

“OBSERVATIONAL STUDY OF GURU SHEET AHAR AS HETU IN AGNIMANDHYA”

Ujwala Diwekar^{*1}, Madhuri Mishra^{*2} and Tarkeshwar Wankhede^{*3}

^{*1}Asso. Professor, PhD Guide Department of Samhita Sidhhant, C.S.M.S.S. Ayurveda Mahavidyalaya, Kanchanwadi Aurangabad.

^{*2}Assist. Prof. Department of Samhita Sidhhant, Dr.R.N. Lahoti Ayurved College Sultanpur. Dist. Buldhana.

^{*3}HOD, Department of Shalakyantra, G.S. Gune Ayurved College, Ahmednagar.

Article Received on
06 July 2023,

Revised on 06 August 2023,
Accepted on 26 August 2023

DOI: 10.20959/wjpr202315-29504

*Corresponding Author

Ujwala Diwekar

Asso. Professor, PhD Guide
Department of Samhita
Sidhhant, C.S.M.S.S.
Ayurveda Mahavidyalaya,
Kanchanwadi Aurangabad.

ABSTRACT

Now a days, most of the people experience digestive problems like constipation, diarrhoea, acid eructations, loss of appetite etc. at some stage of life. These are the acute conditions that appear due to Agnimandhya. Agnimandya is itself considered an independent digestive disease and a cause to a huge number of other diseases in ayurveda. Conditions that may cause Agnimandhya includes changes in diet and lifestyle and chronic diseased conditions. **Guru, Sheeta Ahara, vihara**, manovikara sambandhi Nidana causes Kapha Pradhan tridoshavaigunya which causes jatharagni daurbalya leading to Agnimandya. The observational study was aimed at establishment of relationship between guru, sheeta ahar causing Agnimandya.

KEYWORDS: Agnimandya, guru, sheeta ahar, independent digestive disease.

INTRODUCTION

Ayurveda deals with substances for the evolution, development and maintainance of body where diets as well as medicines are essentially required for this Purpose.^[1] The Guna possessed by a group of items like foods, vegetables and herbs are the deciding factors to see that they are useful or harmful in a particular condition. Most of the people experience digestive problems like constipation, diarrhoea, acid eructations, loss of appetite etc. at some stage of life. These are the acute conditions that appear due to Agnimandhya (reduced power of digestion, assimilation and metabolism). Conditions that may cause Agnimandhya includes

changes in diet and lifestyle and chronic diseased conditions. When the Agnimandhya or the conditions that may cause Agnimandhya persist for longer duration it turns into a life threatening disease.^[2] When Doshas (body humours) get aggravated, they affect the Agni (Power of digestion, assimilation and metabolism) and thus the food taken is not digested properly forming the Ama (morbid material). Ama when formed is accumulated in the body over the period of time, forming roots of many diseases.

Most of the diseases arise due to hypo functioning of Agni (bio-digestive power) and it is the root cause for the development of many diseases. Ayu (long life), Bala (strength) and Varna (complexion) etc dependent on status of Agni. Agni present in the Jathara (Stomach and Intestine) which digest and metabolize the food and assist in growth of body hence it is termed as Bhagawan Ishvara- almighty God- himself. All the diseases arise as a result of less, excessive and irregular digestion of food known as Mandagni, Tikshnagni or Vishamagni respectively. Agni may get disturbed by erratic lifestyle and abnormal dietetic regimen. Disturbed functions of Agni cause indigestion of food is termed as Agnimandhya. Agnimandhya is the most important source of production of Ama and favours genesis diseases.

Avoidance of the etiological factor is the initial action in the management. Inappropriate life style, unreliable seasonal regimen adherence, mental disturbance and stress may contribute in the progress of Agnimandhya condition.^[3] In a major shift of disease pattern, WHO has found that non communicable diseases are expected to kill 38 millions of people each year. Major risk factors under this umbrella are mainly lifestyle related conditions such as physical inactivity, unhealthy diet, and disturbed sleep pattern^[4] which are preventable. Hence, more attention has to be given to prevent these lifestyle related diseases. In classics, there are references of 100 years life span of the people who are accustomed with proper diet and regimen.^[5] Nowadays, due to disturbed lifestyle, i.e., faulty dietary habits and wrong behavioral pattern, life expectancy of male/female has been decreased to 67/70 years.

In Ayurveda, it is believed that Agnimandhya is the root cause for all the diseases such as Prameha and Sthaulya. In modern science also, it has been proved that there exists gut-brain-endocrine axis which involves ghrelin-leptin hormones, insulin and orexins. Disturbance in this axis leads to diseases such as obesity and diabetes mellitus which are among the top ten lifestyle disorders. The causes for these diseases are improper diet pattern disturbed sleep pattern The present study is aimed at establishment of relationship between disturbances in

lifestyle and Agnimandhya and role of lifestyle modification in correcting the state of Agnimandhya by correcting impaired Ahara Parinamakara Bhavas (factors responsible for digestion) and circadian rhythm. Therefore, from thesis study this article presents, Agnimandhya was caused by Guru, Sheeta Ahar predominantly as hetu.

