To study the fundamental concept of “Agni”

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ABSTRACT:

The Ayurvedic concept of Agni is critically important to overall health. Agni is the force of intelligence within each cell, each tissue and each system within the body. Ayurveda identifies a vast range of functions for which Agni is directly responsible, but it also teaches us that impaired Agni is the root of the Diseases.

Agni is responsible for proper digestion. Diseases are primarily because of weak digestive power (Agni). A defective Agni leads to the development of toxins or undigested part which when circulates in the body give rise to various diseases.

According to nature and effects, Ayurvedacharyastandardiz Agni is in four groups i.e. Samangi, Vishamagni, Tikshnagi, Manadagni. Samagni is healthy condition of Agni. Rest of three considered as “Agnivikruti”. We can’t determine the nature of health without accounting the Agni. Depending on the chief site of action it divided into Jatharagni, Bhutagni and Dhatwagni.

KEYWORDS: Agni, Agnivikruti, Jatharagni, Bhutagni, Dhatwagni

INTRODUCTION

Agni is considered to root of or most important sustaining factor of living being. Ayurveda has described an important factor of digestion and metabolism in our body as Agni. Ingested food is to be digested, absorbed and assimilated, which is unavoidable for the
maintenance of life and is performed by Agni.
Agni convert food into the form of energy which is responsible for all the vital function of our body. Therefore, Ayurveda consider that Jatharangi is cause of life, complexion, strength, health, nourishment, lustre, oja, teja and prana. Acharyahas mention that after stoppage of the function of Agni, the individual dies and when the Agnion an individual is normal, then that person would be absolutely healthy and would lead long happy, healthy life. Proper maintenance of Agni help person to live long life and impaired Agni gives rise to diseases That’s why need to study the Agnand maintenance of Agni. Depending upon the chief site of action agni is divided13 type i.e. Jatharagni – 1, Bhutagni – 5, Dhatvagni – 7. According to it’s nature and effects acharyastandardized Jatharaggniinto 4 type i.e. Samagni, Mandagni, Vishamangi, Tikshangi.

AIM
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OBJECTIVES
1. To review literature regarding Fundamental concept of “Agni”.
2. To review literature of Jatharagni, Bhutagni and Dhatwagni.
3. To review literature of Samangni, Vishamangi, Tikshnagi, Manadagni.

MATERIAL AND METHOD
Proper screening of the literature from classical text of Ayurvedaand modern text. Resent advanced study in context of present study will be reviewed using resources like internet and article.

REVIEW OF LITERATURE
Proper functioning of digestive fire is evident from normal tone of the digestive-system circulatory-system, strong immunity or resistance against diseases, proper tissue growth, and above all the complexion. This description better deals with physiological significance of agni. If digestive fire is not functioning properly, one has poor digestion, languid blood-circulation, poor complexion, low energy levels, flatulence and poor immunity against diseases. Thus promoting proper functioning of the digestive fire is treating the root cause of the diseases, according to Ayurvedic principles.

Types Of Agni
Charaka has described about 13 Agnis (Jatharagni – 1, Bhutagni – 5, Dhatvagni – 7). According to Sushruta, five types of Agnis are identified, (Pachakagni, Ranjakagni, Alochakagni, Sadhakagni and Bhrajakagni).

Vagbhata has described different 18 types (Bhutagnis –5, –Dhatvagnis–7, Dhoshagni – 3 and Malagni–3). Sharangadhara has recognized five pittas only (Pachak, Bhrajak, Ranjak, Alohaka and Sadhak)

Ideology of Bhavamishra is similar to Charaka and Vagbhata

Types of Agni, According To the Function and Site Of Action
Agni has been divided into 13 types according to the function and site of action:

