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

समदोष् : समान्नीय शम्भाभूत मलक्रिया | प्रसन्नात्मेंद्रिय मन जस्तगृहिति।गिष्ठीयते ||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 Dashyas 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 Mansak hetu (Irshya, Bhaya, Krodh)[3][4] and the person who suffering from the disease, which may lead into the Agnimandya. According to Acharya Vaghhbha Aharaj hetu of Ajirna (taking food in large quantity, Amadosha,Guru,Raksha 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.

अत्यम्बुऩान (Excess intake of water )

It becomes a new lifestyle or misunderstanding about intake of water, causing a disease like Ajirna, Grahani, Pratishay, 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 vikara.

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 defection 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 shhana in relation to 'Sidaturas' (always suffered from disease) due to suppression of natural urges.

पुरोषवस्थाः सूतस
सन्धारणादत्यशनाद्जीणात्... (च.वि.5/21)

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

प्राणवह सूतस
क्षयालंक्षणानिधीकारः व्यायामान शुद्धः शुद्धितः... (च.वि.5/10)

Pранavaha 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.
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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5. Ashtang Hriday Sutrasthan, 8/31–32.

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-

हऱीमक अर्थोऽप्योऽप्य अन्गमदो अग्निनाशश्र्च अंगमदो अग्निनाशश्र्च प्रलेपोऽद्यवस्त्रय च ||12|| (च. सु 21/46)

Effect of sleep in improper time-

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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.