

AGNI; - PRIME FACTOR FOR LONGEVITY***¹Dr. Surbhi Pankaj, ²Dr. Pankaj Marolia and ³Dr. Man-Mohan Sharma**¹M. D. 2nd year, Dept of Rog Nidan, M. M. M. Govt. Ayu. College, Udaipur Raj.²M. D. PhD (Ayu) Prof., & H.O.D. of Rog Nidan.³M. D., PhD (Ayu), Associate professor of Rog Nidan.Article Received on
12 May 2021,Revised on 1 June 2021,
Accepted on 20 June 2021

DOI: 10.20959/wjpr20218-20917

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Nidan, M. M. M. Govt. Ayu.
College, Udaipur Raj.**INTRODUCTION**

In Indian ancient literature, man is considered a replica of the universe. Whatever is found in the universe is present in human body also. This living body which is made up of panchmahabhuta (five fundamental categories of matter) always undergoes 'Wear and Tear' phenomenon because of essential daily activities. In other words, two processes are continuously going on continuously in our body. CHAYA (Anabolism) and APCHAYA (Catabolism). Their balance keeps dhatu (basic tissues) in equilibrium and keeps diseases away. For this constant process of change either for yielding energy (catabolism)

or synthesizing tissue (anabolism), an inherent factor exists, termed as AGNI. It is responsible for all biochemical transformations in the body. It is the prime and ultimate factor in the process of maintenance of the life. Concept of agni is one of the basic principles of Ayurveda.

समदोषः समग्निश्च समधातुमलक्रियः ।
प्रसन्नात्मेन्द्रियमना : स्वस्थ इत्यभिधीयते ॥ सु.सू. 15/48

Health is the state of mentally and physically well being. According to ayurveda, when dosha, dhatu and mala are in sama awastha and indriya, aatma, mann all are working properly then the person is considered as Swastha.

For dosha, dhatu and mala to be in the state of proportionality Agni should be normal (Samagni).

Importance of Agni

आयुवर्णो बलं स्वास्थ्यमुत्साहोपचयौ प्रभा ।

ओजस्तेजोऽग्नयः प्राणाश्चोक्ता देहाग्निहेतुकाः ॥
 शान्तेऽग्नौ म्रियते , युक्ते चिरं जीवत्यनामयः ।
 रोगी स्याद्विकृते मूलमग्निस्तस्मान्निरुच्यते ॥ च.चि. 15/3

Ayu – Longevity.

Varna – Complexion.

Balam – Strength.

Swasthyam – Health.

Utsaaha – Enthusiasm.

Upchaya – Body accumulation.

Prabha – Lusture.

Ojas – Tissue essence.

Agnayah – Bio fibres.

Prana – Life (pranavata).

When agni inside the body get extinguished then body (shareer) is considered as dead. As far as agni inside the body remains in sama awastha, person live long without any ailment or disease.

Types of Agni

13 Types - 1 JATHARAGNI.

7 DHATVAGNI.

5 BHOOTAGNI.

Role of Jatharagni

अन्नस्य पक्ता सर्वेषां पक्त्वणामधिपो मतः ।
 तन्मूलास्ते हि तद्वृद्धिक्षयवृद्धिक्षयात्मकाः ॥ च.चि. 15/39

Jatharagni is the most important type of all types of agni, and all other types of agni are dependent on it.

जठराग्निः सर्वानेवाहारसमलविपाकान् पचति स ; चक्रपाणि

It plays a main role in digesting the ingested ahara and transforming into ahara rasa and mala bhag.

This ahara ras with the action of rasagni/ dhatwagni is transformed into Rasa dhatu (respective dhatu) and the dhatu kitta bhaga.

Role of Dhatvagni

Dhatavagni's are nothing but small & scattered portions of jatharagni in dhatus. Which are responsible for the chaya & upchaya of dhatus.

स्वस्थानस्थस्य कायाग्नरेषां धातुषु संश्रिताः ।
तेषां सादतिदीप्तिभ्यां धातुवृद्धिक्षयोद्भवः ॥ ; अ.ह.सू. 11/34

The ashtanga hridaya clears that moieties of kayagni located to in it's own place, are distributed to and permeate to all the dhatus. A decrease of it (below the normal) makes for an increase of the dhatus and vice versa.

Formation of proper rasadi dhatus leads to the formation of proper rasadi dhatu saras , effect of which is directly seen all over the body.

Role of Bhootagni

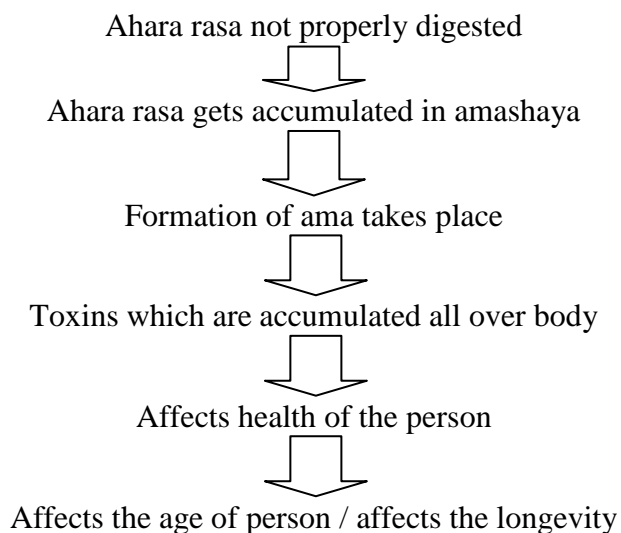
Bhootagni is the one that digest the panchbhoota present in our panchbhautika ahara. There are five bhootagni each of the five basic elements, namely Parthiva (earth), Apya (water), Tejas (agni), Vayavya (vayu) and Nabhasa (akash). These digest their own part of the element present in the food materials.

-After the digestion of food by the bhootagni, digested materials containing the qualities similar to each bhoota nourish their own specific bhautika elements of the body.

What happens when Agni is not proper

If jatharagni is not proper

Jatharagni diminished / not proper



Aacharya Chakrapani magnifies that, all other agni's are depended on jatharagni and illumination or diminuation of jatharagni directly imitates on other Agnis.

Physiological state of Agni

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.
2. **VISHAMAGNI**– Vishmagni having improper digestion and transformation takes place but in someday normal function also perform. Vata dosha which is present in koshta causes amashaya shoola, Grahani roga and heaviness in stomach etc. which forms the disease state in human body.
3. **TIKSHNAGNI**- Acharya Sushruta mentioned that the digestion of food in tikshagni is very fast. The normal food digests very and makes appetite very soon. When tikshnagni is transformed the food materials, the mouth and lips become dry with burning sensation This condition is due to Bhasmakagni according to tikshna state of Agni.
4. **MANDAGNI**- This type of Agni transform small amount of food material into maximum amount of time and feels heaviness in stomach.

Pathological significance of agni:

In case 'agni' is not functioning properly:

- One has poor digestion.
- Languid blood circulation.
- Poor complexion.
- Low energy levels.
- Poor immunity against disease.

Thus promoting proper functioning of the digestive fire is treating the root cause of the disease.

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

Agni having different metabolic process 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. So the Agni is the prime factor for longevity.

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