



FACTORS RESPONSIBLE FOR AGNI DUSHTI AND RELATED DISEASES: A REVIEW

Dr. Pratik Pandurang Gaikwad*¹, Dr. Pallavi Pramod Pardeshi² and Dr. Varsha Prabhakar Deshmukh³

¹Assistant Professor, Bhimashankar Ayurved College and Research Center, Manchar, Maharashtra, India.

²Assistant Professor, Dravyguna Vighyana, Bhimashankar Ayurved College and Research Center, Manchar, Maharashtra, India.

³Assistant Professor, Dept. of Kaumarbhritya, Bhimashankar Ayurved College and Research Center, Manchar, Maharashtra, India.

***Corresponding Author: Dr. Pratik Pandurang Gaikwad**

Assistant Professor, Bhimashankar Ayurved College and Research Center, Manchar, Maharashtra, India.

Article Received on 19/02/2021

Article Revised on 11/03/2021

Article Accepted on 31/03/2021

ABSTRACT

The Indian medical system Ayurveda provides information about the causes, symptoms and pathogenesis of various diseases as well as their management. Ayurveda suggested many theories related to the occurrence of diseases and concept of *Rog-Nidana* is one such approach of Ayurveda which mainly deals with etiological consequences of diseases and their diagnosis. The concept of *Rog-Nidana* mainly emphasizes disease causative factors and their role in disease pathogenesis. There are various etiological factors associated with specific diseases therefore ayurveda recommended to avoid indulgence in particular factors for preventing prevalence of related diseases. In this regards Ayurveda mentioned some etiological factors which may be responsible for *Agni Dusthi* thereby causing digestive ailments, this article presented factors responsible for *Agni Dushti* and related diseases.

KEYWORDS: *Ayurveda, Rog-Nidana, Agni Dusthi, Ama.*

INTRODUCTION

Digestive & metabolic activities mainly govern through the *Agni* and balancing state of *Agni* responsible for normal digestive and metabolic activities. The normal state of *Agni* contributed towards *Ayu, Swasthyam, Bala, Ojha, Teja* and *Utsaha*, while impaired functioning of *Agni* causes *Agni Dusthi* and related digestive ailments. Imbalance state of *Agni* leads many diseases associated with digestive and metabolic functioning.

As per Ayurveda factors such as inappropriate life style, disturbed seasonal regimen, mental stress, late night awakening, junk food, unhygienic condition and infected water, etc. may leads production of *Ama* thereby *Ajirna* and other digestive ailments. This vitiation of *Agni* through etiological factors causes disturbance in *Dosha, Dhatu* and *Shrota* thus manifested as pathological consequence.^[1-4]

Agni and related Diseases

The major physiological mechanisms of the body mainly dependent upon the normal functioning of *Agni*, due to any etiological factor if *Agni* gets vitiated then pathological events may observed including diseased conditions.

As described in Ayurveda many diseases arise due to the state of Mandagni as follows

- ✦ *Udara roga* (diseases causing abdominal distension)
- ✦ *Arsha* (haemorrhoids)
- ✦ *Atisaara* (diarrhoea)
- ✦ *Grahani roga* (enteropathy) etc.

It is believed that when *Agni* becomes weak then '*Ama*' formed as unwanted by product of impaired digestive process. This *Ama* on further acts as toxin; vitiates *Doshas* and obstruct *Srotas* i.e. body channels. This blockade of channels may also contribute towards the prevalence of diseases. This whole pathological event together inhibits further process of digestion and absorption, thereby causing various gastrointestinal disorders as mentioned below:

- ✦ *Atisaara*
- ✦ *Chardi*
- ✦ *Amlapitta*
- ✦ *Hrillasa*
- ✦ *Visuchika*
- ✦ *Alsaka* etc.

Furthermore *Ama aahar rasa* crosses the intestinal villi and enters the circulation i.e. *Sukshma ama rasa* impairs the *Bhutagni* due to its *Gurvadi* properties and reduces its functioning. The impairment of *Bhutagni* causes

inability to convert *Vijatiya* (heterogenous) *ahara rasa* into *Sajatiya* (homogenous) and act as antigen in circulation, thus leads anaphylactic reaction and allergic disorders like urticaria, hay fever and allergic rhinitis, etc. The by-products like lactic acid and ketones etc. which does not attain finality in the metabolic process due to the hypofunctioning of *Bhutagni* and *Dhatvagni* lead disorders as follows:

- ✦ *Madhumeha* (diabetes mellitus)
- ✦ *Medoroga* (obesity and dyslipidemia)
- ✦ *Vatarakta* (gout)
- ✦ *Amavata* (rheumatoid disease)

Free radicals may also be considered as *Ama* substance in circulation as it does not undergo final change in configuration thereby causing damage to proteins, vitamins and lipids. All hormonal and enzymatic deficiencies like hypothyroidism may also be considered to occur due to the hypo-functioning of *Dhatvagni*, so, most of the diseases like gastrointestinal disorders, allergic, auto-immune diseases and various metabolic disorders have hypofunctioning of *Agni* and *Ama* formation as primordial factor in their manifestation. This shows primacy of *Agni* vitiation in occurrence of disease.

