

Agnimandya and it's Ayurvedic Management: A Review**Dr.Mohan Shrinivas Channa**

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Abstract

Healthy state of human being is maintained by normal functioning of Agni, according to Ayurveda. Concept of Agni is the unique concept of Ayurveda which reflects digestion and metabolism in Ayurveda. It is the substance in the secretions of body which are directly responsible for chemical changes in the body. It consists digestive (Pak) and different kinds of hormones, enzymes and co-enzymes etc. which participates in these digestive and metabolic Agni. Vigor and vitality of human being is maintained by proper functioning of Agni. It is also responsible for proper growth and development of human being. In Ayurveda thirteen types of Agni are mentioned which classified into three main categories, jatharagni, dhatwagni and bhutagni.

Agni is specially meant for various enzymatic activities of the body, i.e. pachana, depana, bhedana etc. If the agni of an individual is sama or natural, then that person would be absolutely healthy and would lead a long happy life. Agnimandya i.e. digestive insufficiency, ajeerna i.e. indigestion, are the important digestive disorder caused by the malfunctioning of agni system. In turn these disorder produce number of diseases, as dictum reveals - "Rogahsarweapimandeagno" meaning all diseases are rooted in mandagni i.e. malfunctioning of digestive fire this calls for a review of the role of agni in the production of diseases.

Key Words: Agni, Agnimandya, Bhedana, Pachana

Introduction:-

In the present era, human being became very irregular in their life style. Especially the life style of urban society is becoming very fast and stressful. This circumstance frequently leads people toward irregular and bad habits of Ahara, Vihara with the suppression of natural urges like Kshudhaetc and creating problems like Agnimandya, Ajirna. This is the reason for the day by day increase in the incidence of the diseases due to gastrointestinal derangement.

According to fundamental principles of Ayurveda Agni has an important role in the physiological functioning of the body, So the strength of the body, health, pran or the vital life force and the life span depends on the proper functioning of agni. Similarly the proper status of Doshas their specification and aggravation also depends on agni and hence it must be preserved. Agni is the term given in ayurveda for the whole process of energy liberation through digestion at the level of digestive tract and metabolism at the level of tissues. Acharya Charaka has mentioned about 13 Agnis which are Jatharagni-1, Bhutagni-5, Dhatvagni-7.

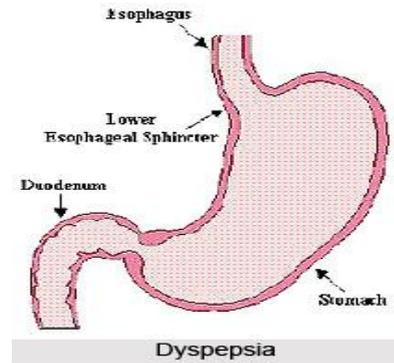
Mandagni or disfunctioning of the agni is the root cause of all diseases, according to Ayurveda. Hence for prevention and cure diseases, normal functioning of agni should be maintained. Acharya Charaka has advised that prior proceeding to treatment, bala(strength) of patient should be assessed by dasha-vidhapareeksha and Agni parikshan is one of the important parikshan among it. Kaya-Chikitsa is one of the eight major speciality of Ayurveda, also called Antaragni-chikitsa, the word itself explains the importance Agni in chikitsa(treatment).

This agni is paramasukshma and transform the food substances into various forms which can be easily assimilated by our body. In AyurvedicSamhita, decrease in the intensity of the agni has been termed as agnimandya. The acharyasCharak, Susrut and Vagbhat has not described this disease separately but in the cause of other disease, Acharya madhav has described agnimandya as a separate disease.

Agnimandya is derived from two words Agni (Fire or Digestive Juices) and Manda (Low), so the condition in which the food is not properly digested due to the diminished power of Jatharagni (digestive juices) is known as Agnimandya. In Ayurveda, Agnimandya is considered principal cause for all metabolic disorders commencing with indigestion (ajirna).

Agnimandya can be due to irregular dietary habits, excessive intake of liquids, avoidance of natural bowel reflex, habit of irregular sleep. Sometimes, Agnimandya is the symptoms of certain other diseases such as fever, anemia, diarrhea, sprue, indigestion, piles etc.

The synonym for Agnimandya is Deficient digestive power, Dyspepsia, Loss of digestive power, Impaired digestion, and Weak digestive power.

