A LITERARY REVIEW OF "DIFFERENT STATES OF JATHARAGNI"

Dr. Prashant Vinayak Gote¹* and Dr. Minakshi A. Randive²

¹PG Scholar, Department of Kriya-Sharir.
²Professor & H.O.D. Department of Kriya-Sharir.

ABSTRACT

Human being wants to live "HEALTHY LIFE". Healthy state of body depends on one of the most important factor - food we consume. "Jatharagni" (Digestive fire) is a medium to convert ingested food to body absorbable substances. By converting the food particles, "Jatharagni" plays vital role in maintaining healthy life. There are four "Different States Of Jatharagni", Out of this which belongs to particular person? This article focus on this question.

KEYWORDS: Jatharagni, States Of Jatharagni.

INTRODUCTION

In 20th century human being are health conscious. They want to achieve healthy and well built body status. Some of them work daily for body building.

Food is main energy source for getting energy and body building. But body can not directly utilize the food. It must get converted to simple body absorbable substances.

"Jatharagni" is main source to convert food we ingest to simple body absorbable substances, according to Prakruti (*1) of an individuals and Dosha sthiti (*4), "Jatharagni" has four states.

According to Charakacharya "Jatharagni" has four states as follow
Vishamagni
Tikshnagni
Mandagni
Samagni.
Every individual should know the state of their "Jatharagni". So that according to state of "Jatharagni" they can decide the quantity and quality of food they should eat to maintain the healthy state of body.

**Aim**
To review literary "Different States Of Jatharagni", in detail.

**OBJECTIVE**
- To review Jatharagni, different States Of Jatharagni from Ayurvedic text.
- To study importance of different States Of Jatharagni,

**MATERIAL**
- For the purpose of literary review of different States Of Jatharagni, Ayurvedic text is studied in detail.
- Ayurvedic journals & internet media is viewed for different states of Jatharagni, and recent updates.

**METHODS**
- Conceptual study of different States Of Jatharagni.

**Literature review**
All ayurvedic samhita have described mainly four different States Of Jatharagni, i.e.
Vishamagni
Tikshnagni
Mandagni
Samagni.

According to ayurvedic texts the Agni is classified according to two aspects,
a) An aspect which may be described as natural and which form part of Prakruti.
b) An aspect in which three Doshas involved, due to operation of different etiological factors on the body, leading to reciprocal influence between Doshas and Agni.
These two classifications can be explained as follows.

a) An aspect which may be described as natural and which form part of Prakruti. (*1).

<table>
<thead>
<tr>
<th>Sr. no.</th>
<th>Prakruti</th>
<th>Different States Of Jatharagni</th>
<th>Symptoms</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Vata</td>
<td>Vishamagni (Erratic / Fitfull)</td>
<td>Sometimes it digests food slowly, normally, or fastly. (*2) Adhmana (Abdominal distention), Shula (Colic pain), Atisara (Diarrhoea), Udara (Ascitis), Gaurava (Heavynes), Antrakunjana (Gargaling sound of intestine), Pravahana (Dysentry). (*3)</td>
</tr>
<tr>
<td>2.</td>
<td>Pitta</td>
<td>Tikshnagni (Acute / Sharp)</td>
<td>Digests even large quantities of all, too frequent meals. (*2), can digest in &lt; 4 hours. (*5) Galashosha &amp; Daha (Parched throat), Osthashosha &amp; Daha (Parched lip), Talushosha &amp; Daha (Parched palate), Santapa (Heat and burning sensation). (*3)</td>
</tr>
<tr>
<td>3.</td>
<td>Kapha</td>
<td>Mandagni (Dull / Slow)</td>
<td>Cannot digest even normal diet properly. (*2). Can digest diet in &gt; 8 hours. (*5) Udaragaurava (Heavynes of abdomen), Shirogaurava (Heavynes of head), Kasa (cough), Svasa (Dyspnoea), Praseka (Salivation), Chhardi (Emesis), Gatrasadana (Weakness). (*3)</td>
</tr>
<tr>
<td>4.</td>
<td>Samadosha</td>
<td>Samagni (Normal)</td>
<td>Can digest normal diet properly (*2) in 4 to 8 hours. (*5).</td>
</tr>
</tbody>
</table>

This is important for preventive medication; These states of Agni are fixed according to Prakruti of an individuals.

b) An aspect in which three Doshas involved, due to operation of different etiological factors on the body, leading to reciprocal influence between Doshas and Agni.

According to Vaghbhatacharya the functioning of Agni is normal. When Samana vayu is functioning normally in its own sthana. If this vayu moves to places other than its own, for eg. When Samana vayu comes in contact with Pitta, then Jatharagni becomes Tikshnagni (Acute / Sharp). If Samana vayu afflicted by Kapha then Agni becomes Mandagni (Dull / Slow).

In other words if neural influence on secretory mechanism of gastro intestinal glands are hypersecreting; Jatharagni becomes Tikshnagni (Acute / Sharp). If it is hyposecreting then Jatharagni becomes Mandagni (Dull / Slow) and if it secreting normally then Jatharagni becomes Samagni (Normal).

This can be shown in table as follows.
Thus from above two classifications there are four different States Of Jatharagni, i.e.

Vishamagni
Tikshnagni
Mandagni
Samagni

And from symptoms given in above table the State Of Jatharagni can be studied.

DISCUSSION
The main goal of Ayurveda is "Swasthya Rakshana" (Health maintainance). To achieve healthy state of body the digestion of food to simple body absorbable substances is important, which is done by Jatharagni.

According to Prakruti and Three Dosha sthiti of body, Jatharagni is classified into four different States i.e.

Vishamagni
Tikshnagni
Mandagni
Samagni

From the symptoms given in the above table, the state of Jatharagni of an individual can be known.

By knowing the states of Jatharagni, it can be decided the quantity and types of food one should consume to maintain healthy state of body.

For eg.
Tikshnagni - Heavy (Guru ahara) & frequent meals should be consumed.
Mandagni - Light (Laghu ahara) & less meals should be consumed.
Vishamagni - These individuals should consume meals according to Dosha shtithi of their Jatharagni.
Samagni - Should eat normal diet properly.

CONCLUSION
After studying & collecting references, from the ayurvedic literature following conclusion can be drawn.
1) Jadharagni is an important factor for digestion of food particulars to body absorbable substances.

2) Jatharagni has four states according to two aspects as follows.

Vishamagni
Tikshnagni
Mandagni
Samagni.

3) Tikshanagni individuals should eat heavy diet (Guru ahara), Mandagni individuals should eat Light diet (Laghu ahara), Vishmagni individuals should consume meals according to Dosha sthithi of their Jatharagni at given period. Samagni individuals can eat all types of diet and their nourishment is well.

REFERENCE