Etiological factors of *Agnidustii* mainly affects following *Samprapti-Ghatak*

- ✦ *Adisthan:* *Grahani*
- ✦ *Dosa:* *Tridosha*
- ✦ *Dusya:* *Anna & Rasa*

❖ *Srotas:* *Annavah*

There are various factors which affect *Agni* in following ways:

1. Factors which decreases functioning of *Agni* causes state of *Mandagni* and resulted production of *Ama* and *Ajirna*, etc. Process of digestion and metabolism get decreases which results state of *Apakwa* or indigestion.
2. Factors which induce functioning of *Agni* leads state of *Tikshnagni* resulting excessive appetite, obesity and eating disorders. These factors potentiate functioning of *Pitta* thus digestion process increases and appetite get enhanced thus heavy foods digested even in quick period of time.
3. Some factors cause irregular digestion leads state of *Vishmagni* and metabolic disorders may observed. The etiological factors which are responsible for state of *Vishmagni* manifested as loss of digestion or instant change in potency of digestion.

General role of etiological factors towards *Agni Dusthi*

Etiological factors alter state of *Agni* due to which process of digestion get diminishes leading to the formation of undigested food substances or *Apakwa*. The production of *Ama* take places which acts as toxins and blocks channels of body leading to the obstruction in supply of body contents.^[4-8] Pathological consequences inside gastrointestinal tract resulted *Lakshana* of *Ajirna* or *Agni Dusthi* as depicted in **Figure 1**.



Figure 1: Lakshana of *Agni Dusthi*.

Etiological factors responsible for *Agni Dusthi*^[7-12]

- *Vishmashana:* Consumption of inappropriate food.
- *Atyambupana:* Drinking of large quantity of water.
- *Swapnaviparyaya:* Day time sleep or lake of sleep at night.
- *Sandharana:* Suppression of natural urges.
- *Chinta, Shoka* and *Dukha:* Psychological factors.
- *Rug dainya:* Diseases state.

Vishamashana

Consumption of food inappropriately; before time or after meal, excessive consumption of meal, taking food even before previously consumed meal get digested and consuming unhygienic food stuffs. These all may disturb digestive fire through *Vata*, causes loss of appetite, leads

feeling of heaviness, lethargy and other symptoms of indigestion may also observed. Factors such as consumption of too much food at one time, insufficient chewing of food stuffs, uses of bad food combinations, consumption of food in hurry and inappropriate seating position during meal, etc. can also leads *Agni Dusthi*. *Daha*, *Udargataroga*, *Rasa dhatudushti*, *Nisthiva*, *Aruchi*, *Amlapitta* and *Grahani Dosha* may observed as state of *Agni Dusthi* persisted for longer period of time.

Atyambupana

Digestive fire diminished when one drinks too much water or beverage since excessive liquid content can reduce potency of fire or digestive fire. Drinking too much fluid with meal not recommended however

optimum amount of water must be taken to maintain normal circulatory or detoxification process.

Swapnaviparyaya

Digestion process requires absorption, assimilation and excretion of food which needs rest and energy to get finished. Therefore it is suggested to take proper sleep, improper sleep may affects process of absorption and assimilation of foods hence thereby digestion also get altered. The improper sleep may leads state of *Mandagni* which results *Agni Dusthi* and associated symptoms such as; *Alasak*, *Aamvisha* and *Aamdosa*, etc.

Sandharana

Suppression of natural urges may induce production of *Ama*, one should not suppress his/her desire especially for excretion, *Malavega Sandharana* can cause accumulation of *Malas* which can result *Amavisha*. *Malavega Sandharana* also results vitiation of *Apanavata* which further vitiates *Samanavata* and finally affects digestive power.

