि ॥³

An individual/person who is in a state of equilibrium of body's; Doshas (humors), Agni (digestive fire), Dushta (tissues), Malah kriya (Physiological functions of excretions etc.) and whose Aatma (soul), Indriya (senses) and Mana (Mind); all are happy, is considered as a Healthy individual.

“अग्ननरेव शरीरे पनत्तान्तिगि

कु पनिकु पन्ति शुतिशुतिातन करोति ॥⁴

Agni in ayurveda is reflected in the concept of pitta of the system. The term of pitta is derived from root to heat or to burn.

आयुवर्णा बरं स्वास्यं उत्साहोन्नचयौ पि
ओजस्तिजेजोऽन्ननय प्रार्णाश्वोक्ति दहे अग्ननहेतुक्

शान्तिेअननौ भियि युकि चचरं जीवत्यनामय्। रोगी
स्याि पवकृति मूरमग्ननिस्माितनरुच्य
॥⁵

When agni is balanced, it tends to support strong immunity and a long healthy life. The cardinal sign of balanced agni includes –

- Normal appetite
- Proper appreciation of taste
- Good digestion and balanced metabolism
- Regular elimination
- Maintains homeostasis
- Stable health and weight
- Enthusiasm

IMPORTANCE OF AGNI –

- To maintain health.
- To deliver nutrients to all body tissues by ‘धातुपोषणन्याय’.
- Conversion and metabolism in micro circulating nutrient channels.
- Suppression or deprivation of agni – fatal, leads to death.
- Agni one of the key factor along with strotas and vayu for proper growth, development and life.
- One of the factors which affects transformation of food (आहारपररणामकर भाव)
- Relates production of metabolic Waste पुरीष, so function of purisha is - Agni dharan.
- Most essential entity of the body to be preserved
- Vriddhi and kshaya of dosha depends on the agni only.
- Compared with supreme power, almighty God (Agni – bhagwan ,ishwar)

CLINICAL SIGNIFICANCE OF AGNI –

- Agni deepan – One of the important treatment protocol
- Suppression of agni is reason behind almost all the disease.⁶
- Weak or poor agni leads to production of ‘Aama’.⁷
- Kayachikitsa – agni chikitsa
- Agni is responsible for movement of doshas from koshtha taste shaakha.

ROLE OF DUSHTA AGNI IN MANIFESTATION OF VYADHI –

" रोगा सवेऽपन्न मन्देऽननौ ॥"⁸

It means all illnesses or diseases are caused by a disruption in agni particularly an abdominal issue (gut related diseases).

Agnimandya or digestive errors results in ‘Ajeerna’ (poor digestive system) and Ajeerna is reportedly “ Sarva roga moola”. Means cause of all systemic illnesses.

" जठरानर दौबल्

यादपवनकवस्िु यो रस् । स आम सं कदेहे सवद
ोषप्रकोनर्ण ॥ " (मधकोष)

अग्ननदगुष्ि कारण –

"अिोजनादजीर्णागतििोजनादपवषमाशनाि।

असात्यगुरुशीितिरु सन्दषु ििोजनाि।।

पवरेकवमनस्नेहपवभ्रमाद्व्याचधकषण

ाि।

देशकार ऋिवैष्याद्वेगानां च पवधारनाि।।"⁹

दषु यत्यग्नन्, स दषु िोऽन्नं न िि नचति
रघ्वपन्न । अन्नच्यमानं शुक्तित्वं यात्यन्नं पवषरुनिाम ॥"¹⁰

excessive hunger, eating while having indigestion, overeating, inconsistent eating patterns, consuming unwholesome food, and eating big meals ,meal that is difficult to digest or has an excessive amount of nutrition means consuming foods that have been chilled or frozen, food that is naturally dry or food that causes slenderness, tainted diet, and perverted practices Emaciation of the body due to factors such as vamaana, virechana, and sneha to disease, and Agni has become tainted. thus vitiated, Agni does not digest even light food. This vitiated digestive agent forms an intermediate substance called Aama, which turns sour (shukta) during fermentation and finally turns in poisonous substance (amavisha) and it gives rise to several diseases.

