

## STUDY OF AGNIDUSHTI WITH SPECIAL REFERENCE TO “AAHAR SEVANA KAALA VAISHAMYA”

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Article Received on  
28 Feb. 2018,

Revised on 21 March 2018,  
Accepted on 11 April 2018,

DOI: 10.20959/wjpr20188-11956

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### ABSTRACT

**Aim:-** To study the importance of Aahar Sevana Kala (Meal Timings).

### Objectives :-

1. To evaluate effects of irregular meal timings on body
2. To study & define proper timing for food consumption according to Ayurveda.

### INTRODUCTION

Kaala is a basic constituent of matter responsible for creation, existence and destruction of the whole universe. Kaala has been described in various ways by Ayurveda like Dinacharya, Rutucharya, Aushadha Sevana Kala, Kriyakala, Arishta Kala etc. Among these

various Kaala described in Samhitas, Aahara sevana kaala plays very important role in proper digestion of food, nutrition up to the tissue level and growth of body. Diet, If not consumed properly, it affects body metabolism, vitiates Agni and becomes causative factor for various long term metabolic disorders. Today's lifestyle consists of so many irregularities. Hence it is important to study the effect of irregular meal timings on Agni & ultimately Health of an Individual.

### METHODOLOGY

Effect of irregular meal timings on Agni was assessed with primary symptoms of Ajirna. Subjects consuming food with irregular timings at least since 3 months were identified & prevalence of Ajirna lakshana was studied.

Questionnaire for the subjects was prepared to cover following points:-

**1. The proper timing for food consumption** was defined with the help of Jeerna Aahara Lakshana (Cha.Vi.1/32)

- Sensation of hunger
- Digestion of previous food
- Purified eructation
- Downward passage of the wind, urine and stool.
- Feeling of good being/happiness.

**2. Irregular meal timings** i.e. Absence of above symptoms was divided into 3 categories as Aprapta Kaalashana, Ateeta Kaalashana & Adyashana.(Cha.Chi.15/236)

**a) Aprapta Kaalashana** - Having meals before digestion of previous meal.

**b) Ateeta Kaalashana** - Having meals in spite of hunger at least for 2 hrs.

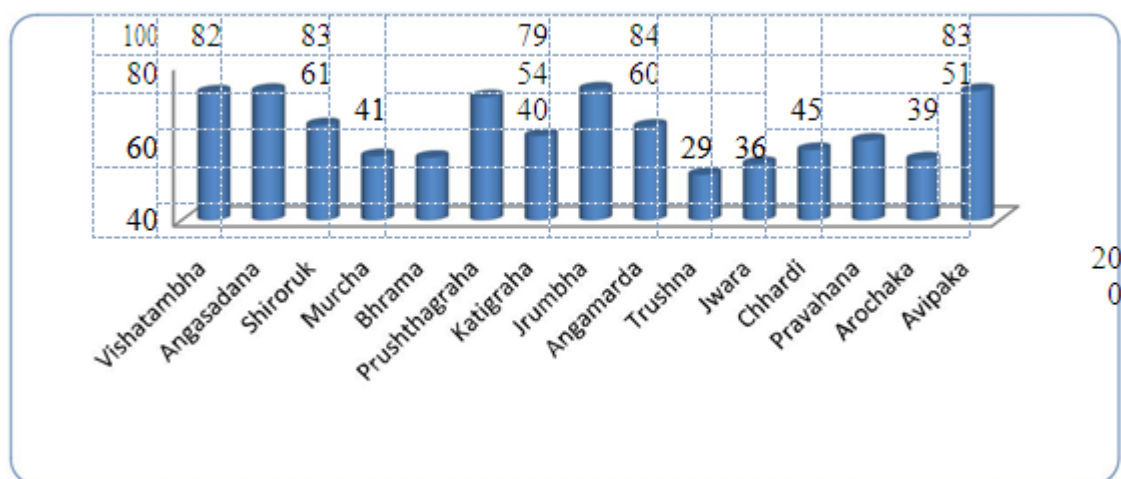
**c) Adyashana**- Having meals immediately after having something.

**3. Effects of irregular meal timings** were defined in terms of Agnidushti i.e. Samanya Ajeerna Lakshanani. (Cha.Chi.15/45,46)

- a) Vishtambha b) Angasadana c) Shiroruk d) Murcha e) Bhrama f) Prushtagraha g) Katigraha h) Jrumbha i) Angamarda j) Trushna k) Jwara l) Chardi m) Pravahana n) Arochaka o) Avipaka.

