

## A CRITICAL ANALYSIS OF AGNI, AGNIMANDHYA AND ITS MANAGEMENT

Dr. Mukesh Jangir<sup>\*1</sup>, Dr. Chandan Singh<sup>2</sup> and Dr. Manoj Kumar Adlakha<sup>3</sup>

<sup>1</sup>MD Scholar, <sup>2</sup>Proff. and HOD Dept. of Dravyaguna, <sup>3</sup>Associate Proff. Dept. of Dravyaguna  
Post Graduate Institute of Ayurveda, DSRRAU, Jodhpur (Rajasthan).

Article Received on  
30 August 2023,

Revised on 20 Sept. 2023,  
Accepted on 11 Oct. 2023

DOI: 10. 20959/wjpr202318-29978

### \*Corresponding Author

**Dr. Mukesh Jangir**

MD Scholar, Post Graduate  
Institute of Ayurveda,  
DSRRAU, Jodhpur  
(Rajasthan).

### ABSTRACT

Ayurveda is the ancient Indian system of life sciences and medicine. The theories of Panchamahabhuta (Akash, Vayu, Agni, Jala, Prithvi), Triguna (Sattva- Raja-Tama), Tridosha (Vata- Pitta-Kapha), Tanmatra, and Agni of Ayurveda are utilised to comprehend the structure and function of the human body as well as its pathology and diagnoses. According to Ayurveda, Agni is a crucial element in the upkeep of health. In Ayurveda, The term “Agni” is used in the sense of digestion of food and metabolic products. Agni converts food in the form of energy, which is responsible for all the vital functions of our body. There are 13 types of Agni described in Ayurveda 1 JatharAgni, 5 BhutAgni, and 7 types of DhatwAgni. JatharAgni is the main Principle

substance responsible for homeostasis in our body. Agni digests food and transforms it into *Prasad* and *Mala*. This Agni is not in the form of flame as the Terrestrial fire but is in the form of liquid which is called As ‘Pitta’ in Ayurveda.<sup>[1]</sup> ‘There is no Agni apart from pitta and pitta itself is Agni’ asserts Charaka. The five act on the respective *bhautika* portion of the food and thereby nourish the *Bhutas* in the body. The seven *Dhatvagni* act on the respective *dhatu*s. Whatever we eat in the food substances undergo metabolic transformation by the effect of Jatharagni, Bhutagni and Dhatvagni. Agni is the intelligent force that permeates every cell, every tissue, and every function in the human body. If Agni is not in its normal state, an illness will eventually arise. During its normalcy it is responsible for longevity, Complexion, strength, health, enthusiasm, well built, luster, immunity (ojas), temperature, other Agnis (bhutagni and dhatvagni) and other vital functions all are dependent on Jathargni.<sup>[2]</sup> Therefore healthy state of body and diseased condition is entirely dependent on status of Agni.

**KEYWORDS:** Agni, Jatharagni, Bhutagni, Dhatwagni, Pitta, Ojas.

## INTRODUCTION

One of the core ideas of Ayurvedic philosophy is the Panchabhutas, or five elements, of which Agni is one. This hypothesis states that these five components make up everything in the universe. The body's "Teja Mahabhuta" is referred to as Agni. It controls our vitality, lustre, Tejas (radiance), and Ojas (fluid of life, responsible for vigour, heartiness, immunity, and more). The energy responsible for this discrimination and transformation is called Agni. Balanced Agni also adds a certain fragrance to our lives—a zest for living that makes the whole experience more enjoyable.

Impaired Agni's signs are Emotional disturbances, with an increased tendency toward fear, anxiety, anger, confusion, lethargy, or depression. Low energy, weakness, or fatigue suppressed or over-active appetite. Indigestion: gas, bloating, constipation, nausea, hyperacidity, loose stools, a sense of heaviness, feeling tired or mentally foggy after meals. A tendency toward congestion in the sinuses, the lymph, or even the mind. While these disturbances can be short-lived or chronic, the impaired digestive process inevitably leads to the accumulation of wastes, the vitiation of the doshas (vata, pitta, and kapha), and the stagnation of emotions. Unfortunately, these are all causative factors in the formation of a toxic residue Ama, that is capable of completely disrupting our health and well-being.

When the doshas in our bodies are out of balance due to a poor lifestyle, stress buildup, an unhealthy diet that is out of sync with our doshas, routine exposure to pollutants and stressors at work and home, and repression of emotions, these factors can all help to cause dosha imbalances that have a direct impact on the state of Agni in our body. So this topic has been selected for research article.