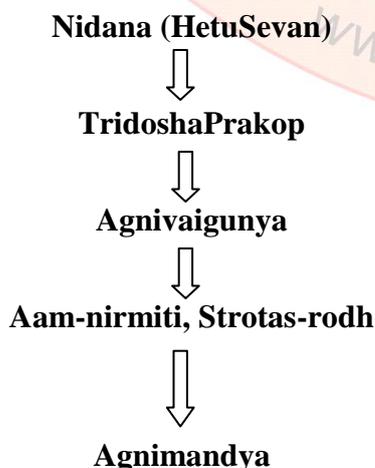


Causes of Agnimandya:-

- Excessive drinking of fluids
- Eating very dry, oily, heavy meals
- Eating junk food
- Taking incompatible diet
- Suppression of natural urges
- Stress, worry, fear, anger
- Drinking caffeinated drinks etc.

Samprapti:-

Agnimandya is a main step occurring in pathogenesis of many diseases. Hetusevan causes Doshaprakop. These prakopidosha vitiate dushya and their Sammurchana which leads to many diseases, mostly it starts with Agnimandya. Due to decrease in intensity of Agni, the apachitahara-rasa is produced leads to Strotorodha and Amanirmiti. Hence, while treating any disease the Sampraptibhangaal ways to be start with Amapachan and Agnivardhan kitsato get fast and complete cure.



Symptoms of Agnimandya

1. Agnimandya is characterized by loss of appetite, loss of taste, weakness in digestion, excessive salivation, sour eructation, and heaviness of stomach and head.
2. Indigestion, loss of appetite, difficult digestion
3. Pain in abdomen
4. Vomiting, diarrhea
5. Bloating, heaviness in abdomen, gas, hard abdomen, tenderness
6. Sour burps

Agnimandya as a symptom:

Acharya has described Agnimandya as a main symptom in diseases like Jwara, Pandu, Atisara, Grahani, Ajeerna Gulma, Kamala, Shotha, Shwasa, Pratishtyaya, Arsha etc.

Types of Agnimandya:-

- Mandagni
- Tikshnagni
- Vishmaggni
- Samagni

Effect of Agnimandya on health:-

Pachak Agni or Digestive fire is an essential for the complete and proper digestion of food. When digestive fire is low, food is not properly digested and absorbed. This causes buildup of toxins in body or Ama.

1. Accumulation of Ama causes many diseases. Ama acts like poison.
2. It weakens the body due to poor nutrition.
3. Therefore Agnimandya is the principal cause for all metabolic disorders.

Treatments:-

Main drugs used for Agnimandya:-

Below is given few herbs which are used to treat digestive weakness.

Sunthi (Dry ginger powder): It is pungent (Rasa), sharp, heavy, dry (Guna), hot (Virya) and MadhurVipak. It reduces Vata, Kapha and increases Pitta. It mainly works on digestive system.

Pippali (Long pepper): It is Pungent, hot and sweet. It reduces Vata and Kapha and increases pitta. It improves the digestive fire.

Marich (Black pepper): It is Pungent, hot and reduces Vata and Kapha and increases pitta. It has carminative and Stimulant action.

Chitrak (White Leadwort): It is hot in potency. It increases Vata and Kapha and increases pitta. It is given to treat Sprue, worms, colitis, indigestion, hemorrhoids, anasarca, diarrhea and gas. It should not be used in pregnancy.

Jirak (Cumin seeds): It is pungent and hot. It is Dipana and Pachana. It increases gastric juice secretion, improves stomach tone, promotes appetite, and digestion. It gives relief in colitis, gas, digestion, abdominal pain and distention.

Draksha (Vitisvinifera): It cures digestive disorders and gas. It has nutritious, sweet, refrigerant, laxative, demulcent, hematinic, hemostatic and cooling action.

Saindava (Rock salt): It is salty (Rasa), wet, heavy, penetrating (Guna), hot (Virya) and MadhurVipak. It reduces Vata and increases Pitta and Kapha. It is Dipana (appetite stimulant) and Pachana (digestive) and treats indigestion. It is anulomna (causes Vata to move downward), Tikshna (penetrating to subtle channels), and Sleshmna (increases mucous). Rock salt, stimulates digestion by increases digestive enzymes.

Shankha Bhasma: It is anodyne, carminative, digestive and stimulant.

Ayurvedic medicine for Agnimandya:-

1. Agnitundi Vati
2. Ajamodadi Churna
3. Chitrakadi Vati
4. Dadimashtakachurnam
5. Jirkadyarishta
6. Hingwashtak Churna
7. Lavan Bhaskar Churna
8. Shivakshar Pachanchurna
9. ShankhaVati

Dietary tips:-

1. Try to identify the causative factors.
2. Do not drink water while having meal.
3. Chew your food properly.
4. Avoid eating full stomach.
5. Take frequent, small meals.

Conclusion:-

Thus we can conclude that there is a detail description available in various Ayurvedic texts regarding concepts and principals related to *Agnimandya*. Acharyas has established very scientific relation between *Agni* and *Dosha*, concept of *Agnimandya* and evolution of various diseases.

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