

A REVIEW ARTICLE ON AUSHADH KALPANA TO ENHANCING AGNI

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ABSTRACT

Ayurveda being a holistic science is treasure of measures of life, health and diseases. The fundamental principles of *ayurveda* laid down thousands years back are being explored and analyzed again for better understanding and their practical utility. One of such principles is concept of *agni*. *Agni* has been said among *karana dravyas* which are the causal factors for genesis of other factors. *Agni* has an important role in maintenance of health as evident in definition of health. As per *Acharya Charaka ayu* (life), *varna* (luster, complexion), *bala* (physical and mental strength), *swasthya* (health), *prana* (vitality), *uthsah* (capacity to do difficult tasks), *upchaya* (nourishment of the body), *prabha*, *oja* (immunity), *teja* (vital radiance), *dhatvagni* and *bhutagni* are all dependent upon *dehagni* or *jatharagni*. In the absence of *agni*

human being perishes and in its balanced state he remains to be in a state of good health. Derangements of the same leads to many diseases. So it is an important factor for vitality, maintenance of life and health. Hence to maintain the *agni* different *ahara kalpana* given in our *samhitas*.

KEYWORDS: *Agni, aushadh, kalpana, dehagni, jatharagni.*

INTRODUCTION

Ayurveda being a holistic science is treasure of measures of life, health and diseases. The fundamental principles of *ayurveda* laid down thousands years back are being explored and analyzed again for better understanding and their practical utility. One of such principles is concept of *agni*. *Agni* has been said among *karana dravyas* which are the causal factors for genesis of other factors.^[1] *Agni* has an important role in maintenance of health as evident in definition of health.^[2] As per *Acharya Charaka ayu* (life), *varna* (luster, complexion), *bala* (physical and mental strength), *swasthya* (health), *prana* (vitality), *uthsah* (capacity to do difficult tasks), *upchaya* (nourishment of the body), *prabha*, *oja* (immunity), *teja* (vital radiance), *dhatvagni* and *bhutagni* are all dependent upon *dehagni* or *jatharagni*.^[3] In the absence of *agni* human being perishes and in its balanced state he remains to be in a state of good health. Derangements of the same leads to many diseases. So it is an important factor for vitality, maintenance of life and health.^[4] Hence to maintain the *agni* different *aushadh dravyas* given in our *samhitas*.

As per the status of *doshas* in body or the *prakriti* of an individual the *agni* has been classified as *samagni*, *vishmagni*, *tikshagni* and *mandagni*. *Samagni* is in the balanced state of all *doshas* and it is a parameter of health too.^[5,6] *Vishmagni* is in the condition of predominance of *vata dosha*, *tikshanagni* is in the condition of predominance of *pitta dosha* and *mandagni* is in the predominance of *kapha dosha*. *Samagni* leads to the health and *vishmagni*, *tiksnagni*, *mandagni* are responsible for development of diseases. *Acharya Vagbhata* has mentioned that all the diseases arise due to *mandagni*.^[7] When *agni* becomes weak the number of unwanted by- products of digestion are produced which are known as *ama*. This *ama* further on stasis in body attain toxic qualities, vitiate *doshas* and lead to increase in permeability and sluggishness of *strotas* i.e. *strotorodha*.^[8] Hence, most of the diseases like gastro-intestinal, allergic, autoimmune disorders and various metabolic disorders have the main causative factor as hypo functioning of *agni* and formation of *ama*. This involvement of *agni* is in the form of mainly *mandagni* but *vishmagni* and *tikshagni* are also a cause of diseases. For example - *gulma*, *anaha*, *adhaman*, and *pakshaghata* are because of *vishmagni*. *Atyagni*, *bhasmaka roga*, are because of *tikshagni*.^[9] This can be understood as in the case hyper-thyroidism. So, the line of treatment of these diseases as per the type of *agni* for e.g. the use of *pachana* drugs and *deepana* drugs to digest the *ama*^[10] and to improve the strength of *agni* should be there. In case of *vishmagni* *deepana*, *pachana* medicines should be incorporated with *ghrita* or oil.^[11]

MATERIAL AND METHODS

Material related to this topic have been collected from various *ayurveda* classical texts as *Charaka samhita*, *Astang hridayam*, *Sushruta Samhita* and available commentaries on those texts and research articles of concerned subject published in various national and international journals.

AIMS AND OBJECTIVE

To review the *aushadh kalpanas* to enhancing *agni*.

AUSHADH KALPANAS FOR ENHANCING AGNI

I. Agni Deepak Dravyas

Table no. 1: Charaka Samhita.

