

Title: The role of Agni in etiopathogenesis of Madhumeha (D.M.)**Author: Pardeshi Apurwa Narendra^{*1}, Pawade Sanjay Aanandrao², Mundane Rajiv J.³**

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Corresponding Author: 9420396606, Email: apurwapardeshi@gmail.com*Abstract:**

Background: Agni is the get keeper of life. It is bodily digestive fire responsible for wholesomeness of entire human composition. There are 13 types of Agni in the Body (*Jatharagni-Saptadhatwagni-panchabhutagni*) balanced in the whole body. The nidansevan of Madhumeha is directly responsible for *Jatharagnimandya*. This vikrut Jatharagni causes improper processing of *Dhatu*s (*Apachit Dhatuutpatti*). In *Madhumeha Kledak Kapha* is main vitiated dosha.

Objectives: To study the etiopathogenesis of Agni in *Madhumeha* (D.M)

Methods: The current study is based on Ancient *Ayurveda Grantha's* & peer reviewed journals.

Result: The study showing that Agni is a only responsible factor for vitiation of *doshas & pramehautpatti*

Conclusion: Agni is involved in the etiopathogenesis of *Madhumeha* therefore attempt should be made to follow the regimen related with aaharvihar (Life style) & to prevent *Madhumeha vyadhi*.

Keywords: Agni, *Madhumeha*, *Dosha*, Life style

Introduction:

DM has gained gigantic disgrace in recent times as it is fast developing & becoming the world's largest silent killer. India has been projected by WHO as a country with the fastest growing population of diabetic patients. DM is a group of metabolic disorder in which there are high blood sugar levels over

long period. It is caused due to malfunctioning of Pancreas, which is responsible for the production of hormone Insulin. In this disease the Insulin receptors not responding properly to the Insulin so that blood sugar level increases in the body.

According to Ayurveda main cause of DM (*Madhumeha*) is *Mandagni* (Malfunctioning of Agni). In Ayurveda there are total 13 kinds of Agni mentioned in texts, 1) *Jatharagni* 2) *Bhutagni* 3) *Dhatwagni*. These are useful for digestion, transformation, assimilation & utilization of nutrient food in the body. With this reference of Agni it can be very well said that enzymes, hormones are to be put under the heading of Agni. The Agni is disturbed in two ways, 1) *Tikshagni* – Aggravated functioning of Agni 2) *Mandagni*- Under the functioning of Agni.

The statement of Ayurveda, “*RogahSarveApiMandeAgnau*” explains that *Mandagni* is the root cause of all imbalances & various diseases in the body. Agni *mandya* is the digestive insufficiency or hypo functional state of Agni which can be produced due to unwholesome & improperly cooked food,

chronic & long standing diseases and suppression of natural Urges etc.

Agni is also responsible for the culmination of diabetes. Agni represents the bodily fires. When this fires are diminished, then there is a chance that the carbohydrate utilization may not occur in the correct manner thus leading to increase level of Glucose in the blood.

Aims and Objectives:

- 1) To study the etiopathogenesis of Agni in DM (*Madhumeha*).
- 2) To understand the *samprapti* of *Madhumeha* along with the concept of *Mandagni*.

Material and Methods:

The current study is based on Ancient *Ayurved Granthas* & peer reviewed journals & the other relevant topics have been collected from various websites.

CONCEPT OF AGNI:-

Adhishthana:

- Placed in the living body.
- The place of origin is Naval i.e. *Nabhi*.

The nirukti is given as “*AngatiEtiUrdhwamGachhatiEti*” i.e. one which moves upward.

The function of agni are given as, *Ayu, varna, bala, swasthya, utsaha, upachaya, prabha, ojas, tejas* & it is considered as *Pranas*. As per the ayurvedic sages Agni mulambalampumsa i.e. Agni considered as base of life. The differentiating point between living & non-living beings is the presence of Agni in the living beings. Cell is the unit of life. The growth, transformations of every cell in living beings is totally depends on Agni Bala. When the doshas in the body get aggravated or Aamotpatti occurs as a result of *virudhhaaaharavihara* then *Langhana* should be given as it digests the *Samadosha*.

TYPES OF AGNI:-*Aachryacharak* has mentioned 13 types of Agni. It is categorized into 3 groups. i.e. 1) *Jatharagni* 2) *Dhatwagni* 3) *Bhutagni*.

