

IMPORTANCE OF AGNI IN GERIATRICS**Manish Kumar Sharma*¹, Ashok Kumar Sharma² and K. L. Sharma³**¹M.D. Scholar Kriya Sharira Vibhag, M.M.M. Gov. Ayurved College Udaipur.²Professor & H.O.D. of Kriya Sharira Vibhag, M.M.M. Gov. Ayurved College Udaipur.³Asso. Prof. of Kriya Sharira Vibhag, M.M.M. Gov. Ayurved College Udaipur, Rajasthan.Article Received on
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Ayurved College Udaipur.**ABSTRACT**

At the biological level, ageing results from the impact of the accumulation of a wide variety of molecular and cellular damage over time. Ageing is a process of physical, and psychological change in multi dimensional aspects. Ayurveda, the Indian traditional holistic health science has got the potential for prevention of diseases by promotion of health and management of diseases by enhance the agni occurring in old age.^[1] Because acharya vagbhatt said that all the disease generated from slow agni. Agni is the process of paka (digestion, transformation). Ingested food is to be digested and absorbed, which is essential for the maintenance of long and healthy

life, and is performed by the agni. Agni plays dominant role in prevention of disease. Agni is derivative of tejas mahabhuta. Agni is having 13 types, jatharagni (1type), bhutagni(5types), dhatvagni(7types). Ayurveda, the Indian traditional medical science prevention of diseases by increasing of health and management of diseases occurring in old age. gni does metabolic process and release energy in the form of ATP and maintenance the whole metabolic and digestive process of the human body and in molecular level as well. In human physiology agni is important factor for metabolism and transformation for ahara. Today's fast world maintaining the agni is the best way of prevention of lifestyle disorders. According to ayurveda agni sam avastha is responsible for health. So it is called agni is the base (mool) of life.

KEYWORDS: Agni, lifestyle, digestion, aahar.

INTRODUCTION

During old age we cannot enhance the capacity of dhathus, but it can be protected and rejuvenated. ayurveda has described an important factor of digestion and metabolism in our body as agni. This agni is not in the form of flame as the terrestrial fire but its in the form of liquid which is called as Pitta" in Ayurveda. „There is no agni apart from pitta and pitta itself is agni" according to charak samhita.^[2]

Agni converts food in the form of energy which is responsible for all the vital function of our body. agni is responsible for longevity, complexion, strength, health, enthusiasm, well built, luster, immunity (ojas), temperature, other Agni"s (bhutagni and dhatvagni) and other vital functions all are dependent on jathargni. Therefore healthy state of body and diseased condition is entirely dependent on status of agni.^[3] Acharya charak has mentioned that after stoppage of the function of agni, the individual dies. When the agni of an individual is sama then the person would be absolutely healthy and live a long life. two processes are continuously going on in our body- Anabolism and Catabolism. Their balance keeps dhatu (basic tissues) in equilibrium and keeps diseases away. For this constant process of change either for output energy (catabolism) or synthesizing tissues (anabolism), an inherent factor exists, termed as Agni. It is responsible for all biochemical transformations in the body. It is the prime and ultimate factor in the process of maintenance of life.^[4]

Foods substances go through metabolic transformation by the effect of jatharagni, bhutagni, and dhatvagni. Initially jatharagni gives stimulation to bhutagni because consumed food is panchbhautika. It has to go through transformation by the bhutagni's then only it becomes easy for tissue metabolism by dhatvagnis then processed metabolic products circulate inside the srotas continuously by the help of vata dosha. Agni function in two different ways i.e. kitta (waste product) and prasada (nutrient portion).

MATERIAL AND METHOD

Materials related to kala, agni and food. The main ayurvedic text used in this study are charak samhita, susruta samhita, astang sangraha, astang hridaya, bhavprakash, yog ratnakar, rog vigyan, and current articles.

Aims and objectives - To study the agni who play important role in Geriatrics

- 1) Daily regimen (Dinacarya)
- 2) Seasonal Regimens (Ritucarya)

3) Dietetics

Daily regimen (Dinacarya according to ayurveda, the way to live a long and healthy life routine.

Time to wake up It is advisable to wake up during brahma muhurta (preferably between 4.00 a.m. to 5.30 a.m.). on getting up early in the morning agni is incisive.

Drinking water early in the morning according to one's capacity cleanses the body by enhancing the elimination of toxic wastes, therefore agni enhance.