## AIM AND OBJECTIVE

1. To find out the significance of Agni in our body.
2. To prevention and management of Agnimandhya according to Ayurveda.

## MATERIALS AND METHODS

Ayurved Compendia, research papers and articles related to this topic were extensively studied.

**Literary Review:** According to how powerful or weak the Agni principle is, Agni may be found in any of these four states depending on our dosha constitution and the prevailing doshic imbalances.

**1. Sama Agni or balanced metabolism:**<sup>[3]</sup> If our Agni is balanced (sama), we have achieved optimal health. The cardinal signs of balanced (sama) Agni includes:

Normal appetite (Note: healthy hunger involves lightness, clarity, and a pleasant anticipation of food, but not an urgent need to eat), Clean tongue (no coating), Proper appreciation of taste, Good digestion, balanced metabolism, Can digest a reasonable quantity of any food without issue, Proper (and regular) elimination, Complete absence of nausea (or suppressed appetite), Easily maintains homeostasis, Stable health, Steady weight, Normal blood pressure, Good immunity, Sound sleep, High energy, strong vitality, Surplus of Ojas, Tejas, and Prana, Calm mind, Clear perception, Courage, lucidity, and intelligence, Cheerfulness, optimism, and enthusiasm, Natural longevity.

**2. Vishama Agni (erratic metabolism):** Agni is unbalanced and inconsistent. When the Vata Dosha, which includes the elements of air and space combined, is excessive, Agni is in this condition. The sheet and prismatic (chal) properties of excessive vata can cause the Agni to weaken or, if it is already weak, completely lose its potency. In this uneven or irregular state, Agni may become excessively vicious or weak.

**3. Tikshana Agni (Hyper metabolic state):** Overactive Agni, also known as Tikshna Agni, describes the Agni's fiery nature as being particularly intense. It is associated with the vitiated Pitta dosha. Pitta excess can result in hyper metabolism, which speeds up and impairs digestion.

**4. Manda Agni (Very slow metabolic state):** Agni is weak. The Guru, Sheeta, Sandra quality of Kapha when in excess can dampen Agni significantly to affect the metabolism, digestion, and prana or life force in general. Excessive pitta and pitta related stickiness or oiliness can also cause Mandaagni. According to aacharya's Jathragni maandhyakar Ritu's are in which Agni is already in the weaken stage are Vasant, Varsha, and Pravrat.

**Signs of Manda Agni (Agnimandhya) includes**

Lack of appetite, Bloating, Fatigue, Very frequent bouts of cold and congestion, Mucous discharge, Series of lifestyle disorders like hypertension, diabetes, weight gain and obesity, Dampness on the skin, Lethargy and lack of energy, Too much sleep, Wanting to possess,

Strong craving for hot spicy food, Ama formation that causes white discoloration of the tongue.

Few more related terms for Agni used are –

Kosth Agni - The digestion process responsible secretions throughout Gastro Intestinal Tract.

Deha Agni - Body temperature sustenance mechanism.

Kaya Agni Amsa - The micro katabolic agents eliminate the heat.

### **Agnimandhya**

The word 'Agnimandya' in its of itself signifies the state of inadequate process of digestion on ingested food. In other words indigestion is Agnimandya (weakened digestive fire) or Ajirna. In Ayurveda there is a concept called Ama, which is considered as the main reason for majority of the diseases. Ama is a toxic substance formed due to impaired Agni (Mandagni). This Ama is circulated all over the body through minute channels and gets lodged in different parts of the body causing diseases. The Incomplete metabolism due to weakened Jatharagni leads to unprocessed state of food causing Ajirna. According to predominance of vitiated doshas all Nija Vyadhi start their pathology from a deranged form of Agni.

### **Agnimandhyakar Dosha<sup>[4]</sup>**

Prakopa of kapha, pitta kshya, aavarana of apana vayu on udan vayu, aavarana of udan vayu on vyana vayu, aavarana of kapha on samana vayu, aavarana of of kapha on udan vayu, and vikruti of saman vayu.

