

ETIOLOGICAL FACTORS OF AJIRNA

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ABSTRACT

Ayurveda Consider health and disease both as the product of food and life style. Today when population is moving with modernization in the 21st century a lot of new diseases emerge out due to faulty lifestyle, improper diet and unhealthy food, lack of exercise, mental stress and sleep. All disturbs the biological Clock of human being and produce many new lifestyle diseases. *Ajirna* is the one of the most common disease, which is originate from digestive insufficiency due to all about factors of modern era. The definition of health in *Ayurveda* goes like this

समदोषः समाग्नीश्च समधातु मलक्रिया । प्रसन्नात्मैन्द्रिय मन स्वस्थइतिऽभिधीयते ॥^[1] (सु.सू.15/41)

Ayurveda has given the prime importance to *Agni* as it is one of the basic biological elements of the living body. Its own physical characteristic, location and function and secretions like digestive juices and enzymes which participate in the digestive and metabolic function. *Ayurveda* consider that no disease ever be develop without the derangement of *Agni*. *Ajirna* arises as a result of less, excessive and long term of the situation production of *Amadosha* and circulate all over the body. Further *Amadosha* combined with other *Doshas* and *Dushyas* vitiated them and produce many diseases. According to *Ayurveda* root cause of many diseases is *Ajirna*. That's why we study about *Ajirna* and etiological factors of *Ajirna*.

KEYWORDS: *Ajirna, Agni, Ama, Agnimandya.*

INTRODUCTION

Ayurveda defines indigestion as *Ajirna*, which simply means a state of incomplete process of digestion of ingested food. The reason for indigestion or *Ajirna* is said to be *Agnimandya* (weakened digestive fire)^[2] It explains that when there is incomplete metabolism due to weakened digestive fire. It leads to unprocessed food leading to *Ajirna*.

Concept of Agni

Power of *Agni* or normal condition of *Agni* is responsible for strength, health, longevity and vital breath. Food undergo metabolic transformation by the effect of *Jathragni*, *Bhutagni* and *Dhatvagni*. *Jathragni* is the main principle substance responsible for disease and health. *Jathragni* is the chief among all types of *Agni*'s because function of *Bhutagni* and *Dhatvagni* depends on this aggravation of or diminution of *Jathragni* results in aggravation or diminution of *Bhutagni* and *Dhatvagni*.

Ajirna Hetu

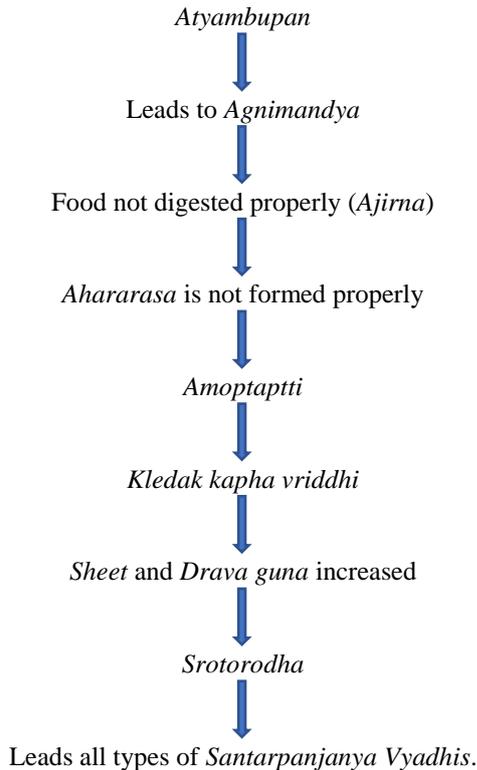
The *Aharaj* and *Viharaj Hetu's* of *Ajirna* (*Atyambupan*, *Vishamashan*, *Divaswap*, *Sandharan* and *Swapnaviparyaya*) and *Manasik hetu* (*Irshya*, *Bhaya*, *Krodh*)^{[3][4]} and the person who suffering from the disease, which may lead into the *Agnimandya*. According to *Acharya Vagbhata Aharaj hetu* of *Ajirna* (taking

food in large quantity, *Amadosha*, *Guru*, *Ruksha Sheet*, *Ashuchi* i.e. unhygienic, Excess quantity of water) and *Mansik hetu* (*Shok*, *Krodh*)^[5] According to *Ayurveda* most of the disease generates through this reason.

