



**ROLE OF AGNI IN MANIFESTATION OF DISEASE**

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**ABSTRACT**

As per ayurveda samhitas all the diseases results due to *Mandagni*. The term 'Agni' is used in the sense of digestion of food & metabolic products. It converts the ingested food in the form of biological energy, which is responsible for all the vital functions of our body. Acharya Charaka in *Grahani Chikitsa Adhyaya* has mentioned that after suppression of the function of *Agni*, the individual dies & when the *Agni* of an individual is in *samavastha*, then that person leads a healthy, disease free & long life. But if the *Agni* of a person is vitiated, the whole metabolism in his body would be disturbed, resulting in ill health & diseases. Hence *Agni* is said to be the base of healthy life. As we know that according to ayurveda all the diseases are the result of *Mandagni*. For eg- *Aam dosha*, *Aama visha*, *Alsak*, *Visuchika*, *Grahani Roga* etc. So, understanding of concept of *Agni* is basic need of Ayurveda Physician. As according to the status of *Agni* in the body, a physician can prescribe drugs, drug doses along with *Pathya- Apathya Ahara-Vihara*.

**KEYWORDS:** *Agni, Mandagni, Samagni, Aam.*

**INTRODUCTION**

Acharya Vagbhata states that- all the diseases results due to '*Mandagni*'. This statement shows the importance of '*Agni*' in occurrence of all types of diseases. The term '*Agni*' is used in the sense of digestion of food & metabolic products. It converts the ingested food in the form of biological energy, which is responsible for all the Vital functions of our body. Therefore, Ayurveda considers that *Dehagni* is the cause of life, complexion, strength, health, nourishment, lusture, *oja*, *teja* & *prana*. Acharya Charaka in *Grahani Chikitsa Adhyaya* has mentioned that after the suppression of the function of *Agni*, the individual dies & when the *Agni* of an individual is in *Samavastha*, then that person lives a healthy, disease free & long life. If the *Agni* of a person is vitiated, the whole metabolism in his body would be disturbed, resulting in ill health & diseases. Hence *Agni* is said to be the base(*Mool*) of life.

**MATERIAL AND METHOD**

- Materials has been collected from ancient Ayurvedic texts, research journals and electronic database.
- In this review efforts have been made to study the concept *Agni* and its relationship with manifestation of diseases.

**OBSERVATION**

- Present Topic 'Role of *Agni* in Manifestation of Disease' is a conceptual study.

- Facts available in various Ayurveda Samhitas, research journals and electronic database are observed for the study.

**Conceptual Study**

**Types of Agni**

- Acharya Charaka has mentioned 13 types of *Agni*  
*Jathargni* - 1  
*Bhutagni* - 5  
*Dhatvagni* - 7

Out of these 13 *Agni*'s, *Jatharagni* is the main *Agni* that controls the function of all other 12 *Agni*'s. All the 12 *Agni*'s are totally dependent on the status of *Jatharagni*.

**Causes of Vitiation of Agni**

- *Abhojanata* (excessive fasting)
- *Ajeernata* (Indigestion)
- *Atibhojanat*(over eating)
- *Vishamashana* (Irregular eating)
- *Asatmya bhojan*(In appropriate food materials)

**Types of Agni Vitiation**

AGNI	DOSHA	CHARACTERISTIC FEATURES
<i>Vishamagni</i>	<i>Vata</i>	Episodes of alternating cycles of strong appetite & loss of appetite due to variability in <i>Vata Dosha</i> .
<i>Tikshagni</i>	<i>Pitta</i>	<i>Agni</i> is usually intensified. It can easily digest even high amount of ingested food.
<i>Mandagni</i>	<i>Kapha</i>	There are episodes of poor appetite, sluggish metabolism despite of optimal food consumption.
<i>Samagni</i>	<i>Vata, Pitta, Kapha</i>	All the three <i>Doshas</i> are in <i>Samavastha</i> . It is characterised by strong and appealing appetite that is easily satisfied with normal food.

**Significance of Agni****Physiological Significance**

- It not only plays vital role in absorption of macro as well as micronutrients, but is destructive to pathogens also.
- *Agni* maintains normal tone of the digestive system, circulatory system, strong immunity or resistance against diseases, proper tissue growth and body complexion.

**Pathological Significance**

- Majority of diseases are the outcome of malfunctioning of the *Agni*.
- If the *Agni* is not functioning properly, one has poor digestion, blood circulation, poor complexion, low energy levels, flatulence and poor immunity against diseases.
- Promoting proper functioning of the *Agni* is treating the root cause of the diseases, according to Ayurvedic principles.
- Understanding basic relationship between 'Ama' and 'Agni' is of prime importance in treating the diseases.

**CONCLUSION**

- Consideration of principle of *Agni* for the treatment of various diseases is the need of hour.
- Significance of *Agni* has been seen in both the healthy (Physiological) and diseased condition (pathological).
- In healthy condition, it is necessary for the maintenance of health while in diseased condition it is important for diagnosis as well as treatment of the particular disease.
- Hence it is obvious that Ayurvedic management of diseases is nothing but maintaining the *Agni* in *Samavastha*.

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