### **Agnimandhyakar hetu (Nidan)**

Excessive intake of food, Eating food even in indigestion condition, asatmya bhojan, sandusth, ruksh, guru, sheet, vidahi, ashuchi, viruddh, akala, shushk bhojan, vega vidharana of adharniya vega, nidra viparyaya, ati-ushna bhojan, vyadhi karshan(weakness after disease), aahar sevan in different states of mana like kaamopatapt, lobhopatapt, irshyopatapt, lajjopatapt, krodhopatapt, shokopatapt, other than these there are vishamashana, snehpan kriya vibhram, virek vibhram, vaman vibhram, desh vaishamya and ritu vaishamya are also the factors that are causing Agnimandhya.

### Agnimandhya lakshan (Symptoms)

If our digestive fire is weak or dull then many types of symptoms and diseases occur in our body. Like- Loss of appetite, delays in appetite timing, difficulty in food digestion even in small amount, digestion of small amount takes much more time to digest, heaviness in abdomen and head, cough, breathing related disorders, angmard, salivation from mouth, vomiting, weakness in body, angasad, siroruja, bhram, pristhagruha, katigruha, chardi, jrumbha, angmard, udargaurav, mukhshosh, vibhand or atipruvriti of mala.

### Diseases caused by Agnimandhya

Due to weakness of jathr Agni there is formation of Ama (A toxic substance) in the kosta become arise and due to Ama many disease like ajirna, aamajirn, vidagdhajirn, vilambika, alasak, aamatisar, grahuni, pravahika, shool, parinaamshool, liver disorders, arsh, diseases caused by kapha dosha, Rheumatoid arthritis etc. in the body.

### Samprapti of Agnimandhya

Atibhojan, viruddh bhojan, sandusth bhojanadi prakopak hetu sevan



Avarodh in Annava shrotas and vaigunya



Aagantuk doshanusar(vaatadi) vyakti-vishesh vyadi utpatti



Agni-mandhyadi vishesh lakshanotpatti (1.Vatic lakshan- shool, aanah, angmard, mukhshosh, murchha, bhram, 2. Pattik- jwar, atisar, antardah, trishna, mad, bhram, pralap, and 3.Shalesmik- chardi, arochak, avipak, sheet jwar, aalasya, gatra gaurav)

### DISCUSSION

Aacharya Charak described the importance of Dehgni and Jathargni as main base of the life.

### Determining the Nature of Imbalanced Agni<sup>[5]</sup>

The symptoms of disturbed Agni can take on a variety of forms, so it's crucial to look deeper and deal with the underlying issue. Which Agni properties are most compromised, how they became that way, and where in the body the disturbance is most active will determine the proper course of action. Understanding the source of our specific imbalance is arguably the first and most important step in regaining health.

**Ways to Balance Agni:<sup>[6]</sup>**

**Interventions of Agni in Shodhana Chikitsa:** 1. Anulomana- kritwa paakam, 2. Sramsanan - paktawyam yadi paktaiva, 3. Rechana-vipakwam yadapakwam, 4. Vamana- apakwa Pitta shleshmanau, 5. Vasti- Shatahwa and Ushma of Antra makes pachana of Vasti dravya.

Sometimes our digestive fire, or Agni, is powerful and brilliant, while other times it is dormant and has to be rekindled. Consider how we feel when we're feeling under the weather—we're not hungry. That's because our digestive fire tends to be a little weak when our internal systems aren't working as well as they should. A light, nutritious meal, according to Ayurveda, is the key to gradually improving the power of our digestive fire and regaining our vitality and vigour.

**Ekakala Bhojana<sup>[7]</sup>**

Works as a medicine for Agnimandya by modification in regular diet in its frequency, quantity and quality. As Mandagni is unable to digest even small quantity of food, it needs much time for digestion. By giving Ekakala Bhojana, enough time is given to the Agni for complete digestion. Maharshi Sushruta has described a key of dietetics under the heading of "Dwadasha Ashana Pravichara." Agnimadya may be treated at primary level without use of any medicine and only by reducing the frequency of meal. By prescribing one-time meal, organs of digestive system get some rest and they can digest one-time light meal.

**Forget fasting, Focus on a light diet**

When our digestive fire is low, consuming heavy foods and meals can overtax it, making things worse. But fasting isn't ideal either. Both heavy foods and fasting can throw our doshas out of balance when Agni is low, further aggravating our system from the perspective of Ayurveda, weak Agni calls for simple, easily digestible foods that quickly transform into rasa. When we're on a light diet, we can eat a little more frequently, since light meals take about 3½ hours to digest. The single most important food in the light diet is split mung dhal Khichari, a nutritious combination of rice, mung beans, vegetables, spices and ghee, is another excellent, one-dish meal for people on lighter diets.

