



## UNDERSTANDING AGNI IN AYURVEDA – A CRITICAL REVIEW STUDY

Abdul Sukkur M<sup>1</sup>, Sarath.S<sup>2</sup>, Pradeep K<sup>3</sup>

1. M. Phil Translational Ayurveda Scholar, School of Fundamental Research in Ayurveda, Tripunithura, Ernakulam, Kerala;

1. Associate Professor, Department of Samhita, Siddhanta and Samskritam, Ahalia Ayurveda Medical College, Palakkad, Kerala. Pin -678557.

2. Research Officer, CARE KERALAM Ltd., Kinfra Park, Koratty, Thrissur, Kerala.

3. Associate Professor, Department of Kriya Sharira, Government Ayurveda College, Pariyaram, Kannur, Kerala.

Corresponding Author: [drabdulsukkur@gmail.com](mailto:drabdulsukkur@gmail.com)

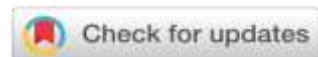
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**ABSTRACT**

**Background** - *Agni* is considered an essential factor in the *Paka* process. The food assimilated should transform into some form to be easily absorbed to maintain life. *Agni* is understood in terms of types according to location and functions performed. But it should be comprehended as one only and the understanding of *Agni* can be at the *Bhoota* level, *Dosha* level, *Dhatu* level, *Mala* level, and so on. The metabolism process is mainly due to the different levels of *Agni* influencing *Prasada* and *Kitta proportions*. Also, the impairment of the proper functioning of *Agni* is considered the prime cause of *Sama* condition. **Aim** – To do a literary study on different aspects of *Agni*. **Objective** – To determine *Agni*'s significance in the body based on the available literature. **Methods** - A review study has been conducted based on the available literary resources from the institutional library. **Discussion** – *Agni* is the primary factor in the proper metabolism of food consumed and, thus, in turn, maintaining an individual's health. *Sama* condition in the body is observed due to improper functioning at different levels of *Agni*. **Conclusion** – The cause of all diseases is said to be improper metabolism, which can be understood as impairment in *Agni*. The improper *Agni* levels, if continued, will manifest *Amavisha*, which is a lethal condition that

ultimately harms the life of an individual. So, proper knowledge of *Agni* is essential to maintaining health and curing a disease.

**Keywords:** *Agni, Sama, Amavisha*

## INTRODUCTION

*Agni* is considered an essential factor in the *Paka* (digestion) process. The food assimilated should transform into some form to be easily absorbed to maintain life. *Agni* is understood in terms of types according to location and functions performed. It should be comprehended as one only, and the understanding of *Agni* can be at the *Bhoota* level, *Dosha* level, *Dhatu level*, *Mala* level, and so on. The metabolism process is mainly due to the different levels of *Agni* influencing *Prasada and Kitta proportions*. Also, the impairment of proper functioning of *Agni* is considered the prime cause for the manifestation of *Sama* condition.

### Aim

To do a literary study on different aspects of *Agni*.

### Objective

The significance of *Agni* in the body should be determined based on the available literature.

### Methodology

A review study has been conducted based on the available literary resources from the institutional library.

## Review of Literature

### Types of *Agni*

- (a) One Type – as *Pitta Dosha* in the human body
- (b) One Type – as *Pachakapitta* (one out of five types of *Pittas*)
- (c) One Type – as *Jatharagni* (responsible for the transformation of *Shadrasas* to three *Vipakas*)
- (c) Three Types – as *Malagni* (responsible for the formation of three *Malas*)
- (d) Five Types – as *Bhootagni* (existing in *Sookshma roopa* in the body)
- (e) Seven Types – as *Dhatvagni* (responsible for production, transformation, and functioning of *Dhatu*s)

### *Gut Microbiota*<sup>1</sup>

Recent Studies have shown that understanding the *Agni* factor can be achieved through knowledge of *Gut Microbiota* and its relationship with the body's digestion mechanism.

The collection of microbial organisms inhabiting a defined environment, such as a specific body site, is called *Microbiota*.

### *Microbiome*<sup>1</sup>

The collection of genes and *Genomes* within the *Microbiota*.

### *Metagenomics*<sup>1</sup>

The study of the collective *Genomic* content from an environment is called *Metagenomics*.

## DISCUSSION

*Agni* is found to be the primary factor in the proper metabolism of food consumed, thus maintaining an individual's health. *Ama* is the accumulation of toxic metabolites in the body due to the *Alpabala* of *Agni*. The *Sama* condition in the body is observed due to improper functioning at different levels of *Agni*. *Mandagni* is considered the prime factor in many diseases like *Grahani*, *Atisara*, *Arsas*, *Udara*, etc.

## CONCLUSION

The cause of all diseases is said to be improper metabolism, which can be understood as impairment in *Agni*. If improper *Agni* levels are continued, they will manifest *Amavisha*, a lethal condition that ultimately harms an individual's life<sup>2</sup>. The level of individual *Agni* decides the *Aharasakti*<sup>3</sup> and *Aharamatra*<sup>4</sup>. So, proper knowledge of *Agni* is essential in maintaining health (*Samagni*) and curing a disease.

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To my Spouse Ramcin, Son Laihan, Colleagues, Students, Teachers and Friends

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