



Conceptual Study of Role of Agni in Boosting Individual's Immunity.

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ABSTRACT

Agni plays an important role in maintaining gut health and immune homeostasis ; According to our Acharyas the cause for all the diseases and reduced immunity is Agnidushti i.e.

All diseases are born out of mandagni (weak digestive fire) or due to vaat dosha (imbalance of air element). All disorders, ailments, and diseases arise either from a weakened digestive fire (mandagni) or from an imbalance of the air element (vaat dosha) in the body. This concept of ayurveda emphasizes the importance of a healthy digestive system and balanced elements in the body for maintaining overall well-being and preventing diseases.

One of the important factor for our strong immunity is healthy gut.

All the systems present in the body are interdependent. Collectly they play an important role in maintaining immunity ; all these systems are connected to gut ; for e.g. Gut -Brain Axis, etc.

Therefore Agni is an important factor for boosting individual's immunity.

Keywords: *Agni, Immunity, Mandagani, Vata Dosha, Digestive System.*

INTRODUCTION

According to sushrutacharya, if Dosha ,Dhatu ,Mala are in sama avastha i.e.in balance state and Indriya,Atma ,Mana all are working properly then the person is considered as swastha ; and to be in that balance state,agni should be normal (Samagni).

When the doshas (energies) are balanced, the agni (digestive fire) is balanced, the dhatus (tissues) are balanced, the malas (waste products) are eliminated properly, the mind is happy, and the indriyas (senses) are functioning properly, then the person is considered to be healthy.

Or in other words "A person is deemed healthy when they have:

- Balanced doshas (energies: Vata, Pitta, Kapha)
- Balanced agni (digestive fire: not too high, not too low)
- Balanced dhatus (tissues: seven types, including plasma, blood, muscles, etc.)
- Proper elimination of malas (waste products: urine, feces, sweat, etc.)
- A happy and contented mind
- Proper functioning of the indriyas (senses: eyes, ears, nose, tongue, skin, and mind)"

This concept of ayurveda provides a comprehensive definition of health, encompassing physical, mental, and emotional well-being.

According to Ayurveda agni is correlated with the digestive power of the body .

There are 3 types of Agni - **Jatharagni** maintains metabolism ,**Bhutagni** and **Dhatvagni** maintains the cellular metabolism.

According to Hippocrates :- All diseases begins in your gut .

Therefore we can infer that almost 80% of human immunity lies in our GI tract ;

Thus functioning of jatharagni can be compared with the immunity of the GI tract.

AIMS AND OBJECTIVES

- To study the concept of Healthy individual according to Ayurveda
- To study importance of Agni.
- To study concept of Bala
- To study concept of Vyadhikshamatva and Immunity
- To study concept of Agni as Immunity

To study Role of the Gut health in regulating immune homeostasis

REVIEW OF LITERATURE

➤ DEFINITION OF SWASTHA

- Sushrutacharya says that Balanced doshas, balanced agni, balanced dhatus, proper malakriya, happy soul, and healthy mind and senses - this is called health.

- According to Charakacharya A person with balanced muscle mass, balanced bodily constitution, and strong senses is not overcome by diseases. They can tolerate hunger, thirst, heat, and cold, as well as exertion and physical activity. They are considered to have balanced digestion, balanced aging, and balanced muscle growth. The good digestion, assimilation of food and metabolism is also very important to stay healthy.

➤ **Agni**

- Agni in Ayurveda is correlated with **digestive power** of the body.
- Agni is basically divided into 3 types –
- **Jataragni** in maintaining metabolism, **Bhutagni** and **Dhatvagni** in maintaining the cellular metabolism.
- According to Yogaratnakara The root of strength for person is agni (digestive fire), and the root of life is retas (semen). Therefore, one should protect agni and shukra (semen) with utmost effort. This emphasizes the importance of maintaining a healthy digestive system (agni) and reproductive system (retas) for overall strength and vitality. It advises making a concerted effort to protect and preserve these vital energies.

