

## ROLE OF THE AGNI IN DIGESTION: A REVIEW

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### ABSTRACT

Modern correlation of agni in the process of digestion. It is called bioenergy of the body, which helps in local activities and metabolic activities of our body. Agni in Sanskrit generally means fire; it is typically one among Panchmahabhootas. Agni leads to the transformation of food into body tissues. Agni is responsible for the digestion of food and metabolism in our body. Mainly, jatharagni plays a significant role in this, so it is known as koshtagni as it is situated in our koshta. Jatharagni is also responsible for activating two other types of agnis, that is, -7 types of dhatva agni and 5 types of bhutagni. Food that we intake contains various nutrients that are consumed by humans and undergo multiple metabolic processes in the gastrointestinal tract (GIT), where agni plays an important role.

**Keywords:** Agni, digestion, koshta, ayurveda, pitta, pachak pitta, etc

### INTRODUCTION

Ayurveda is said to have great importance in digestion, the immune system and metabolism, which can only be possible due to a factor called "AGNI". The digestion process takes place in three stages known as Avastha paka, i.e, Madhur Avastha paka, amla

Avstha paka, katu Avstha paka. The entire process of digestion is done with the help of Jatharagni. Acharya charak, Shushrut, and Vagbhatt have also said that if agni inside an individual dies, then it may lead to death.

The entire basis of Ayurveda is completely different from that of modern sciences. In ayurveda, the pathology and diagnostics are based on the condition of tri gunas (i.e., satva, raj, tam), tan Matras (i.e., shabha, Sparsh, Roopa, rasa, gnadha), panch Mahabhootas (Aakash, vayu, agni, jal, Prithvi), tridoshas (vat, pitta, kapha) and AGNI.

Our body has 13 types of agni and according to their functions, location they are divided into 3 types:

1. Jaatharagni = 1 = agni present in the stomach and intestine.
2. Dhatvagni = 7 – agni present in our 7 dhatus i.e., rasagni, raktagni, masagni, medagni, ashtiagni, majjagni, shukragni
3. Bhutagni = 5 agni presenting our 5 boots, i.e., zakah, vayu, agni, jal, Prithvi.

It is believed by many acharyas that after the stoppage of the function of agni, an individual dies.

Another acharya also considered agni a very important source for the maintenance of a healthy lifestyle and well-being.

#### CLASSIFICATIONS :

Agni has been classified into three types which is called as

#### TRIVIDHA AGNIYAN :

1. JHATGHARAGNI / KOSTHAGNI
2. BHUTAGNI
3. DHATVAGNI

According to shusrut the agni is of 10 types

1. Pachak agni
2. Ranjak agni
3. Aalochak agni
4. Sadhak agni
5. Bhrajak agni
6. 5 bhutagni

It is related to digestion so called as pachak agni .

It is situated in our body so called antar agni .

According to vagbhat 23 agni are describe as follows :

1. Pitta – 05
2. Bhutagni-05
3. Dhatuagni-07
4. Doshagni-03
5. Malagni-03

#### ROLE OF AGNI :

The term agni is said to have great importance in the digestion of food and metabolic products. Agni changes our digested food into energy responsible for strength in our body. Although agni is something we thought of not in the form of flame but in the form of liquid, according to acharya charak, it works under pitta dosha. Whereas according to Shusrut pitta and agni are considered the same. Also, vagbhat has specifically said pachak pitta as agni, Food which enhance vaat dosha such as beverages, meat, eggs, grains, the fruit will have vishama agni. According to charak, the function of thyroid stimulating hormone is similar to vaat dosha. The thyroxine hormone of the thyroid gland can be co-related with the function of pitta dosha. Since hormones are transported by the blood, they are considered a component of pitta, that is rakta pitta. Food includes butter, cheese, cow's milk, ghee, yogurt etc. Enhance pitta in our body which has tikshnagni. Kapha's diet includes leafy greens, lentils, dried beans, pomegranates, potatoes, apples and all digestive herbs and spices. The agni found in these products is called mandagni. Balance among all dosha creates body equilibrium and good health. Ayurvedic medicines and practices recommend certain dietary and lifestyle habits that aim to balance their three doshas and bodily functions.

#### ROLE OF DOSHAS IN DIGESTION :

##### STEPS ALONG THE ROLE OF DOSHAS.

PRANA VAYU- it helps intake food and swallow it to the oesophagus.

VYAN VAYU-it helps maintain activities of the myenteric plexus, which is responsible for the movement of the gastrointestinal tract.

