



## Rogaha Sarvepi Mandeoagni.

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### ABSTRACT

Agni regulates the creation and dissolution of the universe, as well as metabolism and catabolism in organisms. It plays a vital role in the digestion and metabolism of humans, overseeing processes such as the breakdown of food. The activity of Agni determines various aspects of bodily strength, complexion, and vitality, among others, by digesting the consumed food. When Agni functions below optimal levels, it can result in indigestion and the formation of Ama, which is linked to numerous health issues. Conversely, excessive Agni activity can lead to various digestive and metabolic disorders. Ayurveda considers Agni as central, as it influences the overall health condition, including both diseased and healthy states. Agni encompasses a wide range of transformations, including the digestion and absorption of nutrients, cellular changes, and the processing of sensory, mental, and emotional experiences.

**Keywords:** *Agni, Metabolism, Digestion, Ayurveda, Transformation.*

### INTRODUCTION

The concept of "Agni" in Ayurveda pertains to the processes of food digestion and metabolism, constituting one of the ten factors essential for evaluating patient treatment. Agni plays a pivotal role in assimilating nutrients and eliminating waste products within the body. Optimal Agni function facilitates efficient digestion, whereas weakened Agni leads to inadequate digestion and the formation of toxic residue, known as Ama, which accumulates within cells. Impaired digestive fire results in symptoms such as poor digestion, complexion issues, reduced energy levels, flatulence, and compromised immunity against diseases. Therefore, according to Ayurvedic principles, fostering the proper functioning of digestive fire is paramount in addressing the root causes of illnesses.

## REVIEW AND DISCUSSION

### Agni in Various Literatures:

#### Cha.Chi.15/4

Acharya Charak emphasized that when the Agni function ceases, an individual passes away, whereas a person with balanced Agni enjoys robust health and longevity.

Any disruption or weakening of an individual's Agni leads to disturbances in bodily metabolism, resulting in poor health and disease.

Hence, Agni is regarded as the fundamental essence of life.

#### Su. Su. 21/09

As per Acharya Sushruta's teachings, the body solely harbors Pitta as its Agni.

When this Pitta dosha undergoes imbalance or reduction, it leads to disturbances in the digestion of food substances.

#### Chakrapani Tika on Cha. Su.-12/11

Chakrapani has remarked on the concept of "Pittantargatta," highlighting that the role of Pitta within the body isn't solely combustion, but rather its function entails supplying the heat energy essential for Agni.

#### As. Hr. Su. 12/10-12

As per Hemadri's explanation, Pitta manifests in five distinct divisions, situated amidst the pakvashaya and amashaya. Although Pitta is constituted by the panchabhutas (five elements), an elevation in the predominance of the tejas bhuta leads to its lack of liquidity, despite its inherently liquid nature. Furthermore, due to its deficiency in snigdha, sita, and other characteristics of the apa bhuta, it earns the designation "Anal."

Primarily tasked with the process of paka (digestion), Pitta facilitates the cooking of food within the body, segregating it into essential nutrients (prasad) and waste (kitta) components. Moreover, Pitta extends its assistance to other Pitta instances in the body, along with supporting the dhatvagni within the dhatus, with the aid of Jatharagni.

## DETAILED STUDY OF JATHARAGNI, BHUTAGNI, DHATVAGNI

### Jatharagni

The power of the digestive fire (Agni) originates from the Grahani (digestive tract), and conversely, the vigor of the Grahani stems from Agni. When Agni becomes imbalanced, it affects the Grahani, leading to the manifestation of diseases. (As.Hr.Sha.3/50-54).

**Jatharagni:**

Jatharagni, residing within the Jathara, refers to the digestive fire present in the stomach and duodenum. According to Ashtanga Hridaya, the Grahani (duodenum) is recognized as the seat of Jatharagni. Grahani, derived from its role of retaining food within the Amasaya (stomach) for a certain duration to initiate digestion. Jatharagni holds paramount importance as it governs the functioning of all twelve Agnis. The status of Jatharagni significantly impacts the functionality of all other Agnis. (Cha. Chi. 15/39-40).

The digestive fire, known as Jatharagni, serves a crucial function in processing food made up of the fundamental elements, converting it for use by the body's various tissues. Within the human system,

Jatharagni divides food substances into their essence (thesara) and waste products (kitta). Furthermore, Jatharagni is categorized into four types based on its efficiency in digesting food within individuals: (Cha.Chi.15/51) Vishamagni, tikshanagni, Mandagni, and Samagni.

