

## REVIEW ARTICLE – A CONCEPTUAL STUDY OF AHAARA PAAKA

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Chhattisgarh.**ABSTRACT**

*Ayurveda* is science of life and its main aim is to maintain healthy status of healthy living being i.e. prevention of disease and treatment of disease. To fulfill these purposes, *Ayurveda* has mentioned various fundamental principle in *Kriya Sharira*. Concept of *Ahaar Paaka* explained in *Ayurvedic* text is one among them. The word *Ahaara Paaka* is a broad term and it includes various process of digestion absorption assimilation and metabolism explained in modern science. As per *Ayurvedic* text process of *Ahaara Paaka* begins from intake of food i.e. suitable form for formation of different body tissues. During *Ahaara Paaka* process, *Dosha*, *Dhatu*, *Agni* are in equilibrium stage

and perform their article tries to highlight the summery based on the concept of *Ahaara Paaka* and to validate this theory.

**KEYWORDS:** *Ahaar Paak*, *Jatharagni Paak*, *Bhutagni Paaka*, *Dhaatwagni Paaka*.

**INTRODUCTION**

*Ayurveda* the science of life is a time-tested treasure of knowledge that has been handed down to us from our great ancestors. *Ayurveda* has given three sub pillars – *Ahaara*, *Nidra* and *Brahmacarya*, which support the body itself. *Ahaara* has been enumerated first, which shows its importance. Concept of *Ahaara Paaka* explained in *Ayurvedic* texts is one among them. The word *Ahaara Paaka* includes complete chapter of digestion and metabolism. Various different process such as deglutination, digestion, absorption, assimilation, adsorption and metabolism are collectively explained under the heading of *Ahaara Paaka* in classical *Ayurvedic* text. Basic elementary tissue of body such as *Dosha*, *Dhatu*, *Mala* are formed during different stages of *Ahaara Paaka*. *Ayurveda* science is based on theory of *Pancha Mahabhuta*, theory of *Tridosha* etc and all these are explained under *Ahaara Paaka*.

*Agni* clearly states that *Agni* is the important key factor in transformation. *Agni* is key factor in transformation of consumed *Ahaara Viharadi Dravyas* of *Vijatiya* origin to *Sajatiya Dravya* i.e. suitable form for formation of different body tissues.

During the process of *Ahaara Paaka*, three types of *Agni*'s act on ingested food in two different stages separately. In first stage *Jatharagni* acts on ingested food in three different steps and convert them into *Ahaara Rasa* and *Kitta Bhaga*. This stage is known as *Avasthapaaka* and in second stage *Bhutagni* and *Dhatwagni* act on formed *Ahaara Rasa* after its absorption in intestine, and this stage is known as *Nisthapaaka* during this stage of metabolic transformation, heterogeneous form of ingested food converts into homogenous form i.e. suitable for formation of different tissue of body like *Panchabhautika Ansha* and *Sapta Dhatus* etc.

### Stage of *Ahara Paak* (Metabolic Transformation)

**1. *Jatharagni/Kosthagni Paak*:** It is responsible for the digestion and the absorption of nutritious substances during this process. The process of *Ahaara Pachan* (digestion) is divided in three stages, which collectively is called *Awastha Paak* (*Madhuravastha Paak*) – in stomach, *Pachymanavastha Paak* (*Amlavstha Paak*) in – ‘*Grahani*’ (Duodenum) *Pakavstha Paak* (*Katuavastha Paak*) in small and large intestine.

- ***Madhuravastha Paak*:** As soon as the food consisting of 6 *Rasa* (tastes) is taken, it goes to stomach and sweetness (*Madhura-bhava*) is manifested during the 1<sup>st</sup> stage of digestion. This stage occurs in *Aamasaya* so this stage is also known as *Aamaavastha*. During this stage origin of *Kapha Dosha* occurs in form of foam. This stage can be compare with digestion of carbohydrate as when we consumed food, firstly digestion of carbohydrate occurs and even it start in oral cavity itself by salivary amylase and end monosaccharide's i.e. glucose, fructose and galactose and these are sweet in taste.

- ***Amlavastha Paak*:** During the second stage of digestion, the food remains in semi digested form (*Vidagdha*) which results in sourness. While moving downward from the *Amashaya* (stomach), this (semi digested and sour stuff) stimulates the production of a transparent liquid called *Pitta* (bile). *Pitta* itself has sour in taste. This stage can be compare with we consume food, after formation of bolus, it becomes acidity and breakdown into minute particles by the action of HCL and when chime reach further in second part of duodenum, pancreatic juices and bile juice mixes here and complete digestion of proteins and fats. Most of amino acids

i.e. end product of protein digestion have pH around six means they are slightly acidic, can also compare with acidic chime.

