

A COMPREHENSIVE REVIEW OF AGNI AND ITS ROLE IN THE ETIOPATHO-GENESIS OF THYROID DYSFUNCTION: A HIGHLY WIDESPREAD DISEASE

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ABSTRACT

Ayurveda is an alternative medicine system that originated in the Indian subcontinent. Ayurveda believes that the universe is made up of five elements: *Vayu* (air), *Jala* (water), *Aakash* (space or ether), *Prithvi* (earth), and *Teja* (fire). Ayurveda emphasises the maintenance and promotion of health and the prevention of diseases through various dietary and lifestyle regimens and the treatment of diseases through various therapeutic measures, substantiating the principle “*Swasthasya Swasthya Rakshanam*,” i.e., preserving the health of healthy persons, and “*Aturashya Vikar Prasamanam*,” i.e., curing the diseases of the diseased. *Sushruta* has described the features of a healthy person, i.e., *doshas* must be in equilibrium, the digestive fire (*Agni*) must be in a balanced state, and the tissues (*Dhatu*s) and *Malas* (wastes) must work in a normal state. *Agni* regulates numerous metabolic reactions, including digestion and cell growth. It is related to a stance or entity that brings about transformation in any form. It supports healthy digestion, joy, and happiness and preserves body temperature and complexity. Thyroid hormones play a crucial part in maintaining homeostasis in the body and function in food digestion at the GI level, which assists in biochemical reactions at the tissue level and helps convert heterogeneous chemicals to homogeneous ones. *An imbalance in Thyroid hormones plays a crucial role in metabolic processes.* Thyroid hormone functioning can be normal or disordered, similar to *Agni* in *Ayurveda*. *Agni* leads to various metabolic disorders like thyroid disorders. So here, an attempt is made to address the essential functions of thyroid hormones as a part of *Agni*.

Keywords: Agni, Thyroid Hormone, Hyperthyroidism, Hypothyroidism

INTRODUCTION

According to Ayurveda, optimal health is when all bodily tissues and components, the *Agni*, and all physiological processes are balanced, and the mind, soul, and senses are well. Thus, *Agni* is crucial in preserving a healthy person's health. *Agni* is the critical factor for transformation⁽¹⁾. *Agni* is generally defined as the digestive and metabolic fire within the body. It appears as a substance in bodily fluids that is directly responsible for causing digestive and chemical alterations. The digestion, absorption, and assimilation of ingested food, crucial for sustaining life, does the *Agni* physiologically govern all processes. Based on their functions and sites of action, *Agni* is classified into 13 types: one *Jatharaagni*, five *Bhutagni*, and seven *Dhatvagni*. *Jatharaagni* assumes the utmost importance in digesting foods and transforming them into *Rasa* and *Mala*. The five *Bhutagnis* operate on specific elemental components of food; seven *Dhatvagnis* act on the respective tissues simultaneously. This entire transformative process yields two types of products: *Prasad* for nourishment and *Kitta* for expulsion⁽²⁻⁴⁾. The bulk of health diseases come from the diminished functioning of *Agni*, making it a central element in health concerns. *Agni's* role goes beyond macronutrient and micronutrient absorption; it also helps to destroy bacteria and viruses. According to Ayurvedic teachings, the defective operation of the digestive system is identified as the primary cause of clinical disorders⁽⁴⁻⁶⁾. (रोगाः सर्वेऽपि मन्देऽग्नौ). The thyroid gland controls the speed of your metabolism (metabolic rate), which is how your body transforms the food you consume into energy. All of the cells in your body need energy to function. When your thyroid isn't working correctly, it can impact your entire body. The thyroid plays a vital role in basal metabolic rate, child growth, body weight, protein, liver fat, and vitamin metabolism. It also maintains body temperature. The GI system's role in food digestion is aided by thyroid hormones, which also help in tissue-level biochemical reactions that transform heterogeneous

substances into homogeneous ones and preserve body homeostasis. So, as part of *Agni*, an attempt is made to address the essential functions of thyroid hormones. Imbalance in *Agni* leads to various metabolic disorders, like thyroid disorders. *Agni* promotes healthy bodily development from birth to death. Metabolic processes play a crucial role in the ongoing evolution of bodily tissues. *Agni* is responsible for *Dhatu* manufacturing. Thyroid hormones serve a vital function in tissue metabolism throughout life, from fetal development to old age⁽⁷⁾.

