

ROLE OF AGNI IN NCD W.S.R. TO HYPERTENTION**Dr. Himandri Yadu*¹, Dr. R. Chandrakar², Dr. Smt. G. Ratre³ and Dr. Deepak Sahu⁴**M.D. Scholar¹, Reader², Reader³, M.D. Scholar⁴
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ABSTRACT

In Ayurveda Agni is described as a sign of life of our body. There are 13 types of Agni, Jathragni, Dhatvagni, and Bhootagni, among which the Jathragni is major, doing enzymatic action. Dhatvagni works at molecular level and Bhootagni works at cellular level. As agni is used in the sense of digestion of food and metabolic end products, but when the agni of person is vitiated, the whole metabolism get disturbed and this disturbance causes NCD (Non-communicable disease). NCD means non-infectious disease which cannot be transmitted from one person to another such as CVS, Chronic respiratory disease diabetes mellitus, cancer. Nearly 80% of death occur due to NCD in developing country People of all age groups are vulnerable to risk factor contributing to NCDs whether it is from unhealthy diet, physical inactivity, exposure to tobacco, smoke or harmful use of alcohol. As per Ayurveda this shows not following of Dincharya, Ratricharya, Reetucharya, which indicates vitiation of agni and causing metabolic disturbances, hampering metabolic function causing raised blood pressure i.e. Hypertension. Importance of Agni in NCD mainly in Hypertension can be understood as not taking proper diet and not doing physical activity as per Dincharaya, Ratricharya, Ritucharya causing MANDAGNI and we know that the root cause all disease is MANDAGNI which cause metabolic disturbances and cause NCD which include Hypertension. When Jatharagni gets mand the enzymatic action gets hamper and disturbs Renin-Angiotensin converting enzyme mechanism resulting Hypertension. Jatharagni also affects the Dhatvagni and this Dhatvagni mandata affects the Mansadhatugat agni not allowing it to function properly, the Maans dhatu gets harder causing hardening in blood vessel, causing arteriosclerosis which is the main cause of Hypertention.

KEYWORD: NCD, Agni, Hypertension.**INTRODUCTION**

Acharya charaka mentioned that after the stoppage of function of agni the individual dies and when the Agni of a person is sama the person would be absolutely healthy and live a long life. Agni is the cause that digests and metabolizes the ingested food and convert in to energy for vital activities.

In Ayurveda there are mainly 13 types of agni –

- JATHARAGNI- refers to the whole process of GIT
- BHOOTAGNI – Refers to the final digestion of GIT
- DHATAVAGNI – Refers to the tissue metabolism.

On the basis of function agni are of 4 types –

- SAMAGNI – Normal secretion of digestive enzyme. It is healthy state of life.
- MANDAGNI – Hyposecretion of digestive enzyme
- TIKSHNAGNI – Hypersecretion of digestive enzyme.
- VISHAMAGNI – Irregular secretion of digestive enzyme.

When the agni of a person is vitiated the whole metabolism in the body will be disturbed this metabolism disturb causing NCD. NCD is non communicable disease or the diseases which are non infectious and cannot be transmitted form one person to another. NCD are mainly caused by genetic or life style disorders. Life style disorders that is todays everyone life is disturbed from the morning we arise to the late night, we go to the bed, taking unhealthy diets, not doing proper physical activity, addict to tobacco, smoke or harmful use of alcohol this all vitiates agni.

The main four types of NCD are –

1. CVS
2. Chronic respiratory disease
3. DM
4. CANCER

Hypertention is also included in NCD. Hypertension is silent killer of mankind. HTN is leading cause for CVS and stroke.

HTN is directly responsible for 57% of stroke death and 24% of all coronary heart disease death in India.

HTN is a condition in which the blood vessels have persistently raised pressure, having mean blood pressure of 140/90 mm of hg or higher it is classified as primary or essential HTN and secondary HTN 59%.

MATERIAL/ METHOD

This concept is based on review of Ayurvedic text. Material related to Agni and other relevant topics have been collected and compiled. The main Ayurvedic text used are from Charaka Samhita, Sushruta Samhita, Vagbhata Samhita and Madhava Nidan.

AIMS/ OBJECTIVE

To understand the importance of Agni in NCD and how it causes hypertension so that if we can balance the Agni i.e. maintaining it in the same condition to live a long life.

DISCUSSION

As we know due to not following of Dinacharya, Ratricharya and Ritucharya, the normal physiological mechanism of body is getting disturbed along with that the normal digestion process is also getting disturbed causing Ajeerna and Mandagni.

According to Vagbhata "rogha sarvo aapi mandagni jayate" the root cause of all disease is mandagni when there is than Jatharagni manda it directly affects the Dhatwagni and due to diminution of Jatharagni the Rasa Dhatu not form properly and Anarasa undergoes fermentation and putrefaction being retained in the Amasya (stomach) this state of Rasa that is improperly digested is Aama.

Like Kapha Aama is heavy (guru), moist (snigdha), sticky (sleshmana), and cold (shita) in nature. There for Aama typically associated with Kapha before the two dosha that is Vata and Pitta. Aama initially accumulate in the digestive tract but later on Aama functioning same as Kapha can enter other Srotas that is channel of the body such as, blood vessels, capillaries and lymphatics where it can create obstruction functional and structural abnormalities. According to Madhava Nidana when Aama is allowed to accumulate in Dhamnies (circulatory channels) they become congested and hardened Dhamani Praticaya (thickening) and Dhamani Kathinya (narrowing) that is Artherosclerosis and Arteriosclerosis which are the main pathological features of HTN.

Two types of cholesterol are found in body that is HDL and LDL.

HDL is a good and LDL acts as enemy to our body.

Although the body needs LDL in a little bit amount to build the cells on the walls of blood vessels but if it gets excess it accumulates in the blood vessels and block the blood flow causing HTN and heart disease. As in Ayurveda function of Medovaha Srotas is closely related lipid metabolism and abnormal lipid metabolism is due

to Medhodhatugat Agni Mandhya thus for the treatment of such type of NCD one should focus of Agni Bala of person, as in Ayurveda Jatharagni regulates the other Agnies.

Jatharagni has enzymatic action if its get manda the enzymatic action of our body gets hampered it also affects the normal rennin angiotensin converting enzyme which results to HTN.

Aama produce by Mandagni mainly aggravates the Kapha this Kapha Prkopa will obstruct the normal flow of Pitta and Rakta as Rakta and Pitta has the similar properties Drava in nature they combine together and increase together causes increase the blood volume resulting HTN.

CONCLUSION

It is logical conclusion that Aama produce due to the Mandagni (hypofunction) of Agni at any level of Pakva creating unwanted chemical substance which affects the function of others Agni leading to various metabolic disorders. Many Acharyas have tested the principle of Agni as a Mool, then they given it a place in Ayurvedic Samhita but now a day's prone to do thinks that are harmful to body constitution specially Agni of our body there by increasing the incidence of susceptibility to NCD so physician has to know the importance of Agni so they can prevent all the diseases.

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