Hence, ama formation and Agni mal-function are primordial factor of the majority of

diseases, including digestive disorders, allergic and auto-immune diseases, and a variety of metabolic abnormalities. This demonstrates the importance of Agni vitiation in disease onset.

Because of Pitta's Ushna guna causes the body to have greater digestion and combustion, Acharya Sushruta asserts that there is no such thing as another Agni in the body without Pitta. Hence, the metabolic processes slow down if the pitta dosha decreases. Moreover, a rise in pitta dosha affects a healthy person's hunger and bowel habits by causing an increase in the digestive and metabolic activities.

If one has a good appetite, strong digestion and regular bowel movements, it means his/her Agni is balanced. Whereas low/variable appetite, indigestion, bowel issues, and digestive health issues imply an imbalanced Agni.

TYPES OF AGNI –
AOUDARYA AGNI –

1. Jatharagni
2. Panchbhautikagni
3. Dhatwagni

JATHARAGNI –

1. Samagni
2. Vishamagni
3. Tikshnagani
4. Mandagni

AIMS AND OBJECTIVES –

- To survey the incidence of dushta agni in healthy and unhealthy persons
- To find out the various etiology of dushta agni by surveying the people in recent times

2. Relation between Agni and thyroid –¹²

Functions of agni	Thyroid hormone functions	Hypothyroid	Hyperthyroid
1. Paaka	1. Calorigenic action 2. Regulates metabolism of carbohydrates, proteins, fats	BMR falls by 20-40%	BMR increases by 60-100%

- To evaluate the relation between agni and health disorders
- To evaluate the effect of agni on health

MATERIAL AND METHODS –

- A survey is conducted by Madan Mohan Malaviya Government Ayurvedic college udaipur. a survey questionnaire was to be fulfilled by the volunteers from random locations in udaipur.
- Total 1021 volunteers have been surveyed.
- Relevant data is collected from the survey study.

II. OBSERVATION AND RESULT –

1. Relation between Agni and prameha –

Causes which are responsible for derangement of Agni (Mandagni) there by increasing the dravaguna of kapha i. e. Kledakkapha. The hetu of Prameha, "Pramehahetukaphakruchhasarvam," tends to raise dravaguna in the body, which results in Jatharagnimandya. It demonstrates how crucial agnimandya was to Prameha's conclusion. In turn, this Jatharagnimandya results in Dhatwagnimandya. Due to excessive kleda produced by Dhatwagnimandya, Jatharagnimandya, and Dhatwagnimandya, the body's tissue, or Saptadhatu, won't perceive appropriate nutrients. Poor processing of Saptadhatu is caused by the vitiation of Pachak Pitta (Dhatuposhana & Parinamankriya). Apachit Dushta are those created during Pramehotpatti. If not treated quickly, Dushtahaithilya can develop into Ojakshaya and the difficult-to-cure Madhumeha, or Kashtasadhya, can take its place.¹¹

2. Bala	Essential for normal activity of skeletal muscles	Weakness of muscles	Muscular Tremor (frequency 10-15 times per second)
3. Utsaha	Essential for normal sexual function	Loss of libido, lethargy	Leads to impotence
4. Ushma	Induced thermogenesis	Cold intolerance	Excessive sweating
5. Kshudha	Increases Secretion and movements of GI tract	Decreased appetite	Craving
6. Medha	Stimulating factor for nervous system increases blood flow to brain	Impaired memory, inability to concentration	Paranoid thoughts
7. Vrana	Necessary factor for Erythropoiesis	Pallor	Increased skin pigmentation