MATERIALS AND METHODS

To better understand the functions of thyroid hormones and *Agni* in the human body, we reviewed ayurvedic literature such as *Charak Samhita*, *Sushruta Samhita*, and *Ashtanga Hridaya*. We screened articles from PubMed and Web of Science-indexed journals. This systematic presentation of information from classics, papers, and books clarifies the functional correlation between thyroid hormones and *Agni*.

TYPES OF AGNI

Acharya Chakrapani identified 13 varieties of *Agni*. (Commentary on Grahani Chikitsa Adhyaya) *Bhutagni* -5; *Dhatvagni* -7 *Jatharagni*-1 *Sushruta Samhita* of *Dalhan* describes five varieties of *Agnis*: (*Vrana Prashna Adhyaya*) *Pachakagni*, *Ranjakagni*, *Alochakagni*, *Sadhakagni*, and *Bhrajakagni*. Five *Bhutagnis* make an indirect reference to food metamorphosis (*Anapanvidhi Adhyaya*).

Ashtang Hridya of *Vagbhata* identified several varieties of *Agni*, including *Audaryagni*-1, *Bhutagnis* -5 (*Dosabheddeeya Adhyaya*), *Dhatvagnis*-7, *Dhoshagni*-3, *Malagni*- 3 (*Angvibhag Sharer Adhyaya*), and *Pitta*-5.

Sharangadhara identified five varieties of *pitta*. They include *Pachak*, *Bhrajak*, *Ranjak*, *Alochaka*, and *Sadhaka*.

Bhavprakash of **Bhavamishra** (*Garbh Prakarnam Adhyaya*) has followed *Acharya Vagbhata* and *Charaka*.

PHYSIOLOGICAL FUNCTION OF AGNI⁽⁸⁾

- ✓ *Agni* regulates both thermodynamic and chemodynamic activity in the organism.
- ✓ In a healthy state, it promotes digestion and happiness and maintains normal body heat and complexion.
- ✓ *Agni* exhibits *Dahana* and *Pachana Karmas*, responding similarly to *Sheetala* and *Ushna*.
- ✓ *Agni* has *Sushka* and *Ruksha Guna*, which essentially maintain *Pakadi karmas*.
- ✓ *Agni* helps absorb nutrients during digestion.
- ✓ In the absence of *Aahar*, it successfully treats *Ama Pachan* by metabolising improper metabolites.
- ✓ *Agni* converts food into energy required for all bodily activities.
- ✓ The constant agent in the *Ahara Paka* process oversees metabolic transformations.

JATHARAGNI, THE PRIMARY AGNI⁽⁹⁾

Inactive *Jatharaagni* might lead to death, but active *Jatharaagni* enhances longevity and prevents sickness. Abnormal forms can lead to a variety of disorders.

Jatharagni is considered the root or major category of *Agni*. When *Jatharaagni* is aggravated or diminished, it also affects another *Agni* that are dependent on it.

Proper fuel intake through food and drink is crucial for maintaining a balanced *Jatharaagni*, which is essential for an individual's survival and strength.

BHUTAGNI, THE TRANSFORMER OF MAHA-BHUTAS.

Jatharaagni, *Bhutagni*, and *Dhatwagni* influence food metabolism. Initially, the *Jatharaagni* ignites the *Bhutagni*. In the gastrointestinal tract (GIT), *Jatharaagni* and *Bhutagni* function together. *Bhutagni*'s work in the GIT continues to change the *Vijaatiye Panchbhautic* elements of *Aahar Rasa* into *Sajaatiye Panchbhautic* elements that nourish the body's unique *Bhautika* elements⁽¹⁰⁾. *Bhutagni* performs the final alteration in *Aahar Rasa* after digesting *Jatha-*

raagni Paka. This process is known as *Vipaka*⁽¹¹⁾. *Bhutagni* is five in number. They are intrinsic to food products⁽¹²⁾. Each *Panchbhautic Dravya* has five essential elements and their separate names. One *Bhoutika Agni* is present in each element and is named accordingly. *Bhoumyagni* (*Agni* of the *Prithvi* element), *Apyaagni* (*Agni* of the *Apya* element), *Taijasaagni* (*Agni* of the *Taijasa* element), *Vayavya Agni* (*Agni* of the *Vayavya* element), *Akasheeya Agni* (*Agni* of the *Akasha* element)⁽¹⁰⁾.