**Samagni:**

A healthy digestive system is marked by a robust and enjoyable appetite that finds satisfaction easily with regular meals.

Digestive processes function smoothly, devoid of any discomfort such as gas, colic, or constipation. Food is efficiently digested and assimilated at the appropriate times, enhancing the quality of bodily tissues known as Dhatus.

**Vishamagni:**

In this context, the balance of digestive processes is disrupted due to the influence of vata, one of the three doshas according to Ayurveda.

Vata's inherent variability manifests as alternating phases of robust hunger followed by periods of diminished appetite, coupled with forgetfulness regarding meal consumption.

Consequently, the digestive fire, or Agni, fluctuates between rapid and sluggish digestion, leading to the emergence of various forms of udargata roga, or digestive disorders.

**Tikshnagni:**

In this scenario, the equilibrium of the digestive system is disrupted due to an excess of pitta, according to Ayurvedic principles. Typically, in such instances, the digestive fire, or agni, is heightened, and both pitta and agni exhibit similar qualities. Consequently, the body's immunity against diseases tends to be robust. However, owing to the fluctuating nature of pitta, there are periods of heightened appetite. The term "Tikshnagni" describes a state of exceptionally rapid or sharp digestion.

Acharya Shushrut, an esteemed figure in Ayurvedic medicine, elucidates that when the digestive power surpasses its normal level and ascends to higher levels, food is metabolized swiftly, inducing a pronounced hunger or craving for food. Subsequently, upon digestion, dryness and a burning sensation may be experienced in the throat, mouth cavity, and lips. Ayurveda refers to this condition as "Bhasmak Roga."

**Mandagni**

"Mandagni" refers to a sluggish digestive fire, typically resulting from an imbalance in the kapha dosha. This imbalance leads to irregularities in appetite, slow metabolism, and a tendency towards weight gain despite consuming adequate food. In essence, Mandagni denotes a reduced digestive power or capacity.

Individuals with Mandagni tend to consume small amounts of food and struggle to digest even modest portions. According to Lord Dhanvantri, the digestive fire, or Agni, operates at its slowest pace, taking longer to process minimal food intake.

The concept of Samagni, as outlined in the Hareet Samhita, underscores the importance of maintaining a balance among the doshas (Vata, Pitta, Kapha) for optimal digestion. When Pitta dominates, it results in Tikshnagni, characterized by heightened digestive activity. Conversely, an excess of Vata and Kapha leads to Mandagni, indicating a sluggish digestion process.

**Bhutagni:**

The five bhutagnis are essential components of molecular metabolism, serving crucial functions in both the synthesis and breakdown of substances at the molecular level. These elements are integral to the catabolic processes occurring within the body.

Moreover, within each of the five fundamental elements, there exist five agnis. These agnis represent the innate fire or energy present within each element, playing distinct roles in maintaining equilibrium and facilitating various processes associated with those elements.

1. Parthiva (earth)
2. Apya (water)
3. Tejas (Fire)
4. Vayavya (Wind)
5. Akasha (sky)

**Dhatvagni:**

The formation of tissues (dhatus) and their specific metabolism are overseen by seven dhatu agnis. These dhatvagni oversee the entire spectrum of anabolic processes within their respective tissues. According to Acharya Charaka, the seven support systems of the body possess their own Agnis.

Through their action, they digest and transform supplied materials into substances akin to them for nourishment

(Cha. Su. 28/15).

1. Rasadhātu (nutrient fluid) – Rasagni.
2. Rakta dhātu (blood tissue) - Raktagni.
3. Mamsa dhātu (muscle tissue) - Mamsagni.
4. Medas dhātu (Adipose tissue) – Medo agni
5. Asthi dhātu (Bony tissue) – Asthyagni.
6. Majja dhātu (Bone marrow and nervous tissue) – Majjagni
7. Sukra dhātu (Reproductive tissues including sperm and ovum) – Sukragni

## CONCLUSION

Aside from its role in digestion, Agni also plays a crucial role in generating strength, which encompasses two key aspects:

- Providing resilience against the onset of illnesses and deterioration within the human body.
- Enabling the ability to engage in physical activities effectively.

When Agni functions improperly, it leads to the formation of numerous undercooked, undigested, or unmetabolized byproducts, which tend to obstruct the body's microchannels. This obstruction results in the accumulation of morbid matters (doshas), ultimately culminating in the manifestation of diseases.

Ayurveda underscores that the majority of diseases stem from disturbances in Agni, highlighting why the primary approach to treating all ailments in Ayurveda is to restore and fortify the Agni, both in terms of digestion and metabolism.

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