

Available online on 15.06.2019 at <http://jddtonline.info>

Journal of Drug Delivery and Therapeutics

Open Access to Pharmaceutical and Medical Research

© 2011-18, publisher and licensee JDDT, This is an Open Access article which permits unrestricted non-commercial use, provided the original work is properly cited

Open  Access

Review Article

Agni Dushti and Associated Diseases: An Ayurveda Perspective

Dr Ashish Tiwari^{1*}, Dr Rohit Khatik², Dr. Neeraj Kanungo³, Dr. Viajayata Kanungo⁴¹ Lecturer, Rog Nidan & Vikriti Vigyan, Government Autonamas Ashtang Ayurved College and Hospital, Lokamany Nagar, Indore (Madhya Pradesh) India.² Lecturer, Agad Tantra, Government Autonamas Ashtang Ayurved College and Hospital, Lokamany Nagar, Indore (Madhya Pradesh) India.³ Assistant Professor, Department of Kayachikitsa, Government Autonamas Ashtang Ayurved College and Hospital, Lokamany Nagar, Indore (Madhya Pradesh) India.⁴ Assistant Professor, Department of Panchkarma, Pt. Shivshakti Lal Sharma Ayurved College and Hospital, Ratlam (Madhya Pradesh) India.

ABSTRACT

The medical system of India Ayurveda encompasses traditional knowledge about diseases and their management, in this regards Ayurveda science mentioned different theories and principles related to healthy living. Furthermore Ayurveda emphasized various concept related to normal or abnormal physiological functioning of body and *Agni* is one of such concept. The digestive & metabolic activities of body govern through the *Agni* which not only perform digestion and assimilation of food but also contributes greatly towards the growth and development of body. The normal functioning of *Agni* provides *Bala*, *Ayu*, *Swasthyam*, *Ojha*, *Utsaha*, *Teja* and *Prabha* thus help to maintain good physical and mental status. On the other hand improper functioning of *Agni* leads *Agni Dushti* which is the major causative factor for many digestive and metabolic ailments. The *Agni Dushti* and diseases associated with disturbed functioning of *Agni* increasing day by day due to the unwholesome consumption of dietary materials. Considering this aspect present article summarized some clinical manifestation of *Agni Dushti*.

Keywords: *Ayurveda, Agni, Agni Dushti, Digestion.***Article Info:** Received 28 April 2019; Review Completed 29 May 2019; Accepted 03 June 2019; Available online 15 June 2019

Cite this article as:

Tiwari A, Khatik R, Kanungo N, Kanungo V, *Agni Dushti* and Associated Diseases: An Ayurveda Perspective, Journal of Drug Delivery and Therapeutics. 2019; 9(3-s):881-884 <http://dx.doi.org/10.22270/jddt.v9i3-s.2846>

*Address for Correspondence:

Dr Ashish Tiwari, Lecturer, Rog Nidan & Vikriti Vigyan, Government Autonamas Ashtang Ayurved College and Hospital, Lokamany Nagar, Indore (Madhya Pradesh) India.

Introduction

As per the traditional belief, inculcate by Ayurveda science the status of health merely depends upon *Dosha*, *Dhatu*, *Shrota* and *Agni*, etc. Amongst them the *Agni* is one of the important aspect which affects health status of human being up to great extent. As per modern science *Agni* can be correlates with digestive fire mainly performs functioning of digestion & metabolism. *Jatharagni*, *Dhatwagni* and *Bhutagni* are major types of *Agni* which generates metabolic transformations (*Ahara paka*) and this metabolic transformation of ingested foods provides nutrition to body. If formation of *Ahara paka* not take places properly due to the improper digestive fire (*Agni Dushti*) then abnormal physiological functioning may be observed. *Agni Dushti* can lead *Doshas*, *Dhatus* and *Malas Dushti* results various pathological manifestations. *Samagni*, *Vishamagni*, *Tiksnagni*

and *Mandagni* are various stages of *Agni* which contributes differently towards the health status of human being [1-5].

Samagni resembles normal stage of *Tridoshic* equilibrium where digestion process takes places properly. The *samagni* considered responsible for normal physical and mental status of body. *Samagni* provides *Prana*, *Tejas* and *Ojas*.

Vishamagni resembles difference in potency of *Agni*; there is instant change of stage of digestion to loss of digestion. *Vishamagni* not offers beneficial effects to health.

