

**A STATISTICAL OBSERVATIONAL STUDY OF TRISHNA LAKSHAN  
IN RELATION TO DIFFERENT STATES OF JATHARAGNI****Dr. Roshan Vyas<sup>1\*</sup>, Dr. Prashant Vinayak Gote<sup>2</sup>**<sup>\*1</sup>Associate Professor, Dr. R. N. Lahoti Ayurved college, Sultanpure.<sup>2</sup>Assistant Professor, Kriya Sharir Dept., MUPS Ayurved College, Degaon, Risod.

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14(23), 1984–1987.[This work is licensed under Creative Commons  
Attribution 4.0 International license.](#)**ABSTRACT**

**Background:** In Ayurveda, Agni (digestive fire) is the foundation of life and health. Among all types of Agni, Jatharagni plays a central role in digestion and metabolism. Its balanced state ensures health, whereas its imbalance leads to disease. Trishna (thirst) is a physiological signal that may reflect the internal state of Agni. Hence, the present study aims to observe the variations of Trishna Lakshana in different states of Jatharagni. **Aim:** To assess and correlate Trishna Lakshana in relation to different states of Jatharagni. **Methodology:** An observational study was carried out on 40 healthy volunteers aged 20–35 years. Each subject was assessed using standard Agni Pariksha and Trishna assessment questionnaires. Based on Agni characteristics, individuals were grouped under Samagni, Tikshnagni, Vishamagni, or Mandagni. The correlation between Trishna Lakshana (Pipasavant or Alpatrishna) and

Jatharagni states was statistically analyzed. **Results:** The data revealed that individuals with Tikshnagni predominantly exhibited Pipasavant Lakshana (excessive thirst), whereas those with Mandagni showed Alpatrishna Lakshana (reduced thirst). Samagni and Vishamagni demonstrated mixed patterns. Gender-wise distribution showed higher female participation. **Conclusion:** The study demonstrates that Trishna Lakshana varies according to Jatharagni states, validating classical Ayurvedic concepts. Understanding this correlation can aid in individualized hydration and dietary recommendations according to digestive capacity.

## INTRODUCTION

In Ayurvedic physiology, Agni is considered the essential factor for life and metabolic transformation. Jatharagni, the principal digestive fire, is responsible for the digestion and assimilation of food. Its balance maintains the harmony of health, while its disturbance leads to disease. Trishna, or thirst, is described as a vital indicator of the state of internal Agni and fluid balance. Classical texts mention that Agni governs not only digestion but also body temperature, complexion, energy, and enthusiasm. The study of Trishna Lakshana in relation to Jatharagni thus provides valuable insight into body homeostasis and metabolic efficiency.

## MATERIALS AND METHODS

**Study Design:** Observational Study

**Sample Size:** 40 healthy volunteers (14 males, 26 females) between the ages of 20 and 35.

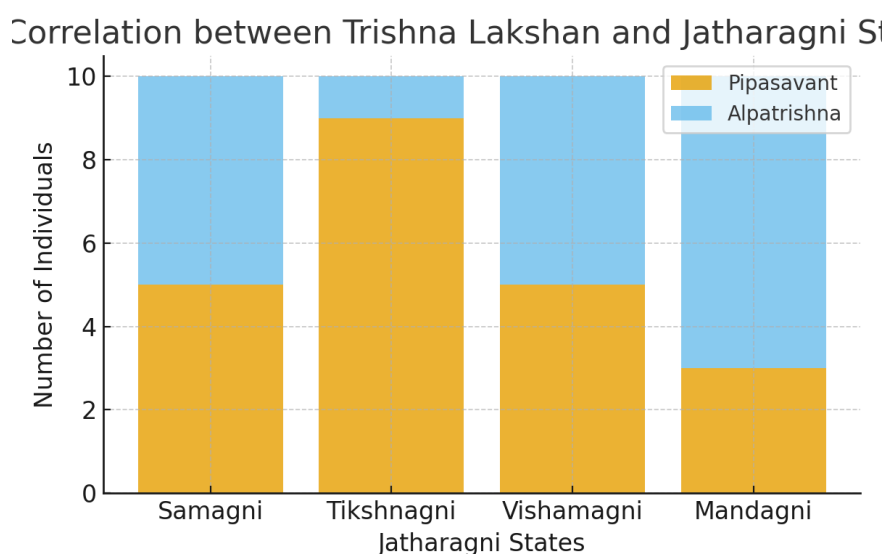
**Inclusion Criteria:** Adults of both sexes with similar dietary and lifestyle patterns.

