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CONCEPT OF AJIRNA IN AYURVEDA & ITS ROLE IN THE PATHOGENESIS OF GRAHNI ROGA -A REVIEW

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ABSTRACT

Ayurveda is an old traditional medical science that focuses on disease treatment and prevention. Ayu (long life), Bala (strength), and Varna (complexion) are all influenced by Agni's state. Because Agni is located in the *Jathara* (Stomach and Intestine), which digests and metabolises food and aids in body growth. All ailments are caused by inadequate, excessive, or irregular food digestion, which is referred to as *Mandagni*, *Tikshnagni*, or *Vishamagni*, respectively. When Agni is not functioning properly, food is not digested properly, and the undigested food ferments, acting as poison in the body. It's called *Ama*. *Ama Utpatti* leads to *Grahani Dosh*. *Ajirna* refers to dyspepsia caused by disrupted Agni functions (indigestion). The most prominent source of *Ama* formation is *Ajirna*, which favours genesis illnesses. *Agnimandya* is an important component of the disease *Grahani Dosh*'s *Samprapti*. Agni might be disrupted by an unpredictable lifestyle and a strange food. The first step in management is to eliminate the etiological cause. Unreliable seasonal regimen adherence, mental disturbance, and stress may all play a role in the progression of the *Ajirna* syndrome.

Key words-*Ajirna, Grahani, Samprapti*

1. Introduction

Grahani and *Agni* are having *Adhara-Adheya-Sambandha*. The majority of Acharyas describe *Grahanias* an *Agni Adhishthana*. *Mandagni* is the fundamental cause of *Ama* dosha and a key factor in the appearance of many ailments. *Ajirna* is a condition in which the digestion of ingested food is inadequate. The main cause of dyspepsia is *Agni's* dysfunctional functions. Incomplete digestion and metabolism caused by a disrupted digestive fire results in the development of *Ajirna*, or under processed food.¹*Ajirna* develops in people who eat huge amounts of food in a careless manner, similar to cattle.²Many diseases may occur as a result of this. People consume a lot of junk food and preservative-laden processed foods, which contributes considerably to indigestion and irritable bowel syndrome. All of these factors disrupt digestion and absorption, resulting in a variety of digestive issues. These digestive and absorption diseases are grouped together under the category of '*Grahani Dosh*,' which is one of the most common gastrointestinal disorders listed in Ayurvedic texts. *Agni* and *Grahani* are mutually dependent.³*Ama Dosh* are caused by a functionally weak *Agni*, i.e., *Mandagni*, which causes poor digestion of ingested food. The *Ama Dosh* is the root of almost all ailments. It plays a crucial role in the development of *Grahani Roga*. *Grahani* is classified as one of the eight main disorders, making it difficult to identify and cure. *Amavastha* and *Niramavastha* are the two stages of any sickness. If the disease is in *Amavastha*, the first line of treatment

should be to remove *Ama* and make the disease *Nirama*, followed by the disease's specific treatment.⁴

2. Aims & Objective

To establish the fact about role of *Ajirna* (Indigestion) in pathogenesis of *Grahani Vyadhi*.

3. Material & Method

Material related to *Ajirna* (Indigestion) and *Grahani Vyadhi* is collected from Ayurveda texts books, modern text books, index medical journals and website.

4. Conceptual Study

4.1 Concept of Agni

The term *Agni*, in common language, means fire. However, in the context of the functioning of a living organism, which maintains its integrity and performs its vital activities by converting – the foods consumed in various ways- licked, masticated, drunk, etc., not only into its various structure and functional constituents but also into the energy required to continue with its innumerable vital activities through biophysical and biochemical processes. The term *Agni* is used in these sequences to refer to a variety of variables that influence and direct the course of digestion and metabolism in a live organism. As a result, it's known as bio digestive fire.⁵The digestive fire is aided by *Vata (Prana, Apana, Samana, and Udana)*. Strength, health, longevity, and vital breath are all attributed to *Agni's* power or normal state.⁶The effects of *Jatharagni, Bhutagni, and Dhatvagni* on food substances cause metabolic transformation. The major substance responsible for sickness

and health is *Jatharagni*.⁷ It is responsible for longevity, complexion, strength, health, enthusiasm, well-built, sheen, and immunity when it is in its normal state (*Ojas*).⁸ Because the functions of *Bhutagni* and *Dhatvagni* are dependent on it, *Jatharagni* is the most important of all varieties of *Agni*. *Bhutagni* and *Dhatvagni* are aggravated or diminished when *Jatharagni* is aggravated or diminished. Therefore, *Jatharagni* must be protected at all costs through appropriate wholesome dietetics and behaviour, as *Agni's* longevity and power are dependent on his natural state.^{9,10}

