

CLINICAL ASSESSMENT OF STRENGTH OF AGNI

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Received on: 03/10/11 Revised on: 11/11/11 Accepted on: 14/12/11

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ABSTRACT

Healthy state of body and diseased condition is entirely dependent on Agni. Vata (Prana, apana, samana and udana) augments the digestive fire. In healthy individual during awakening and sleep, the Agni excited by samana vata due to association of inspiration and expiration and being blown by udana vata proper digestion takes place. Agni present in the jathara which digests the food is Bhagawan Ishwara- almighty God- himself; it receives (substances of) sweet and other tastes (for growth and maintenance of the body), due to its subtleness (minuteness) it is not possible to perceive. Served by prana, apana and samana (the three divisions of vata), by blowing/increasing, protecting and preserving it. It augments other agni to carry out their respective functions. Power of agni or normal condition of agni is responsible for strength, health, longevity and vital breath. Hence it is necessary to understand the power of Agni to manage the health of a healthy individual and to prescribe management strategies.

Key words-jatharagni, bhutagni, dhatwagni, agnibala, samagni, vishamagni, atyagni, bhasmakagni, mandagni

INTRODUCTION

Agni Pariksha–Clinical Evaluation of Agni

Pacakagni is stated to be responsible for digestion and metabolism. It is of four kinds based on the involvement of dosha. i) First variety is called samagni state due to equilibrium state of dosha and it is the physiological state of agni. Remaining three varieties of agni are the pathological conditions develops due to abnormality in dosha; ii) Vishamagni state due to vata; iii) Teekshnagni state due to pitta; iv) Mandagni state due to kapha¹⁻⁴.

Criteria for Assessment of Samagni

1. Samagni state of agni is the condition in which doshas are in equilibrium state and performs normal digestion and metabolism functions.
2. Fulfills all the criteria mentioned under uttama bala jatharagni(excellent power of digestion).
3. The regular or balanced type of agni gets impaired even by minor irregularities and it maintains normalcy so long as there is no irregularity.
4. In persons having vata, pitta and kapha in their balanced and normal state
5. In individuals having samaprakriti.

Criteria for Assessment of Vishamagni

1. It manifests due to intake of vata provoking dietetics and activities.
2. Vishamagni is the state in which improper digestion and metabolism takes place i.e. sometimes performs normal functions followed by abnormal one and manifest flatulence, abdominal pain, upward movement of vata inside the koshtha, diarrhoea, heaviness in abdomen, intestinal gurgling and straining exercises for evacuation of stools.
3. It is common in the geriatric patients.
4. Persons are having moderate power of ingestion and digestion of food
5. These people eat good amount of food at times and don't like to eat food at times
6. Unable to cope with changing environment in respect to seasons, place etc.
7. Vishamagni state gives rise to manifestation of vatavyadhi.
8. Moderate maintenance of normal body temperature. Normal or low body temperature or increased feeling of coldishness when exposed to slight cold environment.
9. Absorption of medicines is moderate, hence prolonged recovery.
10. Suffers from disease when exposed to mild to moderate etiology.

11. Vata alleviating medicines may be prescribed for the effective management.
12. Unable to digest food when taken in large quantity is indicative of moderate power of agni.
13. Abnormally delayed motion or increased motion, too little secretion of digestive chemicals.
14. This type of agni is opposed to that of the normal state of agni i.e. sometimes it gets impaired and sometimes it does not get impaired by irregularities. Hence patients complained of irregular appetite
15. In individuals having the dominance of vata in their constitution.
16. Individuals who digests the food sometimes too quickly though it is improperly consumed and sometimes too slow, though the food is properly consumed.

Criteria for Assessment of Teekshnagni

1. It manifests due to intake of pitta provoking dietetics and activities.
2. Teekshnagni is the state in which hyper functioning of digestion & metabolic activities observed. In this particular state digestion become quicker. More quantity of consumed food also digests very quickly.
3. It is common in the adult patients.
4. Persons are having excellent power of ingestion and digestion of food
5. These people likes to eat good amount of food all the times
6. Unable to cope with changing environment in respect to seasons, place etc. For example during extreme summer patients finds very difficult to cope because further it aggravates pitta.
7. Teekshnagni state gives rise to genesis of pittaja vikara.
8. Increased body temperature or increased feeling of warmthness.
9. Absorption of medicines is fast, hence faster recovery.
10. It gives rise to development of sthauilya roga.
11. Agni should be protected by proper intake of food and drinks because after the digestion of food, it starts digesting the tissue elements like Rakta etc, resulting in debility, disorders & even death.
12. Pitta alleviating medicines may be prescribed for the effective management.
13. Dhatus remain in their imbalanced level after receiving respective abnormal nutrients from metabolized food substances and also due to digestion of dhatus when the food is not available.
14. Abnormally motion, or too much secretion of digestive chemicals, is caused due to teekshnagni.

