ABSTRACT

There are various forms of consumable food like eatable, beverages, masticable and linctus food, when it is consumed in suitable quantity with free from contamination, undergo metabolic transformation by the effect of jatharagni, bhutagni and dhatvagni. Initially jatharagni stimulates bhutagni as all consumed foods are panchbhoutika. It has to undergo transformation by the respective bhutagnis, it becomes easy for tissue metabolism by dhatvagni. Then processed metabolic product circulates inside the srotas (channels) continuously by the help of vatadosha. Jatharagni is the chief among all types of agnis because bhutagni and dhatvagni depend on it. Aggravation of jatharagni becomes cause of aggravation of bhutagni and dhatvagni. So one has to protect jatharagni by consuming suitable wholesome dietetic and behavior. Its contradictory one, who consumes unwholesome diet due to greed, succumbs to disease caused by the vitiation of grahni (small intestine). Agni dushti is one of the causative factors for the many diseases. Therefore understanding of agni is major concept for understanding of disease process to prescribed principle management.

Key words: Agni, jatharagni, metabolic transformation.

INTRODUCTION: Power of agni determines the quantity of food to be consumed. Agni is based on power of digestion such as uttam (superior), madhyama (moderate) and avara (inferior) and accordingly it digest the food. Normalcy of agni is responsible for strength, health, longevity and vital breath. It should be protected by proper intake of foods and drinks because these act as a fuel. If person deprived of food and drinks, agni become disturbed and become the cause of various diseases.

Food substances are composed by five mahabhutad and specific Agni’s panchmahabhuta helps in the digestion of their respective food ingredients after getting stimulation from jatharagni. Food enters the koshtha where the food is get disintegrated by fluids and softened by unctuous substances by the help of Pranavayu. Samanavata stimulates the jatharagni which is situated in amashaya, and then proper digestion process is start. When food consumed in appropriate quantity along with appropriate time and is in normal condition, it is as promoter of longevity.

AIMS AND OBJECTIVES:
1. To understand the of concept of agni
2. To understand clinical significance of agni.

MATERIALS AND METHODS: Different ayurvedic texts are referred to fulfill this part. The main ayurvedic texts used in this study are Charaka Samhita, Susruta Samhita, Astangsangraha, Parameswarappa’s AyurvediyaVikritiVigyan and
RogaVigyan, commentaries of Samhita’s etc.

Process of metabolic transformation to form respective dhatus: The seven varities of dhatu (tissues) supports and sustains the life of the body and these undergo metabolic transformation in two different ways i.e. kitta (waste product) and prasada (nutrient portion). The nutrient portion of rasa (essence of food) provides nourishment to rakta (blood), from rakta to mamsa (muscles tissue) , mamsa to medas (adipose tissue), meda to asthi (connective tissue), asthi to majja (bone tissue) and majja to sukra (semen) and from sukra , foetus is the outcome. Metabolic transformation from rasa to sukra has been explained by Acharya Charaka as followes. The rasa, essence of food convert into rakta by the effect of heat generated by pitta. The rakta transforms into mamsa by vata, jala & tejas and brings compactness. The mamsa is cooked by its own heat and gets transformed into medas. This helps in the excitement of liquidity and unctuousness by jalamahabhuta. Meda brings compactness by the action of the heat present in meda by prithvi, jala, vayavyamahabhuta. This converts in asthidhatu. All combined together and gives rise to hardness and roughness in asthidhatu. Porosity develops inside the bone with the help of vayu and porous space gets filled up with medas. This unctuous substance is called majja. Then sukra is formed by essence of majjadhatu. The whole body is pervaded by srotas (channels) and sukra moves from its own path. When person excited due to sexual urge, determination and amorous mental attitude, sukra comes out and reaches the testicle through semen carrying channels.

During sexual intercourse sukra displace cause of heat generated through act of copulation and also liquefies the sukra just like heat liquefies ghee. Sukra comes out from testicle just like water flows from higher altitude to lower altitude.

Role of agni in the development of disease: Almost all diseases arise due to sluggish function of agni specially udararoga. Jatharagni is the chief among of three types of agni. It is responsible for disease and health. Normal condition of agni is responsible for longevity, complexion, strength, health, enthusiasm, well built, luster, and immunity. Bhutagnis, dhatvagnis and all vital functions are dependent on jatharagni. Healthy state of body and diseased condition is entirely dependent on agni. The three diseases piles, diarrhea, and grahani are inter-dependent in as much as one of them can cause the other. They get aggravated if there is reduction in the power of digestion and the power of digestion is increased they get cured. Therefore agni should be specifically protected for these tree ailments.