KLEDAK KAPHA-helps in lubricating food by mixing it with digestive juices.

PACHAK PITTA is responsible for differentiating food into saar bhag and kitt bhag. It also helps to regulate our thirst and hunger.

SAMAN VAYU stimulates the agni to digest food. It can be co-related to the Meissner plexus, which regulates the secretion of enzymes.

BODHAK KAPH-Helps in lubrication and mastication grasps taste and protects our oral cavity.

APAN VAYU-Helps in taking our waste materials, i.e, defecation.

**IMPORTANCE OF AGNI :**

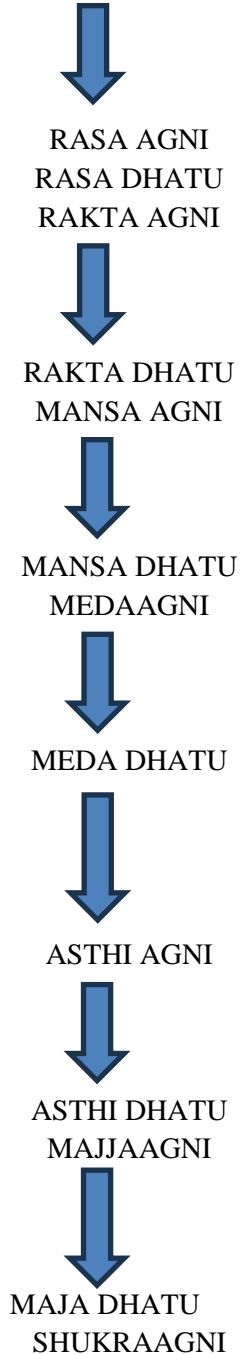
1. It is responsible for the digestion of food. It breaks the food particles into the two main bhagas, i.e, saar bhag and kitta bhag.

2. Responsible for the maintenance of appetite. Gives nourishment to raas dhatus, primarily responsible for nourishing other dhatus.

3. Helps in the metabolic regulation of our body

4. The body functions properly as long as dhatus are made in proper proportions, for which agni is responsible

JATHAR AGNI (fire of stomach) FOOD NUTRITIONAL PLASMA





## SHUKRA DHATU

### IMPORTANCE OF STROTAS IN DIGESTION :

The processed food or the metabolism product formed is circulated inside the body by channels called strotas. This happens with the help of vaat dosha, which is considered as air in our body and hence responsible for opening the channel and pushing the metabolic product forward. This, as a result, favours strength, development and growth of tissue. The specific strotas which carry food are called annavaha strotas. This can be correlated to the alimentary tract gastrointestinal tract or digestive tract. Disturbance in this strotas cause – Aam, vidagdha, vishtabdha, rassash Ajiran.

### PHYSIOLOGICAL ASPECT OF AGNI :

**SAMAGNI**—It is a normal physiological state of agni. Samagni digests and assimilates food particles evenly. This agni is not related to doshas. A person with damage is always healthy.

**VISHAMAGNI**—It is the state in which digestion and metabolism are not proper, that is, abnormal movement of doshas such as vaat in our body, ajirana, and numerous vaat diseases.

**TIKSHNAGNI**— It is the state of very fast digestion of food. In this agni, inside our body is increased above average so the process of digestion of food becomes faster.

**MANDHAGNI** is the state of slow food digestion. In this state, even a small amount of food is digested over a long period.

## CONCLUSION

Agni is the invariable agent in the process of digestion and metabolism. Indigested food is to be digested, absorbed and assimilated, which is essential for

maintaining life, and all of this is performed by agni. When food is taken in, it mixes with our saliva and reaches our stomach, where jatharagni is activated for digestion, stimulating bhutagni. Because consumed food is Panchbhutika, it has to undergo many processes by the respective bhutagnis then, only it is used by tissues for metabolism by dhatvagni. According to the charak state of agni is proportional to the food we intake. We should take food according to ritucharya as described by acharya charak, i.e, in winter seasons, our jatharagni is hyperactive, so intake to guru aahar can balance it. Whereas in the summer season, our jatharagni is not so active, resulting in low body strength and metabolism so intake of laghu aahar can be helpful.

### GURU AHARA LAGHU AHARA

The main components are Prithvi and Jal. The Main components are agni, vayu, Akash Kaph karak and vaat har kapha har and vata karaka Example – udat, dahi, kathal, khajur Example- mung, shali chawal, lava Gudh, malai, rabdhi pakshi mans,

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