

AN AMELIORATIVE CLINICAL REVIEW OF THE DIFFERENCE OF BALA (AGNIBALA) BETWEEN ADANA & VISARGA KALA -A SINGLE CASE STUDY

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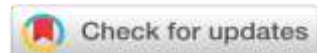
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ABSTRACT

Background- Ancient science of life Ayurveda always explains how to maintain a healthy life and longevity. Health depends on bala or agni bala (digestion power), and agni bala (digestion power) depends on Kala. So, a single case study was adopted to find out the difference of bala (Agnibala) between Adana & Visarga Kala.

Ami & objective- to establish the relation between *agni* with *Adan* & *visarga kala*.

Result—The Agni Bala (Jirnahara lakshan) in Adana kala is 37%, whereas it is 53% in Visarga kala.

Conclusion—In this study, we found that the agnibala (Digestion power) is at its highest peak and gradually decreases, and the varsha ritu is at its lowest and progressively increases.

Keywords: *Seasonal variations, Bala Digestion power, Adana kala, Visarga kala*

INTRODUCTION

Agnibala (Digestion power) is an integral concept in Ayurveda. It refers to the strength or power of Agni, the digestive fire within the body. It signifies the ability of Agni to efficiently digest food, metabolise nutrients, and eliminate waste products, thus ensuring

proper functioning of bodily systems. In Ayurvedic philosophy, Agnibala (Digestion power) is essential for maintaining optimal health and vitality.

The term "Agnibala" is derived from two Sanskrit words: "Agni," meaning fire, and "Bala," meaning

strength or power. Together, they encapsulate Agni's vigour and potency in facilitating the digestion, absorption, and assimilation of nutrients from ingested food¹.

Agnibala (Digestion power) is influenced by various factors, including the quality of food consumed, the state of one's digestive system, metabolic rate, emotional well-being, and environmental conditions. When Agnibala is robust, digestion is efficient, leading to the production of healthy bodily tissues (Dhatus) and the elimination of waste products. However, if Agnibala (Digestion power) is weakened or imbalanced, it can result in incomplete digestion, accumulation of toxins (Ama/endotoxin), and the onset of various health issues^{2,3}.

In summary, Agnibala (Digestion power) represents the intrinsic strength of Agni in Ayurveda, serving as a cornerstone for holistic health and wellness. Understanding and cultivating Agnibala (Digestion power) are fundamental principles in Ayurvedic medicine, guiding individuals towards a balanced and vibrant life.

Ritu (seasons) is grossly divided into two types - Adana kala and Visarga kala⁴. Agnibala (Digestion power) and Ritu (seasons) have a close relationship in Ayurveda^{5,6}.

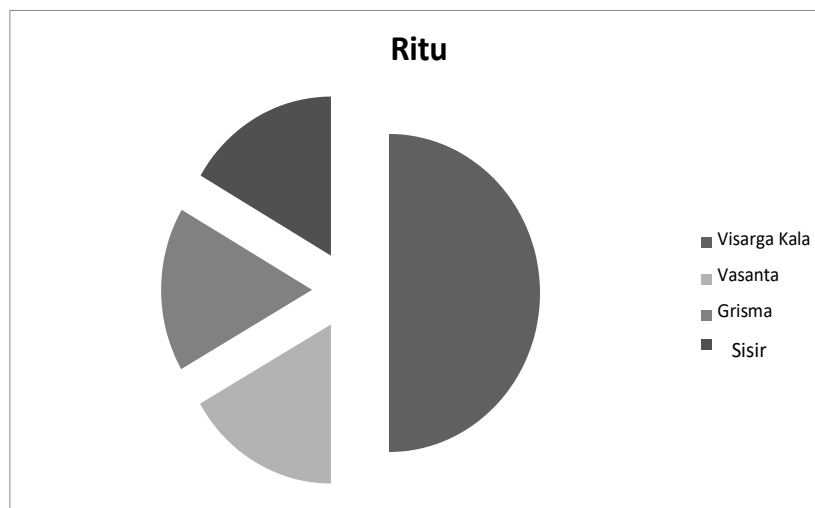


Figure-1-Fundamental concept of Ritu (seasons) according to Ayurveda

MATERIAL AND METHODS-

A 25-year-old male, an average, healthy individual weighing approximately 72 kg and 173.736 cm, was selected for the study. The assessment was done based on pre-selected questionnaires of Yogaratnakar ajirna pariksha.

Study Duration-01 years.

Inclusion Criteria-

Normal healthy individuals of either sex, age, race or religion.

Who was willing to give written consent?

Biochemical parameters such as PPBS, FBS, Serum urea, creatinine, lipid profile, etc., were within the normal range.

Exclusion Criteria-

Abnormal Biochemical parameters level.

Suffering from an acute or chronic illness.

OBSERVATION AND RESULTS-

This study found significant changes in Bala between Adana & visarga kala. The observation and results were as bellow-

Table-1-Result ritu wise Agni Bala

Ritu	UDGAR SUDDHI	UTSAHA	VEGA UTSARGA	LAGHUTA	KSHUT	PIPASA
SISIR	+++	+++	+++	++	+++	++
VASANTA	++	+	+++	++	+	++
GRISMA	+	+	++	+	+	+++
VARSA	+	+	+	+	+	++
SARAT	+	+	++	+	+	++
HEMANTA	++	+++	+++	+++	++	=

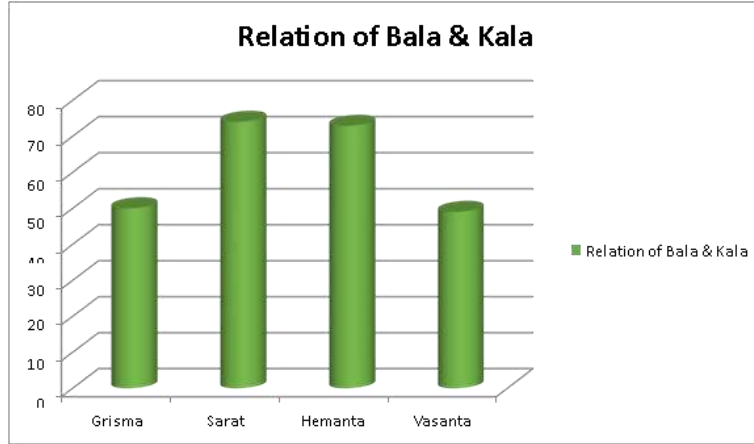


Figure-2- Relation of Bala & Kala

DISCUSSION

Jirnahara lakshan is dependent on Agni Bala. In the sisira ritu (1st season of adana kala), the agnibala (digestion power) is at the highest peak. Gradually, it becomes lower, and in varsha ritu (1st month of visarga kala), it is at its lowest and progressively becomes higher. So, as a result, the jeernahara lakshan reflects its condition according to the variation of agnibala (digestion power) in different seasons. The Agni Bala (Jirnahara lakshan) in Adana kala is 37%, whereas it is 53% in Visarga kala. In visarga kala, the percentage is high but not adequate.

CONCLUSION

This study finds that in sisira ritu, the agnibala (digestion power) is at its highest peak and gradually reduces in varsha ritu. We can control different types of

metabolic disorders by controlling the agni bala with Ayurvedic ausadh, ahara, and vihara.

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