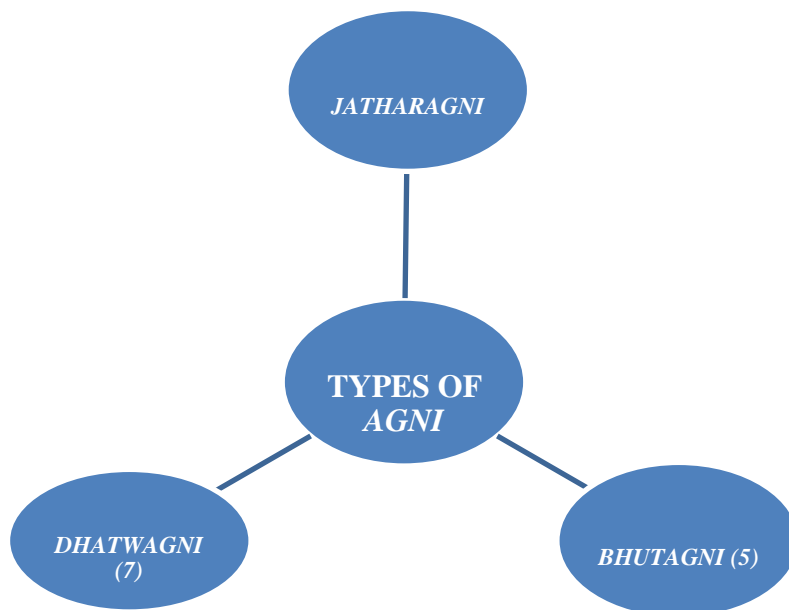
“*JatharoBhagwan Agni*”|.....su.su 15

Jatharagni controls the functioning of remaining twelve categories of *Agni*. Vitiating of *Agni* takes place in three different ways,

- 1) **Mandagni:-***Mandagni* is incapable of digesting even small quantity of food. It gives rise to *Kapha* diseases.
- 2) **Vishamagni:-***Vishamagni* digests the food sometimes properly and sometimes improperly, it gives rise to *Vata* diseases.
- 3) **Tikshnagni:-** *Tikshnagni* is that which digests the usual quantity of food or even excess quantity without any difficulty within a very short time, it gives rise to *Pitta* diseases.

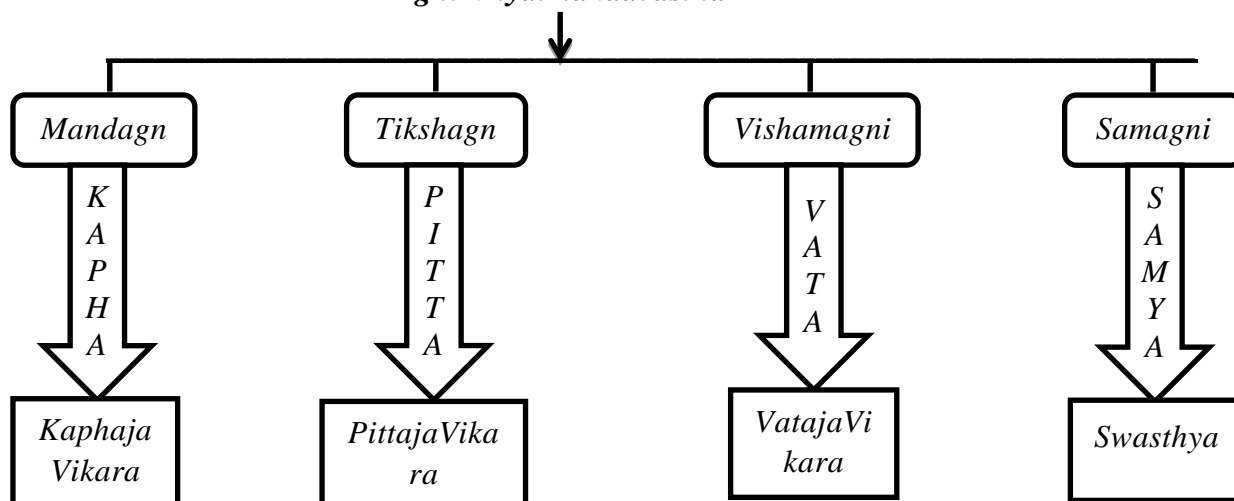
Samagni is the normal one. It is achieved by balanced state of all three *doshas* (*Vata-Pitta-Kapha*). *Samagni* is said to be ideal & conducive to health.

If due to any reason *Agni* gets disturbed, the *AamaVisha* is generated. *Aama* ultimately produce “*Agnimandya*”.



AGNI KRIYATMAKA AVASTHA (Charak)