Tiksnagni is the state of strong digestion which mainly associated with *Pitta*, in this stage person can digests heavy foods in quick period of time.

Mandagni resembles state of *Agni* where its potency diminishes, in this stage rate of digestion and metabolism decreases resulting *Apakwa* followed by production of *Ama*.

Samagni provides desired health benefits of ingested foods while all other stages of *Agni*; *Vishamagni*, *Tiksnagni* and *Mandagni* can sometimes leads abnormal conditions of digestions and metabolism, out of that *Mandagni* is major factor associated with pathological manifestation of digestive fire means conditions of *Agni Dusthi*. *Aamdosa*, *alasa*, *aamvisha*, *Agirana*, *sokajatisar*, *urustambh*, *ghradhnirog* and *visuchika* etc. are diseases related to *Agni Dushti* [2-6].

Factors which triggered *Agni Dusthi*

1. Disturbed pattern of daily regimen and stressed life style.
2. Consumption of unwholesome diet & *Virudha Ahara*.
3. Eating foods too fast or involvement in activities while taking foods.
4. Fasting, irregular dietary timing or consumption of *Snigdha* food.
5. Diet which is not according to *Prakriti* of an individual also triggers *Agni Dushti*.
6. Psychological factors such as; anger, greed, anxiety, grief and depression can also lead digestive ailments.
7. Consumption of food in unhygienic conditions which can leads infections.
8. Presence of other diseases which directly affect digestive functioning.

Addition to above mentioned factors the *Tridoshic* predominance of an individual also associated with the diversified conditions of *Agni Dusthi* as presented below in **Table 1**:

Table 1: Correlation between *Agni Dusthi* and *Doshic* predominance

S. No.	<i>Doshic</i> predominance	<i>Agni Dusthi</i>	Associated pathology
1	<i>Vata Prakriti</i>	<i>Vishamagni</i>	disturbed digestive & metabolic activities
2	<i>Pitta Prakriti</i>	<i>Tikshnagni</i>	Hyper-metabolism
3	<i>Kapha Prakriti</i>	<i>Mandagni</i>	Hypo-metabolism and loss of appetite

Pathological manifestations of *Agni Dushti*:

1. Acidity, *Daha* and other *Pitta rogas* can be observed when *Agni Dushti* occurs.
2. *Udargata roga* and other *Vata dosha*.
3. Anorexia, *Aam* and other *Kapha rogas*.
4. *Srotorodha*, *Rasa dhatu dushti*, *Balabhrams*, *Anilmudhata*, *Nisthiva* and *Aruchi*.

Common threats of *Agni Dushti*; *Amlapitta*, *Ajirna* and *Grahani Dosha*

There are various health related problems which can occur due to the *Agni Dushti*, out of that *Amlapitta*, *Ajirna* and *Grahani Dosha* are most common, **Figure 1** depicted general pathological progression of such diseases [3-7].

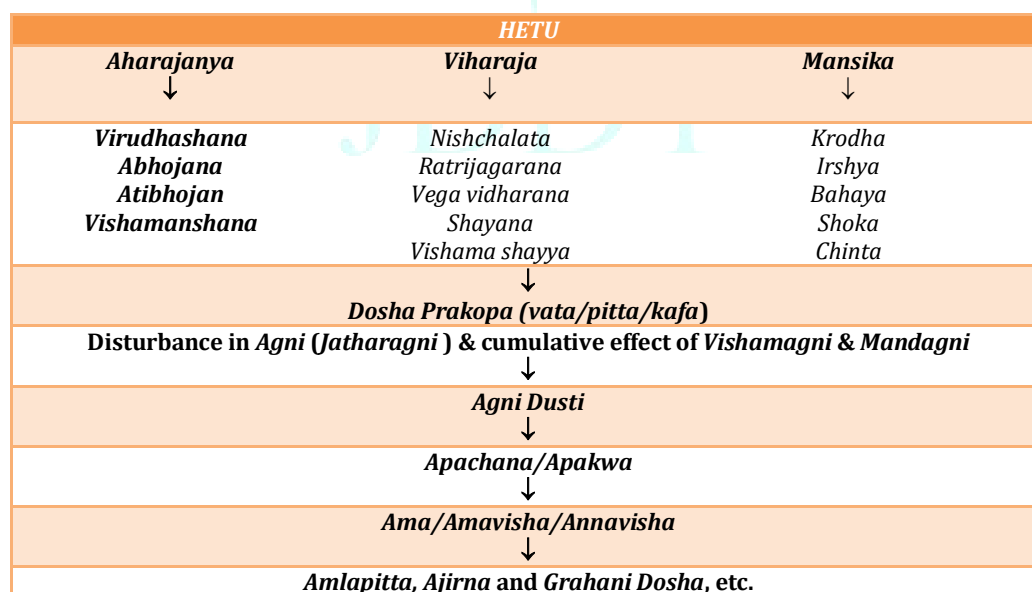


Figure 1: Pathogenesis of diseases associated with *Agni Dusti*.