DHATVAGNI: SYNTHESISER OF DHATUS

The *Dhatwagni* is the most significant *Agni* in the human body. It forms *Dhatus* and regulates their levels. When the *Dhatvagni* is normal, it forms a suitable *Dhatu*. *Rasa*'s nutrients nourish subsequent *Rakta*, *Mamsa*, *Meda*, *Asthi*, and *Majja Dhatus*, while *Majja*'s nutrients nourish subsequent *Sukra Dhatus*⁽¹⁰⁾. There are seven types of *Dhatwagni* based on *Dhatus*: *Rasagni*, *Raktagni*, *Mamsagni*, *Medagni*, *Asthagni*, *Majjagni*, and *Sukragni*. *Dhatwagni* is vital for the creation, maintenance, and growth of *Dhatus*. Within physiological limits, powerful *Kayagni* leads to strong *Dhatwagni*. If *Dhatwagni* is strong, it will consume the substrate of *Aahar Rasa* and, if not satisfied, begin to destroy the *dhatu*, resulting in *Dhatukshyaya*. Therefore, *Dhatus'vridhhi* and *Akshaya* are caused mainly by weak or strong *Dhatwagni*, respectively⁽¹¹⁾.

स्वस्थानस्थस्य कायग्रेरंशा धातुषु संश्रिताः।

तेषां सादातिदीप्तिभ्यां धातुवृद्धिक्षयोद्भवः॥ (*Ashtang Hridaya Sutrasthan 11/34*)

Functional Correlation of Jatharaagni and Thyroid Hormones

Jatharaagni is considered the primary fire of all *Agni*. This *Agni* is located in *Amashaya*, which provides food that promotes digestion. *Pittadhara Kala* is located between *Amashaya* and *Pakvashaya*, between the pylorus and ileocecal regions⁽¹³⁾. It is also known as the *Sthana* of *Agni* and *Pitta*. *Agni* recognises five forms of *Pitta*: *Raag* (*Ranjak Pitta*) with *Rasa Ranjan karma*, *Pakti* (*Pachak Pitta*) with *Aahaar Pachan karma*, *Tejo* (*Alochak Pitta*) with *Darshan karma*, and *Medho* (*Sadhak Pitta*) with properties to preserve as *Budhi* and *Medha*. *Ushma* (*Bhrajak Pitta*) possess-

es qualities that help protect skin tone⁽¹⁴⁾. *Pitta*, derived from two *Ayurvedic* terms, refers to metabolism and maintaining haemostasis (body heat).

Jatharaagni is the energy source for *Dhatu* synthesis in the gastrointestinal tract. This *Agni* regulates and balances the other twelve *Agni* in the body, all equally significant. Its primary job is to digest food and transform *Ahara* into *Ahara Rasa*⁽¹⁴⁾. *Pitta* and *Jatharaagni* serve similar bodily functions, including digestion and metabolism. Metabolism provides energy, regulates body temperature, and boosts enthusiasm⁽¹⁴⁾. There is no *Agni* apart from *Pitta*, and *Pitta* is *Agni*, claims *Charaka*. *Agni* signifies its purpose, whereas *Pitta* refers to its physical and material form. *Marichi* emphasises that *Pitta*'s *Agni* might produce positive or negative outcomes, depending on its condition.

Maintaining adequate *Agni* and *Sama Vata* levels is crucial for optimal digestion, enzyme secretion, metabolism, and gastrointestinal tract motility. Digestive enzyme secretion and gut motility can be disrupted, affecting these activities. The digestive system produces and secretes various chemicals and enzymes that aid digestion. Thyroid hormones do not directly act as digestive enzymes in the stomach but regulate their secretion and motility. Proper gut function requires structural integrity and regular growth. Thyroid hormones are crucial in the maturation and proliferation of intestinal mucosal cells. Recent studies indicate that the gut is a significant reservoir for thyroid hormones, particularly T3, and may also regulate hormone function. Thyroid hormones stimulate digestive juice secretion and gastrointestinal motility. Thyroid hormone deficiency can lead to constipation, whereas increased levels stimulate the secretion of other endocrine glands. Hormone levels influence the rate of stomach emptying in the duodenum and play a significant role in measuring intestinal absorption during glucose tolerance tests. Hypothyroidism causes slower stomach emptying, while hyperthyroidism causes faster emptying. The gut produces endocrine-digesting enzymes and bile salts that aid in normal metabolism. Thyroid hormone stimulates the secretion of other endocrine glands, including pancreatic

amylase. Thyroxin release accelerates glucose metabolism throughout the body, necessitating higher insulin secretion by the pancreas. An excess or shortage of thyroid hormones can inhibit glucose absorption in the small intestine.