Agni grows when the faces and urine are taken out of the body on time.

Oil massaging improves peripheral circulation therefore leads to agni and eliminates metabolic waste.^[5]

Regular exercise builds up stamina and resistance against disease, clears the channels of body (srotas) and increases the blood circulation and efficiency of vital organs, encourage appetite and digestion and prevents obesity. Daily walking is the best exercise that can be advised to old people.

Bathing improves strength, appetite, span of life and removes sweat and other impurities from the body. After bath, one should wear clean clothes and smear the body with natural perfumes. One should have regular shaving, hair cut, clipping of nails etc. acharya charak said that bathing leads to agni.

Six ritus describe in ayurveda text shishira, vasant, grisham, varsha, sharad, hemant. According to acharya charak - agni is low in grisham and varsha. Agni is medium in sharad and vasant. Agni is incisive in shishira and hemant. So acharya charak said that according to ritus aahar – vihar is to be done.

Dietetics in old age

1. The food should be tasty, nutritious, fresh and good in appearance
2. Too spicy, salty and pungent food should be avoided
3. It should neither be very hot nor very cold
4. Liquid intake should be more frequent and in small amount
5. Heavy food can be prescribed in a limited quantity

6. Heavy food should not be given at night. The proper time for night meals is two to three hours before going to bed. After dinner, it is better to advice for a short walk.
7. Heavy physical work should be avoided after meals
8. Mind should be peaceful while eating
9. Eating only whenever hungry and avoidance of over eating
10. Inclusion of sufficient amount of vegetables and fruits in diet.
11. Daily intake of vegetable soup and fruit juices
12. Milk and ghee are the agrauAadha (drug of choice) of vardhakya (senility). Hence their daily usage is advisable. Patient with hyperlipidaemia, ischemic heart disease, obesity these use in moderate quantity is essential.

These dietatics maintain the agni in old age and person should live a long life.

1. General description agni in various ayurveda text.
2. To evaluate the process of digestion.
3. Importance of agni for longevity.

DISCUSSION

The ahara – vihar should be intake according to dincharya and ritucharya maintain the agni its normal state in old age. charak has said that is only agni which is located in pitta, that gives rise to beneficial or adverse as it is normal or abnormal state of functioning.

“Agnirev sharire pittantargata kupita-kupita Shubhashubani karoti”.

Acharya sushruta has said that pitta is the same as agni, since it performs dahana(burning or oxidation), pachana(digestion) and similar action as performed by fire.

Classifiacion of agni - according to charak samhita 13 types of agni -

1. Jathragni – 1 type
2. Dhatvagni – 7 types
3. Bhutagni – 5 types

According to susruta samhita 13 types of agni –

1. Doshagni - 3 type
2. Dhatvagni – 7 types
3. Maalagni - 3 types

As per bala bheda agni is of 4 types

1. Teekshanagi - it does the atishigra pachan of food. (dosha – pitta)
2. Mandagni - the one which does the delayed pachan of the food even though taken in very less quantity, is called as mandagni. Cpmplication are udarpidaa, chardi, and heaviness in shira. (dosha – kapha)
3. Samagni - that which does the samyak pachan of the food taken by the person, is considered as samagni. (dosha – tridosha)
4. Vishamagni - the agni which does the irregular pachan of food, sometimes it does the proper pachan and sometimes improper, is considered as vishamagni. Complication are aadhamaan, shula, udavarta, atisar. (dosha – vata)

CONCLUSION

So it is concluded that ahara dravya, pachak –pitta, and agni are corelated to each other and are responsible for normal activities of the body. The sama and prokopa avastha of the doshas are totally dependent on the condition of agni of the body. Jatharagni situated below the amasaya in grahani is activated by saman vayu and digest the food. - A healthy mind is as important as healthy body. Satvik ahara is considered to be the best hitakara (wholesome), pathya (compatible) diet. It is a vegetarian diet avoided excessive oil and spicy which are easily assimilable (satmya) e.g. milk, rice, green vegetables, certain fruits etc. dincharya, ritucharya measures are for preventing the diseases as well as for promoting the health. Proper observance of these principles leads to the perfect physical, mental and spiritual well being food is taken in proper matra and in proper manner observing all the ahara vidhivisesayatans and ahara vidhividhana, in orders to increase the longevity of life.

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