अत्यम्बुपान (Excess intake of water)

It becomes a new lifestyle or misunderstanding about intake of water, causing a disease like *Ajirna*, *Grahani*, *Pratishyay*, *Amlapitta*, *Chhardi* etc. *Ambu* when taken in a proper way, proper quantity, proper time, it acts as a life, Quantity of water consumption depends upon *prakruti*, *rutu*, *desh*. *Atyambupan* leads to *Santarpanjanya Vikar*. It may be drinking of water for no. of times or drinking in large quantity at a time. Now a day people used to drink lot of water in a day and also in the morning. There is great misunderstanding in people's mind that to drink about 1-2 lit of water in the morning is best for our health. Drinking lot of water flushes all the waste products, infections, toxins from our body through urination and defecation. It reduces weight and keep themselves hydrated. Along with water, excess intake of cold drinks, fruit juices also come under the *Atyambupan*.

Consumption of water in the morning leads to *agnimandya* as morning time is *kapha kal*, causes *kapha vikaras*.^[6]



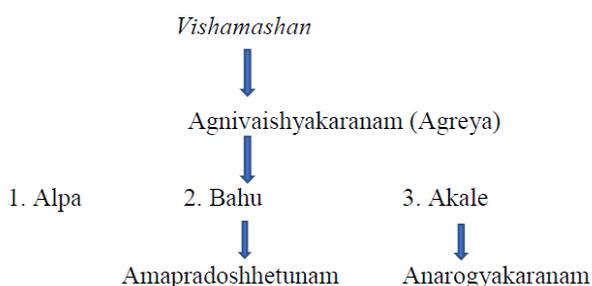
VISHAMASHAN

According to *Acharya Vagbhata*,

अकाले बहुच अल्पं भुक्तम तु विषमाशनम् ।^[7]

Vishamashan is one type of *apathya* in terms of timing and quantity of food. If one's intake capacity is too much more than his/ her needs or if someone has too less intake capacity of food than his/her need. If we are eating before the usual habitual time or after that, then it is also *apathya*. Included in *vishamashan* only quantity of food depends on ones *prakriti* and types of *agni* (digestive fire). Which further depends on season, body strength, and previous diet etc.

“*Acharya Charak* has explained *Agrasangraha*, in which *vishamashan* is said to be ‘*Agnivaishamyakaranam*’.^[8] It means it is to be the root cause of all disease. All these factors indicate that *vishamashan* indirectly affects the digestive functions and produce *Ajirna*. Which is responsible for *Atisara*, *Shool* and *Krimiroga*.^[9]



SANDHARAN

The natural urges to excrete toxins and maintain internal homeostasis. Body excreted metabolic waste through external orifices by various regulatory mechanism. This mechanism are termed as *vega* (natural urges or processes to excrete toxins). There are thirteen types of physical urges that can be voluntarily controlled up to certain extent. Suppression of natural urges plays an important role in the causation of *Ama*.

Vegsandharan is the sense, *malavega sandharan* (i.e. holding the reflexes of defecation and micturition) accumulation of malas (waste product) for longer period in its *sthanas* causing *Amavisha* (toxic substance) as a result it brings abnormal reaction and favours development of disease. This ultimately leads to vitiation of *Apanvata* which vitiates *Samanvata* leading to vitiation of digestive power cannot digest even light diet also. Almost diseases manifest due to suppression of natural urges. Further inhibition of natural urges brings aggravation of *Dosha*, leads to vitiation of *Agni* i.e. *Mandagni* which favours the development of *Ama*.

The role of *vegasandharana* in triggering the *doshas* and its influence on *Agni* is well described by *Acharya Charaka siddhi sthana* in relation to ‘*Sadaturas*’ (always suffered from disease) due to suppression of natural urges.

पुरीषवह स्रोतस

सन्धारणादत्यशनादजीर्णातध्यशनात्तथा ।

वर्चोवाहिनी दुष्यन्ति दुर्बलाग्नेः कृशस्य च ॥^[10] (च.वि.5/21)

Purishvaha srotas are afflicted due to suppression of urge of defecation, over eating, eating during indigestion, especially in persons with poor digestion and who are emaciated.

