

A LITERARY REVIEW OF "DIFFERENT STATES OF JATHARAGNI"

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ABSTRACT

Human being wants to live "HEALTHY LIFE". Healthy state of body depends on one of the most important factor - food we consume. "Jatharagni" (Digestive fire) is a medium to convert ingested food to body absorbable substances. By converting the food particles, "Jatharagni" plays vital role in maintaining healthy life. There are four "Different States Of *Jatharagni*", Out of this which belongs to particular person ? This article focus on this question.

KEYWORDS: Jatharagni, States Of Jatharagni.

INTRODUCTION

In 20 th century human being are health conscious. They want to achieve healthy and well built body status. Some of them work daily for body building.

Food is main energy source for getting energy and body building. But body can not directly utilize the food. It must get converted to simple body absorbable substances.

"Jatharagni" is main source to convert food we ingest to simple body absorbable substances, according to *Prakruti* (*1) of an individuals and *Dosha sthiti* (*4), "Jatharagni" has four states.

According to Charakacharya "Jatharagni" has four states as follow

Vishamagni

Tikshnagni

Mandagni

Samagni.

Every individual should know the state of their "*Jatharagni*". So that according to state of "*Jatharagni*" they can decide the quantity and quality of food they should eat to maintain the healthy state of body.

Aim

To review literary "Different States Of *Jatharagni*", in detail.

OBJECTIVE

- To review *Jatharagni*, different States Of *Jatharagni* from Ayurvedic text.
- To study importance of different States Of *Jatharagni*,

MATERIAL

- For the purpose of literary review of different States Of *Jatharagni*, Ayurvedic text is studied in detail.
- Ayurvedic journals & internet media is viewed for different states of *Jatharagni*, and recent updates.

METHODS

- Conceptual study of different States Of *Jatharagni*.

Literature review

All ayurvedic samhita have described mainly four different States Of *Jatharagni*, i.e.

Vishamagni

Tikshnagni

Mandagni

Samagni.

According to ayurvedic texts the *Agni* is classified according to two aspects,

- a) An aspect which may be described as natural and which form part of *Prakruti*.
- b) An aspect in which three *Doshas* involved, due to operation of different etiological factors on the body, leading to reciprocal influence between *Doshas* and *Agni*.

These two classifications can be explained as follows.

a) An aspect which may be described as natural and which form part of *Prakruti*. (*1).

Sr. no.	Prakruti	Different States Of Jatharagni
1.	Vata	Vishamagni (Erratic / Fitfull)
2.	Pitta	Tikshnagni (Acute / Sharp)
3.	Kapha	Mandagni (Dull / Slow)
4.	Sama	Samagni (Normal)

This is important for preventive medication; These states of *Agni* are fixed according to *Prakruti* of an individuals.

b) An aspect in which three *Doshas* involved, due to operation of different etiological factors on the body, leading to reciprocal influence between *Doshas* and *Agni*.

According to Vagbhatacharya the functioning of *Agni* is normal. When *Samana vayu* is functioning normally in its own sthana. If this *vayu* moves to places other than its own, for eg. When *Samana vayu* comes in contact with *Pitta*, then *Jatharagni* becomes *Tikshnagni* (Acute / Sharp). If *Samana vayu* afflicted by *Kapha* then *Agni* becomes *Mandagni* (Dull / Slow).

In other words if neural influence on secretory mechanism of gastro intestinal glands are hypersecreting; *Jatharagni* becomes *Tikshnagni* (Acute / Sharp). If it is hyposecreting then *Jatharagni* becomes *Mandagni* (Dull / Slow) and if it secreting normally then *Jatharagni* becomes *Samagni* (Normal).

This can be shown in table as follows.

Sr no.	Dosha	Different States Of Jatharagni	Symptoms
1.	Vata	Vishamagni (Erratic / Fitfull)	Sometimes it digests food slowly, normally, or fastly. (*2) <i>Adhmana</i> (Abdominal distention), <i>Shula</i> (Colic pain), <i>Atisara</i> (Diarrhoea), <i>Udara</i> (Ascitis), <i>Gaurava</i> (Heavyness), <i>Antrakunjana</i> (Gargling sound of intestine), <i>Pravahana</i> (Dysentery). (*3)
2.	Pitta	Tikshnagni (Acute / Sharp)	Digests even large quantities of all, too frequent meals. (*2), can digest diet in < 4 hours. (*5) <i>Galashosha & Daha</i> (Parched throat), <i>Osthashosha & Daha</i> (Parched lip), <i>Talushosha & Daha</i> (Parched palate), <i>Santapa</i> (Heat and burning sensation). (*3)
3.	Kapha	Mandagni (Dull / Slow)	Cannot digest even normal diet properly. (*2). Can digest diet in > 8 hours. (*5) <i>Udaragaurava</i> (Heavyness of abdomen), <i>Shirogaurava</i> (Heavyness of head), <i>Kasa</i> (cough), <i>Svasa</i> (Dyspnoea), <i>Praseka</i> (Salivation), <i>Chhardi</i> (Emesis), <i>Gatrasadana</i> (Weakness). (*3)
4.	Samadosha	Samagni (Normal)	Can digest normal diet properly (*2) in 4 to 8 hours. (*5).

Thus from above two classifications there are four different States Of *Jatharagni*, i.e.

Vishamagni

Tikshnagni

Mandagni

Samagni

And from symptoms given in above table the State Of *Jatharagni* can be studied.

DISCUSSION

The main goal of Ayurveda is "*Swasthya Rakshana*" (Health maintainance). To achieve healthy state of body the digestion of food to simple body absorbable substances is important, which is done by *Jatharagni*.

According to *Prakruti* and Three *Dosha sthiti* of body, *Jatharagni* is classified into four different States i.e.

Vishamagni

Tikshnagni

Mandagni

Samagni

From the symptoms given in the above table, the state of *Jatharagni* of an individual can be known.

By knowing the states of *Jatharagni*, it can be decided the quantity and types of food one should consume to maintain healthy state of body.

For eg.

Tikshnagni - Heavy (Guru ahara) & frequent meals should be consumed.

Mandagni - Light (Laghu ahara) & less meals should be consumed.

Vishamagni - These individuals should consume meals according to *Dosha sthithi* of their *Jatharagni*.

Samagni - Should eat normal diet properly.

CONCLUSION

After studying & collecting references, from the ayurvedic literature following conclusion can be drawn.

1) *Jadharagni* is an important factor for digestion of food particals to body absorbable substances.

2) *Jatharagni* has four states according to two aspects as follows.

Vishamagni

Tikshnagni

Mandagni

Samagni.

3) *Tikshanagni* individuals should eat heavy diet (*Guru ahara*), *Mandagni* individuals should eat Light diet (*Laghu ahara*), *Vishmagni* individuals should consume meals according to *Dosha sthithi* of their *Jatharagni* at given period, *Samagni* individuals can eat all types of diet and their nourishment is well.

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