**Jatharagni** — One Agni present in the stomach and duodenum.

**Bhutagni** — Five Agni from five basic elements.

**Dhatwagni** — Seven Agni present, one in each of the seven dhatus (tissues).

**Jatharagni:** Jatharagni is the Agni present in the Jathara. Jathara stands for the stomach and duodenum. As per Ashtanga Hridaya, location of Jatharagni is grahani (duodenum). The name grahani, as it holds the food for certain amount of time inside the Amasaya (stomach) in order to initiate digestion. The strength of the grahani lies in Agni. When the Agni undergoes malfunctioning, grahani also gets irritated and produces several digestive diseases. Jatharagni is considered to be the prime because each and every nutrient that one ingests first comes to the stomach and duodenum and is subjected to the action of Jatharagni. Jatharagni plays a key role in digestion of food-stuffs composed of the five basic elements and transforms it for utilization by the respective tissues. Jatharagni separates food material into thesara (essence portion) and kitta (waste products) in the human body.

Jatharagni is also classified into four categories according to its performance of digestion in the human being.

1. **Samagni** (Normal): Samagni is characterized by strong and appealing appetite that is easily satisfied with normal food. Digestive function are proper. There are no episodes of gas, colic and constipation. Samagni is largely responsible for human body nutrition and building strong foundation of seven tissues.

2. **Mandagni** (low)

Due to dominance of kapha out of tridoshas here Agni is unable to metabolized even a small quantity of easily digestible food. Because of variability in kaphas, there are episodes of poor appetite, sluggish metabolism and tendency to weight gaideposite optimal food consumption. Excessive mucus and congestion are striking feathers. Bronchial asthma, bronchitis, cough, excessive salivation from mouth, fatigue and nausea are handmark of mandagni.

3. **Vishamagni** (variable)

Here the digestive fire is disturbed by vata. Because of variability in vata, there are episodes of alternating cycles of strong appetite with loss of appetite and forgetfulness to consume foods. Gaseous-distension of the abdomen and constipation are striking signs. Cholera, diarrhea, dysentery, enlarged spleen, abdominal tumor, colic, flatulence, wind and eructation are outcome of vishamagni.

4. **Tikshagni** (High)

Here the digestive fire is disturbed by pitta. In these agni is usually high and both pitta and agni share same properties. In these cases, immunity against diseases is good. Because of variability in pitta, there are episodes excessive appetites. There are increasing chances of developing diarrhea, bleeding-diathesis
and toxemia (toxins in the blood). Abdominal colic, anemia, burning sensation, diarrhea, hemorrhage, hemophilia, hepatitis, hepatomegaly, hyperacidity, jaundice, pain urine diseases, sour belching are outcome of tikshnagni.

**Bhutagni**

Bhutagni is the one that is present in a basic elements, precisely known as Bhutas. There are five Agnis in each of the five basic elements, namely – Parthiva (Earth), Apya (Water), Tejas (Agni), Vayavya (Vayu) and Nabhasa (Akash).

**Dhatwagni:** All the seven elements tissue of the body contain their own Agnito metabolized the nutrients supplied to them through channels of circulation.

- Rasagnipresent in the RasaDhatu.
- Raktagnipresent in the Rakta Dhatu.
- Mamsagnipresent in the MamsDhatu.
- Medagnipresent in the MedaDhatu.
- Asthyangnipresent in theAsthiDhatu.
- Majjagnipresent in theMajjaDhatu.
- Shukragnipresent in theShukra Dhatu.

**DISCUSSION:**

As we seen, agni is of central importance in our lives, not only it is essential for digestion, it also plays a critical role in the maintenance of overall health, affecting everything from our digestive and excretory functions, enthusiasm for life. Agni is responsible for strength, health, longevity, and vital breath. Jatharangi is reason of life, color, strength, health, enthusiasm, plumpness, complexion, ojasa (energy), tejas (Heat of body).

**CONCLUSION**

When Agni is balanced, it tends to support strong immunity and long, healthy life. The strength of Agni is inevitably affected when its qualities are muted by poor diet, improper food combination. Normal Agni is so important; a weakened digestive fire is root of all diseases. Condition of jatharangi should be suitably and carefully maintained because the life and strength of individual are dependent upon it.

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Cite this article:

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