15. In individuals having the dominance of pitta in their constitution.
16. It is capable of tolerating all types of irregularities.

Criteria for Assessment of Atyagni or Bhasmakagni

It manifests due to further intake of pitta provoking dietetics and activities after teekshnagni.

1. Patient who is suffering from diminished state of Kapha, the aggravated Pitta along with Vata strengthens the Agni in its own place i.e. Grahani by its intrinsic heat. Then the Agni getting intensely powerful and immediately digests the frequently consumed food.
2. After the digestion of food, it starts digesting the tissue elements like Rakta etc, resulting in debility, disorders & even death.
3. At the end of digestion it produces dryness of the throat, palate and lips, burning sensation and enhances warmth in body.
4. Patient suffering from Atyagni feels comfort after taking food but soon become restless after it is digested.
5. It is also associated with thirst, difficulty in breathing; burning sensation, fainting etc. are the disease manifest due to Atyagni.
6. In this state person become capable of digesting large amount of food very quickly if consumed often.
7. Agni is the heating attribute of Pitta. Always there is close association exists between Agni and Pitta i.e. Agni is the substance which originates (Janya) and Pitta is the source of origin (Janaka). Due to this difference between the Janaka and the Janya the aggravated Pitta might even reduce the Agni. It is only is association with Vata, Pitta becomes powerful and manifest Atyagni.

Criteria for Assessment of Mandagni

1. It manifests due to intake of kapha provoking dietetics and activities.
2. Mandagni is the state in which digestion process become weak and takes long time to digest the less quantity of food
3. Manifest heaviness in abdomen and head, painful noise in the abdomen, gurgling sound in the abdomen, flatulence, cough, dyspnoea, excessive salivation, vomiting, dryness of the mouth and weakness of the body.
4. It is common in the children patients.
5. Persons are having poor power of ingestion and digestion of food
6. These people don't likes to eat food all the times
7. Unable to cope with changing environment in respect to seasons, place etc.
8. Mandagni state gives rise to evolution of kaphaja vikara
9. Normal or low body temperature or increased feeling of general malaise
10. Absorption of medicines is slow, hence slower recovery.
11. It becomes abode for the development of almost all the diseases especially udara roga
12. Agni should be protected by proper intake of foods and drinks which are easily digestible
13. Kapha alleviating and agni provocative medicines may be prescribed for the effective management.
14. Dhatus remain in their imbalanced level after receiving respective abnormal nutrients from sluggish functions of agni.
15. Abnormally delayed motion, too little secretion of digestive chemicals, is caused due to mandagni.
16. Almost all the diseases are arises due to sluggish functioning of agni
17. In individuals having the dominance of kapha in their constitution
18. Even small irregularities will impair its functioning.

Agni Bala Pareeksha-Examination Power of Agni

Power or condition of agni determines the quantity of food to be consumed. Jatharagni is of 3 kinds based on power of digestion i.e. uttama (superior), madhyama (moderate) and avara (inferior) power

of agni and accordingly it digest the food. As per season and age functions of agni differs i.e. during hemanta ritu (winter) and yauvana (young age), agni is powerful, during rainy season and old age agni is mild in nature¹.

Criteria for Assessment of Uttama Bala Jatharagni (Excellent Power of Agni)

1. Persons are having excellent power of ingestion and digestion of food
2. These kinds of persons are endowed with excellent strength and health.
3. These persons are bestowed with longevity, joy, good physique, superior mental faculties, full of essence of dhatus, vital breath, complexion, luster, immunity, power of resisting any sort of difficulties etc.
4. Digestion of food when taken in large quantity is indicative of excellent agni.
5. As per season and age functions of agni differs i.e. during Hemanta (winter) and Yauvana (20-30-years) and sampoornata (31-40years) persons are having excellent power of ingestion and digestion of food.
6. Maintenance of normal body temperature.
7. Other agni's (bhutagni and dhatvagni) and other vital functions all are excellent.
8. Dhatus remain in their normalcy after receiving respective nutrients from metabolized food substances.
9. Agni should be protected by proper intake of food and drinks because these act as a fuel, if person is deprived of food and drinks, agni become disturbed.
10. Stronger medicaments may be prescribed for the effective management.
11. Absorption of medicines is excellent, hence early recovery.
12. Never suffers from disease when exposed to mild to moderate etiology.

