

ROLE OF PATHYA AHARA AND YOGA ASANA IN THE MANAGEMENT OF AJIRNA
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ABSTRACT

An *Ajirna* (indigestion) is abnormality in digesting food or inability to proper digestion. *Ajirna* (indigestion) is a common problem affecting up to 30% of population. Busy schedules with abnormal stressed lifestyle, changed eating habits, improper diet and unhealthy food lack of exercise, inadequate sleep and non-observance of *Dincharya*, *Rutucharya*, *Sadvrittupalana* are the reasons for metabolic diseases such as Gastric Disorders. *Ajirna* is the one of the most common disease which is originate from digestive insufficiency (*Agni*). Ayurvedic classics believe that the *Ajirna* (indigestion) is the root of many diseases. *Ajirna* itself signifies the state of incomplete process of digestion is *agnimandya*. Functionally weak *Agni* i.e., *Mandagni* causes improper digestion of ingested food, Because *Agni* also depends on the quantity of the *Ahara*. *Ajirna* arises as a result of less, excessive and irregular digestion of food and long term of this situation production of *Amadosa* and circulate all over the body. Further *Amadosa* combined with other *Doshas* and *Dushyas* vitiated them and produce many diseases. Preventive measures like *Dincharya*, *Ratricharya*, *Ritucharya*, *Sadvrita* and *Pathya palana* and *yoga Asanas* are the preventive measure for *Ajirna* in Ayurveda. The role of *Pathya Ahara and Asanas* (diet) is very important, while treating every disease.

KEYWORDS: *Ajirna*, *Agni*, *indigestion*, *pathya ahar*, *yoga Asana*.

INTRODUCTION

Ajirna means – *na jirayati iti ajirna*. *Ajirna* is indigestion or no digestion name indicate that food is being digested with difficulty. Indigestion also called dyspepsia, upset stomach. it is feeling of discomfort or burning in upper abdomen. Indigestion from eating too much fast eating high fat food stressed condition smoking drinking too much alcohol. The definition of Health in Ayurveda goes like this "Samadosha Samagni Samadhatu Malakriya Prasannatma Indriya Mana Swastha Abhidayate"^[1] the term *agni* is used in the sense of digestion of food and metabolism. *Acharya charak* has describe Power or condition of *Agni* determines the quantity of food to be consumed.^[2] Excessive diet without the concern of *Kaal*, *Matra*, *Rashi*, *Guna* intake of opposite characteristics at repeatedly consumption of food, *Chinta*, *Shoka*, *Bhaya* etc causes *Annavaha Srotas Dushti* which leads to Indigestion (*Ajirna*).^[3]

Types of *agni*According to *Acharya charaka*^[4] – 13 types - *Jatharagni-1*, *Bhutagni-5*, *Dhatvagni-7*According to *Acharya sushruta*^[5] - 5 types - *Pachak*, *ranjak*, *brajak*, *sadhak*, *alochak*According to *Acharya vagbhata*^[6] - 18 types - *Bhutagni-5*, *Dhatvagni-7*, *Malagni-3*, *Doshagni-3**Ajirna* review*Charak Samhita*^[7]*Acharya charaka* gives description of *ajirna* in *grahani chikitsa*. They described six types of *ajirna* that is *amajirna*, *vidaghajirna*, *vishtabdhajirna*, *rasasheshajirna*, *dinpaki ajirna*, and *prakurtika ajirna*.*Astanga hrudaya*^[8]Gives description of three types of *ajirna*, *pathya-apathya* in *ajirna* and *chikitsa* of *ajirna*.*Sushruta Samhita*^[9]*Acharya Sushruta* gives description of three types of *ajirna*, *rupa* and *pathya apathya* of *ajirna*.*Madhava nidana*^[10]Gives description of *nidanapanchaka* of six types of *ajirna* in *agnimandya* *nidanam*.*Yogaranakara*^[11]*Yogaratmakar* described *nidan*, *chikitsa* and six types of *ajirna*, that is *amajirna*, *vidaghajirna*, *vishtabdhajirna*,

rasasheshajirna, dinpaki ajirna, and prakurtika ajirna and pathaapathya for ajirna.