MATERIALS AND METHODS

Ayurvedic samhitas, modern texts, research papers, websites.

Agnimandya

Agni is the most important fundamental principle of Ayurveda. It is responsible for all physiological functioning of body.

It is broadly divided into^[6] –

1. Jatharagni-1
2. Dhatwagni-7

CONCEPT OF AGNIMANDYA

NIDANPANCHAK

NIDANA –The Ayurvedic treatises have explained the nidanas for Ajeerna i.e. Agnimandya. Here in the compilation an effort is made to present the nidanas in classified order which are explained by acharyas.

According to Yoga ratnakar nighantu, Nidana or Hetu for Ajeerna is broadly classified into two namely, a. Adhidaivika hetu b. Adhyatmika hetu.

Again, the Adhyatmika hetu is being divided into three types as i. Ahara sambandhi hetu ii. Vihara sambandhi hetu iii. Manobhava sambandhi hetu.

i. AHARA SAMBANDHI HETU

Vishamashana, Vistambhi anna, Atimatrashana, Dagdhanna, Amanna, **Guru anna**, **Himanna (Sheetanna)**, Vidahi anna sevana, Shushkanna, atisnigdha, asatmya, parshuvat ahar, ahar vaishamya, atyambupaan are hetu of Agnimandya.

Among them guru and himanna (sheeta) ahar are causes of Agnimandya.

Guru anna

The food which is heavy in nature does not digest easily and causes ajeerna.

गुरु [जड] -यस्य द्रव्यस्य बृहणे कर्मणि शक्तीः स गुरुः ॥^[7]

He. Va. Su. 1/18

Himanna(Sheetna)

The food which is cold/ sheet in nature does not digest properly and causes ajeerna.

शीत [थंड]- स्तंभने हिमः ॥^[8]

He. Va. Su. 1/19

Heavy (Guru) guna

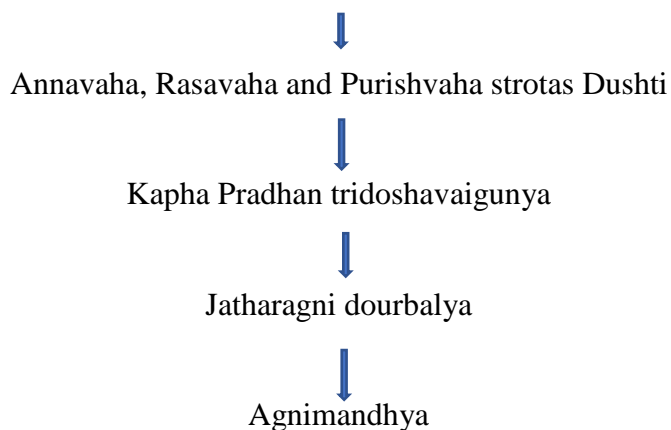
Heavy quality tends to decrease both the Vata and Pitta Doshas and increase the Kapha Dosha. Guru, meaning dense, takes a considerable amount of energy to digest but also increases bodily tissues. If heavy foods are consumed regularly, it can weaken the Agni, the digestive metabolic fire. Heavy quality substances include foods like milk, wheat, meat, cheese, buttermilk, brown rice, etc.

Cold (Sheeta) guna

The water element tends to be exclusive to cold qualities, therefore increasing the Vata and Kapha Doshas and decreasing the Pitta Dosha. Substances with cold qualities have constricting and contracting effects on the body, which increases the compactness of bodily tissue. It can cause Agnimandhya by decreasing agni. Foods that promote 'Sheeta' include wheat, milk, grapes, avocado, lime, celery, cabbage, herbs like neem, mint, juices, etc.

SAMPRAPTI OF AGNIMANDHYA

Guru, Sheet Ahara, vihara, manovikara sambandhi nidana



The term Guna has utility in understanding the body constituents (Dosha, Dhatu, and Mala) as well as to recognize and assess drug action.

Present study was carried out to explain the role of Guru and sheeta ahar and vihar & its role in annavaha sroto vikaras. According to ayurveda Mandagni is root cause of every disease. In annavavaha sroto vikaras Agnimandhya is prime cause. Guru and sheeta Guna ahar, vihar kapha and Pitta get vitiated due to agni being disturbed by excess guru, sheeta ahara. That's why Agnimandhya was selected to elaborate concept of guru, sheeta Guna.

Further managing agni will help in keeping health in good condition. Agnimandhya was not discussed as a separate disease in our classics. But well explained its role in causing disease and involvement in pathogenesis.

Hence, management of Agnimandhya is given prime importance in this study, as agni forms the fundamental principle of ayurveda.