AMLAPITTA

Amlapitta is one of the consequences of *Agni Dushti* which mainly affect *Annavaaha Srotas* and can be correlates with acid peptic disorders of modern science. *Amlapitta* can occur through the various factors including physiological, environmental and psychological, etc. The major *Samprapti-Ghatak* (pathological entity) of disease is as follows:

Samprapti-Ghatak

Hetu:	Agnidustii & mainly Agnimandhkarak.
Adisthan:	Mahasrotas especially Grahani.
Dosa:	Tridosha.
Dusya:	Anna & Rasa.
Srotas:	Annavaah.

Ajirna followed by *Ama* manifested major symptoms (*Lakshanas*) of *Amlapitta* which are *Trsna*, *Sweda*, *Murcha*, *Daha*, *Utklesha*, *Amlodgara*, *Tiktodgara*, *Gaurava*, *Kanta Daha*, *Aruchi* and *Hritdaha*.

Balanced pattern of daily regimen, happiness and keeping stress away are the major psychological factors which can help in disease condition. Similarly consumption of balanced diet, avoidance of irregular dietary regimen and diet that suit to individual constitution (*Prakriti*) help to prevent disease occurrence. Moreover use of Ayurveda formulations and maintenance of hygienic conditions also suggested in *Amlapitta* [5-7].

AJIRNA

Ajirna is another consequence of *Agni Dushti* originates due to the digestive insufficiency (*Mandagni*). *Ajirna* associated with irregular digestion of ingested food and prolog situation of *Ajirna* can lead production of *Ama* which circulates through the *Srotas* and affect normal physiological functioning of body. *Ajirna* can vitiate *Dosas* associated with *Malavibandha* and *Apanavayu* obstruction. The major *Lakshanas* of *Ajirna* are; *Avipaka*, *Shaithilya*, *Shirasula*, *Bhrama*, *Murchha*, *Trisna*, *Jwara*, *Bhrama* and *Aruchi*.

Ayurveda suggested preventive measures such as; good conduction of *Dincharya*, *Ritucharya*, *Ratricharya* and *Sadvrita* along with drug therapy for the management of *Ajirna* [8, 9].

GRAHANI DOSHA

Grahani Dosha is one of the most common pathological consequences of *Agni Dushti*, it mainly affect children and considered as a disorders of *Annavaaha Srotasa*. The faulty dietary habits; *Adhyashana*, *Samashana* & *Viruddhashana* along with imbalanced life style pattern; *Ratri Jagarana* and *Vega Vidharana*, etc. considered as responsible factors for *Grahani Dosha*. Children are more susceptible to get affected by *Agni Dushti* since they have diminishes state of *Bala* therefore prevalence of *Grahani Dosha* is mainly found in children. *Apachana*, *Annavaisha* and *Ama Utpatti* are major pathological association of *Grahani Dosha*. *Muhurdravam Mala Pravritti*, *Alasya*, *Arochaka*, *Mukha Vairasya* and *Trishna* are main symptoms of *Grahani Dosha*.

The pathological components of *Grahani Dosha* are as follows:

Samprapti-Ghataka

Hetu:	Aharaja and Viharaja
Dosha:	Kledaka Kapha & Pachaka Pitta

Dushya:	Rasa
Srotasa:	Annavaaha Srotasa
Udbhavasthana:	Amashaya

Ayurveda recommended conduction of disciplinary life style along with good dietary habits in the management of *Grahani Dosha*. While use of *Deepaniya*, *Pachaniya*, *Brimhaniya* and *Vatanulomana* drugs also suggested for symptomatic relief in *Grahani Dosha* [9-11].