Thyroid hormones improve d-glucose absorption, while thyroid hormone deficiency reduces it⁽¹⁵⁾. Bile salts (BS) are bio-surfactants in the GI tract that aid in nutrient digestion and absorption. Bile salts are considered facial amphiphiles. BS plays a crucial role in controlling the release and transport of lipid-soluble nutrients and medicines, sparking scientific interest in these substances. Thyroid hormones influence bile salt production, and changes in thyroid function can significantly alter standard bile salt patterns. An excess or shortage of thyroid hormone can impact the gastrointestinal tract at all levels, leading to clinical and physiological abnormalities. Thyroid hormones operate as *Agni* in the gut, aiding digestion.

Functional Correlation of *Bhutagni* and Thyroid Hormones

According to *Charak*, each of the five *Bhutagni* digests a portion of the food's elements. The *Bhutagni* digests food, which contains elements and traits identical to each *Bhuta*. These materials sustain the body's distinct *Bhautika* constituents. The *Bhutagnis* act after the *Jatharagni* in the stomach and duodenum, causing food to disintegrate. *Jatharagni* is responsible for digestion in the stomach and duodenum, while *Bhutagni* converts digested materials in the liver and micro molecules in specific tissues. *Bhutagni* turns heterogeneous substances into homogeneous ones, allowing cellular use and creating specific *Pancha Mahabhuta Pradhan Dhatu*. *Bhutagni* acts at two levels: after *Jatharagni*'s impact on the thyroid and hepatic axes and during the production of *Dhatu* with *Dhatwagni* (cellular metabolism).

A healthy thyroid and liver axis is crucial for proper growth, development, and cell energy metabolism. THS regulates cellular metabolism in the liver, making it a critical target organ. The liver is responsible for excreting thyroid hormone, conjugating it, and synthesising thyroid hormone-binding globulin. The basal metabolic rate of all cells, including hepato-

cytes in the liver, is regulated by thyroid hormones⁽¹⁶⁾, which also govern thermogenesis. Increased food intake, weight reduction, and increased energy expenditure are all associated with higher levels of thyroid hormones. Liver function can affect thyroid hormone function, and vice versa. Abnormalities may occur due to thyroid dysfunction or liver illness. Thyroid hormones have been shown to impact liver shape and function. Reduced thyroid hormones can lead to lower bilirubin and bile excretion. In hypothyroid-

ism, bilirubin UDP-glucuronyl transferase activity decreases, reducing bilirubin excretion. Thyroid hormones affect the concentration of cholesterol, phospholipids, and triglycerides in the blood plasma. Hypothyroidism can lead to excessive cholesterol deposition in the liver, while increased thyroid hormones reduce cholesterol, phospholipids, and triglyceride concentrations while increasing free fatty acids. The liver is responsible for excreting, conjugating, and synthesising thyroid hormone-binding globulin.

Functional Correlation of Dhatwagni and Thyroid Hormones

| <i>Dhaatwagni</i> | Functions of <i>Dhatu</i> | Thyroid Hormones Functions | Mode of action of hormone | Thyroid disorder | |
|-------------------|---------------------------|--|---|--|--|
| | | | | Hypothyroidism | Hyperthyroidism |
| <i>Rasaagni</i> | <i>Preenana</i> | Metabolites cause vasodilation so blood flow increases. | 1.Increased TH- directly affect heart muscle sensitivity, leading to an increase in pulse rate 2.Decreased TH- palpitation | Heart rate decreases | Systolic Hypertension |
| <i>Raktaagni</i> | <i>Jeevana</i> | Necessary factor for Erythropoiesis | Thyroxine increases the production of RBCs | Anemia | Polycythemia |
| <i>Mamsaagni</i> | <i>Lepa</i> | Essential for normal activity of skeletal muscles | 1.Increased TH levels increase muscle activity and stimulate protein catabolism, 2. Decreased TH-leads to sluggish muscles and modest unwinding following compression | Weakness of muscles | Muscular Tremor (frequency 10-15 times per second) |
| <i>Medaagni</i> | <i>Snehana</i> | 1.Maintaining the weight of body. 2.Decreases cholesterol, triglycerides levels in plasma | Calorigenic action influences metabolism of carbohydrates, proteins, and fat by increasing oxygen consumption of the tissues. | 1. Increase in body weight. 2. Cholesterol level in plasma increases leading to Atherosclerosis | Weight loss |
| <i>Asthyagni</i> | <i>Dharana</i> | Closure of epiphysis under the influence of thyroxine | Thyroid hormone boosts metabolic activities associated with bone formation. Thyroid problems significantly affect calcium absorption from the small digestive system. | Stunted growth, hair fall | Deformed bones and teeth |
| <i>Majjaagni</i> | <i>Purana</i> | Stimulating factor for central nervous system | 1.Thyroxine stimulate CNS by increasing blood flow to brain. 2. TH receptor in Sertoli and Leydig cells has a genomic influence | Paresthesia | Hyper excitability |
| <i>Sukraagni</i> | <i>Garbhotpadana</i> | Essential for normal sexual function | TH regulate sperm quality by adjusting serum testosterone levels | Loss of libido, Menorrhagia and Polymenorrhea | Leads to impotence, Oligomenorrhea |