**Survey Method:-** Questionnaire type of survey was done. Sample size:- 100 Volunteers(Age 18-50) following irregular meal timings mentioned above at least for 3 months & consuming food products like rice, chapati, vegetables etc. as a routine meal were selected for study.

## OBSERVATIONS

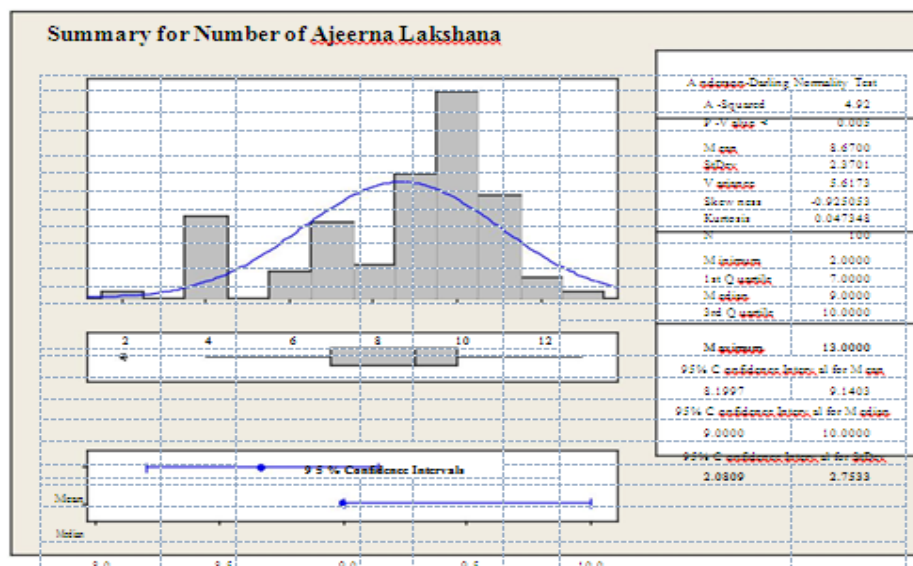


## Inference

*Trumbha, Angasadana, Avipaka, Vistambha and Prusthagraha* were found in maximum number of respondents. Trushna was the least found lakshana.

## Analysis of Lakshanani among all respondents

### Hypothesis Testing



### Summary for Number of Ajeerna Lakshana

Number of *Lakshana* found among respondent do not follow Normal distribution as p value is less than 0.05. Hence median value used to make inference out of this graph.

With 95% confidence level, we can say that number of *Lakshana* per person are in the range of 9 to 10 which is more 60% of total number of *Lakshana*.

**Null Hypothesis Ho:** *Akaala* food consumption do not have any impact on *Ajeerna Lakshanani*.

Alternate Hypothesis H1: *Akaala* food consumption leads to *Ajeerna Lakshana*.

As P value is 0.00 which is < than 0.05, we are rejecting null Hypothesis.

**So, with 95% of confidence level it is proved that *Akaala* food consumption leads to *Ajeerna Lakshana*.**

## RESULTS

1. As data obtained was asymmetrical, sign test of median was applied for hypothesis testing.
2. Result of Hypothesis testing was "*Akaala food consumption leads to Ajeerna Lakshanani i.e Agnidushti which is gateway to metabolic disorders.*"
3. During the survey, some of the imp. facts were noted. They are as follows-

- 1) The data shows that maximum tendency of Akaala food consumption was observed amongst servants and students in the age group of 25-29 yrs.
- 2) Maximum people consume food in Ateeta Kaala but number of Lakshana per person in Ateeta Kaala food consumption was 9 which is minimum.
- 3) Whereas, minimum people follow adhyashana while number of Lakshana per person in people following Adhyashana was 11 which is maximum.
- 4) People having Vishama and Manda Agni showed maximum Lakshana while those of Teeksha agni showed minimum Lakshana.
- 5) Jrumbha, Angasadara, Avipaka and Prushtagraha were found in maximum no of people where the rest three are commonly found among the people following all three Akaala.

## CONCLUSION

From the survey, it can be stated that irregular meal timings become a causative factor of Agnidushti which is a gateway to various long term metabolic disorders.

**Food should be consumed only when there is:-** Sensation of hunger, Digestion of previous meal, Eructation purified, Downward passage of flatus, Urine and faeces and Healthy as well as Happy mind.

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