



Conceptual Role of Agni in Food Addiction.

Dr. Ashitosh A. Jere¹, Dr. U. K. Bande²

¹P.G Scholar Dept. of Kriya Sharir, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra.

²Professor Dept. of Kriya Sharir, Yashwant Ayurvedic College, Post Graduate Training & Research Center, Kodoli, Maharashtra

ABSTRACT

Metabolic and life style disorders are increasing day by day in each part of the globe ; and one of the major reason of it is Food Addiction. Food Addiction is meant by affection towards food stuffs which are highly palatable and highly processed. So food addiction is a major hetu for the Agnidushti and Manas Dushti.

These food stuffs are mostly Tamo-guna Pradhan as they are preserved with hazardous chemicals, salts, sugars for long duration ; these constituents in those food stuffs initiates food cravings and mindless eating habit about that particular food item

Keywords: *Agni, Metabolic, Food Addiction.*

INTRODUCTION

According to Upanishads "Annam para Brahma swarupam" which means food is the essence of life and it is considered as the Lord of Creation. In short "Food gives life". Therefore our eating should be clean, healthy and proportionate for our healthy body and healthy mind. Otherwise this will create bad impact and deteriorate our health. Also the mindful eating is necessary to avoid food addiction. Otherwise bad habits of eating will lead to Agnidushti and ultimately it is the grand invitation to all the dangerous diseases. Highly palatable food rich in highly processed sugar, salts and fat is especially addictive i.e. Junk food, Fast food. Therefore we should avoid all the packaged, processed, junk food, sweeteners, excessive salts to build up healthy body and mind.

AIMS & OBJECTIVES:

- To study food addiction from modern context
- To study role of *Jatharagni* and *Dhatvagni*.

- To study 'Madakari dravya'
- To study **food addiction** from Ayurvedic Aspect and its correlation with *Agni Mandya*
- To propose rough treatment protocol for the same

REVIEW OF LITERATURE

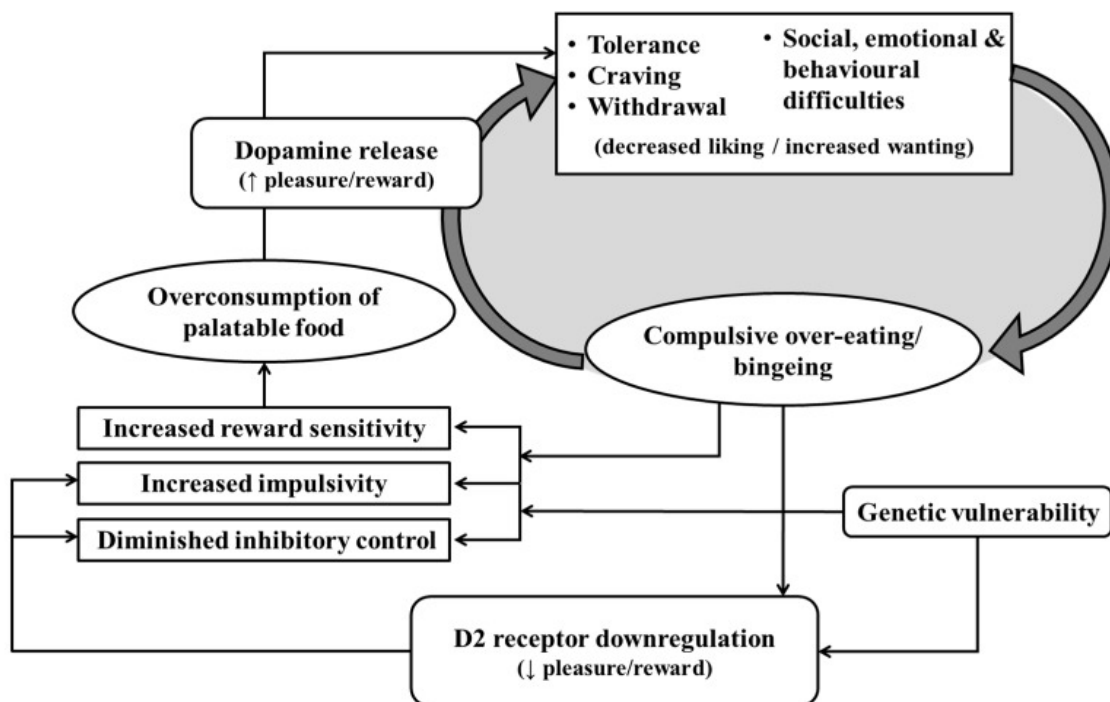
❑ Food Addiction

- The prevalence of metabolic and life style disorders in both developed and developing countries continues to increase.
- One of the common reason for the these diseases are the changing environment and highly palatable and fattening food which is addictive.
- Experiments in animal and human show that the neural reward and pleasure circuits i.e centers that are triggered by addictive drugs like cocain, heroin are also activated by food.
- Highly palatable food rich in highly processed sugar, salts and fat is especially addictive i.e Junk food, Fast food.
- Animal studies have shown that, similar to drugs of abuse, palatable foods are capable of triggering dopamine release in the nucleus accumbens (NAc) and ventral tegmental area (VTA)

❑ Common symptoms of food addiction

- Getting cravings despite feeling full
- Eating much more than intended
- Eating until feeling excessively stuffed
- Feeling guilty afterward but doing it again soon
- Experience of cravings, reduced control over intake, increased impulsivity and altered reward-sensitivity.

