

Management of Agni and Aam through Lifestyle Modification: Short Communication

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ABSTRACT:

The great objective of Ayurveda is to maintain the health of a healthy person and to cure the diseases of sick people. Ayurveda defines health is an equilibrium stage of *Dosha, Agni, Dhātu* and regular excretion of *mala* (waste product i.e. *Mutra, Purish, Sweda*) and blissful state of senses, mind and soul, that person is considered as completely healthy. Acharya Charak says that *Aahar Sambhavam Vastu* means that the body is made from food. All types of food are made of *Pancha Mahabhutas*. Digestion of the food is started from the *Jatharagni* (gastric fire), After the action of *Jatharagni*, the food gets converted into *Ahara Ras*. *Ahara* is further divided into *Prasad* (essential for the body) and *kitta (Mal)*. these three *Saman Vayu, Pachak Pitta and Kledaka Kapha* are also necessary to maintain the function of *Jatharagni*. Sometimes due to external negative factors influence such as (stress, depression, adverse weather, inappropriate food and habits) because of these factors, the food we eat is not completely digested and it cannot be identified as either nutrients (*Prasad*) or waste products (*Mala*). Therefore it is neither absorbed in the form of *Ahara ras* nor expelled out in the form of *Mala (Mutra, Purish or Sweda)*. this half-digested unmetabolized matter circulates in the body as *Aam* or the toxins. Ayurveda has a term for such toxins "Ama" *Ama* is derived from Sanskrit word which literally means Undigested or Uncooked. According to Ayurveda, the first cause of disease is *Ama*.

KEY WORDS: *Aam, Agni, Ahararas, Digestive fire, Jatharagni, Mala.*

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INTRODUCTION:

Agni is also known as *Vahini, Vaishwanar, Anal, Pavak, Jwalan* according to Ayurveda *Agni* is important factor for digestion and metabolism *Agni* is responsible for life (*Ayu*), complexion (*Varn*), strength (*Bala*), Health, enthusiasm (*Utsah*), catabolism (*Apachay*),

lusture (*Prabha*), immunity (*Oja*), energy (*Teja*) and life force (*Prana*).^[1]

According to Acharya Charak, *Agni* is a vital element for sustaining life, and if the function of *Agni* ceases, it can lead to the death of an individual. when *Agni* is in natural state (*Sama*) person remains healthy but when *Agni* in deforming state (*Vishama*)

people become unhealthy state because Due to deformity of *Agni*, the body originates all types of disease.^[2]

The functions of the *Pitta* within the body are the functions of *Agni*. That is, the fire that resides under the *Pitta* in the body, being irritable and incapable of doing good and inauspicious works in the body.

Characteristics of natural state of *agni* is considered -Good digestion of food, Healthy vision, Normal temperature of body, Natural complexion, Happiness, bravery.

Characteristics of *vikrit agni*- Indigestion, incorrect vision, Hypo and Hyperthermia, fear, anger, infatuation. ^[3]

TYPE OF *AGNI*- The classification of *Agni* varies across different classical Ayurvedic texts.

- According to Acharya Charak, there are 13 types of *Agni*, which include *Jathragni-1*, *Bhutagni-5*, and *Dhatvagni-7*.^[4]
- Acharya Sushruta mentions five indirect types of *Bhutagni*: *Pachakagni*, *Ranjakagni*, *Alochakagni*, *Sadhakagni*, and *Bhrajakagni*. ^[5]
- Vagbhatta's texts describe several types of *Agni*, including *Bhutagni-5*, *Dhatwagni-7*, *Dhoshagni-3*, & *Malagni-3*.

According to function and site of action *agni* divided in 13 types.

1. *Jathragni-1*
2. *Bhutagni-5*
3. *Dhatwagni-7*

Jathragni - Which is present in between the stomach and duodenum. and responsible to digests all the types of food (*Ashit, Khadit, Pitta, Lehā*). ^[6] These three *Saman Vayu, Pachak Pitta and Kledaka Kapha* are also necessary to maintain the function of *Jathragni*. According to modern science function of *Jathragni* is like Trypsin, chymotrypsin, carboxypeptidase, pancreatic lipase, phospholipase, colipase, pancreatic amylase.

According to performance of digestion in human being *jathragni* is also classified in to four categories.^[7]

1. ***Samagni*** -The person who has *Samagni* has good digestion, due to which his health remains healthy. because in *Samagni Tridodsha* is in balanced condition.
2. ***Vishmagni***- There is an excess of *Vata* in it, due to which digestion is sometimes done properly, sometimes not.
3. ***Tikshnagni***- *Tiksha* means fast digestion due to excess of *Pitta Doshā*.
4. ***Mandagni***- *manda* means slow due to *Kapha* dosha aggravation.