Criteria for Assessment of Madhyama Bala Jatharagni (Moderate Power of Agni)

1. Persons are having moderate power of ingestion and digestion of food
2. These kinds of persons are endowed with moderate strength and health.
3. These persons are bestowed with moderate longevity, moderate joy, moderate physique, moderate mental faculties, moderate essence of dhatus, moderate vital breath, moderate complexion, moderate luster, moderate immunity, moderate power of resisting any sort of difficulties etc.
4. Unable to digest food when taken in large quantity is indicative of moderate power of agni.
5. As per season and age functions of agni differs i.e. during Grishma (summer) and parihani (41-70 years) persons are having moderate power of ingestion and digestion of food.
6. Moderate maintenance of normal body temperature.
7. Other agni's (bhutagni and dhatvagni) and other vital functions all are moderate.
8. Dhatus remain in their moderate level after receiving respective moderate nutrients from metabolized food substances.
9. Agni should be protected by proper intake of food and drinks because these act as a fuel, if person is deprived of food and drinks, agni become disturbed.
10. Medicaments like palliative therapies may be prescribed for the effective management.
11. Absorption of medicines is moderate, hence prolonged recovery.
12. Suffers from disease when exposed to mild to moderate etiology.

Criteria for Assessment of Avara Bala Jatharagni (Poor Power of Agni)

1. Persons are having poor power of ingestion and digestion of food
2. These kinds of persons are endowed with poor strength and health.
3. These persons are bestowed with less longevity, less joy, poor physique, poor mental faculties, poor essence of dhatus, poor vital breath, poor complexion, poor luster, less immunity, poor power of resisting any sort of difficulties etc.
4. Unable to digest food and digest with difficulty when taken in large quantity is indicative of poor power of agni.
5. As per season and age functions of agni differs i.e. during varsha (rainy) and vridhdha (more than 70 years) persons are having poor power of ingestion and digestion of food.
6. Poor maintenance of normal body temperature.
7. Other agni's (bhutagni and dhatvagni) and other vital functions all are poor.
8. Dhatus remain in their poor level after receiving respective fewer nutrients from metabolized food substances.
9. Agni should be protected by proper intake of food and drinks because these act as a fuel, if person is deprived of food and drinks, agni become disturbed.
10. Fewer medicaments may be prescribed for the effective management.
11. Absorption of medicines is poor, hence prolonged recovery or no recovery.
12. Suffers from disease when exposed to mild etiology.
13. Hence it is very much essential to have a complete knowledge on the status of agni before prescribing any therapeutics.

CONCLUSION

Aggravation or diminution of jatharagni results in aggravation or diminution of bhutagni and dhatvagni. Therefore by all means one has to protect jatharagni by consuming suitable wholesome dietetics

and behavior because longevity and strength depends on normal state of Agni. On the contrary one, who consumes unwholesome diet due to greed, succumbs to disease caused by the vitiation of grahani. Hence understanding of disease process as well as to prescribe principles of treatment. Pachakagni is stated to be responsible for digestion and metabolism. It is of four kinds based on the involvement of dosha. i) First variety is not associated with dosha and it is called samagni state and it is the physiological state of agni. Remaining three varieties of Agni are the pathological conditions develops due to abnormality in dosha; ii) Vishamagni state due to vata; iii) Teekshnagni state due to pitta; iv) Mandagni state due to kapha. This article also mentioned criteria's for the assessment of samagni, vishamagni, teekshnagni, atyagni (bhasmakagni) and mandagni. Power of Agni or normal condition of Agni is responsible for strength, health, longevity and vital breath. Hence it is necessary to understand the power of Agni to manage the health of a healthy individual and to prescribe proper therapeutics. This article shed light on diagnosis of various power of Agni by using certain criteria's.

ACKNOWLEDGMENT

I am greatly indebted to Prof. R.H.Singh for his valuable inputs while finalizing this article.

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