➤ **Importance of agni**

- Longevity, complexion, strength, health, enthusiasm, and luster - these six qualities are attained through Rasayana (rejuvenation therapy).
- AYUR (longevity), VARNA (complexion), BALAM (strength), SWASTHYAM (health), UTSAHA (enthusiasm), and PRABHA (luster) - these six qualities are achieved through RASAYANA (rejuvenation therapy), which enhances the body's vitality and vigor. This highlights the benefits of Rasayana therapy in Ayurveda, which aims to promote overall health, wellness, and longevity. The six qualities mentioned are considered essential for a healthy and fulfilling life.
- OJAS (the radiant energy that sustains life), TEJAS (the luminosity that governs digestion and metabolism), AGNI (the digestive fire that transforms food into energy), and PRANA (the life force that vitalizes the body) - these four are said to be the causes of the bodily fire (metabolism), which is responsible for maintaining the physical body."
- When the fire (Agni) is calm, one dies; but when it is balanced, one lives a long and healthy life, free from diseases."

This emphasizes the importance of maintaining a balanced Agni (digestive fire) for overall health and longevity. When Agni is calm or extinguished, it can lead to disease and even death. But when it is balanced and in harmony, it sustains life and promotes health and well-being.

When the taste (svadu) is impaired, the root of Agni (moolam agnis) is disturbed, and therefore, disease occurs."

This highlights the importance of maintaining a healthy sense of taste for overall well-being. When the sense of taste is impaired, it can lead to digestive issues and ultimately, disease. The sense of taste is closely linked to the digestive fire (Agni), which is responsible for maintaining the health of the body.

➤ **Importance of Jatharagni –**

According to Charakacharya Anna (food) is the creator of all beings, and the one who cooks it is considered the lord of all cooks. The root of all beings is food, and from it, growth and decay occur. Therefore, one should carefully follow the rules of cooking and eating, using appropriate ingredients and fuels, to maintain the health and strength of the body, which is the foundation of life. This emphasizes the importance of food and cooking in maintaining the health and well-being of individuals. It highlights the role of the cook as a master of nourishment and the need to follow proper cooking and eating practices to ensure the growth and maintenance of the body.

➤ **Bala**

- According to Sushrutacharya there, where the essence of food (Rasa) and the elements (Dhatus) attain their highest radiance (Tejas), that is where Ojas, the vital energy, is produced, which is indeed the true strength, as stated in the established principles of one's own system (Svashatra). This highlights the importance of Ojas, the vital energy that is produced when the essence of food and the elements of the body attain their highest radiance. This energy is considered the true strength, as per the established principles of one's own system.
- The purest form of all the dhatus I.e. Oja is bala according to sushrutacharya. Which is **Tej mahabhut pradhan.**

➤ **Factors affecting bala**

- Rutu
- Prakruti
- Vay
- **Agni**
- Ahar
- **Vyadhikshamatva**

- Vyavay
- Dhatusara
- Trayopastambha
- Sama Upachit sharir
- Oja
- Nidra

Also **agni** is one of the important factors in **Balavruddhikar bhavas** mentioned in charak sharirsthan

➤ **Role of agni in vyadhi Utpatti**

- The **starting** point for **samprapti** of all the vyadhis is **Agnidushti**.
- Also, according to Hippocrates : All **diseases** begins in your **gut**.
- By these statements we can infer that almost **80%** of human **immunity** lies in **GI tract** ; Thus **functioning** of **jataragni** can be compared with the **GI tract immunity**.

➤ **Vyadhikshamatva**

Chakrapani says that ; Vyadhikarmanam (ability to cause disease / the potential to cause illness), Vyadhibalavirodhitvam (ability to resist disease), and Vyadhiutpadapratibandhakatvam (ability to prevent the manifestation of disease) - these three are the aspects.