- **Katuavstha Paka:** When this food product reaches *Pakvashaya* (large intestine), it gets further digested and dehydrated by the *Agni* (enzymes), and it take a *Pinda* form resulting in pungent taste. This stimulates *Vata Dosha*. This stage is known as *Pakwa Avastha*. This aspect relates to the acid nature of reactions that occur in the large intestine during formation of faces. All three stage of *Avasthapaaka* reveals complete digestion of food and conversion of food in *Ahara Rasa* and *Kitta Bhaga* means digestion of carbohydrate, proteins and fat and formation of faces in its last stage.

### **Nisthapaaka or Vipaaka**

The ultimate change in the *Ahara Rasa* that occurs at the end of digestion of *Jatharagnipaka* is called as *Vipaka*. According to *Acharya Charaka*, the six *Rasas* yield three kinds of *Vipaka*. *Madhura* and *Lavana Rasa* yield *Madhura Vipaka* (sweet), *Amla Rasa* to *Amla Vipaka* (sour), *Katu, Tikta, Kasaya Rasa* to *Katu Vipaka* (acid, pungent).

**Secondary Digestion – Metabolism:** The *Bhutagni Paaka* and *Dhatvagni Paka* comes under secondary digestion and metabolism.

**Bhutagni Paaka:** *Bhutagni Paaka* and *Dhatvagni Paaka* comes under secondary digestion and metabolism, *Bhutagni* is the one that is present in a basic element (*Bhutas*). There are five *Agnis* in each of the five basic elements, namely *Parthiva* (earth), *Apya* (water), *Agni* (Fire), *Vayva* (Air), and *Aakash* (Space). Each and every cell in our body is composed of the five *Mahabhutas* (*Panchabhautika*) and food is also made up of *Panchamahabhuta*. During this stage of *Nisthapaaka*, five different *Bhutagni* by name *Prithvi Agni*, *Apya Agni*, *Vayva Agni*, *Tejo Agni* and *Aakash Agni* acts on *Ahara Rasa's Bhotika Ansha* respectively form into homogenous form. The process of *Bhutagni Paaka* start immediately after absorption i.e. portal circulation to the liver. Hence liver is considered as centre of *Bhutagni Vyapara*.

The five *Bhutagni*, digest their own part of the element present in the food materials. After the digestion of food by the *Bhutagni*, digested materials containing the elements and qualities similar to each *Bhutas* nourishes their own specific *Bhoutika* elements of the body, so all the exogenous substance must be subjected to *Bhutagni Paaka* to become endogenous.

Thus cause appropriate nourishment to tissue. Action of *Bhutagni* can be equated with the conversion of digested materials in the liver.

### **Dhaatwagni Paaka**

*Bhutagni Paaka* only, action of *Sapta Dhaatwagni* starts. There are 4 different theories in relation in relation of *Dhatwagni Paaka*. Among them 'Ek Kaal Dhatu Poshan Paksha' is universal accepted and according to this all 7 *Dhatwagni* i.e. *Rasa Dhatwagni Rakta Dhatwagni, Mamsa Dhatwagni, Meda Dhatwagni, Asthi Dhatwagni, Majja Dhatwagni* and *Shukra Dhatwagni* acts together on *Ahara Rasa* and from their respective *Dhatu*, *Upadhatus* and *Malas*. Each *Dhatwagni* has got speciality to synthesize and transform the constituent suitable to a (*Bhutagni*), encouraged and enhanced by *Jatharagni*, which is further digested and metabolized by *Dhatwagni* to associate the body with the nutritional strength, complexion and happy life along with providing energy to the nutritional strength, complexion and happy life along with providing energy to the seven *Dhatu*.

### **DISCUSSION AND CONCLUSION**

*Ayurveda* has scientific approach in health management. The main aim of *Ayurveda* is to preserve the health of a healthy person and to treat the disease. The concept of *Aahaara Paaka* is basic fundamental physiological process that occur in body by the action of *Prana Vayu, Saman Vayu, Bodhaka Kapha Kledaka Kapha* and *Paachak Pitta*.

Ingested food is to be digested, absorbed and assimilated which is unavoidable for the maintenance of life and that occurs under the process of *Ahaara Paaka*. *Ahaara Paaka* is divided into stage by stage. Each stage has complete correlation with modern view such as *Avasthapaak* is stage of conversion of food form i.e. similar to digestion i.e. conversion of macro and non suitable form of absorption into micro and suitable form of absorption, similar to stages of carbohydrate, protein and fat digestion, *Avasthapaak* is also divided in to *Madhura Avasthappak, Amla Avasthapaak* and *Katu Avasthapaak* and after its absorption simple form is either used for energy production or stored in body. And same way in *Bhutagni* and *Dhatwagni Paak* body basic structural elementary tissues i.e. *Sapta Dhatu* are formed and each cell of body is nourished by *Bhutagni Paak*. Function of *Dhaatwagni* are mainly two i.e. one is synthesis of new tissue and second is to yield energy for the function of tissue. If *Dhaatwagni* is impaired both of these will impair.

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