

**GENERAL INTRODUCTION OF JTHARAGNI AND ITS CORELATION  
IN MADHUMEHA ACCORDING TO AYURVEDA****Dr. Dilip Kumar Sahu\*<sup>1</sup> and Dr. Prabhat Kumar Dwivedi<sup>2</sup>**

<sup>1</sup>Assistant Professor, Department of Kriya Sharira, Nitishwar Ayurveda Medical College and Hospital, Muzaffarpur- Bihar.

<sup>2</sup>Associate Professor, Department of Panchkarma, Nitishwar Ayurved Medical College and Hospital, Muzaffarpur- Bihar.

Article Received on  
21 Jan. 2024,

Revised on 11 Feb. 2024,  
Accepted on 01 March 2024

DOI: 10.20959/wjpr20245-31697



**\*Corresponding Author**

**Dr. Dilip Kumar Sahu**

Assistant Professor,

Department of Kriya

Sharira, Nitishwar Ayurveda

Medical College and

Hospital, Muzaffarpur-

Bihar.

**ABSTRACT**

Agni is the get keeper of life. It is bodily digestive fire responsible for wholesomeness of entire human composition. There are 13 types of Agni in the Body(Jatharagni-Saptadhatwagni-panchabhutagni) balanced in the whole body. The nidansevan of Madhumeha is directly responsible for Jatharagnimandya. This vikrut Jatharagni causes improper processing of Dhatus (Apachit Dhatuutpatti). In Madhumeha Kledak Kapha is main vitiated dosha.

**KEYWORDS:** Agni, Madhumeha, Dosha, Life style.

**INTRODUCTION**

DM has increased gigantic shame in recent times as it is fast emerging & flattering the world's main silent killer. India has been likely by WHO as a country with the wildest growing population of diabetic patients. DM is a group of metabolic disorder in which there are high blood sugar levels over the period. It is produced due to

malfunctioning of Pancreas, which is accountable for the production of hormone Insulin. In this sickness the Insulin receptors not replying right to the Insulin so that blood sugar level increases in the body. According to Ayurveda main cause of DM (Madhumeha) is Mandagni(Malfunctioning of Agni).

If we look at the perspective of Ayurveda, there are total 13 kinds of Agni specified in texts,

1) Jatharagni 2) Bhutagni 3) Dhatwagni.

These are useful for digestion, transformation, assimilation & utilization of nutrient food in the body. With this reference of Agni it can be very well said that enzymes, hormones are to be put under the heading of Agni. The Agni is disturbed in two ways, 1) Tikshagni – Aggravated functioning of Agni 2) Mandagni-Under the functioning of Agni. The statement of Ayurveda, “RogahSarveApiMandeAgnau” explains that Mandagni is the root cause of all imbalances & various diseases in the body. Agni mandya is the digestive insufficiency or hypo functional state of Agni which can be produced due to unwholesome & improperly cooked food, chronic & long standing diseases and suppression of natural Urges etc. Agni is also responsible for the culmination of diabetes. Agni represents the bodily fires. When this fire is diminished, then there is a chance that the carbohydrate utilization may not occur in the correct manner thus leading to increase level of Glucose in the blood.

## GENERAL DISCUSSION

### Concept of Agni

**Adhishthana:-** If we look at the concept of agni, it is placed in the living body. The place of origin is Navel i.e. Nabhi.<sup>[1]</sup>

### NIRUKTI

The nirukti is given as “AngatiEtiUrdhwam GachhatiEti” i.e. one which moves upward. The function of agni are given as, Ayu, varna, bala, swasthya, utsaha, upachaya, prabha, ojas, tejas & it is considered as Prana. As per the ayurvedic sages Agni mulambalampumsa i.e. Agni considered as base of life. The differentiating point between living & non-living beings is the presence of Agni in the living beings. Cell is the unit of life. The growth, transformations of every cell in living beings is totally depends on Agni Bala. When the doshas in the body get aggravated or Aamotpatti occurs as a result of virudhhaaaharaviharathen Langhanashould be given as it digests the Samadosha.

### TYPES OF AGNI

Acharya Charak has mentioned 13 types of Agni. It is categorized into 3 groups. i.e. 1) Jatharagni 2) Dhatwagni 3) Bhutagni. “Jatharo Bhagwan Agni” [.....su.su 15] Jatharagni controls the functioning of remaining twelve categories of Agni. Vitiation of Agni takes place in three different ways, 1) Mandagni:- Mandagni is incapable of digesting even small quantity of food. It gives rise to Kapha diseases. 2) Vishamagni:- Vishamagni digests the food sometimes properly and sometimes improperly, it gives rise to Vata diseases. 3) Tikshagni:- Tikshagni is that which digests the usual quantity of food or even excess quantity without any difficulty.

within a very short time, it gives rise to Pittadiseases. Samagni is the normal one. It is achieved by balanced state of all three doshas (Vata-Pitta-Kapha). Samagni is said to be ideal & conducive to health. If due to any reason Agni gets disturbed<sup>[2-4]</sup>, the Aama Vishais generated. Aama ultimately produces "Agnimandya".

## CONCEPT OF AGNIMANDYA

"Rogah Sarveapi Mandagnau"... Va. Ni 12/1

If we see the root cause of any disease then we can say mandagni is the main root cause of all the disease and prameha is one among them which causes disease. Mandagni is the root cause for all diseases.

The cycle of Agnidushti-Aamotpatti-Agnimandya is responsible for disease processes.