Nidana

Aharaj hetu

Atyambupana (excess water drink), Atimatra Bhojana, Atilanghana, Vishamasama (irregular meal), Asatmyaahara (incompletable food), kaphakarak Ahar, Atiruksha, Gurubhojana, Vidahibhojan, Vishtambhi Pishtabhojan etc.

Viharaja hetu

Vegadharana (suppression of natural urges), Swapanaviparayaya (sleep disturbances), Ratrijagran/Divashayan, Aversion to Dinchrya, Ratrichrya, Ritucharya Sadvritacharya.

Mansik hetu

Jealousy (Dwesh), fear (Bhay), worry (Chinta), anger (Krodha), Moha, Raga, Lobh and Desa, kala ritu Vaismya, Climate or season.

Another causative

Virechana Snehavasti Vyapad, Desh Kala Vaishmaya, Vyadhi Karshana (due to any illness)

Purvarupa^[12]

1. Annabhilasha (dislike for food)
2. Aruchi (Anorexia)
3. Chardi (vomiting)

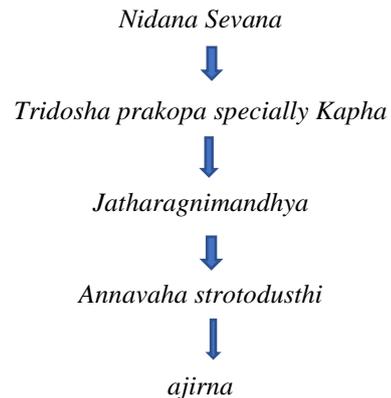
RUPA^[13]

Specific sign and symptoms of Various types of Ajirna^[14]

- Amajirna - Akshi-Gandha Shotha (Swallowing in cheek), Sadhyo-bhukat Iev Uddgara (Belching), Praseka (Excessive salivation) and Utklash-The provocation of Bodhaka Kapha is performed by vitiated.
- Vidagdhajirna: giddiness, thirst, fainting, sour and hot belching, excessive perspiration and burning sensation inside the body.
- Vishtabdhajirna: pricking pain in the abdomen, long stasis, tympanitis, and non-movement of flatus, obstruction of stool, delusion and general malaise.
- Rasheshajirna: aversion to food, pure belching and heaviness.

Samprapti^[15]

Due to nidana sevana that is Aharaj hetu viharaj hetu doshas get vitiated and they spread in body where vitiated doshas found favourable condition in body Aama occurs and this process is known as samprapti.



Samprapti Ghataka

Dosha	Kapha pradhana Tridosha
Dushya	Anna, Rasa Agni- Jatharagni
Stotasa	Annavaaha strotasa, rasavaaha Srotodusti
Agni	Agnimandya
Adisthana	Amashaya, Grahani
Roga marga	Abhyantara

Upadrava of Ajirna^[16]

Fainting, Delirium, Vomiting, Excess salivation, Debility, Giddiness and death.

Upashaya

Langhan Langhan are 10 type-Vamana Virachana, Shirovirachana, Niruha Basti, Pipasa, Maruta, Atapa, pachaka dravya, Upavasha, Vyayama.

Management of Ajirna

Chikitsasutra of Ajirna by Sustruta

- Amajirna – langhan
- Vidagdhajirna – vaman
- Visthabdhajirna – swedana
- Rasasheshajirna – shayana

Pathya Apathya in ajirna^[17]

Hetu sevana makes various pathological changes in the body that creates a disease. And nidana parivarjana will stop further pathogenesis in the body. therefore, pathya and Apathya plays a great role in each disease.