Chinta, Shoka and Dukha (Psychological Factors)

Krodha, *Bhaya*, *Dukha*, *Chinta*, *Shoka* and *Irshya*, etc. are some psychological factors which can causes digestive ailments including indigestion and constipation, etc. It is believed that intestine is sensitive to psychological factors, the secretion of digestive acids (hydrochloric acid) greatly influenced by psychological stress, mental anxiety slower down regulation of digestive process through brain and nerve stimulation. Stimulation of sympathetic system and increase secretion of adrenaline in case of fear and anger inhibits gastric acid secretions leading to the *Mandagni*. *Manasikamandyata* can be correlated to the state of *Agnimandyata* which results *Amotpatti*.

Rug dainya (diseases state)

The presence of disease conditions may alter secretion and compositions of digestive elements, hormonal regulations of digestive enzyme, disease condition can also affects microbial flora of intestine and blocks *Annavaha Srotas* thus can leads *Agni Dusthi* and *Amlapitta*. Presence of pathological state may leads symptoms of digestive ailments such as *Daha*, *Amlodgara*, *Kanta Daha*, *Aruchi* and *Ajirna*, etc.

CONCLUSION

Agni Dushti and related digestive ailments mainly arises due to the various etiological factors responsible for *Mandagni*. *Ajirna*, irregular digestion, production of *Ama*, *Apanavayu* obstruction, *Avipaka*, *Shaithilya*, *Jwara*, *Aruchi* and *Grahani Dosha*, etc. are major pathological manifestation associated with *Agni Dushti* and digestive impairment. Etiological factors leads *Agni Dushti* through vitiation of *Annavaha Srotasa*, these factors are *Virudha Ahara*, *Ratri Jagarana*, *Vega Vidharana*, *Chinta*, *Shoka* and *Dukha*, etc. *Apachana*, *Annavisha* and *Ama Utpatti* are major pathological consequences arises due to the indulgence in etiological

factors of *Agni Dushti*. *Kledaka Kapha*, *Dushya Pachaka Pitta* and blockage of *Annavaha Srotasa* are also involved pathologically in *Agni Dushti*, etiologically these manifestation mainly arises due to the *Aharaja* and *Viharaja* factors including faulty dietary habits, late night awakening, day time sleeping, suppression of natural ergs, anxiety, anger and stress, etc.

REFERENCES

1. Ambika Dutt Shastri SusrutaSamhita, Aturoprakraminiyadhaya 35/29. Chaukambha Sanskrit Sansthan, Varanasi, India, 2007; 134.
2. Kasha Nath Shastri, GorakhNathChaturvedi CharakSamhita, Grahanichikitsadhaya 15/3-4. Chaukambha Bharat Academy, Varanasi, India, 2007; 453.
3. Kasha Nath Shastri, GorakhNathChaturvedi CharakSamhita, Grahanichikitsadhaya 15/15. Chaukambha Bharat Academy, Varanasi, India, 2007; 455.
4. Ambika Dutt Shastri SusrutaSamhita, Annapanavidhiadhaya 46/507-508. Chaukambha Sanskrit Sansthan, Varanasi, India, 2007; 223.
5. R.K. Sharma, Bhagwan Dash CharakSamhita, TrividhukshiyaVimaniyadhaya 2/9. Chaukambha Sanskrit Series Office, Varanasi, India, 2010; 135.
6. P.S. Byadgi AyurvediyaVikritiVigyan and RogaVigyan, Ajirna. Chaukambha Publication, Varanasi, India, 2009; 74.
7. Kasha Nath Shastri, GorakhNathChaturvedi CharakSamhita, Grahanichikitsadhaya 15/45. Chaukambha Bharat Academy, Varanasi, India, 2007; 460.
8. Yadunandan Upadhaya AgnimandhNidanam 6/10-13. MadhavaNidana. ChaukambhaPrakshan, Varanasi, India, 2013; 229.
9. Ambika Dutt Shastri SusrutaSamhita, Annapanavidhiadhaya 46/511. Chaukambha Sanskrit Sansthan, Varanasi, India, 2007; 223.
10. Sharma Rk, Bhagwan Dash CharakSamhita, Rasavimaniyadhaya 1/24. Chaukambha Sanskrit Series Office, Varanasi, India, 2010; 129.
11. Saini Neera, Pal Pradeep Kumar, Byadgi PS Role of VirrudhChesta in the Development of Amavata. STM, 2015; 4(1): 52-54.
12. Krishna Gopal Rasa Tantra Sara avumSiddhaproyagaSangraha, RoganusarAusaudhSuchi. (21st), Krishna Gopal Ayurveda Bhawan, Kaleda, Ajmer, Rajasthan, India, 2012; 2.