## WHAT IS DIABETES?

Endocrine functions of Pancreas: The Endocrine function of pancreas is performed by the islets of Langerhans. Islets of Langerhans consist of 4 types of cells,

- 1) A or alpha cells which secrete glucagon.
- 2) B or beta cells secrete Insulin.
- 3) D or delta cells secrete Somatostatin.

## CAUSES

Madhumeha is Doshavaishmya / Doshaprakop vicar and Impaired Agni Kapha pradoshaj vikara.

Insulin is the important hormone that is concerned with regulation of carbohydrate metabolism & blood sugar level. It is concerned with metabolism of protein & fats (Chayapachayakriya of macro & micro nutrients by Agni). Insulin is the only anti-diabetic hormone secreted in the body i.e. it is the only hormone in the body that reduces blood sugar level. In DM either there is a deficiency of insulin or absence or reduced number of insulin receptors in the cell of body (increased resistance to insulin). Indulgences in sitting for long periods thus avoiding physical activity, sleeping for long hours, use of curd, flesh of domestic & aquatic animals, milk & its preparation, fresh grains, fresh water etc.-Dosh: Kledakapha, Pachak Pitta, Saman & Apanvayu.-Dushya: Meda, rakta, Shukra, Ambu, Vasa, Lasika, Majja, Rasa, Ojas, Mansa.-Strotas dushti: Medovaha, Mutravaha.-Udbhavasthana: Atah Koshta.-Vyakti: Mutamarga, Basti. Though Prameha is caused by all the 3 doshas, the kaphadosha is of

prime role in the Sampraptiof Prameha. The above mentioned causes are responsible for derangement of Agni (Mandagni) there by increasing the dravagunaof kaphai.e. Kledakkapha. “Pramehahetukaphakruchhasarvam” states the hetu of Prameha that tend to increase the dravaguna in the body which leads to Jatharagnimandya. It proves agnimandya play important role in culmination of Prameha.

### **SAMPRAPTI OF MADHUMEHA & AGNIMANDYA**

As per Ayurveda Pancreas is said to be the site of Agni therefore called as Agnyashaya. The hyperglycemia causes excessive stimulation of beta cells. The constant & excess stimulation of beta cell, in turn causes burning out & degeneration of beta cells of pancreas, the beta cells exhaustions leads to Diabetes Mellitus.

This Jatharagnimandya in turn causes Dhatwagnimandya. The bodily tissue i.e. Saptadhatu will not perceive adequate nutrition due to Dhatwagnimandya, thus Jatharagnimandya & Dhatwagnimandya creates excessive kleda in the body. The vitiation of Pachak pitta is responsible for the improper processing of Saptadhatu (Dhatuposhana & Parinamankriya). The Dhatus formed during Pramehotpatti are Apachit. If not treated earlier the Dhatushaithilya leads to Ojakshaya & the dhatukshayajanya vata prakopa is replaced by Madhumeha which is difficult to cure i.e. Kashtasadhya. Thus, in the treatment of Madhumeha vyadhi, langhan is advised for pachan of the apachit or shithil dhatu in balavanrugna. In madhumeha focus is given at Agnichikitsa so as to cure the agnimandya.<sup>[5-6]</sup>

### **CONCLUSIONS**

After watching the pathogenesis of diabetes, Insulin is nothing but the digestive hormone in the body that metabolizes carbohydrates, fats and the proteins. Its deficiency leads to the metabolic disorder i.e. Diabetes mellitus. The goals of treatment in madhumeha is to regularize the vitiated agni of jathara and dhatu so as to get the well -formed sardhatu and maintenance of ojas within normalcy.

### **RESULT**

Agni is having big practical utility in day to day practice. Dhatwagni is the basis & initiator of remaining types of Agnis. Its imbalanced can caused diminution of vital functions also. Hence Agni is the root cause of all diseases is specially Madhumeha.

**REFERENCES**

1. Charak Samhita(uttarardha)-Acharya Vidyadhar Shukla, RavidattaTripathi, Edition 2007. Chapter 15 Grahanidoshachikitsadhyaya, Chaukhamba Prakashan, Varanasi.
2. Sushrutsamhita (Nidansthana), Kaviraj Ambikadatta Shashri, Chapter 6, Chaukhamba prakashan, Varanasi, 2014; 330.
3. Ashtang Hriday (Chikitsasthana), Kaviraatridev Gupta, 36<sup>th</sup> edition Chaukhamba prakashan, Varanasi 20094.Madhavnidan, Shri, Yadunandan Upadhyaya, Pramehanidan 33 reprint Chaukhamba Prakashan, Varanasi 20035.YP Munjal et all, API Textbook of Medicine (2 Volumes), 9th.
4. Madhavnidan, Shri, Yadunandan Upadhyaya, Pramehanidan 33 reprint Chaukhamba Prakashan, Varanasi 20035.YP Munjal et all, API Textbook of Medicine (2 Volumes), The Association of Physicians of India, Mumbai, 20126. Essential of medical physiology, 4thedition, K Sembulingam., 6th Edition, Jaypee Brothers Medical Publishers (P) Ltd, Delhi, 2012.
5. Dennis LK, Eugene B, Anthony SF, Stephen LH, Dan LL, Jameson JL, editors. 16th ed. New York: McGraw-Hill;. Harrison's Principles of Internal Medicine, 2005; 2: 2153. [Google Scholar]
6. 4th ed. Varanasi: Chaukhamba Orientalia; 2000. Sharangadhara, Sharangadhara Samhita, Madhyakhanda, 108, with Adhamalla's Dipika and Kasirama's Gudhartha Dipika. [Google Scholar]