

ANALYSIS OF JATHARAGNI IN VATALA INDIVIDUALS W.S.R. TO JEERNA AHARA LAKSHANA

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ABSTRACT

Agni (Digestive Fire) is one of the life sustaining factors of the body. When it is in the normal state it helps in maintaining health. 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 *Vatala* individuals. *Prakruti* of the students was assessed using Standard format and those individuals having *Vata* predominance were selected. A self prepared scale was prepared to assess the *Jeerna Ahara Lakshana*. None of the *Vatala* individuals had *Avara Jarana Shakti Agni* since they were of *Youvana Avastha* (Adulthood). Maximum individuals had *Avara Yatochita Vegotsarga* due to irregular food habits and predominance of *Ruksha* and *Chala Guna* of *Vata* in *Vatala* individuals.

Keywords: *Vatala, 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 diseases.¹ It is also an important factor to be considered while prescribing treatment.² 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 *Kapha 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, so to assess the *Jarana Shakti* with aid of *Jeerna Ahara Lakshana* of *Vatala* individuals the study was undertaken.

AIMS AND OBJECTIVES

To assess *Jarana Shakti* of *Vatala* individuals with the aid of *Jeerna Ahara Lakshana*

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 pradhanyata* were selected and there *Jaranashakti* was assessed.

Inclusion criteria: Healthy volunteers of age group of 18 to 25 years, irrespective of sex, caste, religion and having *Vata Prakruti*.

Exclusion criteria: Individuals suffering from chronic diseases, systemic disorders, congenital anomalies and *Pitta, Kapha Pradhana Prakruti*.

Assesment criteria: Scoring of *Lakshana* of *Jeerna Ahara lakshan* was done by self prepared scale.

Designing scale to assess *Jarana Shakti*

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 *Vishmagni* 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 Udgarasudhi* 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.

Table 1: *Jeerna Ahara Lakshana*

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

OBSERVATION

Demographic Data: In this study maximum numbers (68.7%) of individuals were female and males were (31.3%).

Individuals of age group 21-25 were 9.3% and age group 18-20 was 91.7%.

Incidence of *Lakshana*: Among 150 individuals 31 had sleep disturbance, 16 had underwent various kind of physical stress

and 47 individuals had mental stress. *Avara Udgara shuddhi* was found in 64 individuals, 22 had *Madhyama Udgara shuddhi*, and 64 had *Pravara Udgara shuddhi*. *Avara Utsaha* was found in 20 individuals, 28 had *Madhyama Utsaha*, and 102 had *Pravara Utsaha*. *Avara Vegotsarga* was found in 100 individuals, 43 had *Madhyama Vegotsarga*, and 7 had *Pravara Vegotsarga*. *Avara Laghuta* was found in 23

individuals, 35 had *Madhyama Laghuta*, and 92 had *Pravara Laghuta*. *Avara Ksut* was found in 22 individuals, 56 had *Madhyama Ksut*, and 72 had *Pravara Ksut*. *Avara Pipasa* was found in 32 individuals, 37 had *Madhyama Pipasa*, and 81 had *Pravara Pipasa*. *Avara Jarana Shakti* was found in none of the individuals, 66 had *Madhyama Jarana Shakti*, and 84 had *Pravara Jarana Shakti*. Details are shown in table 2 and 3.

Table 2: Incidence of individual *Jeerna ahara Lakshana*

Lakshana	Avara	Madhyama	Pravara
<i>Udgara Sudhi</i>	64	22	64
<i>Utsaha</i>	20	28	102
<i>Vegotsarga Yatochita</i>	100	43	7
<i>Laghuta</i>	23	35	92
<i>Ksut</i>	22	56	72
<i>Pipasa</i>	32	37	81

Jeerna Ahara Lakshana Score: 66 individuals scored a score of *Jeerna ahara Lakshana* score between 7-12, and 84

individuals scored between 13-18 and none of the individuals scored between 0-6.

Table 3: Incidence of status of *Jarana Shakti* and score

<i>Jarana Shakti</i>	Avara(0-6)	Madhyama(7-12)	Pravara(13-18)
150	0	66	84

DISCUSSION

The current study was conducted to check *Jarana Shakti* with the aid of *Jeerna Ahara Lakshana*. In the study it revealed that maximum numbers (68.7%) of individuals were female and males were (31.3%) because more female students were present in the study area. The study also revealed that among 150 individuals 31 had sleep disturbance, 16 had various kind of physical stress and 47 individuals had mental stress, this might be because of the personal problems, academic burden and interest in outdoor sports etc activities.

Equal number of individuals' i.e 64 had *Avara* and *Pravara Udgara Shudhi Lakshana*. Maximum individuals (102) had *Pravara Utsaha* which might be because of the age group and because of *Prakruta* state

of *Vata*.⁹ *Pravra Laghuta* was found in 92 of the individuals which might be because of the age factor and proper physical work, involvement in sports and other activities, exercise and *Yoga* which students used to do regularly and it might have stimulated in increasing *Utsaha* among the students. Maximum number of individuals had *Avara Yatochita Vegotsarga* (100), this may be because of irregular food habits that they follow and consuming junk food which may decrease the fibrous content of the stools, predominance of *Ruksha, Chala Guna* of *Vata* and lead to *Anuchita Vegotsarga* (irregular bowel habits, constipation). Maximum of the individuals had *Pravara Pipasa* (81), this may be because of the continuous study process and recitation of verses of the *Samhita* which cause dryness

of the throat and oral cavity hence resulting in *Pravara Pipasa* even though the environment is cold. *Pravra ksut* was observed in maximum of the individuals (72), this might be because of the age factor and the cold environment which results in the *Sandukshana* of *Jatharagni* and hence the *Ksut*. Maximum number of individuals (84) had *Pravara jarana Shakti* (Agni) since all were of *Youvana Avastha* in which all the functions, entities will be *Prabala* including the *Jarana Shakti/ Jatharagni*.

CONCLUSION

Agni is important for maintenance of health. *Agni* varies in different *Prakruti* and also status of *Agni* depends on age, environment, and diet, physical and mental condition of an individual.

Study was conducted in 150 *Vatala* individuals considering the each factor mentioned in *Jeerna Ahara Lakshana*. Maximum individuals had *Avara Yatochita Vegotsarga* due to predominance of *Ruksha* and *Chala Guna* of *Vata* in *Vatala* individuals. *Utsaha, Ksut, Pipasa* was in *Pravara* state due to presence of *Sthira Upachita Dhatu* and *Pradipta Jatharagni* in *Youvana Avastha* and cold environment. Since the individuals were of *Youvana Avastha* and they were healthy, had *Vata* predominance and environment was cold none of them had *Avara Jarna Shakti/ Jatharagni*. Hence in healthy maximum *Vatala* individuals *Agni* was found to be *Pravara* followed by *Madhyama* and none of them had *Avara* state of *Jatharagni*.

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