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Research Article

A STUDY ON THE STATUS OF JATHARAGNI IN DIFFERENT PRAKRUTI WSR TO KALA

Kamath Nagaraj^{1*}, Kulkarni Pratibha²

¹P.G.Scholar, Department of Shareera Kriya, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan-573201, Karnataka, India

²Associate. Professor & Head, Department of Shareera Kriya, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan-573201, Karnataka, India

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*Corresponding Author: **Kamath Nagaraj**

PG. Scholar, Department of Shareera Kriya, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan-573201, Karnataka, India.

ABSTRACT

The status of *Agni* varies in different *Prakruti* (Body constitution) and it also depends on the diet, environment, physical and mental status of an individual. The status of *Agni* can be known by examining the *Jarana Shakti* (Digestive capacity) of an individual. The six factors told in *Jeerna Ahara Lakshana* (Signs and symptoms of proper digestion) will help in assessing the *Jarana Shakti* and in turn the status of *Jatharagni*. The research was under taken to analyze the *Jatharagni* in different *Prakruti* individuals in *Chaitra* and *Vaishaka Masa*. *Prakruti* of the students was assessed using Standard format and those individuals having *Vata*, *Pitta*, *Kapha* predominance were selected. A self prepared scale was prepared to assess the *Jeerna Ahara Lakshana*. *Jatharagni* status was assessed on a particular day by due consideration of the menu of their three grand meals. The environmental conditions like rain humidity, wind speed was noted down of that particular day.

Number of individuals having *Avara Udgara Shudhi*, *Avara Utsaha*, *Avara Laghuta* and *Avara Ksut* was comparatively more in *Vaishaka Masa* than in *Chaitra Masa* which may be due to the effect of increased wind speed and rain showers in *Vaishaka Masa*, which effected over the body resulting in depletion of the *Jatharagni* and also lead in increased number of individuals with *Madhyama Agni* in *Vaishaka Masa* than *Chaitra Masa*. None of the individuals had *Avara status of agni* due to presence of *Sthira Upachita Dhatu* and *Pradipta Jatharagni* in *Youvana Avastha* and cold environment.

Keywords: *Prakruti*, *Jatharagni*, *Jeerna Ahara Lakshana*, *Jarana shakti*.

INTRODUCTION

Agni is one of the basic concepts of *Ayurveda*. This concept provides fundamental knowledge for understanding of the theories of *Ayurveda* viz. *Ahara pacana*, *Dhatu Utpatti* (Tissue formation), etc. The importance of *Jatharagni* is for the maintenance of health as well as manifestation of diseases¹. It is also an important factor to be considered while prescribing treatment². In each and every process of transformation, that may be bio-physical, bio-chemical, the media or agency responsible for all these process is *Jatharagni*. Status of *Jatharagni* varies in different *Prakruti*³. *Prakruti* is the innate constitution of an individual based on the predominance of *Dosha* determined at the time of conception which cannot be changed till death. Qualities of *Dosha* are expressed on body due to its predominance and it is called *Deha Prakruti*⁴. It is the enumeration of body features internal as well as external. There are different bodily constitutions depending on the *Dosha* (bodily humors) that is

predominant and we can classify them as *Vatala*, *Pittala*, *Sleshmala*, *Dvandhaja* and *Samadoshaja Prakruti*⁵.

Agni is assessed by *Jarana shakti*. *Jarana shakti* refers to the capacity to digest the food. *Lakshanas* like *Udgarasudhi* (clear belching), *Utsaha* (enthusiasm), *Vegotsargayatochita* (proper/regular evacuation of bowels), *Laghuta* (feeling of lightness), *Kshut-Pipasa* (proper hunger and thirst) are considered as the *Jeerna Ahara Lakshana* which will aid in assessing the *Jarana Shakti*⁶. *Jarana Shakti* and *Prakruti* are the two important factors mentioned in *Dasha-vidha Pariksha*⁷. *Vatala* individual will be having *Vishmagni* (irregular digestive power), *Pittala* individual will be having *Tikshagni* (Intense digestive fire), and *Sleshma prakruti* individual will be having *Mandagni* (Low digestive fire)⁸. It is very important to examine the *Jeerna Ahara Lakshana* in both healthy and diseased individuals. In healthy, those individuals having *Vatala* body constitution will be having irregular digestive fire, *Pittala* body constitution will be having intense digestive fire *Sleshmala* body constitution will be having mild

digestive fire, so to assess the *Jarana Shakti* with aid of *Jeerna Ahara Lakshana* of *Pittala Prakruti* individuals the study was undertaken in two different *Kala*.