Assessment between Agni and thyroid hormones actions on the body

There is no direct mention of thyroid disorders in Ayurvedic literature.

However, the idea of Agni and basal metabolic rate in thyroid disorders may be related to one another. The normal and abnormal functioning of the thyroid gland may be associated with the healthy and disturbed status of Agni.

Table 1: Correlation between Agni Functions⁽¹⁷⁾ and Thyroid Hormone Functions⁽¹⁸⁾.

| s.no | Functions of Agni | Physiological function of Thyroid Hormone | Hypothyroidism | Hyperthyroidism |
|------|-----------------------|---|---|--|
| 1 | <i>Paka</i> | Calorigenic action influences metabolism of carbohydrates, proteins, and fat. | BMR falls by 20-40% | BMR increases by 60-100% |
| 2 | <i>Bala</i> | Essential for normal activity of skeletal muscle. | Weakness of muscles | Muscular Tremor (frequency 10-15 times per second) |
| 3 | <i>Utasha</i> | Required for healthy sexual function and sleep patterns. | Loss of libido, Lethargy | Leads to impotence |
| 4 | <i>Matratwa Ushma</i> | Induced thermogenesis | Cold intolerance | Excess sweating |
| 5 | <i>Kshudha</i> | Increase secretion and mobility of the digestive tract. | Decreased appetite | Craving |
| 6 | <i>Medha</i> | A stimulating agent that promotes appropriate nervous system activity. Increases blood flow to the brain. | Impaired memory, Inability to concentrate | Paranoid Thoughts |
| 7 | <i>Varna</i> | Necessary factor for Erythropoiesis | Pallor | Increased skin pigmentation |

Association between Agni natures and Thyroid Disorders

Hypothyroidism:

Hypothyroidism occurs when insufficient thyroid hormone levels result in a lower basal metabolic rate. Thyroid hormone deficiency can cause symptoms such as weakness, exhaustion, weight gain, decreased appetite, constipation, decreased perspiration, lethargy, apathy, loss of vitality, hoarseness, weakened resistance, and cold sensitivity. Symptoms may include a swollen and oedematous face, a pot belly, heaviness, decreased hearing, irregular menstruation, difficulty concentrating, slow mental processes, and slow respiration and heart rates. In children, reduced growth and delayed developmental milestones are observed.

Table 2: comparing Ama Lakshana⁽¹⁹⁾ with hypothyroidism symptoms.

The Ayurvedic analysis of hypothyroidism symptoms may be related to *Mandagni* and *Lakshnas* of *Ama*. *Mandagni* forms *Ama*, which leads to *Rasdushti* and then *Dhatu Dushti*.

| s.no | Ama Lakshans | Symptoms of Hypothyroidism |
|------|-------------------|--|
| 1. | <i>Shrotorodh</i> | Characteristics include stunted growth, delayed developmental milestones, and hoarseness of voice. |
| 2. | <i>Balbhransh</i> | Feeling of weakness, tiredness, lowered resistance, cold intolerance. |

| | | |
|----|------------------|--|
| 3. | <i>Gaurav</i> | Weight gain, Swollen, puffy and oedematous face, Pot belly, Feeling of heaviness. |
| 4. | <i>Anilmudha</i> | Slow, reduced respiration rate and heart rate, Irregular menses, Inability to concentrate, decrease hearing. |
| 5. | <i>Alasya</i> | Lethargy, excessive sleep. |
| 6. | <i>Apakti</i> | Reduced appetite |
| 7. | <i>Malsanga</i> | Constipation, decreased sweating. |
| 8. | <i>Klama</i> | Fatigue, apathy, loss of energy, inability to concentrate, slowdown thought process. |

Hyperthyroidism:

Hyperthyroidism describes a constellation of clinical features arising from an elevated circulating level of thyroid hormone. The most common symptoms are weight loss with normal or increased appetite, heat intolerance, sweating, fatigue, pulse, tremor, irritability, dyspnoea and emotional lability. Anxiety, psychosis, diarrhoea, muscle weakness, pruritus, loss of libido, and impotence are fewer common symptoms.