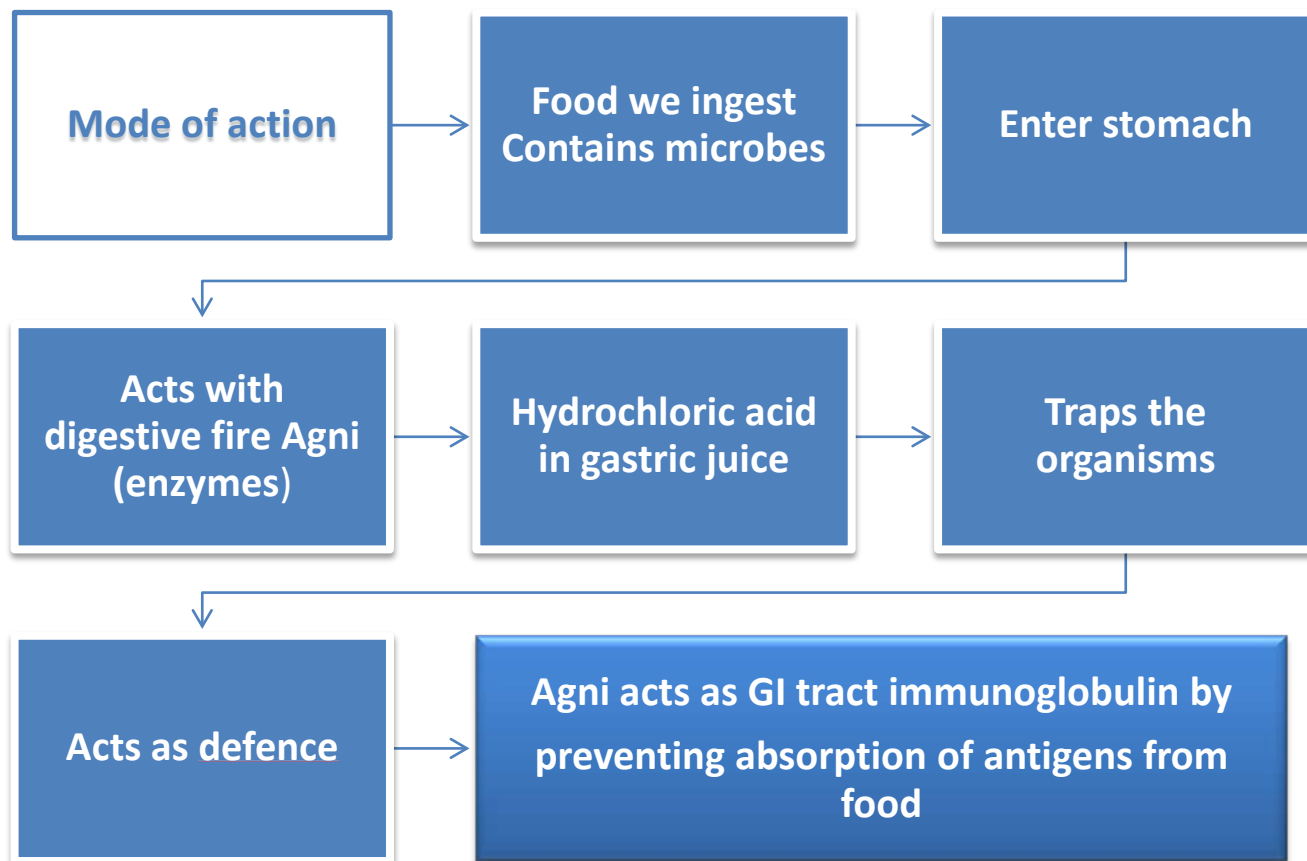
These aspects are crucial for understanding the causes and mechanisms of disease, as well as for developing strategies for prevention and treatment.

➤ **IMMUNITY**

- Ability of human body to resist almost all types of organisms or toxins that tend to damage the tissues and organs is called immunity.
- **Types of immunity -**
- Innate
- acquired.

➤ **Agni and Immunity**

- **Innate immunity** is a resistance that is pre-existing.
- **Agni** acts as a **chemical barrier** in stomach



➤ Role of agni in maintaining gut health

- Food, when consumed, nourishes the body and strengthens the life force. It gets digested by the digestive enzymes and becomes a homogeneous mixture, soft and subtle. The fire of digestion, kindled by the wind, cooks the food in a timely manner, leading to the growth and nourishment of the body. Just as a cook cooks rice and lentils in a pot, similarly, the digestive fire cooks the food in the stomach, leading to the nourishment of the body. Certain **foods** in daily intake are meant for **increasing** the quality to improve specific nutrition for these good gut bacteria says Charakacharya. This describes the process of digestion and how food nourishes the body, strengthening the life force and leading to growth and nourishment.
- The **good gut biome** is a part of the Agni where the **microorganisms boost** our **metabolism** and **breakdowns food**. They are supportive of and enhance the process of digestion.

