

A PAPER PRESENTATION ON PARAMETERS FOR ASSESSMENT OF AGNI

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ABSTRACT

This paper discusses parameters for assessment of the *Agni*. In the *Paka* process (digestion, transformation), *Agni* is the constant agent. The *Agni* carry out the necessary task of breaking down, absorbing, and assimilation of food that has been consumed in order to sustain life. *Agni* is responsible for strength, health, longevity, complexion and it determines by the quantity of food to be consumed. When *Agni* function stops, an individual dies; however, when *Agni* is active, a person is completely healthy and enjoys a long, happy, and healthy life. These are some of *Acharya Charak's* observations regarding the significance of *Agni*. But, a person's entire body's metabolism would be thrown off if their *Agni* was vitiated, which would lead to illness and poor health. Thus, *Agni* is referred to as the *mool*, or foundation, of life.

KEYWORDS: *Agni, Bhutagni, Dhatavagni, Jatharagni, Digestion, Absorption.*

1. INTRODUCTION

Agni is the important integral part of the body. *Agni* in *Ayurveda* is reflected in the concept of *Pitta* of the system. The term *Pitta* is derived from the root 'tap' to heat or 'to burn' this term is seen to have different meanings viz. *tap Samtape* refers to the generation of heat, *Tap Dahe* relates to the act of burning of the nutrition consumed etc. In *Ayurveda* *Agni* is the crucial component to maintaining overall health. If *Agni* is not in their normal state it will lead to much disease in the body. The concept of "*Agni*" in *Ayurveda* refers to the process of breaking down food and metabolic byproducts. *Agni* transforms food into energy, which powers all of our body's essential processes. There is no apart from the *Pitta* consumption of any kind of food items their digestion is start from mouth salivary secretion in the mouth helps inchewing and then these substances

undergoes metabolic process and then *Jatharagni* works on it. *Jatharagni* gives the stimulation to the *Bhutagni* and *Dhatavagni's* subsequently, *Vata Dosha* facilitates the continued circulation of processed metabolic products within the *Srotas*. This is advantageous for the growth of tissues as well as development, strength, complexion, and happiness. After obtaining the necessary nutrients from food materials that have been digested, *Dhatus* continue to function normally. The primary factor causing both health and disease is *Jatharagni*. In its natural state, *Jatharagni* is accountable for lifespan, composure, strength, health, zeal, well-built physique, luster, immunity (*Ojas*), temperature, other *Agni's* (such *Bhutagni* and *Dhatavagni*), and other essential activities. Consequently, the state of *Agni* determines both a healthy body and a diseased body.

CLASSIFICATION OF AGNI

<i>Acharya Charka (13)</i>	<i>Acharya Sushruta (5)</i>	<i>Acharya Vagbhata</i>	<i>Acharya Sharangadhara</i>
<i>Jatharagni –1</i> <i>Bhutagni –5</i> <i>Dhatavagni –7</i>	<i>Pachakagni, Ranjakagni,</i> <i>Alochakagni, Sadhakagni and</i> <i>Bhrajakagni</i>	<i>Bhutagnis–5, Dhatavagnis –7,</i> <i>Dhoshagni –3 and Malagni–3</i>	<i>Pachak, Bhrajak,</i> <i>Ranjak,</i> <i>Alochaka and Sadhak</i>

Parameters for assessment of Agni

Effect of *Agni* was assessed by six parameters *Ayu, Varna, Bala, Svasthya, Utsaha, and Upcaya.*

Maximum score was 18 following the scoring pattern of 1, 2, 3 resp. For each question Score

- 18- 12 *Uttama*
- 11-6 *Madhyama*
- Less than 6 *Heena.*

AYU

- Appearance match with the age
- Looks younger than the age
- Looks aged than actual.

VARNA

- Lustrous appearance
- Normal
- Dull.

BALA

- Can tolerate even vigorous exercise
- Able to do normal daily exercise/activity
- Not able to do normal daily exercise /activity.

UTSAHA

- Ready to do even difficult task
- Ready to do normal task
- Not enthusiastic even in the normal task.

UPACAYA

- Tendency to gain weight
- Does not gain weight /constant
- Tendency to lose weight.

SVASTHYA

- Generally have the feeling of well being
- Usually do not have the feeling of well being
- Usually remain sick.

DISCUSSION

The clinical assessment of *Agni* is study under following criteria

- The general discussion on *Agni* mentioned in *Samhita*.
- Agni* are assessed by following six parameters.

The reference that are taken from the *Charaka Samhita* on the basis of *Shloka*

आयुर्वर्णो बलं स्वास्थ्यमुत्साहोपचयौ प्रभा।

ओजस्तेजोऽग्निः प्राणाश्चोक्ता देहाग्निहेतुकाः॥३॥

Prior to proceeding to the practical study of *Agni*, it is necessary to examine the existence of a possible correlation among *Agni* as understood from *Jaranasakti* (digestive capacity)

Ayu आयुः चेतनानुवृत्तिः (continuity of consciousness is called life)

Varna वर्णः गौरादिः (The colour of the skin)

Bala बलं शक्तिः व्यायामाद्यनुमेया (The strength and the ability of the body/capacity to perform physical work)

Svasthya “स्वस्थस्यौजस्करं यत्तु तद्वृष्यं तद्रसायनम्”

Upacaya देहपुष्टिः (increase of cheerfulness)

The *Ayurvedic* collection has stated that *Agni* is the *Mula* (root)of *Bala* in man as *Retas* (semen)is the root of life. The view expressed above, draw the attention to nutrition the capacity of the body to digest metabolise and utilize it for the production of energy. In otherwords, *Agni Pariksa* is not only concerned with determination of the functional state of *Agni* but also its capacity to metabolise the digested food and produce energy .It should also be noted that the production of energy measured in terms of heat is directly correlated to the quality and quantity of nutrition made available and physical and mental work performed.

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