Rasadhatu circulates all over the body with the help of vyanyvata. If any abnormality occurred in the rasavahasritas (channels carrying rasa) as a result diseases manifest. Bodily humours vata, pitta and kapha moves inside the srotas to perform their normal functions at different places. Healthy srotas perform their normal function, as a result body is free from diseases and unhealthy srotas become root cause for the development of pathogenesis.

If srotas becomes abnormal, it brings abnormality in normal dhatu. Srotas vitiates other srotas, dhatus vitiate other dhatu because of disturbed doshas. Doshas gets aggravated by the disturbed functions of agni. Hence, life
span, health, strength and nourishment etc. are depends on agni.

Agni Pariksha (clinical examination of agni): Pachakagni is responsible for digestion and metabolism. It is of four kinds based on the involvement of dosha.
1. Samagni- It is not associated with dosha. It is physiological state of agni.
2. Vishamagni state is due to vata. It is the state in which, improper digestion and metabolism takes place i.e. sometimes performs normal functions followed by abnormal one and manifest flatulence, abnormal pain, upward movement of vata inside the koshtha, diarrhoea, heaviness in abdomen, intestinal gurgling and straining exercise for evacuation of stools.
3. Tikshanagni state is due to pitta, in which hyper functioning of digestion and metabolic activities are observed. In this agni digestion happens quicker. More quantity of consumed food also digests very quickly.
4. Mandagni state is due to kapha, in which digestion process become weak and takes a long time to digest the less quantity of food and manifest heaviness in abdomen and head, dyspnea, excessive salivation, vomiting and weakness of the body.

Vishamagni, tikshanagni and mandagni are the pathological conditions developed due to abnormality in dosha. Irregular digestion and metabolism causes imbalance in dhatus. The intense digestion & metabolism and less consumption of food lead to depletion of dhatus. Prakriti-wise state of agni is shown in table 1.

Table-1 State of Agni prakriti-wise

<table>
<thead>
<tr>
<th>Prakriti</th>
<th>State of Agni</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vata</td>
<td>Vishamagni- (irregular condition of gastric fire)</td>
</tr>
<tr>
<td>Pitta</td>
<td>Tikshanagni- (acute condition of gastric fire)</td>
</tr>
<tr>
<td>Kapha</td>
<td>Samagni – (normal condition of gastric fire)</td>
</tr>
<tr>
<td>Sama</td>
<td>Mandagni – (the weak gastric fire )</td>
</tr>
</tbody>
</table>

RESULT AND DISCUSSION: Agni literally means fire and in human beings it denotes the power of digestion, metabolism and assimilation. Abnormality in agni produces disease and its destruction causes death. Agnivaishamya leads to production of ama. Ama is said to the root cause of all diseases. Our lifestyle changes with developing science and technology i.e. polluted air to breath, morbid food to eat and toxic water to drink. This lifestyle increases obesity, cardiac disease, diabetes and many more. So we require living a healthy life. Now, modern medicine advocates dietary and life style management for the restoration of health. Ayurveda gives the new direction for planning and management of such diseases. In Ayurveda, whole treatment is based on agni. Every transformation in the body takes place with agni. Agni is present in every cell of the body. When agni is in balance state, maintains healthy condition in the body. Due to hypo functioning of agni, proper digestion of food does not take place, leading to formation of ama, which is responsible of the manifestation of almost all disease. Therefore
understanding the concept of agni and its clinically significance is very essential for Ayurveda physician. One can evaluate state of agni in the body on the basis of specific signs and symptoms (Table-II and Table III).

Table-II State of Agni Age-wise

<table>
<thead>
<tr>
<th>Age</th>
<th>State of Agni</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vriddha (old age)</td>
<td>Manda</td>
</tr>
<tr>
<td>Yuva (youthful)</td>
<td>Tiksha</td>
</tr>
<tr>
<td>Bala (child)</td>
<td>Manda</td>
</tr>
</tbody>
</table>

Table-III Pathological state of Agni

<table>
<thead>
<tr>
<th>Pathological condition</th>
<th>State of Agni</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypo-secretion of digestive enzymes</td>
<td>Manda</td>
</tr>
<tr>
<td>Hyper-secretion of digestive enzymes</td>
<td>Tikshan</td>
</tr>
<tr>
<td>Irregular secretion of digestive enzymes</td>
<td>Visham</td>
</tr>
</tbody>
</table>

CONCLUSION: Ayurveda describe agni as vital component which help in digestion of food and responsible for metabolic activities. Agni converts food in the form of energy which responsible for physiological functioning of body. Agni contributes to the strength, luster, oja, teja and prana. Samagni, in which doshas are in equilibrium state and perform normal digestion and metabolic functions while remaining three types produce diseases. Ajirna, amadosha, alsaka, vishuchika urustambha and grahniroga are manifest due to mandagni. Proper diet helps to manage disease of agni.

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