Natural drugs for Agni Dushti

It is believe that drugs having *Tikta Rasa*, *Tikshna Guna*, *Ushna Virya* and *Katu Vipaka* along with *Deepana* & *Pachana* properties helps greatly in the prevention of diseases associated with *Agni Dushti*. The natural remedies recommended in digestive problems are as follows:

- ❖ Ayurveda prescribed use of herbs such as; *Clove*, *Chitrak*, *Asafetida* and *Ginger*, etc. to potentiate *Agni*.
- ❖ Cumin, fennel and coriander improve digestion acts as carminatives; alleviate gas and maintain *Samana vayu*.
- ❖ Gentian and *Kutki* used as bitter herbs to relief burning sensation.
- ❖ Ayurveda preparation such as; red coral, *Praval Pishti* and *Dadimastaka Churna* help in acidity and *Daha*.
- ❖ *Lavaṇabhaskara Curṇa* or *Ajamodadi Curṇa* with warm water relief in *Grahani Dosha*.
- ❖ *Tekarajamarica Curṇa* with honey balances digestion.
- ❖ *Citrakadi Vaṭ* or *Agnituṇḍi Vaṭi* before meal boosts metabolic activities.
- ❖ *Jirakadyariṣṭa* after meal also recommended in *Agni Dushti* [6-10].

Conclusion

Ayurveda considered *Agni* as a vital entity of human body which not only help in digestion of ingested food but also responsible for various metabolic activities. The transformation of food into nutritional energy takes places through *Agni* which further govern normal physiological functioning of body. The disturbance in *Agni* leads *Agni Dushti* which further accumulates many pathological ailments such as; *Agirana*, *alasa*, *aamvisha*, *aamdosa*, *visuchika*, *urustambh*, *ghradhnirog* and *sokajatisar* etc. Ayurveda remedies along with good conduction of *Aahar* and *Vihara* can help in the management of diseases associated with *Agni Dushti*.

References

1. Dr. Narendra Shanker Tripathi, Concept of agni in ayurveda, Asian Journal of Modern and Ayurvedic Medical Science Vol.1, no.1, July 2012.
2. Kunte AM, Sastri KR, editors. Ashtanga hrdaya (A Compendium of the Ayurvedic System) of Vagbhata, 'Sarvanga sundra' of Arunadatta and 'Ayurvedarasayana' of Hemadri. Varanasi: Chaukhamba Surbharti Prakashan; 2002. p. 193.
3. Agnivesa, Charaka Samhita with elaborated Vidyotini Hindi commentary by Pt. Sastri Kasinath and Dr. Chaturvedi Gorakha Natha: Chaukhambha Bharti Academy, Varanasi: Part-II, Edition-20, 1994.
4. Charaka Samhita with Ayurvedepika commentary by Chakrapanidutta, Edi. By Vd. Acharya, Chaukhambha Sanskrit Sanstana, Varanasi, 2001.
5. Sri Madhavakara, Madhava Nidana, Madhukosha Sanskrit Commentary of Srivijayaraksita and Srikanthadatta,

- Chaukhambha Prakashan, Varanasi, Reprint-2013, Part:2, Chapter- 51, Pp:606, Pg: 203.
6. Agnivesha, Charaka Samhita, Ayurveda Dipika Commentary of Cakrapanidatta, Edited by Vaidya Jadavji Trikamji Acharya, Choukambha Krishnadas Academy, Varanasi, reprint-2015, Sareera Sthana- 6/14, Pp: 738, Pg: 332.
 7. Alpesh P Sorathiya, SN Vyas, P.S.N Bhat, A Clinical Study son the Role of Ama in Relation to Grahani Roga and its Management by Kalingadi Ghanavati and Tryushnadi Ghrita, Ayu, 2010; 31(4): 451-5.
 8. Rashmi Shriwas, Sanjay Shukla, Rupendra Kumar Chandrakar, Harikrishna Shrivastava, etiopathological study of most common digestive disorder *Ajirna* (indigestion) IJAPR, 2018; 6: 84.
 9. Kashyapa Samhita (Vridhdha Jeevakeeya Tantra), text with English Translation and Commentary, By Prof. P.V.Tiwari, Chaukhambha Vishvabharati, Varanasi, Reprint ed. 2013.
 10. Sushrut Samhita – Ayurved tattva Sandeepika with hindi commentary and Hindi Translation of Sanskrit introduction By Kaviraj Dr. Ambika Datt Shastri, Chaukhambha Sanskrit Sansthan Varanasi, Reprint ed. 2011.
 11. Vaidya Ranajeetrai Desai; Ayurvedeeya Kriyasharira 8th ed. Shri Baidynath Ayurveda Bhavan Ltd. Nagpur, 1999.