**Exclusion Criteria:** Unhealthy or uncooperative individuals.

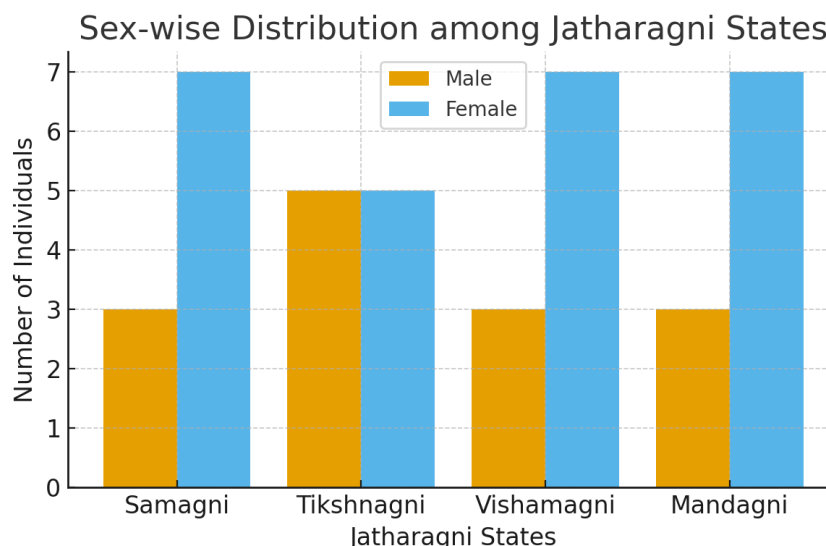
**Method:** Participants were classified into four Jatharagni types—Samagni, Tikshnagni, Vishamagni, and Mandagni—based on Agni Pariksha. Trishna was assessed through a 10-question questionnaire, categorizing individuals as Pipasavant or Alpatrishna based on their responses. Collected data were tabulated and statistically analyzed to interpret correlations.

## OBSERVATIONS AND RESULTS

The following graphs depict the correlation between Trishna Lakshana and different states of Jatharagni, as well as the sex-wise distribution of participants.



**Figure 1: Correlation between Trishna Lakshana and Jatharagni States.**



**Figure 2: Sex-wise Distribution among Jatharagni States.**

### Observation Summary

- Tikshnagni individuals were predominantly Pipasavant (90%).
- Mandagni individuals showed mainly Alpatrishna (70%).
- Samagni and Vishamagni exhibited equal distribution between both types.
- Female participants represented 65% of the sample.

### DISCUSSION

The study confirms the Ayurvedic hypothesis that variations in Jatharagni significantly influence thirst patterns. Individuals with Tikshnagni possess heightened metabolic activity, leading to increased fluid requirements and frequent thirst. In contrast, Mandagni reflects reduced digestive and metabolic efficiency, resulting in lesser thirst and fluid intake. The findings correspond to classical Ayurvedic texts, where Trishna is described as a physiological expression of Agni balance. The equal distribution of Trishna Lakshana in Samagni and Vishamagni suggests a transitional or compensatory state of metabolism. These observations emphasize the role of Agni assessment in understanding individual hydration needs and dietary planning.

### CONCLUSION

1. Individuals with Tikshnagni exhibit predominantly Pipasavant Lakshana (excessive thirst).
2. Individuals with Mandagni exhibit predominantly Alpatrishna Lakshana (low thirst).
3. Samagni and Vishamagni show mixed or balanced thirst patterns.

4. The results affirm the classical Ayurvedic relationship between Agni and Trishna, supporting the importance of personalized water intake based on digestive capacity.

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