



Correlation of Agni and Routine Human Life with Respect to Digestion.

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ABSTRACT

For a healthy life of human being *shadrasatmak* and *Chaturvidhaahar*¹i.e. the food which is highly nutritive and contains all the factors like carbohydrates, proteins, fats, minerals etc. is very important. The food which is full of nutrients, *rasas* and *gunas* is necessary for the healthy mind and body. This food which we consume has to undergo some transformation to convert in the form of *Aahar Ras*, i.e. it should be digested properly. This transformation is completed in 6 steps, of which the first factor is *ushma*, it is the *Pitta*. *Agni* is the Exclusive Concept explained in Ayurveda only. *Agni* that is *Pitta* or *ushma* is the main *Aaharparinaamkarbhav*² which plays a vital role in the transformation of food into *aaharras*, which is the energy that is required for different functions in the body. This transformation process of food into *AaharRas*³ is nothing but the digestion.

This properly digested food is the basic important factor for the formation of *prakritsardhaatus*, *oja*, *teja*, immunity etc.

Thus *Agni* is the main and very important factor which is responsible for the growth of the body through digestion of food material⁴. If *Agni* function is proper all the body factors like *oja*, *teja*, complexion, texture of the skin, health, strength, development, mental and physical growth are proper. It totally depends on *Agni*. In our day today daily routine life, above factors are important for a healthy body and mind. Thus our *bala* i.e. strength, *nidra* i.e. sleep, *ayushya*, *arogya* i.e. health all depend upon *prkritagni*⁵

Keywords: *Agni, digestion, health.*

INTRODUCTION

Our life, health, complexion, energy, strength, growth everything depends on the *kayagni*. This happens only when this *kayagni* works properly. If it doesn't then various types of diseases occurred in the body.

According to ayurveda the equilibrium of *dosha*, *dhatu*, *mala* & *agni* as well as delighted *aatma*, *indriya* and *mana* are called as *swastha* (healthy)⁶

As we see in the nature *Agni mahabhut* in the form of Sun⁷ performs the functions like combustion, digestion, transformation

In the same way *Agni mahabhut* is present in the form of *pitta* in human body. it performs the process like combustion, digestion and transformation in the body. When we consume food, it has to undergo some transformation to convert in the form of *aaharras*. This transformation process is completed in 6 steps called as *Aharparinaamkar bhavas*. These are

- 1) *ushma- Pitta dosha* or digestive enzymes
- 2) *Vayu – vatadosha*
- 3) *Kled– kaphadosha*
- 4) *Sneha*– oily substances like *ghrita*, oil etc.
- 5) *Kala* - time for pachan
- 6) *Samayoga*- rules for proper digestion of food

This 6 factor should be in proper proportion for the digestion of food and transform it in *ahar rasa* for healthy body functions.

In these the first factor which is *ushma* is the *pith* or the *Agni* which is the energy. *Agni* is very important for the conversion of food material into the energy required in various processes from the cellular level up to the organ level for all the normal functions occurred there. The *Agni* that is *pitta* when in balanced form performs various functions in the body like digestion, normal body temperature, reddish colour to blood proper vision etc.

TYPES OF AGNI

There are three 13 or more types of *Agnee* which converts the food into *aaharras*, *rasa* into various *dhatu*s and *malas*

According to modern science different types of digestive juices enzymes and coenzymes can be compared with these *pachak pitta* or *agni*.

Types of Agni: - there are three main types of Agni

- 1) *Jatharagni* 2) *Bhutagni* 3) *Dhatvagni*

These are further divided into 13 types as follows

- 1) *Jatharagni*- It is the main type and only one in number.

This agni is the important one, this is present in the *jathar* (stomach) in the form of *paachak pitta*. It converts the solid food materials in the *sookshma* form (finest form) so that all the other types of agni like *bhutagni* and *dhatvagni* can work on it. That's why this *Jatharagni* is the main and very important agni. As well as this agni gives strength to other *agnitypes*, it does the *pachan* kriya due to which other agni and pitta can form and do their functions.

