



CONCEPTUAL REVIEW ON VIDAGDHAIJIRNA AND ITS CHIKITSA

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ABSTRACT

Ayurveda is an ancient traditional science which deals with the management and prevention of disease. In the modern world improper diet, mental stress, faulty lifestyle, unhealthy food, lack of exercise produce many lifestyle diseases. Ayurveda has given prime importance to agni. Majority of diseases arises due to improper functioning of Agni (Digestive fire). Disturb function of agni causing indigestion of food is term as Ajirna (indigestion). In the classic, types of Ajirna explained mainly as Vishtabhajirna, Vidaghajirna and Amargirna among which Vidaghajirna is most important in present days. It is a Pitta predominance. Nowadays, patients with the symptoms of vidaghajirna are increasing, so it is important to analyze the etiological factors of vidaghajirna.

KEYWORDS: Ajirna, Agni, Nidana, Vidaghajirna, Ahara, Lifestyle.**INTRODUCTION**

Ayurveda has given the prime importance to Agni. Varna, Balam, Swasthyam, Ayu, Utsah, Prabha, Upachaya, Ojas, Teja, Agnayah, Prana all of these depend on proper functioning of Agni. Disturbed Agni causes digestive disorders called Ajirna. Vidaghajirna is one of the types of ajirna which is mainly characterized by signs & symptoms like Dhuma Amla Udgara (Eructation of smokey & sour liquid), Pittaja Ruja (Different type of pain due to pitta), Daha (Burning sensation), Sweda (Perspiration) Trishna (Thirst), Bhrama (giddiness), Moorcha (Fainting). The vitiation of Pitta dosha is an essential stage in the manifestation of vidaghajirna.

METHODOLOGY

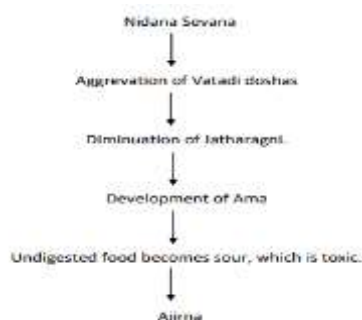
Review of various ayurvedic texts like Ashtangahridaya, Charak Samhita, Madhav Nidana & Sushrut Samhita & various online websites are used for this article.

1. Ajirna Samanya Nidanas (Etiology)

Atyambupana (drinking large amount of liquid), Vishamashana (taking food either in large or small quantity & at unusual times), Sandharana (holding on to natural urges), Swapnaviparya (sleeping during days or not sleeping at night), Ersha (envy), Bhaya (fear), Krodha (anger), Rugdainya (suffering from disease), Pradvesha yektena cha Sevyamanyamonmam (taking food with jealousy), Chinta (stress), Shoka (grief), Dukha (sadness).

2. Samprapti of Ajirna (Pathogenesis)

Due to etiological factors power of Agni or digestive fire becomes very weak, hence it cannot digest food properly & doshas gets vitiated like Pachakpitta, Samanvata, Kledakakapha.



3. Samanya Lakshanas (General Symptoms)

Vishtambha (abdominal distension), Angasaad (heaviness), Shiroruk (headache), Moorcha (giddiness), Bhrama (fainting), Prishtha Katigraha (stiffness in back and waist), Jrimbha (yawning), Angmarda (body pain), Trishna (thirsty), Jwara (fever), Aruchi (Anorexia), Avipaka (indigestion).

Types of Ajirna

According to predominance of vitiated doshas Ajirna is broadly classified into 3 types

- 1) Amajirna - Due to vitiation of Kapha dosha.
- 2) Vidaghajirna - Due to vitiation of Pitta dosha.
- 3) Vishtabdhajirna - Due to vitiation of Vata dosha.

Other Types Are

- 4) Rasasheshajirna - Due to indigestion of Ahara Rasa.
- 5) Dinapaki Ajirna - Food is digested on the next day but causes no difficulty.

1) Vishtabdhajirna: causes due to vitiation of Vata dosha. It is characterised by shula (pain in abdomen), Adhmana (distension of abdomen or bloated stomach), Vividha vatavedana (different types of pain all over the body), Malavatapravrutichha sthambo (Non elimination of stool & flatus), Moha (fatigue), Angapidana (bodyache).

2) Amajirna: feeling of in body Gaurava (feeling of heaviness in body), Utkledah (frothy or increased salivation in mouth/nausea), Shotha Gandakshikutagah (puffiness around eye, face), Udgarchcha Yathabhuktam vidagdaha (blenching- having the smell of food you ate).

