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CONCEPT OF AGNI AND ITS PHYSIOLOGICAL ASPECTS ON HUMAN BODY

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Abstract:

In Ayurveda Agni is refers for digestion in human body. Agni having different in its types, nature, mode of action etc. Main function of Agni is transformation of food material. Agni digests the food materials complex form into simpler form. Agni does metabolic process and releases energy in the form of ATP and maintains the whole metabolic and digestive process of the human body and in molecular level as well.

According to Acharyas the concept of Agni is unique and gives energy, strength, to the human body. In human physiology Agni is important factor for Metabolism and transformation for Ahara. (International Journal of Pharmaceutical and Medicinal Research ISSN: 2347-7008 Int. J. Pharm. Med. Res. 2015; 3(1):186-190)

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INTRODUCTION

In Ayurvedic text books explanation of Agni is very vast and huge. Because Agni is related to digestive process, Metabolic Processes and Anna Pachana. According to modern concept of digestion and Transformation of food and food material digested by digestive enzymes and catalytic factors which is supported to digestive process. The diagnosis of digestive process is very different in Modern System. But in Ayurveda Our Diagnosis is based on Desha, Kala, Bala, Matra, Koshtha,Prakruti etc. and it is very unique concept.

Agni is different in types 1. Jatharagni 2. Bhutagni 3. Dhatavagni.

Agni transforms vegetables, fruits, liquid material, non vegetables, etc. into its simpler form. If we intake the some food material from mukha (Mouth) then it will go into Amashaya and stored for some times after that Jatharagni is acting on it and food material transform into its simpler form then Butagni is acting on it . And this process is continuously happen into the Srotas and and sukashma Srotas (Microscopic Channels). After that Dhatavagni is processed and finally that whole digestive process is complete then it is divided into its Sara and Kitta Bhaga of Ahara.

If Jatharagni transforms food successfully then digestion and metabolic process is completed and health is maintained and no disease will be formed.^{1,2} (International Journal of Pharmaceutical and Medicinal Research ISSN: 2347-7008 Int. J. Pharm. Med. Res. 2015; 3(1):186-190)

MATERIAL AND METHODS

Materials related to Agni and other topics have been collected from different journals, Ayurvedic text books , Authentic websites (PubMed, NCBI, etc.), Reputed Magazines, Authentic literatures, Manuscripts, Sanskrit Dictionary etc.³ (International Journal of Pharmaceutical and Medicinal Research ISSN: 2347-7008 Int. J. Pharm. Med. Res. 2015; 3(1):186-190)

ABOUT AGNI

Agni is known as Fire. Agni is different in different personality persons according to Prakruti. And Agni is different according to Dosha (Vata, Pitta, Kapha) . Agni is different in types like- 1. Samaagni 2. Vishamagni 3. Mandagni 4. Tikshnaagni.

Agni having the process of transformation of Ahara. After that energy is released in the form of ATP (Adenosine Tri Phosphate). ATP is in the form of energy bundles and after digestion ATP is released and ATP is used by cells in our human body^{4,5} (International Journal of Pharmaceutical and Medicinal Research ISSN: 2347-7008 Int. J. Pharm. Med. Res. 2015; 3(1):186-190)

DIFFERENT TYPES OF AGNI

Acharya Charak described 13 types of Agni i.e. 1. Jatharagni 2. Bhutagni 3. Dhatavagni.

Acharya Sushruta told 5 types i.e. 1. Pachakagni 2. Ranjakagni 3. Alochakagni 4. Sadhakagni 5. Bhrajakagni.

Acharya Vagbhata described different types i.e. 1. Audaryaagi 2. Bhutaagni 3. Dhatvaagni 4. Dhoshaagni 5. Malaagni 6. Pittaagni.

Sharangadhara told five Pitta types i.e. 1. Pachaka 2. Bhrajaka 3. Ranjaka 4. Alochaka 5. Sadhaka

BhavaMishra followed Charakachaya and Vagbhatacharya both.^{6,7,8,9,10,11,12}

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1. JATHARAGNI

Acharya Vagbhata described Jatharagni is present in the Grahani near Amashaya. And the food is stored in Amashaya for some period and in amashaya digestive process is carried out.