- 2) :- there are five elements i.e. *Panchamahabhutas*, according to these types five types of *bhutagnis* are there. These are

- 1) *Bhoomi*
- 2) *Apa*
- 3) *Teja*
- 4) *Vayu*
- 5) *Aakashagnis*

Our body is made up of 5 elements that is *Panchamahabhutas*. And all the food material we eat is made up of *Panchmahabhutas*, so to make it acceptable their digestion by *butagni* is necessary. For example to digest *parthivaahar*, *parthiv* Agni works on it and make it acceptable by the body. Like this all the *bhutagnis* work.

- 3) *Dhaatvagni*:- there are seven types of dhaatus in the body, these are –
Rasa, rakta, mansa, meda, asthi, majja & shukra

Food is digested by the *pachaka Pitta* which is *Jatharagni* and *Aahar Ras* is formed, this *Aahar Ras* travels throughout the body. The *dhaatvagni* present at *dhaatus*, do the *pachanakriya* and convert it into respected *dhaatu*. For eg. At the *mansadhatu*, *mansadhatvagni* works on the aaharas and the useful part is absorbed to form the *mansadhatu*, the remaining *mala bhagis* again discharged into the *rasa*. The *updhatus* are also formed at this stage through this *dhatvagni*.

Jatharagni can work on all type of food material but the *dhatvagni* only works on the respected material, which is similar to that *dhatu* only. If this *dhatvagni* doesn't work properly, there is *dhatuasarta*, means the work of that *dhatu* affected and there could be diseases related with the respective *dhatu*s. While doing treatment this point is very important, we have to treat the *dhatvagnimandya* and we have to increase the power of *dhatvagni* for the formation of the *dhatu* properly then only the disease can be treated and results will be obtained.

Thus 1 *Jatharagni*, 5 *bhutagnis* and 7 *dhatvagnis* together form 13 types.

There are 3 type of *doshas*– *Vata*, *pitta* and *kapha*.. These affects the status of *agni*, due to which there are 4 more types⁸. These are:-

- 1) *Samagni*⁹– Due to proper *aaharvihar* when all the three *doshas* are in equilibrium, the *agni* remains in normal state then it is called as *samagni* which is the best state as it represents the *swasthya* i.e. Healthy state of body.
- 2) *Vishamagni*⁹– Due to vitiated *vata dosh* this *vishamagni* state of *agni* is found which is responsible for the gases, i. e *adhaman*, *aatop*, pain in abdomen, heaviness, bloating etc. As the name suggests sometimes this type of *agni* works properly and sometimes it doesn't.

*Tikshnagni*⁹– when the *pitta* dosha is more prominent there this type of *agni* is present. In this type the *pachankriya* or digestion is very fast. If it doesn't get food properly it will digests it's own *dhatu*s.

*Mandagni*⁹– When *kapha* is predominantly present then this type of *agni* which is *manda* or slow is present. In this type the *pachankriya* or digestion process is very slow.

DIGESTION PROCESS

In this digestion process the food which we consume is transported to the stomach where digestive fire (*agni*)¹⁰ is present for the digestion. The movement is due to *vaatdosh*a. The process takes place in following steps :-

- 1) Swallowing – intake of food and its transport from mouth up to the stomach (*udar*)
- 2) There in the *udar*, *samanvayu*¹¹ is present which activate and support *jatharagni* for proper digestion.

After digestion *aaharras* is produced and with the help of *vyana vayu*,¹² it is circulated throughout the body.

- 3) As per the modern science, the intestinal movements which helps in digestion and absorption are- segmental, peristalsis and pendicular.
And these are controlled by the nervous system. According to ayurveda this function is carried out by *vaatdosha*.
- 4) Stimulation for different activities are performed by *vaatdasha*. For eg. Stimulation of digestive juices.
- 5) After proper digestion, *saarand kittabha* gare produced. Saar which is the useful part of food material absorbed by the body for different functions. This work is supported by the *dhaatvagni*¹³ *Mala bhag* which is the unwanted material thrown out of the body.
- 6) In modern view through absorption various elements like vitamins, amino acids, sugars etc takes place which are essential for many body functions.

CONCLUSION

The health of a person depends upon the *agni*. If the *agni* works properly then the food which he consume is digested properly and he will get benefited through it. All the important body factors like immunity (*oja*), strength (*bala*), sleep (*nidra*) etc works in proper function when food digested properly. *Agni* plays vital role in digestion process. Thus, the health of a person depends on the *agni*. That's why it is the most important in Ayurvedic literature. Because of which *agni* should always be maintained in normal state for the healthy routine of human being.

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