S. No.	Dravyas	References
1.	<i>Agni Deepak Mahakshaya</i>	C. Su. 4/6
2.	<i>Pipli mool, chitraka moola</i>	C. Su. 25/40
3.	<i>Musta, Udichiya</i>	C. Su. 25/40
4.	<i>Katvanga, Amrita</i>	C. Su. 25/40
5.	<i>Bilva, Ativisha, Prishnaparni</i>	C. Su. 25/40
6.	<i>Hinguniryas, Amalvetasa</i>	C. Su. 25/40
7.	<i>Shunthi, Marich</i>	C. Su. 27/296, 298
8.	<i>Hinga, Saindhav</i>	C. Su. 27/299, 300
9.	<i>Vid Lavana</i>	C. Su. 27/302
10.	<i>Kshara, Karvi</i>	C. Su. 27/306, 307
11.	<i>Haritiki</i>	C. Ci. 1/1/29
12.	<i>Bhallataka</i>	C. Ci. 1/2/19
13.	<i>Haritiki</i>	C.Ci 19/18
14.	<i>Kshargada</i>	C.Ci 23/104
15.	<i>Ashtanga lavana</i>	C.Ci 24/178

Table no. 2: Sushruta Samhita.

S. No.	Dravyas	References
1.	<i>Pipladi gana</i>	S.Su. 38/23
2.	<i>Guchiyadi gana</i>	S.Su. 38/50
3.	<i>Triphala gana</i>	S.Su. 38/57
4.	<i>Tikatu gana</i>	S.Su. 38/59
5.	<i>Amlakyadi gana</i>	S.Su. 38/61
6.	<i>Brahta panchmoola</i>	S.Su. 38/70

Table no. 3: Ashtanga Hridaya.

S. No.	Dravyas	References
1.	<i>Hinga</i>	A.H. 6/152
2.	<i>Haritiki</i>	A.H. 6/154
3.	<i>Shunthi</i>	A.H. 6/163

4.	<i>Trikatu</i>	A.H. 6/164
5.	<i>Panchkoola</i>	A.H. 6/166
6.	<i>Amla rasa karma</i>	A.H. 10/10
7.	<i>Guchiyadi gana</i>	A.H. 15/16
8.	<i>Varunadi gana</i>	A.H. 15/21

Table no. 4: *Charaka Samhita Yoogas*.

S. No.	Yooga	References
1.	<i>Chavyanprash</i>	C. Ci. 1/1/73
2.	<i>Jwara nashaka kashaya</i>	C. Ci. 3/199
3.	<i>Sitopladi churna</i>	C. Ci. 8/104
4.	<i>Talishadi churna</i>	C. Ci. 8/146
5.	<i>Kalyanaka ghrita</i>	C. Ci. 9/38
6.	<i>Saindhavadi churna</i>	C. Ci. 11/87
7.	<i>Ashth shata arishta</i>	C. Ci. 12/33
8.	<i>Chitradi ghrita</i>	C. Ci. 12/56
9.	<i>Chitraka ghrita</i>	C.Ci 12/59
10.	<i>Jivantyadi yavagu</i>	C.Ci 12/61
11.	<i>Narayana churna</i>	C.Ci 13/132
12.	<i>Takrarishta</i>	C.Ci 14/75
13.	<i>Pipladi ghrit</i>	C.Ci 14/118
14.	<i>Abhyarishta</i>	C.Ci 14/142
15.	<i>Dantyarishta</i>	C.Ci 14/147
16.	<i>Phalarishta</i>	C.Ci 14/152, 157
17.	<i>Sunishnaka chagenri ghrit</i>	C.Ci 14/241
18.	<i>Dashmooladhya ghrit</i>	C.Ci 15/86
19.	<i>Trayaushnadhya ghrit</i>	C.Ci 15/87
20.	<i>Panchmooladhya ghrit</i>	C.Ci 15/93
21.	<i>Chitrakadi gutika</i>	C.Ci 15/97
22.	<i>Pipladhya churna</i>	C.Ci 15/107
23.	<i>Takrarishta</i>	C.Ci 15/121
24.	<i>Madhvarishta</i>	C.Ci 15/166
25.	<i>Kshara ghrit</i>	C.Ci 15/172
26.	<i>Bhunimbadi kshara</i>	C.Ci 15/181
27.	<i>Haridradhya kshara</i>	C.Ci 15/182
28.	<i>Dadima ghrit</i>	C.Ci 16/46
29.	<i>Shilajatu vataka</i>	C.Ci 16/92

II. AGNIVARDHAKA RASAYANA

- Agni* is increased by use of *rasayana*.^[12] Some examples of *agnivardhaka rasayana* are *amalaki*, *haritaki*, formulations of *amalaki* and *haritaki* such as *Brahamrasayana*, *Chyavanprasha* etc.
- Agnibala* is to be considered while administrating *rasayana* such as *Brahma rasayana*.^[13]
- In *rasayana* context *bhallataka* has been mentioned as *agnivardhakrasayana*.^[14]

- iv. In addition to this the *medhyarasayana* such as *mandukparni*, *madhuyashti*, *guduchi* and *shank pushpi* are also *agnivardhak*.^[15]
- v. *Pippali rasayana* is also mentioned as *agnivardhaka rasayana*.
- vi. Single *rasayana* such as *madhuyashti*, *vidanga*, *chitraka* are also *agnivardhaka*.

DISCUSSION

Agni is not only the assessment of digestive system but overall health, longevity, strength and immunity. In the absence of *agni* human being perishes and in its balanced state he remains to be in a state of good health. Derangements of the same leads to many diseases. So it is an important factor for vitality, maintenance of life and health. Hence to maintain the *agni* different *aushadh kalpanas* given in our *samhitas*.

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