4.2 Types of Agni

- In Ayurveda, there are three main types of *Agni*: *Jatharagni* / *Pachakagni*, *Bhutagni*, and *Dhatvagni*.¹¹
- **Jatharagni according to Dosha:** Different functional states of *Jatharagni* are produced due to influence of *Doshas*.
- ✓ **Mandagni:** Due to influence of *Kapha* causing *Amajirna*.
- ✓ **Tikshnagni:** Due to influence of *Pitta* causing *Vidagdhajirna*.
- ✓ **Vishamagni:** Due to influence of *Vata* causing *Vishtabdhajirna*.
- ✓ **Samagni:** Equilibrium state of *Dosha*.
- ✓ Except *Samagni* remaining three types of *Agni* causes development of diseases. *Vatika* disorders arise from *Vishamagni*; *Pittaja* disorders arise from *Tikshnagni* and *Kaphaja* disorders arise from the *mandagni*.¹²
- ✓ As the malfunction of *Agni Mandagni* is the root cause of the gastrointestinal tract. *Agni Dushti* is also at the root of the disease *Grahani Dosha*. The *Ashraya-Ashrita* relationship exists between *Grahani* and *Agni*. *Agni's* primary location, as well as the location of the *Grahani Dosha's* occurrence, is the *Grahaniorgan*.¹³

4.3. Etiological factor of Ajirna

- *Atyambupana* (Drinking large quantity of water)
- *Vishmashana* (Taking food either in large or small in quantity and at unusual times)
- *Sandharana* (Suppression of natural urges)
- *Swapnaviparyaya* (Loss of sleep at nights or sleeping during day)
- *Irshya* (Envy)
- *Bhaya* (Panic)
- *Krodha* (Annoyance)
- *Chinta* (Stress), *Shoka* (Grief) and *Dukh* (Sadness).¹⁴

4.4 Nidana of Grahani Dosha-

- All the etiological factors of *Agni Dushti* may cause *Grahani Dosha* and finally results in *Grahani Roga*.
- *Aharaj- Abhojana* (excessive fasting)
- *Atibhojana* (excessive food intake)
- *Vishama Bhojana* (improper food)
- *Asatmya Bhojana* (unwholesome food)
- *Vyapada of Vamana, Virechana, Snehana* (Adverse effect of therapeutic measures)
- *Vega Vidharana* (Suppression of natural urges)
- *Viruddha* or incompatibility of, *Desha, Kala* and *Ritu*
- *Shoka* (Grief), *Krodha* (Anger), *Bhaya* (Fear)¹⁵

4.6 Samprapti (Pathogenesis)

Entire process of manifestation of disease is called *Samprapti*. The *Samprapti* gives knowledge about provoking *Dosha*, route of the disease, involved *dhatu*s and *srotas* affected and their prognosis.

“यथादुष्टेनदोषेणयथाचानुविसर्पता | निर्वृत्तिरामयस्यासौसम्प्राप्तिर्जातिरागतः

[२]” (वा. नि. अ. १)

The process of understanding the development of disease by the vitiated

Doṣa which, are constantly circulating inside the body is called as *Samprapti*.

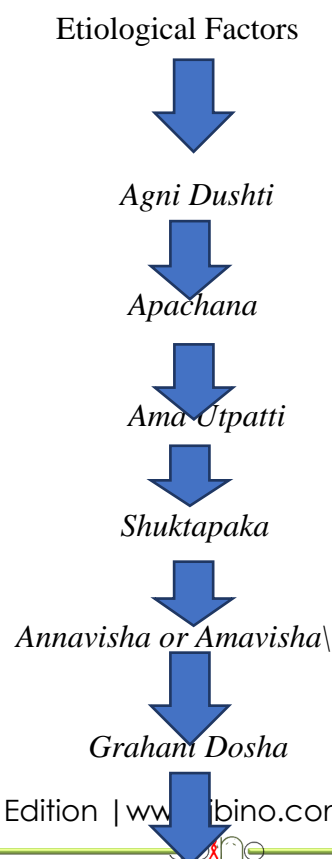
The specific action of vitiated *Vyadhijanyadoṣa* responsible for the manifestation of *Vyadhi* is called as *Samprapti*.¹⁶ Vitiation of *Doṣa* takes place in various ways like *Prakrita*, *Vikrita*, *Anubandhya*, *Ekdoṣaja*, *Dvidoṣaja* and *Tridoṣaja*. It all depends on various *Nidana*, *Vikritadoṣa* bring disturbance in *Dhatus*, *Malas*, and manifest diseases and understanding of such events is called *Samprapti*.¹⁷