Dhaatwag ni	Functions of Dushta	Thyroid hormone functions	Hypothyroid	Hyperthyroid
1. Rasaagni	Preenana	Metabolites cause vasodilation so blood flow increases.	Heart rate decreases	Systolic Hypertension
2. Raktaagni	Jeevana	Necessary factor for Erythropoiesis	Anemia	Polycythemia
3. Mamsaagni	Lepa	Essential for normal activity of skeletal muscles	Weakness of muscles	Muscular Tremor (frequency 10-15 times per second)
4. Medaagni	Snehana	1. Maintaining the weight of body. 2. Decreases cholesterol, triglycerides levels in plasma	1. Increase in body weight. 2. cholesterol level in plasma increases leading to Atherosclerosis	Weight loss

5.Asthyag ni	Dharan	Closure of epiphysis under the influence of thyroxine	Stunted growth, hair fall	Deformed bones and teeth
6.Majjaag ni	Purana	Stimulating factor for central nervous system	Paraesthesia	Hyper excitability
7. Shukraagn i	Garbhotpada na	Essential for normal sexual function	Loss of libido, Menorrhagia and Polymenorrhea	Leads to impotence, Oligomenorrhea

The study reveals that out of 1021 participants, 50 had thyroid Out of which 15.38% complained of not having a clear bowel, 15.87% had abnormal hunger.

TABLE: THYROID V/S NON THYROID

TOTAL NO. OF PATIENTS	1021	%
NON THYROID	971	95.10
THYROID	50	4.90

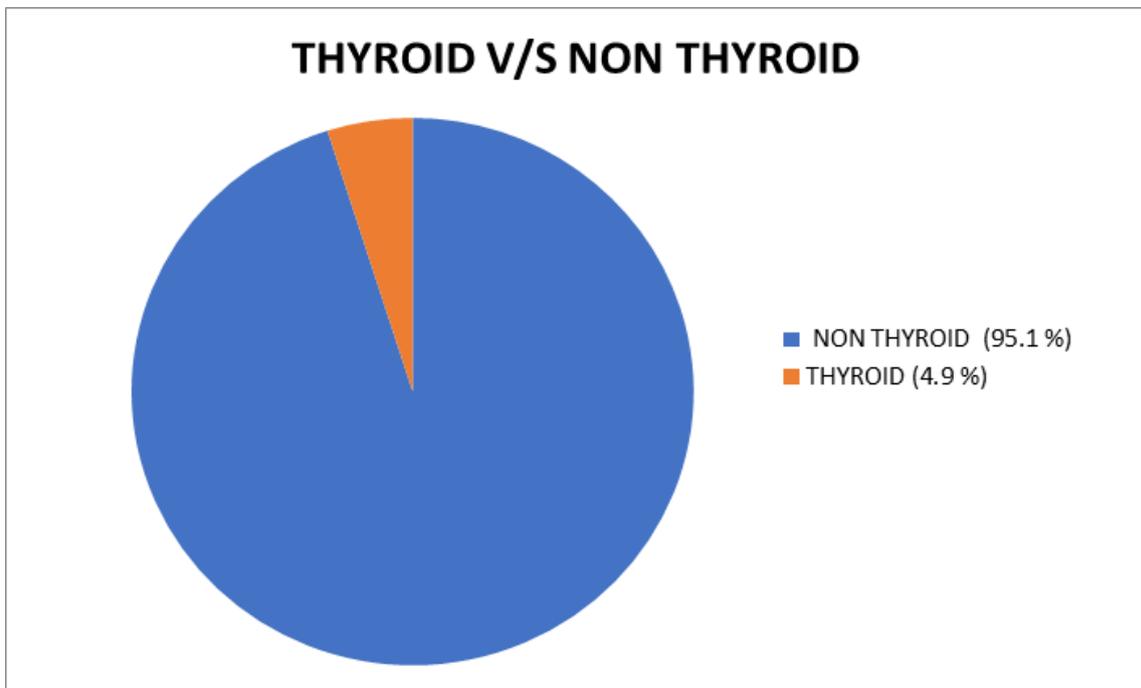
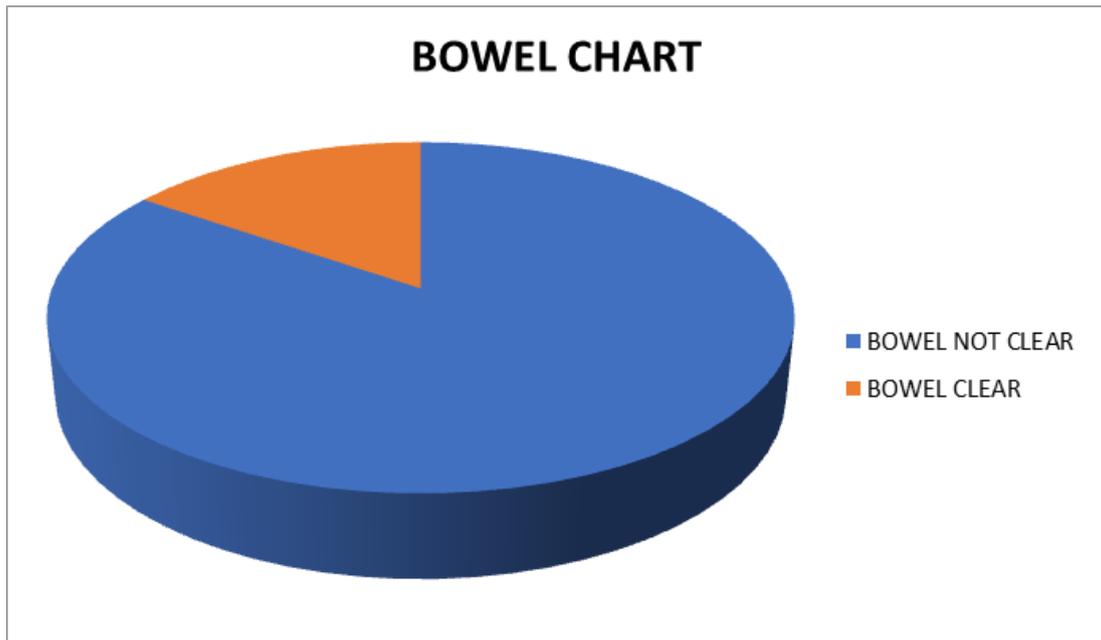