According to Some Acharyas Pittadhara kala is present at the entrance of Pakvashaya.

And After Successful completion of digestion gives long and healthy life i.e. Aim of Ayurveda.

If the digestive process is not properly taken then illness(diseases) will produce and also harmful for the health and life too.

Jatharagni transforms food material which is made up of PanchaMahabhuta elements. After proper digestion of food material, is divided into Sara (Prasad) and Kitta (Waste Product) bhaga in our human body.

Jatharagni is directly related to Dhatavagni and their digestive Properties with dhatupaka process.

Jatharagni is divided into 4 types according to its Mode of Action.

1. Samagni
2. Vishamagni
3. Tikshanagni
4. Mandagni.^{13,14,15,16}

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2. BHUTAGNI

Bhutagni having five types of Agni.

1. Parthivagni
2. Apyaagni
3. Tejasagni
4. Vayavyagni
5. Akashagni.

Our Human body is composed of PanchaMahabhuta Tatva. And every cell is composed of PanchaMahabhuta. All food material also made up of PanchaMahabhuta which is related to Agni.

Acharya Charaka described five types of Bhutagni which transformed the food materials.¹⁷

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DHATVAGNI

All dhatus contain their own Agni to transform the food materials to their own Srotas like-

1. Rasagni present in Rasa dhatu
2. Raktagni present in Rakta dhatu
3. Mamsagni present in Mamsa dhatu
4. Medoagni present in Medo dhatu
5. Ashthiagni present in Ashthi dhatu
6. Majjagni present in Majja dhatu
7. Shukragni present in Sukra dhatu.^{18,19}

PHYSIOLOGICAL STATE OF AGNI ^{20,21,22,23,24}

1. SAMAGNI

The People who having Samagni, their digestion is proper and they having good quality of dhatu growth and health. Samagni having normal state of digestion. and good quality of life in individuals.

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2. VISHAMAGNI

Vishamagni having improper digestion and transformation takes place but in someday normal function also perform. Vata dosha which is present in koshtha causes amashaya shoola, Grahani roga and heaviness in stomach etc. which forms the disease state in human body. (International Journal of Pharmaceutical and Medicinal Research ISSN: 2347-7008 Int. J. Pharm. Med. Res. 2015; 3(1):186-190)

TIKSHNAGNI

Acharya Sushruta mentioned that the digestion of food in tikshnagni is very fast. The normal food digests very fast and makes appetite very soon. When tikshnagni is transformed the food material, the mouth and lips become dry with burning sensation. This condition is due to Bhasmakagni according to Tikshna state of agni. (International Journal of Pharmaceutical and Medicinal Research ISSN: 2347-7008 Int. J. Pharm. Med. Res. 2015; 3(1):186-190)

MANDAGNI

Mandagni means Slow (Manda).

This type of Agni transform small amount of food material into maximum amount of time and feels Heaviness in Stomach. (International Journal of Pharmaceutical and Medicinal Research ISSN: 2347-7008 Int. J. Pharm. Med. Res. 2015; 3(1):186-190)

RELATION BETWEEN TRIDOSHA AND MAHABHUTA

TRIDOSHA	MAHABHUTA PREDOMINANT
<i>Vata dosha</i>	<i>Vayu</i> dominant
<i>Pitta dosha</i>	<i>Agni</i> dominant
<i>Kapha dosha</i>	<i>Apya</i> dominant

CONCLUSION

The main function of *Agni* is digestion i.e. transformation of the food material, (which is converted into complex molecules to simpler form of molecules). This is the main importance of *Agni*.

Acharya Charaka Explained *Agni* is responsible for the health and disease state of human body. If the proper digestion is successful then energy, potency and strength is provided to human body and health will be maintained. And if not, disease state will be formed.

Agni having different metabolic processes who conduct the digestion in human body. In human body *Agni* having different role and models. After successful completion of transformation process, health will be maintained and gives long life span, this is main moto of *Ayurved* (*Swathashya swashya rakshanam*).

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