We can try kanji water for weak digestion; If there is little or no appetite, that time Kanji-Water a nourishing warm broth made from either split mung beans or organic brown rice Sip one to two liters throughout the day. This simple beverage balances all three dosha and brings

Agni back into balance. Because it's warm, it balances Vata; because it's watery, it balances Pitta; and because it produces perspiration, it balances Kapha.

### **Foods to favor weak Agni**

Mung dhal, aduki beans, tofu, Basmati rice, couscous, barley, quinoa, chapatti, Cooked vegetables with ghee, Spices such as turmeric, cumin, ginger, fennel, black pepper, and coriander. Warm milk with ginger (especially at bedtime). Stewed fruit- Ripe, sweet fruit and fresh vegetable juices. Sattvic foods like dates, ghee, and olive oil. Try these nourishing, light-diet recommendations when you're feeling under the weather to kindle your Agni and get those digestive fires going again.

### **Heavy foods to avoid or reduce**

Hard cheeses, eggs, fish, meat, chicken, peanut butter, raw vegetables and sprouts, bananas, cold milk, yogurt, cold foods and drinks, and leftovers. Avoid very oily, spicy, or hot food.

**Use herbs and spices.** Apart from increasing the release of digestive enzymes needed to digest our food and making it easier to digest, using spices like black pepper, cardamom, cayenne, cinnamon, cumin and licorice in our food can also help rev up the digestive Agni. These herbs essentially reduce the strain on Agni by what experts call helping to pre-digest food. Consuming freshly cut ginger or apple cider vinegar with lemon juice before having our meals can also support Agni function. Fennel seeds are yet another powerful carminative to rely on for reducing the effect of excess Vata on proper function of digestive fire. Hing or popularly known as stinking gum or asafetida is used along with other herbs to make hingavashtak, a potent medicine for reducing flatulence, and improving digestion and absorption of nutrients in the body. The stimulating and warm property in hing helps to rekindle digestive fire.

Make sure food has more bitter, sweet, and astringent tastes. This helps curb the excesses of the digestive fire. Drink digestive teas and juices. We can also try green or dandelion tea to balance Agni. Herbs mainly used in Agnimandhya are Deepnya mahakashyay hearbs shunthi, marich, pippli, pipplimool, chavya, chitrak, chitrak, jeerak, draksha, saindhav, shankh bhashma amlavetas, ajmoda, bhallataka, hingu etc.

**Eat mindfully.** Eating each morsel of food mindfully releases digestive enzymes that help smoother and faster digestion of food without putting too much pressure on the digestive



fire. Also paying total attention to the act of eating energizes the Agni centers across the body.

**Do not over eat<sup>[8]</sup>.** Eating smaller portions of food, just enough to fill the stomach and leave about one third space for air is an ideal amount of food to strengthen Agni, according to aacharya charak. And according to Astang hruday one fourth part of stomach remain empty for the proper digestion of food.

**Avoid foods and beverages that dampen Agni:** These include cold drinks, caffeine, or heavy foods like meats, store-bought cheese or mushrooms. They can weaken Agni.

**Do not drink water immediately after meals:** Having water immediately after meals can completely dampen the digestive fire, making it that much harder to digest our food with compromised Agni.

**Digestive detoxes and purges:** Holistic gut detoxifications or cleansings restore balance to the body and mind, rid the body of toxins that have collected through time (ama), heal damage, and reactivate the Agni. Purgation therapies like Virechna include heated oil massages called Abhyanga that aid in the removal of waste as well as a special diet that is light and extremely easy to digest. Because toxins, or ama, are the opponent of Agni, detoxifying your digestive tract is essential. The less poisons we have in your body, the better our Agni will work.

**Pranayamas or deep breathing:** Much like in a bonfire where you blow into the fire to rekindle it when it is dying out, supplying more oxygen to the body has the same effect on our digestive fire. Pranayamas like Anuloma-Viloma (alternate nostril breathing), Sheetali (cooling breath), or Bhastrika (bellows breath) can help in correcting specific dosha imbalances in your system which have led to a disturbed Agni.

#### Other yogik kriya



**Pushan Mudra**



**Agnisar kriya**



**Pushana Mudra:** (House of Digestion) is a hand mudra used to activate Prana Vayu (energy of receptivity), Samana Vayu (energy of digestion and assimilation), and Apana Vayu (energy of elimination).