Table: comparing *Tikshnagni* and *Bhasmak Lakshanas*⁽²⁰⁾ with signs and symptoms of hyperthyroidism.

Ayurvedic examination of hyperthyroidism symptoms may align with *Tikshnagni* and *Lakshnas* of *Bhasmak Vyadhi*. *Tikshnagni* digests *Rasadi Dhatu*, resulting in the vitiation of *Vayu*, *Pitta*, and *Kshin Kapha*.

| s.no | <i>Tikshnagni</i> and <i>Bhasmak Lakshanas</i> | Sign and Symptoms of Hyperthyroidism |
|------|--|--|
| 1. | <i>Tikshnagni</i> , <i>Bhasmak</i> and vitiated <i>Pitta Lakshanas</i> | Symptoms may include increased hunger, heat intolerance, excessive sweating, irritability, dyspnea, decreased sleep, alopecia, and a rise in BMR. |
| 2. | Vitiated <i>Vata Dosha</i> can affect <i>Karshya</i> , <i>Kampa</i> , <i>Balbhransh</i> , <i>Nidrabhransh</i> , <i>Indriyabhransh</i> , <i>Pralap</i> , <i>Bhram</i> , and <i>Dinata</i> . | Symptoms may include weight loss, tremors, exhaustion, insomnia, increased mental alertness, anxiety, irritability, paranoia, palpitations, muscle weakness, loss of libido, impotence, oligomenorrhea, amenorrhea, and infertility. |
| 3. | <i>Kshina Kapha</i> | palpitation, muscle weakness, |

CONCLUSION

Thyroid hormones play a crucial role in metabolic processes. According to *Ayurveda*, *Agni* is vital for changes in the body. Thyroid hormone function can be considered normal or pathological, analogous to *Agni* in *Ayurveda*. In classical texts, "*Agni*" refers to converting heterogeneous chemicals into homogeneous substances that generate bioenergy in the body. This energy is responsible for the optimal functioning of the body's structures and functional units. *Agni* exhibits *Dahana* and *Pachana Karmas* while maintaining *Pakadi Karmas*. *Agni* is responsible for absorbing nutritional substances. *Acharya Charaka* explains how *Agni* processes different food compo-

nents. *Jatharagni* aids in digestion and metabolism, whereas *Dhatwagni* continues the process. Thyroid hormones play a role in digestion, which correlates with *Jatharagni's* activities. Thyroid hormones regulate digestive enzyme secretion, motility, gut function, and structural integrity. Enzymes are necessary for proper digestion and for preventing digestive disorders and diseases. Nutrients are absorbed from the gastrointestinal tract and transported to the liver via portal circulation, which serves as the body's biochemical factory. These effectively convert heterogeneous compounds into homogeneous ones. The *Dhatwagni* converts heterogeneous substances into homogeneous ones, which are then used to form the *Dhatu* in the body. *Dhatwagni's* functions are com-

pared to THs' role in tissue development. TH is essential for the body's natural Rasa and Sukra Dhatu production. Agni anomalies, such as *Agnimandya* and *Tikshagni*, are associated with hypothyroidism and hyperthyroidism, respectively, as described above. *Agnimandya* is a precursor factor for all diseases that cause ama development. *Mandagni* causes the production of *Amas*. Treatment of *Mandagni* and *Ama* can significantly improve hypothyroidism. *Tikshagni* and *Bhasmak Vyadhi* have symptoms similar to those of hyperthyroidism. As hyperthyroidism is associated with *Atyaagni*, *Atyaagni Shamak Chikitsa*, *Bhasmak Vyadhi Chikitsa*, and *Bhruhan Chikitsa* can be used to treat hyperthyroidism. *Agni*, thus, has a significant role in all thyroid hormone function problems. Agni's state also influences dosha variation and vice versa. Therefore, from an *Ayurvedic* perspective, *Agni*, *Dosha*, and *Chikitsa* are crucial in treating thyroid diseases. These hypotheses can shed some insight into medical society management and research. Consequently, this conceptual study aids in assessing *Agni's* activity in terms of thyroid hormone functioning, problems, and therapy. This article explores the relationship between *Agni* function and thyroid hormones, emphasising *Agni's* role in controlling thyroid hormone disorders.

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