TABLE: BOWEL CHART

TOTAL NO. OF PATIENTS	1021	%
BOWEL CLEAR	864	84.62 %
BOWEL NOT CLEAR	157	15.38 %



3. Relation between Agni and Stress –

Tantra yukti is a technique for determining whether stress, agni, and metabolic disorders are related in any way. According to Ayurveda samhitas, dhyana and chinta are associated to stress. Acharya closes the verse with chityanama cha atichintanat after describing the causes of rasa pradoshaja vikaras. Again, vikara acharya begins

the verse with ashrdha and aruchi while describing the disorders of rasa pradoshaja. At that time, acharya mentioned the term tanmana bhunjita , otherwise the food will not digest properly and the benefits of food will not be obtained. In rasavimanaadhvah. acharaya has indicated 13 etiquettes of food intake (agni dushti). These two concepts clearly connect Agni and stress.

Factors	No.	Percentage
Stress	364	35.65%
Proper hunger	162	15.87%
Proper height weight ratio	249	24.39%
Proper bowel clear	208	20.37%
Mental happiness	196	19.20%

Seasonal diseases	335	34.77%
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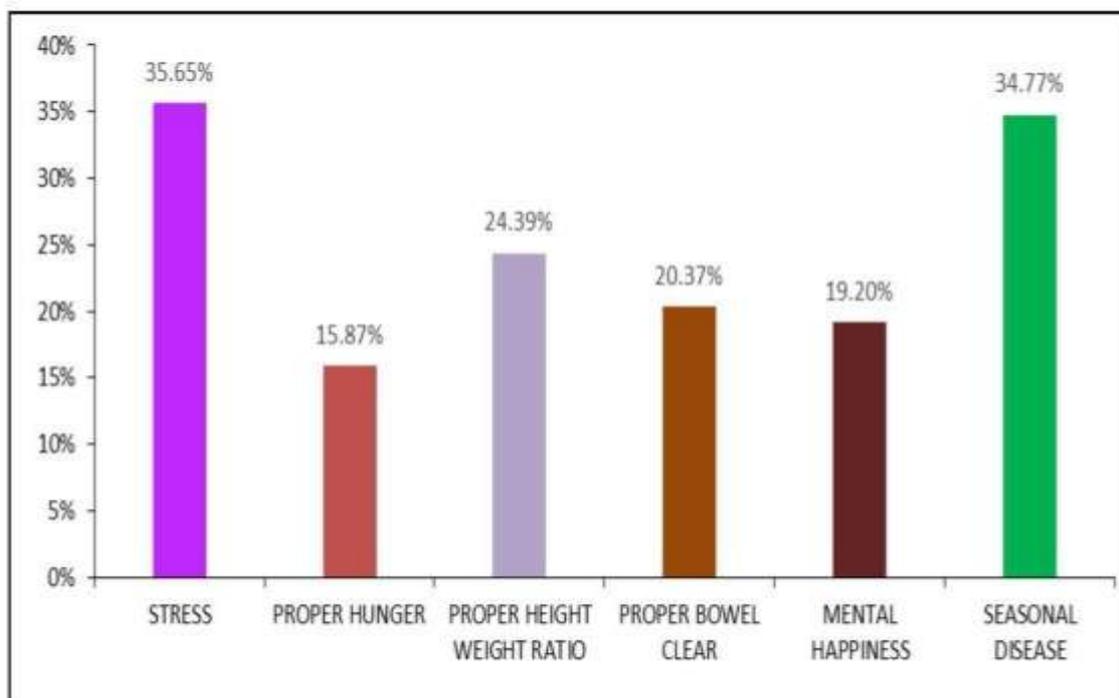