AIMS AND OBJECTIVES

To assess *Jarana Shakti* of *Pittala Prakruti* individuals with the aid of *Jeerna Ahara Lakshana* in *Chaitra & Vaishaka Masa*

MATERIALS AND METHODS

Source of the data: 150 healthy students of SDM College of *Ayurveda*, Hassan Method of collection of data: Healthy students from SDM College of *Ayurveda* and Hospital, Hassan were selected and there *Prakruti* was assessed by Dr. Kishor Patwardhan's standard *prakruti* assessment format. Those individuals having *Vata, Pitta, Kapha pradhanyata* were selected and there *Jaranashakti* was assessed once in *Chaitra & Vaishaka Masa*. Inclusion criteria: Healthy volunteers of age group of 18 to 25 years, irrespective of sex, caste, religion. Exclusion criteria: Individuals suffering from chronic diseases, systemic disorders, congenital anomalies. Assesment criteria: Scoring of *Lakshana* of *Jeerna Ahara lakshan* was done by self prepared scale.

Designing scale to assess status of *Jataragni*

Purpose – Since *Agni* is an important factor responsible for the healthy and diseased state, it should be examined in every individual. *Vatala* individuals will be having *Vishamagni*, *Pittala* individuals will be having *Tikshnagni*, *Sleshmala* individuals will be having *Mandagni* and hence there is an importance to assess *Agni* in them. Generation of scale - The scale consisted of queries for assessing subjective parameters based on the characteristic features of *Jeerna Ahara Lakshana* given by *Astanga Samgraha*. The appropriate English meaning of *Lakshana* were referred and it was framed in the sentence form with 3 options to each eg: The *Lakshana Udgara* says clear belching, it was framed as; After how many hours of food intake you find clear belching in yourself (absence of past eaten foods flavor/taste)? Scale: Subjective symptoms were examined by using a questionnaire framed in close ended likert format with 3 options for each question i.e. Not at all/ after 6hours, after 4hours but within 5hours, within 3-4 hours. Subjective symptoms were graded accordingly as Grade 1 to 3. Table 1 shows the subjective parameters.

Demographic Data: In this study maximum numbers (64%) of individuals were female and males were (36%) and individuals of age group 21-25 were 24.7% and age group 18-20 were 75.3%.

Incidence of Lakshana: Among 150 individuals 20 had sleep disturbance, 17 had underwent various kind of physical stress and 46 individuals had mental stress. *Avara Udgara Shuddhi* was found in 41.3% of individuals in *Chaitra masa* and 44.7% of individuals in *Vaishaka Masa*. *Avara Utsaha* was found in 9.3% of individuals in *Chaitra masa* and 20.7% individuals in *Vaishaka Masa*. *Avara Vegotsarga* was found in 63.3% of individuals both in *Chaitra masa* and *Vaishaka Masa*. *Avara Laghuta* was found in 11.3% of individuals in *Chaitra masa* and 24.7% of individuals in *Vaishaka Masa*. *Avara Ksut* was found in 14.7% of individuals in *Chaitra masa* and 25.3% of individuals in *Vaishaka Masa*. *Avara Pipasa* was found in 14.7% of individuals both in *Chaitra masa* and *Vaishaka*

Masa. *Avara* status of *Agni* was found in none of the individuals both in *Chaitra masa* and *Vaishaka Masa*. 72 individuals had *Madhyama Agni* in *Chaitra Masa* and 109 individuals had *Madhyama Agni* in *Vaishaka Masa*. 78 individuals had *Pravara Agni* in *Chaitra Masa* and 41 individuals had *Pravara Agni* in *Vaishaka Masa*. Details are shown in table 2 & 3.

Table 1: Jeerna Ahara Lakshana

Jeerna Ahara Lakshana
Udgara Sudhi(clear belching)
Utsaha(enthusiasm)
Vegotsargayatochita(proper evacuation of bowels)
Laghuta (feeling of lightness)
Kshut (proper hunger)
Pipasa (proper thirst)

OBSERVATION

Weather reports:

Chaitra Masa	Vaishaka Masa
Wind 5-15km/h	Wind 20-25km/h
Rain showers 1-3mm	Rain Showers 3-5mm
Temperature - 24-28°C; 24-29°C	Temperature 20-21°C; 23-26°C
Wind chill 24- 27 C	Wind chill 25-27C

Table 2: Incidence of individual Jeerna avara Lakshana

Avara Lakshana	Chaitra (%)	Vaishaka (%)
Udgara Sudhi	41.3	44.7
Utsaha	9.3	20.7
Vegotsarga Yatochita	63.3	63.3
Laghuta	11.3	24.7
Ksut	14.7	25.3
Pipasa	14.7	14.7

Jeerna Ahara Lakshana Score:

Avara status of *Agni* was found in none of the individuals both in *Chaitra masa* and *Vaishaka Masa*. 72 individuals had *Madhyama Agni* in *Chaitra Masa* and 109 individuals had *Madhyama Agni* in *Vaishaka Masa*. 78 individuals had *Pravara Agni* in *Chaitra Masa* and 41 individuals had *Pravara Agni* in *Vaishaka Masa*.

