

**REVIEW ON AGNIMANDYA W.S.R TO AJEERNA (INDIGESTION) AND ITS
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INTRODUCTION

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 Ajirna. This Ama is circulated all over the body through minute channels and gets lodged in different parts of the body causing diseases. The word 'Ajirna' in its of itself signifies the state of inadequate process of digestion on ingested food. The main reason for indigestion is Agnimandya (weakened digestive fire). Incomplete metabolism due to weakened digestive fire leads to unprocessed state of food causing Ajirna.

An abnormality in digesting food or lack of proper digestion is termed as Indigestion (dyspepsia). Indigestion refers to number of gastro-intestinal complaints, which can include gas (belching or flatulence) and upset stomach. According to Ayurveda, those who are not following dietary procedures and eat food without self control become victims of Ajirna (Indigestion). This leads to various diseases further and also may cause food poisoning too.

Types of Ajirna

According to predominance of vitiated doshas - Ajirna is classified in three types;

- A. **Amajirna** - vitiated kapha dosha.
- B. **Vidagdha Ajirna** - vitiated pitta dosha.
- C. **Vishtabdha Ajirna** - vitiated vata dosha.

Vistabdha Ajirna: caused due to vitiation of vata dosha. It is characterised by pain abdomen, bloated stomach or gaseous distension, pain all over the body, fatigue, non elimination of stools and flatus.

Vidagdha Ajirna: caused due to vitiation of pitta dosha. It causes burning sensation in the chest and throat region, different kinds of pain, increased feeling of thirst, sour eructation or belching, tiredness, fainting and giddiness.

Ama Ajirna: caused due to vitiation of kapha dosha. The feature of this are puffiness of around the eyes and face, frothy and increased salivation in the mouth, nausea, repeated belching having the smell of the food you ate and feeling of heaviness in the body.

Vilambika: caused due to vitiation of kapha and vata along with accumulation of Ama. Person suffering with this, feels very lazy and discomfort in the chest region.

Rasasesha Ajirna: This is caused due to heavy and late-night dinner.

Aetiology of Ajirna

It was seen through literature and also practically in patients of Ajirna that various factors are responsible for Ajirna. Improper sleeping habits, Decreased saliva production, Over eating (Adhyasana), Irregular food habits (Visamsana), Excessive drinking of water after meal, Incompatible and unwholesome diet (Samasana), Loss of teeth due to ageing, Suppression of natural urges of nidra (sleep), vata (flatus) and purisha (stool), Over eating - Eating large amount of food at a time or eating before the previously consumed food is digested. Profuse drinking - Drinking large amount of water or juice immediately after food, excessive alcohol consumption. Stale foods - Eating leftovers, refrigerated or frozen foods. Due all, these hetu Pitta and Kapha dosha produces Ama and it further leads to Agnimandya and then Ajirna.

Clinical features

1. Pain or burning sensation in the upper abdomen
2. Feeling of undue satiety after eating
3. Nausea, heartburn, bloating and belching
4. Regurgitation, vomiting (occasionally)
5. Heaviness in the body
6. Headache and body ache

7. Thirstiness
8. Loss of taste etc.

Investigations

1. Liver function test (LFT)
2. Ultrasonography (USG-Abdomen)
3. Upper G.I. Endoscopy
4. Barium meal follow through

Management approaches

a. Prevention

Consumption of godhuma (wheat), mudga (green gram), old rice, rasona (garlic), seasonal fruits, diet of high fiber content, hingu (asafoetida), draksha (grapes), Amalaka (*Phyllanthus emblica* Gartn), pippali (long pepper), Shunthi (dry ginger), green leafy vegetables and luke warm water. Avoidance of irregular food habits, heavy, unwholesome, oily and spicy food items. Bakery and preserved items need to be avoided. Avoidance of over eating, suppression of natural urges, excess tea, coffee, smoking is recommended. Avoidance of irregular sleep, worries, anxiety and depression prevent indigestion.

b. Treatment

Water medicated with dry ginger, coriander seeds, musta can be of good help. Warm lime water should be taken with few drops of ginger juice & a pinch of pepper powder. A small piece of ginger with salt should be chewed at the beginning of the meal. Sweet & fresh buttermilk with a pinch of cumin seed powder and trikatu churna should be taken after meals. Ajwain, saunf should be chewed after meals, this helps digestion. Full day langhan is also very beneficial in Ajirna.

Use of Triphala churna 3 gm with lukewarm water at the bed time. Practice of vajrasana after meal regularly. Dipana (Acceleration in digestive fire) with the use of the powder prepared from Trikatu in the dose of 1-3 gm. Before or with food. helps in acceleration of digestive fire and appetite. Pachana (digestion) Use of Chitrakadi vati and Lashunadi vati, Hingwastaka churna after food, supports in proper digestion of ingested food material.

CONCLUSION

Ajirna is troublesome digestive disorders if not treated appropriately or within time. Agnimandya is main reason for Ajirna which is due to improper diet habit. Deepana, Pachana, Langhana are the basic management in Ajirna along with internal medicine like Trikatu, Ajmoda, Triphala, Chitrakadi Vati and Lashunadi Vati, Hingwastaka Churna.

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