4.7 Agni's role in the genesis of *Grahniroga*

Agni is responsible for both a healthy body and a diseased body. *Vyanavata* assists in the simultaneous and continuous circulation of *Rasadhatu* throughout the body. If there is any anomaly in the *Rasavaha Srotas* (Rasa channels), sickness would develop like a cloud in the sky bringing rain. Similarly, abnormalities in *Dosha* cause ailments.^{18,19} The disrupted

functions of Agni aggravate *Dosha* (body humours). Agni is responsible for life span, health, vigour, and sustenance, among other things. Due to aetiological factors, Agni becomes greatly vitiated and fails to complete the digestion process in a timely manner, resulting in the formation of undigested food substances, which cause sourness, which is toxic in nature and initiates pathologic processes within the gastrointestinal tract, resulting in a variety of diseases. Even when food is ingested at the right time, quantity, and a wholesome diet with easily digestible dietary items, such patients do not digest it. The Agni is weakened by various *Nidanasevana*. Because this weakened Agni is unable to digest even light foods, the *Apakvaahara* (undigested food) becomes acidified and poisonous (*Shukta & Visharupa*). It is called *Grahani Roga* when it moves in the *Adhahmarg* (downwards) in either *Pakva* or *Apakva Avastha*.²⁰

4.8 Probable *Samprapti (Pathogenesis)* of *Grahani dosha*:-



Grahani Rog

5. Discussion

According to Ayurveda, human digestion is entirely dependent on Agni. *Grahani* organ and *Grahani Vyadhi* have a tight relationship with Agni. Food is a chemical combination of carbohydrate, protein, fats, and minor substances such as vitamins and minerals, according to modern science. Food has been given a highly important place in people's lives because it is the body's fundamental requirement. It is an essential requirement since it provides mental and physical energy. Food has an impact on not only the body and the efficiency of the mind, but also on nature and habits.²¹ When carbs, starches, and complex sugars are ready to be taken into the bloodstream, they are transformed to glucose or dextrose. The fats are broken down into glycerine and fatty acids, which are then passed into the lymph through specialised villi. The circulatory system, which consists of blood vessels and lymphatics, transports the absorbed food items to the following stations. Except for lipids, which enter the lymph system directly from the intestines, the liver receives all nutrients via the blood. The liver plays an important function in further chemicalizing protein and carbohydrate molecules once they enter the circulation. The colon, often known as the large intestine, is the second most significant organ in food digestion. The leftovers that cannot be absorbed through the villi pass into the colon, where moisture is absorbed to a degree, leaving a varied solid or semi-solid faecal matter

for excretion.²² *Grahani Dosha* are treated more pronounced way with considering Ayurvedic concept of Agni and administrating *Deepana* and *Pachana* drugs.

6. Conclusion

Ajirna is the result of deranged Agni functions that cause food indigestion (indigestion). *Grahani Roga* is caused by *Ajirna*, which is the primary source of ama production. Agni's function is impaired, resulting in *Grahani Roga*. When the Agni is in a healthy state, it gives *Bala* (strength), *Arogya* (health), *Ayu* (longevity), and *Prana* (lifeforce) (vital breath). As a result, Agni should be kept in a balanced state through correct food and drink intake because these work as fuel; if Agni is disturbed, it causes several ailments, including *Grahani Roga*. People nowadays are recklessly immersing themselves in erroneous food habits and a faulty lifestyle, which results in *Agni Dushti* and *Grahani Roga*. These incorrect food habits and lifestyle are the principal *Nidana* (etiological causes) of *Grahani Roga*, and if they are avoided, this terrible condition can be conquered, as *Nidana Parivarjana* (avoidance of the causative factor) is the primary stage in disease therapy. It is possible to deduce that *Ajirna* is the primary source of *Agni Dushti*, which leads to *Ama Dosha* and, eventually, *Grahani Roga*.

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