Table 3: Incidence of status of Agni

Agni status	Chaitra Masa	Vaishaka Masa
Avara	0	0
Madhyama	72	109
Pravara	78	41

DISCUSSION

The current study was conducted to check status of *Jataragni* with the aid of *Jeerna Ahara Lakshana* in *Chaitra* and *Vaishaka Masa*. In the study it revealed that maximum numbers (64%) of individuals were female and males were (36%) this may be because of more female students in the study area. The study also revealed that in 150 individuals 20 had sleep disturbance, 17 had underwent various kind of

physical stress and 46 individuals had mental stress, this might be because of the personal problems, academic burden and interest in outdoor sports etc activities.

Study also revealed that *Avara Udgara Shuddhi* was found in 41.3% of individuals in *Chaitra masa* and 44.7% of individuals in *Vaishaka Masa*, this might be due to the effect of increased wind speed and rain showers in *Vaishaka Masa* which had an effect over the body resulting in depletion of the *Agni* and increase in the number of individuals having *Avara Udgara shuddhi*.

Avara Utsaha was found in 9.3% of individuals in *Chaitra masa* and 20.7% of individuals in *Vaishaka Masa*, which means maximum number of individuals had *utsaha* in either *Madhyama* or *Pravara* state both in *Chaitra masa* and *Vaishaka Masa* which may be due to the normal physiological functioning of *Vata* and *Pitta* i.e. *Utsaha* and initiating the enthusiasm (*Harsha*) respectively.

Maximum number of individuals had *Avara Yatochita Vegotsarga* (63.3% of individuals both in *Chaitra masa* and *Vaishaka Masa*), this may be because of irregular food habits that they follow and consuming junk food which may decrease the fibrous content of the stools and lead to *Anuchita Vegotsarga*(irregular bowel habits, constipation), also shows *Drava*, *Tikshna*, *Usna Guna of Pitta*, *Manda*, *Sthira Guna of Kapha* and *Ruksha*, *Chala Guna of Vata*.

Avara Laghuta was found in 11.3% of individuals in *Chaitra masa* and 24.7% of individuals in *Vaishaka Masa* this might be due to the effect of increased wind speed, wind chills and rain showers (all *sheeta guna*) in *Vaishaka Masa* which had an effect over the body resulting in depletion of the *Agni* resulting in *Gouravata* of the body increase in the number of individuals having *Avara Laghuta*.

Avara Ksut was found in 14.7% of individuals in *Chaitra masa* and 25.3% of individuals in *Vaishaka Masa*, this might be due to the effect of increased wind speed and rain showers in *Vaishaka Masa* which had an effect over the body resulting in depletion of the *Agni* and increase in the number of individuals having *Avara Ksut* in *Vaishaka Masa* compared to *Chaitra Masa*.

Avara Pipasa was found in 14.7% of individuals both in *Chaitra masa* and *Vaishaka Masa*, which means maximum number of individuals had *Pravara* or *Madhyama Pipasa*, this may be because of the *Pradhanata* of *Usna Guna* in *Pittala* individuals and also might be due to continuous study process and recitation of verses of the *Samhita* which cause dryness of the throat and oral cavity hence resulting in *Pravara/Madhyama Pipasa* even though the environment is cold.

Avara status of *Agni* was found in none of the individuals both in *Chaitra masa* and *Vaishaka Masa* since all were of *Youvana Avastha* in which all the functions, entities will be *Prabala* including the *Jarana Shakti/ Jatharagni*.

72 individuals had *Madhyama Agni* in *Chaitra Masa* and 109 individuals had *Madhyama Agni* in *Vaishaka Masa*. 78 individuals had *Pravara Agni* in *Chaitra Masa* and 41

individuals had *Pravara Agni* in *Vaishaka Masa* this might be due to the effect of increased wind speed and rain showers in *Vaishaka Masa* which had an effect over the body resulting in depletion of the *Jataragni* and increase in the number of individuals having *Madhyama Jataragni* in *Vaishaka Masa* compared to *Chaitra Masa*.

CONCLUSION

Agni is important for maintenance of health. *Agni* varies in different *Prakruti* and also status of *Agni* depends on age, environment, diet, physical and mental condition of an individual. *Agni Parikshana* is done by examining the *Jarana Shakti* of an individual. *Jeerna Ahara Lakshana* is an important aid to examine the *Jarana Shakti*.

Study was conducted in 150 healthy individuals considering the each factor mentioned in *Jeerna Ahara Lakshana*. Number of individuals having *Avara Udgara Shudhi*, *Avara Utsaha*, *Avara Laghuta* and *Avara Ksut* was comparatively more in *Vaishaka Masa* than in *Chaitra Masa* which may be due to the effect of increased wind speed and rain showers in *Vaishaka Masa*, which effected over the body resulting in depletion of the *Jataragni* and also lead in increased number of individuals with *Madhyama Agni* in *Vaishaka Masa* than *Chaitra Masa*. None of the individuals had *Avara* status of *agni* due to presence of *Sthira Upachita Dhatu* and *Pradipta Jatharagni* in *Youvana Avastha* and cold environment.

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