### **Agnisar Kriya<sup>[9]</sup>**

Improves digestion: Agnisara Kriya activates the digestive fire, enhancing digestion, boosting metabolism, and helping the body get rid of waste. "This practise may be especially helpful for people who experience indigestion, constipation, and other digestive disorders."

Ayurvedic Medicines to improve digestion and treatment are-

Agnitundi Vati, Shankha Bhasma, Kapardak Bhasma, Panchamrut Parpati, Gandhak Vati, Chitrakadi Vati, Shunthi Churna, Trikatu Churna, Lavan Bhaskar Churna, Hingwastak churna, Hinguvachadi Churnam, DadimadiGhrita, Saubhagyashunthi, PudinaArk, Jirakadyarishta, Draksharishta, Balarishta, Aravindasava, Abhayarishta, Ark Ajwain, Takrarishta, Pippalyasava, Mustakarishta, Kutajarishta, Ajamodadi Churna, Dadimashtakachurnam Shivakshar Pachanchurna, ShankhaVati etc.

### **Management of Ama<sup>[10]</sup>**

Langhana – Fasting is the primary therapy for ama, also known as langhana. It is crucial for the amapachana to fast till normal. Agni is developed because normal Agni aids in the digestion of amavisha and reduces numerous obstructions in the channels and pathways. And other sign and symptoms which are caused due to ama are eventually reduced Amavisha can be effectively treated with deepana-pachana. Additionally, there are a number of herbs that may be used to treat ama. These herbs include dry ginger, castor, aloe vera, marich, pippali, bhallatak etc. and drugs like amapachakvati, Agnitundi vati, shankh vati, Trikatu churna, Shunthi churna.

Swedana- Besides dry sudation therapy is also beneficial. Additionally, it reduces blockages in the channels and efficiently treats pains, inflammation, discomfort, and diseases. Shodhan- If the doshas are vitiated to a greater extent, they are to be eliminated by shodhana therapy called panchakarma.

### **CONCLUSION**

The management of disease caused by the impairment of Agni in digestion and metabolism. Food items are digested, metabolized, absorbed, and assimilated into the body as a result of

the dynamic interplay of the doshas, vata, bodhak-kapha, pachakpitta, and jatharAgni. According to Ayurveda, Agni dysfunction is the primary factor contributing to the development of ailments. Food should be properly ingested since it serves as a fuel to protect Agni. It is crucial for maintaining overall health, having an impact on everything from our digestive and excretory systems to our mental and emotional well-being as well as our sense of vitality. We are invited to develop a better appreciation for the influence of this life-giving energy in our lives by becoming aware of the various roles of Agni. In fact, one of the wisest investments we can make in our general health and wellbeing is to learn to adore and respect our Agni and to take adequate care of it. Now a days in normal and luxurious life style the concept of Agni is less utilized in Ayurveda treatments. Researches are in need to utilize various levels of Agni interventions. Assessment of formula for Agni interactions is needed. "We have to accept and follow the concept of Agni in the name of treatment."

## REFERENCES

1. Shushrut samhita sutra sthan adhyaya 21/9.
2. Charak samhita chikitsa sthana adhyay 15/3-5.
3. Charak samhita chikitsa sthan 15/51-52.
4. Kaya-chikitsa- vaidhya haridas shridhar kasture 2<sup>nd</sup> part, 211.
5. <https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/health-guides/understanding-Agni/the-importance-of-Agni/>
6. <https://www.slideshare.net/technoayurveda/Agni-ksrChikitsa> Interpretation of Agni Dr. K. Shiva Rama Prasad Professor & Head Department of Kayachikitsa Amrita School of AyurvedaAmrita Viswavidyapeetham, Kerla.
7. Ayu., Jul-Dec, 2016; 37(3-4). 184–189.doi: 10.4103/ayu.AYU\_72\_14, PMID: 29491670Effect of *Ekakala Bhojana* in patients of *Agnimandya*, Abdeli Bhadarva, Vd. Hitesh Vyas, R. R. Dwivedi, and Mahesh Vyas
8. Astang hrudaya sutra sthan matrasheetiya adhyay 8/46
9. <https://www.bimbima.com/medicines/Agnimandya/4481/>
10. www.ijcrt.org © 2022 IJCRT | Volume 10, Issue 6 June 2022 | ISSN: 2320-2882 IJCRT22A6394 International Journal of Creative Research Thoughts (IJCRT) www.ijcrt.org d213