Bhutagni - *Bhutagni* is present in five basic elements (*Panchmaha bhuta*). There are five *Agni* in each of the five basic elements, namely *Parthiva* (Earth), *Apya* (Water), *Tejas* (*Agni*), *Vayavya* (*vayu*) and *Nabhasa* (*akash*). All types of food are made up of five elements. Their digestion is first done by *Jathragni* and after that, after absorption of the essence (*Saar bhag*), the action of *Bhutaagni* takes place which nourishes the five elements of physical bodies (*Panch Bhautik Sharir*). ^[8]

Name of *Bhutagni* - *Bhaumyagni, Aapyagni, Agnyagni, Vayvyagni, Nabhasgni*.

Dhatwagni- *Dhatwagni* present in *Saptdhatu* all *Dhatu* contain their own *Agni* to metabolize the nutrient materials supplied to them through their own *Srotas*.^[9]

1. *Rasagni* present in the *Rasa Dhatu*.
2. *Raktagni* present in the *Rakta Dhatu*.
3. *Mamsagni* present in the *Mamsa Dhatu*.
4. *Medagni* present in the *Meda Dhatu*.
5. *Asthyagni* present in the *Asthi Dhatu*.
6. *Majjagni* present in the *Majja Dhatu*.
7. *Shukragni* present in the *Shukra Dhatu*.

Physiological Significance:

Agni is central to health due to malfunctioning of *Agni* majority of disease originated in body. It is not only responsible for vital role in absorption and metabolism of macro and micronutrients but is destructive to pathogens also. The food neither absorbed in the form of *Ahara Ras* nor expelled out in the form of *Mala (Mutra, Purish or Sweda)*. This half-digested unmetabolized matter circulates in the body as *Aam* or the toxins. *Ama* is responsible for array of disease. Ayurveda has a term for such toxins "*Ama*" *Ama* is derived from Sanskrit word which literally means Undigested or Uncooked. According to Ayurveda, the first cause of disease is *Ama*. Proper functioning of *Agni* is necessary for normal tone of the digestive system, circulatory-system, strong immunity or resistance against diseases, Proper tissue growth^[10,11].

Clinical Significance:

If *Agni* (Digestive fire) is not functioning properly, one has poor digestion, languid blood circulation, poor complexion, low energy, Level, flatulence, and poor immunity against disease. Thus, promoting proper functioning of digestive fire is treating the root cause of all diseases, according to ayurvedic principle^[12,13].

Major Factors That Produce Ama Dosha

Accumulation of toxic and waste materials, microbial infection, interaction among the three *Doshas*, *Agni Madhya*, *Mal Sanchay*^[15].

The Warning Signs of *Aam* Buildup and Why you should be Concerned

Optimal *Agni* makes you feel stronger, healthier, and active while *Aam* has all the opposite attributes to those of *Agni*. On the other side, *Aam* accumulation will make you feel weakened, unwell, and lethargic. A thick white coating, covering the tongue, when you wake up in the morning, is a clear indication of *Aam* accumulation. Other than

that Disturbed digestion, Frequent digestive issues, Acid refluxes, Constipation, Feeling of heaviness and weight gain, Hair fall, Skin issues, and other similar complaints, Excessive laziness and inactiveness, Lack of motivation, Constant and frequent episodes of stress, anger, depression, and anxiety. These all factors collectively and independently suggest the collection and accumulation of *Aam* in the body^[12].

Suggested Lifestyle Modification:

Here are some fundamental steps that can be taken to prevent the accumulation of *Aam* in the body:

- Refrain from eating until the previous meal is fully digested.
- Consume food only when hunger is felt.
- Avoid taking afternoon naps.
- opt to have meals after taking a shower rather than before.
- Engage in workouts at half of one's usual capacity.
- Ensure sufficient rest and sleep.
- Foster a positive mindset and practice empathy.
- Incorporate meditation and mindfulness into daily routines.

Shunthi (Dried Ginger), Pimpali (Long pepper), and Marich (Pepper) are readily available household remedies that can be consumed individually to promote healthy digestion and support *Agni* (digestive fire)^[16,17].

Yogic Management:

With these yogic practices we can improve or manage our natural state of *Agni*. such as Pawanmuktasan part 1,2,3, Vajrasan, Bhujangasana, Dhanurasan, Shalabhasan Paschimottanasan, Sarvangasana, Halasan, Matsyasan, Padmasan, Udarakarshanasan, Shankhprakhshalana, Pranayam, Agni mudra, Agnishar kriya (Saraswati karmanand)^[18,19].

CONCLUSION:

Agni is an important integral part of body. Responsible for good digestion. *Ama* is formed due to *Mandagni*, it may impair the mechanism of the gastrointestinal system. Also hampers the homeostasis of *Dosha*, *Dhatu*, *Mala*. Severity of disease is understood through the theory of free radicals in the contemporary science, while in ayurveda. It is understood by the concept of *Aam*. With some lifestyle modification and practicing some technique of yoga we can manage natural state of *Agni*.

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