DISCUSSION

Agnimandhya is a disorder that affects health-related quality of life and cause of many diseases in the body. Studies have shown that unhealthy diets, guru, sheet diet, cold drinks, fast and stressful lifestyles, and sedentary habits play an important role in the manifestation of agnimandhya. Guru, sheet Ahara Dravyas have to be taken in half to satisfaction whereas the Laghu Dravya have to be taken not till the satisfaction. Half of the stomach is to be filled with solid food, one quarter with liquids, another quarter should be kept vacant for the free movement of Vata. We can say that, Ati matra guru and sheet ahar vihar is cause for agnimandhya.

The present study entitled "OBSERVATIONAL STUDY OF GURU SHEET AHAR AS HETU IN AGNIMANDHYA" was carried out, and proved that Guru and Sheeta ahar were cause of Agnimandya.

CONCLUSION

A final conclusion was a proposition, which was reached after considering the evidence, arguments or premises. Their presence was common in academic or research work.

Guru and sheet guna is indicative Visheshana (adjective) given in relation to identification of specific Dravya (physical nature- solid, cool) as well as in relation to the ability to perform the specific actions like brihan, stambhan by guru and sheet guna respectively in the body.

Variation in these Guna actions (tabulated in conceptual study) helps in functional assessment of Guna Vriddhi & Kshaya.

Guru and sheet Guna are involved as cause in many disorders due to agnimandhya.^[9]

Knowledge of these Guna as Hetu (tabulated in conceptual study) helps in Nidana Parivarjana which is first line of treatment.

Guru and sheet Guna manifests different Lakshanas according to the Ashraya which helps in diagnosis & differential diagnosis.

Acharyas have given different treatment principles for treating the agnimandhya disorder which has been formed by excessive guru and sheet ahar and vihar. One should use them with the help of Yukti & Anumana.

Vata & Kapha are the dominant vitiated Doshas in maximum patients; hence, agnimandhya dominant symptoms were observed.

Guru and sheet Guna certainly useful for physicians because -

1. Preventive aspect

Guru and sheet Guna are Hetu for various diseases if used excessively & without rules. Hence with the knowledge of this physician can advise to stop guru, sheet Bahula Dravyas which acts as causative factor or provocative factor for that particular disease due to its property causing *agnimandhya* and *agnimandhya* causing many disorders.^[10]

2. Diagnostic aspect

Understanding of this, helpful to physician in diagnosis. For eg; excessive intake of *guru*, *sheet ahara* will lead to *ajeerna*, *agnimandhya*, *aruchi* etc, this can be elicited by *prashana pareeksha* or *anumana pramana*.^[11]

Further scope of study

In future study not only with help of 'Doshalakshanas' concept of *Ayurveda* but also with the standard modern parameters and Laboratory investigation of stomach acid test, gastroscopy, New researches can continue the work.

BIBLIOGRAPHY

1. Vishwanath Dwivedi, Bhartiya Rasa shastra, Shree Sharma Ayurveda Mandir, Ditiya, Edition 2: 1987. p 372 and 373.
2. Agnivesha, Charaka Samhita, English Commentary by Sharma P.V., Varanasi, Chaukhambha Orientalia, Reprint 2011, Chikitsa Sthana 15/42, p 676.
3. Textbook of medical physiology eleventh edition Guyton and Hall, chapter 66, physiology of gastro intestinal disorder saunders an imprint of elsevier reprint 2006, p 823.
4. WHO Tehnical Report series 854. Geneva, Switzerland: 1997.
5. A review on conceptual study of Annavaha Srotasa www.iamj.in2759.
6. Vd. Y.G. Joshi, Charak Samhita, Vaidyamitra Prakashan, Pune, edition 2007; Vimansthan 28/03, p 648.
7. Hari Sadashiv Shastri Paradkar, Hemadrivirachit Ashanga Hridayam, Ayurveda Rasayanadwaya tika, Chaukhambha Sanskrit Sansthan, Varanasi, edition reprint 2012; Sutrasthan 01, shlok 18, p 3.
8. Hari Sadashiv Shastri Paradkar, Hemadrivirachit Ashanga Hridayam, Ayurveda Rasayanadwaya tika, Chaukhambha Sanskrit Sansthan, Varanasi, edition reprint 2012; Sutrasthan 01, shlok 19, p 3.
9. Kaviraj Ambikadatta Shastri, Sushruta Samhita of Maharsi, Sushruta Ayurved Tattva – Sandipika, Hindi commentary published by Chaukhambha Sanskrit Sansthan, Varanasi, edition reprint 2012; Sutrasthan 46, shlok 21, p 414.
10. Kaviraj Atridev Gupta, Ashtanga sangraha, 1st part, Chaukhamba Krishnadas academy, Varanasi, edition 2005; Sutrasthan 1, shlok 20, p 6.
11. Vd. Y.G joshi, Kayachikitsa, shanivar peth, pune, pune prakashan, edition July 2009; page no. 418.