❑ Cycle of food addiction –



❑ Agni]

Here's the translation of the Sanskrit verse from Charaka Samhita (Chikitsasthana, 15.4):

"Strength, health, vigor, and vitality are all dependent on the radiant energy (Ojas) of the body. The vital fires (Agni), the life force (Prana), and the luster (Prabha) are all sustained by the balanced state of the digestive fire (Agni).

When the digestive fire is extinguished, one dies; when it is balanced, one lives a long and healthy life. An imbalance of the digestive fire is the root cause of all diseases.

Therefore, the digestive fire is considered the foundation of life."

This verse highlights the importance of Agni (digestive fire) in maintaining overall health, energy, and well-being, according to Ayurvedic principles.

Interpretation:

- Strength (Balam): Physical and mental strength
- Health (Svasthya): Overall well-being
- Vigor (Utsah): Enthusiasm, energy
- Vitality (Ojas): Radiant energy, immunity
- Digestive fire (Agni): Metabolic processes, digestion
- Life force (Prana): Vital energy, breath

- Luster (Prabha): Glow, radiance

This verse emphasizes the crucial role of Agni in sustaining life and preventing diseases.

❑ Madakari Dravyas-

"A substance that disrupts intelligence (Buddhi) and induces intoxication (Mada) is called Madhya (intoxicant). Such substances, predominantly dominated by Tamoguna (dark/chaotic quality), are exemplified by wine and other alcoholic beverages." according to Sarangdhar samhita.

This emphasizes that substances which:

1. Impair cognitive function
2. Induce intoxication

are classified as intoxicants, primarily governed by Tamoguna, exemplified by alcoholic beverages.

In Ayurveda, Tamoguna is associated with:

- Chaos
- Darkness
- Ignorance
- Impulsiveness

Consuming such substances can lead to an imbalance of Tamoguna, negatively affecting physical, mental, and spiritual well-being.

❑ Role of Pitta

Atṛpti (dissatisfaction) is also considered a symptom of Pitta imbalance, manifesting as:

- Unfulfilled desires
- Cravings
- Frustration
- Irritability

It is one of the Nanatmaj vyadhi of pitta explained by charakacharya

❑ Hruday Sthan

The mind is considered a subtle entity that permeates the entire body. However, its primary location is associated with the:

Hridaya (हृदय): Heart, considered the seat of the mind.

Reasoning:

1. Hridaya is the center of consciousness.
2. It's connected to the entire body through nadis (energy channels).
3. Manas influences physical and mental functions.

Other locations associated with Manas:

1. Shiras (शिरस): Head, housing the brain and sensory organs.
2. Amashaya (आमाशय): Stomach, linked to emotional digestion.
3. Nabhi (नाभि): Navel, connected to intuition and gut instincts

❑ **Role of Jatharagni in Poshan of Sattva**

Sukshma Bhag – Sattva Poshan

Sthul Bhag – Sharir Poshan

❑ **Role of Rasdhatvagni**

- Making good quality of Rasdhatu
- Prinan

❑ **Ayurvedic Aspect of Food Addiction**

Hetu –

- Highly Processed food
- High in Sugar, Salt and Fat
- With Added chemicals i.e. flavour enhancers
- Added with preservatives.
- Preserved for too many days

- ❑ All the Substances and processes used to prepare these type of food make the food Tamogunpradhan.



DISCUSSION

- We can think these type of addiction as a hetu for the Agnidushti and Dushti of manas
- And agnidushti and Manas Dushti leads to the addiction of that particular food. This cycle going to happen again and again.
- Food addiction is the most common reason for the most of the lifestyle disorder.
- Mindfull eating is important to avoid food addiction.
- Ayurveda has already mentioned about good eating habits,ways of eating,place of eating,process of eating,process of food preparations ,how to eat according to

season,Prakruti i.e.body structure, hygiene,healthy foods of each category like dairy products;Wheat types,types of pulses,etc are given in detailed,one should follow the correct path of it.

- Avoid all the packaged,processed,junk food,sweetners,excessive salts to built up healthy body and mind.

CONCLUSION

- There is a role of *agni* and *swabhava of dravya* i.e. highly palatable substances in food which are going to addict the person.
- In most of the metabolic disorders we can consider it as a hetu and give treatment accordingly.

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