Pathya Ahar

- Cereals: Barley, special variety of grain (sanvaka, Kodrava wheat, rice)
- Pulses: Mudga (green gram)
- Fruits and Vegetable: Patola, Adaraka, Bitter gourd (karavellaka), Amalaki, Haridra, black pepper, Shigru, Dhanyaka, Yavani, Methika, Ajmoda Rasa Laghu Ahara, Katu and Tikta dravya.

Pathya-Vihara

Phalavarti, vamana, swedanakriya, Usanodaka Snana, Vyaayaama, Matraavata Asana, Kaalabhojana Chakramana Ratri-jagaran, langhana, apatarpana.

Yogasana for Ajirna (indigestion)^[18]

All the food we eat has to travel an average distance of almost 11 m of the body. It passes through the mouth, small intestine, and large intestine. Food interacts with saliva and with secretion of the pancreas, liver and is broken down by digestive enzymes and acids. During the process, nourishment is absorbed by the body. Regular practice of these recommended asanas effectively alleviates digestive disorders.

<i>Tadasana</i>	<i>Salamba sirsasana</i>
<i>Utthita trikonasana</i>	<i>Salamba sarvangasana</i>
<i>Utthita parrsvakonasana</i>	<i>Halasana</i>
<i>Ardha chandrasana</i>	<i>Savasana</i>
<i>Adhomukha svanasana</i>	<i>Marichyasana</i>
<i>Adhomukha svanasana</i>	<i>Adhomukha virasana</i>
<i>Prasarita padottanasana</i>	<i>Supta padangusthasana</i>
<i>Uttanasana</i>	<i>Supta baddhakonasana</i>
<i>Virasana</i>	<i>Supta virasana</i>
<i>Parsva virasana</i>	<i>Pachimottanasana</i>
<i>Janu sirsasana</i>	<i>Paripurna navasana</i>

**Prayanayam and Shudhikriya
Suryabhedhi**

The main purpose of the *surya bhedhi pranayama* is to increase the physical energy and also increase the efficiency of digestive system. It helps remove any *kapha* imbalance by increasing body temperature.

Bhastrika

Favourable effect on the respiratory and digestive system. It helps strengthen and tone of abdominal region.

Agnisara kriya

It helps increase the power of digestive system, stimulate immunity.

Kunjala

kunjala kriya is for cleaning the digestive system from stomach to mouth. It helps to remove tiny particles from the stomach. To perform this *kriya* includes drinking lukewarm water, salty water until stomach gets full and then intentionally vomiting it through the mouth.

Danda dhauti

Dhauti is one of the *shatkarma*. It is intended mainly to cleaning of the digestive tract, respiratory tract.

Vastra dhauti

It is specially aimed cleaning the stomach and oesophageal tract. In this *kriya* a long strip of moist cotton cloth is swallowed into the stomach. After sometime it is pulled out there by cleaning the stomach. *Vastra dhauti* removes impurity from the intestinal tract, it helps remove acidity, gas, indigestion.

DISCUSSION

Increasing sedentary lifestyle due to growing use of technologies in daily lifestyle. Unhealthy diet disturbs

sleep pattern and wrong dietary habits are changes the mechanism of internal vital organ and related systems of the body at first, they directly hamper the digestive juice and enzymes therefore food converted into undigested material which leads to onset of *Ajirna*. A person who intake food according to describe above rules and follow a proper *Dinacharya*, *Ratricharya* and *Ritucharya* and *Sadvrita*, *Pathya Palana* and regular *yogasanas* then he never would be suffering from *Ajirna* (Indigestion) along with any type of digestive system abnormalities.

CONCLUSION

Ajirna is the primary source of production of *ama* which is the cause of almost diseases. Proper lifestyle in *Ayurveda* comprises of Rules and regulation of *Ahara* and *Vihara* include *Dinacharya*, *Ratricharya*, *Ritucharya*. Diet and Life style prescribed in *Ayurveda* for Prevention of life style disorders like *Agnimandya* and *Ajirna*. Improper life style, mental disturbance and related to other diseases may contribute in the development of *Ajirna*.

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