3) Vidagdha Ajirna: Causes due to vitiation of pittadosha. It is characterised by signs & symptoms like Dhuma Amla Udgara (Eructation of smokey & sour liquid), Pittaja Ruja (Different type of pain due to pitta), Daha (Burning sensation), Sweda (Perspiration) Trishna (Thirst), Bhrama (giddiness), Moorcha (Fainting). The vitiation of Pitta dosha is an essential stage in the manifestation of vidaghajirna.

Etiological Factors of Vidgdhajirna

It is caused by pitta Dosha. So, etiological factors which causes aggregation of Pitta dosha will also cause vidaghajirna. Pitta aggravating factors.

Ahara - Amlaahara, Katuaahara, Lavanaahara, Tiksharaahara, Ushnahara, Laghuaahara, Vidahiaahara.

Products - Tilataila, Pinyaka, Kulatha, Sarshapa, Harithasaka, Ajamamsa, Godhamamsa, Matsya, Takra, Dadhi, Kurchika, Mastu, Sauvira, Amlaphala, Katvara, Aranala.

Others - Krodha, Shoka, Bhaya, Ayasa, Upavas, Maithuna, Gamana, Madhyanasamaya, Ardharatri, Jeeryathyanne, Greeshmakala.

Present Lifestyle Pitta Aggravating Things

Tea, Coffee, Garlic, Pepper, Curd, Tomato base food, Raw onion, Sour fruits, Alcohol, Black gram, Fish,

Sesame, Bettle leaf chewing, Refined oil, Chocolate, Excess spicy foods, Meat, Dairy products, Pickles, Soda, Alcohol, Aerated beverages, Horse gram, Sandwich, Noodles, Pasta, Pizza, Cigarette smoking, Street foods, Oily foods, differently processed & mixed food.

RESULT

Unhealthy foods habit & lifestyle which will aggravate Pitta are responsible factors for vidaghajirna. Different processing of foods mixing of different kinds of foods, excess of cheese, sour, spicy, oily foods, consumption of alcohol, smoking & other addictions, stressful lifestyle, sleeping habits, taking excess of meal or skipping meals, ultimately results into these disorders.

Investigations

1. Liver function test (LFT)
2. Ultrasonography (USG-Abdomen)
3. Upper G.I. Endoscopy
4. Barium meal follow through

Chikitsa

First treatment protocol to treat every disease in ayurveda is to Nidanparivarjana. All the etiological factors mentioned above should be avoided in order to stop the further progress of the disease. It is the disease where Agni is mainly hampered. So, the focus should be on normal functioning of Agni. Acharya Sushruta mentioned Vamana chikitsa for Vidagdhajirna. Lavanyukta Koshnajala is useful in Vaman therapy and should be devoid of food until the relief from ajirna. Acharya Yograthnakar suggested Langhana therapy in Vidaghajirna. If there is bahudosha avastha then one should apply Vamana therapy. But if the dosha prakopa is not much then Langhana therapy can apply. Deepana, Pachana therapies should be adopted. Treatment should be given until the digestion is well achieved, normal functioning of Agni, gaurva disappears in body, gaining the normal sharir bala.

Some useful formulations of medicines in Vidaghajirna: Haritaki churna with madhu, Yashtimadhu churna, Sharavari churna, Avipattikar churna, Musta bhunimba patola sita churna, Sutshekhar rasa, Mautik kamaudha ras, Kamaudha ras, Prval panchamruta rasa, Shankhavati, Aampachak vati, Patolkaturohinyadi kashaya, Pathyadi kadha, Ushirasava. Chandanasava, Amlaki avleha etc.

Pathya-Apathya

Consumption of laghu ahaara, yusha, laja manda, sheeta jalapana, peya, dhanyaka, jeeraka, godhuma, mudga, old rice, seasonal fruits, hingu, draksha, amalaka, sita, ghrita, parawal, etc.

Good sleeping habits, exercises, Yoga practices like vajrasana, shitali, sitkari pranayama, anulom-vilom pranayama etc. should be adopted for maintain good digestion and health.

Avoidance of irregular food habits, heavy, unwholesome, oily and spicy food items. Bakery and preserved items need to be avoided. Avoidance of over eating, suppression of natural urges, excess tea, coffee, smoking is recommended. Avoidance of irregular sleep, worries, anxiety and depression prevent indigestion and other etiological factors.

CONCLUSION

Agni is the main in maintaining good health. It is majorly disturbing in Ajirna disease. Vidaghajirna is one of its types. If not treated properly, it is troublesome for health. So, Lifestyle modifications, food habits, sleeping habits etc. should be monitored along with the ayurvedic treatment.

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