TABLE: NORMAL CHOLESTEROL VS HIGH CHOLESTEROL LEVEL CHART

TOTAL NO. OF PATIENTS	1021	%
NORMAL CHOLESTEROL LEVEL	957	93.73 %
HIGH CHOLESTEROL LEVEL	64	6.27 %

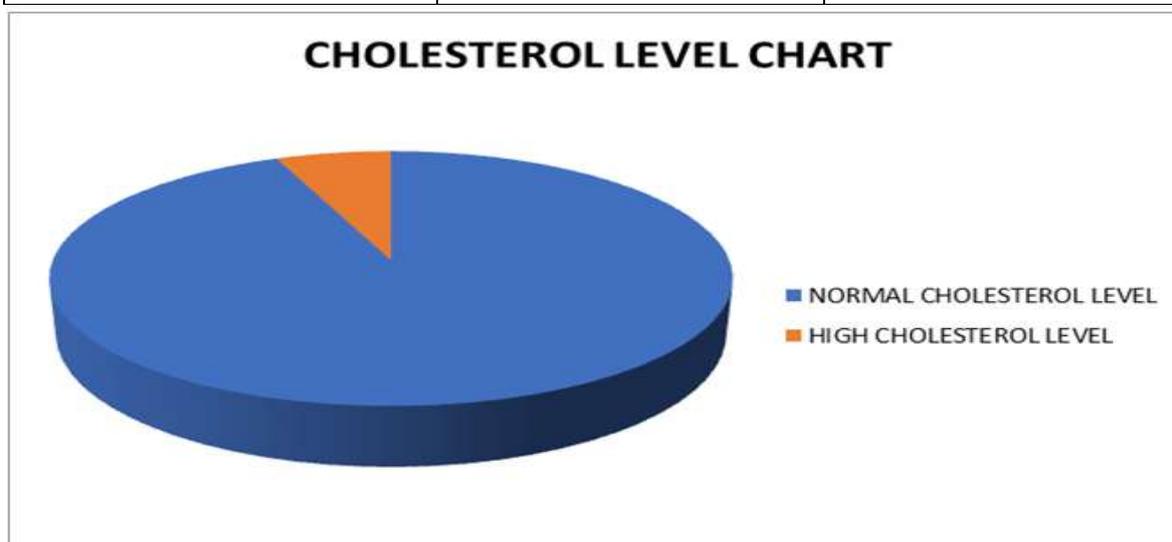
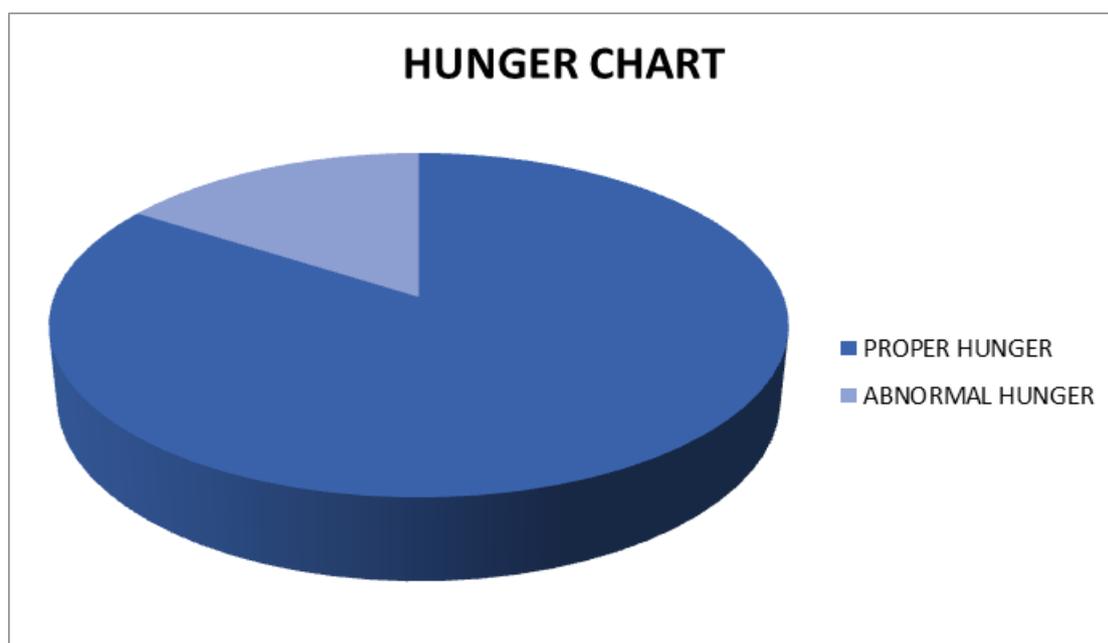


CHART: HUNGER

TOTAL NO. OF PATIENTS	1021	%
PROPER HUNGER	859	84.13
ABNORMAL HUNGER	162	15.87



DISCUSSIONS –

As explained in the ancient scriptures, the jathaagni is crucial to maintaining the body in an equilibrium state if it continues to function normally. And body develops numerous types of disorders if the agni is not in a normal state.

In the current scenario, where agni is intimately associated to numerous forms of metabolic illnesses, hormonal disorders, and abnormalities of various physiological systems. Therefore, a survey research was conducted to establish the fundamental relationship between these illness and Agni.

By interpreting the data from this study, we may conclude that there is a significant correlation between these illnesses and agni. Total 1021 Volunteers were registered, and their agni status and any illnesses they had were assessed. According to this study, volunteers with mandagni had irregular bowel movements, irregular hunger and sleeping patterns, and they also suffered from a variety of metabolic disorders, including diabetes, hypertension, thyroid disorders, cardiovascular

diseases, stress levels, and low levels of mental happiness.

Additionally, seasonal illnesses affected them more frequently. Due to their incorrect agni status, they were severely impacted by their sleep disturbance and weakness. Who had a normal state of agni or digestive strength were afflicted less by these kinds of diseases and also their physical and mental well being were judged to be very high.

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