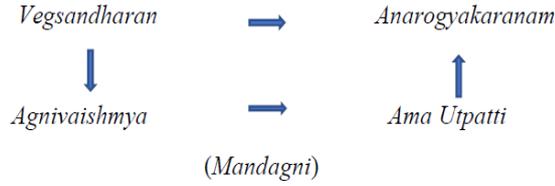
प्राणवह स्रोतस –

क्षयात्सन्धारणाद्द्रौक्षाद् व्यायामात् क्षुधा क्षुधितस्य च ।

प्राणवाहिनी दुष्यन्ति स्रोतांस्यन्यैःश्च दारुणैः ॥^[11]
(च.वि.5/10)

Pranavaha srotas are affected due to wasting, suppression of urges, roughness, physical exercise during hunger and affection of other *srotas*.

Normally physical and mental faculties of an individual function through the interaction of *dosha* with *dhatu* and in this process, mala are formed and excreted out of the body. Health is a delicate balance between these three factors. The imbalance results in diseases. Mala is the end product of digestion and metabolism and must be excreted out at regular interval through specific orifices. The elimination process is controlled by voluntary reflex mechanism to certain extent. There are known as *Vega*. When there is long term voluntary suppression, specific waste products get accumulated leading to specific diseases.



SWAPNAVIPARYAYA (Sleeping in day time and keeping awake at night)

Ayurveda describes the main three pillars of life amongst that *Nidra* is said to be the very important tripod of life. *Nidra* is very important regimen of day to day life if not taken properly can cause severe diseased condition, which will affect the physical and mental health as well. Adequate rest associated with full sleep ensures that digestive organs have time for rest and repair. Lack of sleep also makes more susceptible to stresses, which can significantly influence digestive symptoms.

Effect of sleep in improper time-

हलीमक शिरःशूल स्तैमित्यं गुरुगात्रता।

अंगमर्दो अग्नीनाशश्च प्रलेपोहृदयस्य च ॥^[12] (च.सु.21/46)

ईष्या,भय क्रोध परिप्लुतेन लुब्धेन रुग्दैर्न्यनिपीडीतेन –

Digestive issues are a prominent part of living with anxiety. Stress tends to affect the normal function of digestive system. Hydrochloric acid secretions may be completely inhibited by stress, emotions or worry. It is low grade, long term, emotionally oriented life stress is the main culprit. Intense stress is associated more with HCL over (Hyper) secretions and peptic ulcer disease. As the stress continues, the body is exhausted and HCL production is no longer adequate.

DISCUSSION

Now a days, most of the disease caused due to disturbed lifestyle like improper eating habits, stress, anxiety, consuming excess quantity of water, improper sleeping times (Aharaj and Viharaj hetu). Those factors ultimately affect the jatharagni and once a jatharagni are disturbed, there is formation of *Ajirna* and after long time continuity of these condition produces 'Ama'. Which is the main reason for majority of diseases because *Ama* is circulated all over the body and create different types of *Srotorodha* and *Srotodushti* and produces disease. The mind is not directly nourished like other *dhatu*. 'Preenan' karma of radiation is the best karma in all over *dhatu*. Preenan means 'Apyayan', if we take a right diet on right time, it nourishes the *Dhatu*, *Indriya* and *Mana*. Hemadri interpreted as a "Preenan Trupti". *Srotas* and *Mana Sambhandh*: Excessive worry is said to be the main cause of *rasavaha srotas*. The result of fear on *swedvaha srotas* is well known. Just as the sweat comes from fear like diarrhea related to the *Purishvaha srotas*. Deep consequences of emotions like anxiety, fear, joy are directly affects the *Agni* and once a *jatharagni* are disturbed, there is formation of *Ama* and disease pathology.

CONCLUSION

Most of the peoples actually don't know what is the *Ajirna* and what is the etiological factor of *Ajirna*. Now a days, people are changing their habits and changing their life style like improper diet, unhealthy food, lack of exercise, mental stress and sleep. It all disturbs the biological clock of human being. *Ajirna* is the one of the most common disease which is originate from digestive insufficiency (*Agni*) due to all above factors of modern era.

Ajirna is the one of the important cause of *Agnimandya*. If *Ajirna* also substance for a long times formation of 'Ama' furthers *Ama* is responsible for all type of disorders in the body. So we can prevent the *samprapti* of *Ajirna*, by eliminating the etiological factors of *Ajirna*.

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