Agni kriyatmakaavastha

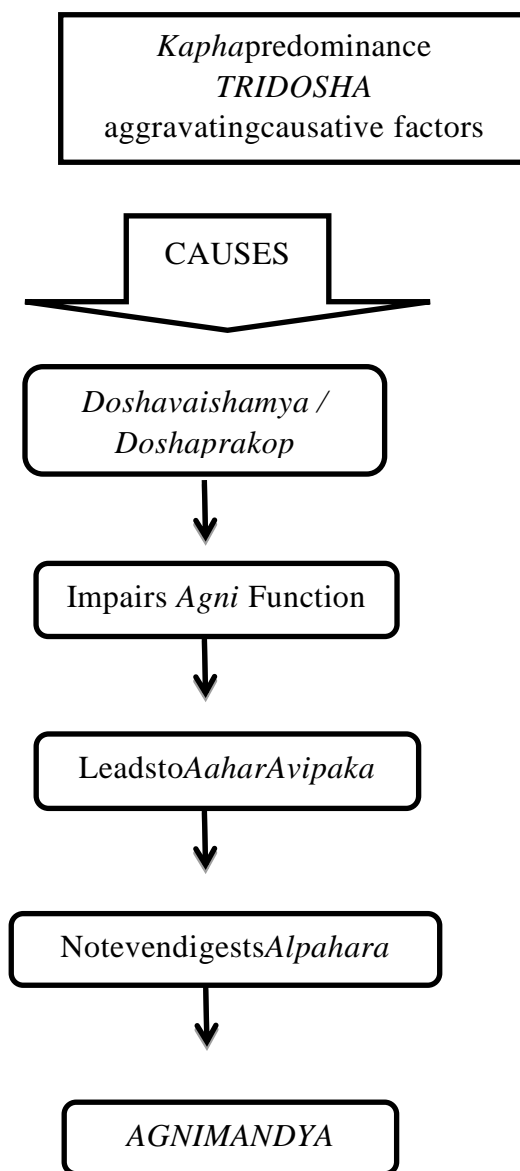


CONCEPT OF AGNIMANDYA:-

“RogahSarveapiMandagnau”...Va.Ni 12/1

Mandagni is the root cause for all diseases. The cycle of Agnidushti- Aamotpatti- Agnimandya is responsible for disease processes.

Samprapti of Agnimandya:-



WHAT IS DIABETES?

Endocrine functions of Pancreas:
The Endocrine function of pancreas is performed by the islets of Langerhans. Islets of Langerhans consist of 4 types of cells,

- 1) A or alpha cells which secretes glucagon.
- 2) B or beta cells secrete Insulin.
- 3) D or delta cells secrete Somatostatin.

4) F or PP cells which secrete pancreatic polypeptide.

Insulin is the important hormone that is concerned with regulation of carbohydrate metabolism & blood sugar level. It is concerned with metabolism of protein & fats (Chayapachayakriya of macro & micro nutrients by Agni). Insulin is the only anti-diabetic hormone secreted in the body i.e. it is the only hormone in the body that reduces blood sugar level. In DM either there is a deficiency of insulin or absence or reduced number of insulin receptors in the cell of body (increased resistance to insulin).

SAMPRAPTI OF MADHUMEHA & AGNIMANDYA:

As per Ayurveda Pancreas is said to be the site of Agni therefore called as *Agnyashaya*. The hyperglycemia causes excessive stimulation of beta cells. The constant & excess stimulation of beta cell, in turn causes burning out & degeneration of beta cells of pancreas, the beta cells exhaustion leads to Diabetes Mellitus.

CAUSES:

Indulgences in sitting for long periods thus avoiding physical activity,

sleeping for long hours, use of curd, flesh of domestic & aquatic animals, milk & its preparation, fresh grains, fresh water etc.

- **Dosha:** *Kledakkapha, Pachak Pitta, Saman & Apanvayu.*
- **Dushya:** *Meda, rakta, Shukra, Ambu, Vasa, Lasika, Majja, Rasa, Ojas, Mansa.*
- **Strotasdushti:** *Medovaha, Mutravaha.*
- **Udbhavasthana:** *AtahKoshtha.*
- **Vyakti:** *Mutamarga, Basti.*

Though Prameha is caused by all the 3 doshas, the kaphadosha is of prime role in the *Samprapti* of *Prameha*. The above mentioned causes are responsible for derangement of Agni (*Mandagni*) thereby increasing the *dravaguna* of *kapha* i. e. *Kledakkapha*. "*Pramehahetukaphakruchhasarvam*"

states the *hetu* of *Prameha* that tends to increase the *dravaguna* in the body which leads to *Jatharagnimandya*. It proves *agnimandya* plays an important role in the culmination of *Prameha*.

This *Jatharagnimandya* in turn causes *Dhatwagnimandya*. The bodily tissue i.e. *Saptadhatu* will not perceive adequate nutrition due to

Dhatwagnimandya, thus *Jatharagnimandya* & *Dhatwagnimandya* creates excessive kleda in the body. The vitiation of Pachak pitta is responsible for the improper processing of Saptadhatu (*Dhatuposhana* & *Parinamankriya*). The Dhatus formed during *Pramehotpatti* are *Apachit*.

If not treated earlier the *Dhatushaithilya* leads to *Ojakshaya* & the *dhatukshayajanyavataprakopa* is replaced by *Madhumeha* which is difficult to cure i.e. *Kashtasadhya*.

Thus, in the treatment of *Madhumehavydhi*, *langhan* is advised for *pachan* of the *apachit* or *shithildhatu* in *balavanrugna*. In *madhumeha* focus is given at *Agnichikitsa* so as to cure the *agnimandya*.

Conclusions:

Insulin is nothing but the digestive hormone in the body that metabolizes carbohydrates, fats and the proteins. Its deficiency leads to the metabolic disorder i.e. Diabetes mellitus. The goals of treatment in *madhumeha* is to regularize the vitiated agni of *jathara* and *dhatus* so as to get the well-formed *sardhatu* and maintenance of *ojas* within normalcy.

Result:

Agni is having big practical utility in day to day practice. *Dhatwagni* is the basis & initiator of remaining types of *Agnis*. Its imbalanced can caused diminution of vital functions also. Hence Agni is the root cause of all diseases is specially *Madhumeha*.

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