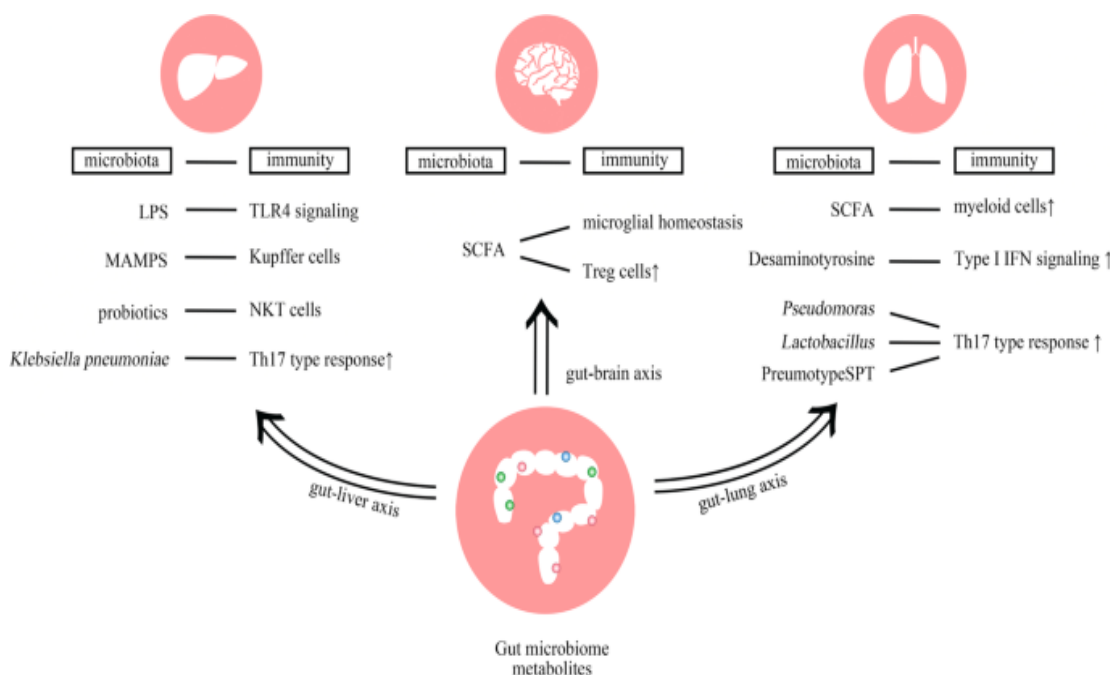
➤ Role of agni in maintaining gut health

- Food we ingest contains several **spices**.

- Spices are storehouse of **antioxidants, minerals and micronutrients** which **speed** ups our **metabolism**.
- **Actions** – Increases mucosal discharge
 - Blocks NfKB
 - Supresses anti-inflammatory cytokines
- Spices are of **Tikshna,Ushna and Agneya mahabhut pradhan** which acts on pathogens by destroying them and further **increase our immunity**.

➤ **Role of gut health in immune homeostasis**

- The **gut microbes** that resides in the gastrointestinal tract provides essential health benefits to its host, particularly by **regulating immune homeostasis**.
- Antigen presenting cells (**APCs**) having **co-evolved with microbes**.
- A **key feature** of intestinal APCs is their **ability to protect the body against infection** while still **maintaining immune tolerance** to the normal gut microbiota.
- **Types of bacteria in gut -**
 1. Good gut bacteria
 2. Bad gut bacteria



➤ **Role of gut health in immune homeostasis**

- The intestinal epithelium, consisting of a single layer of **IECs**, provides the primary **physical barrier**.
- Aside from their mechanical protective function, **IECs, though typically not classified as immune cells**, also have a number of immunoregulatory roles such as the **secretion of antimicrobial peptides, cytokines and chemokines**.
- A reduced proliferation rate and lower expression of antimicrobial genes of IECs was observed in GF and broad-spectrum antibiotic-treated mice. These data suggest that the **gut microbiota can condition the immunoregulatory roles** of IECs by regulating the expression of antimicrobial factors.

DISCUSSION

- Agni plays an important role in maintaining gut health and immune homeostasis.
- Mandagni leads to ama formation, due to its snigdha and guru guna, thus interfering the pH level of stomach and leads to amavisha the bacterial growth. Further causing allergic reactions, autoimmune and metabolic disorders.
- Good gut health leads to good immunity of the individual.
- Vyadhikshamatva, Agni, Sharir upachay i.e. metabolism are involved in preserving bala of the individual.
- Spices, Gut liver axis, gut brain axis, gut lung axis maintains healthy immune status of the body.
- In addition to immunological mechanism, the gastric juice, intestinal motility, bile and pancreatic secretion and intestinal microflora constitute an important line of defense against invasion of the gut by micro-organisms.

CONCLUSION:

- There is a role of Agni in boosting individual's immunity.
- Good gut health leads to good immunity.

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