

**IMPORTANCE OF AGNI IN RESTORATION OF YUKTIKRUTA BALA****Deshpande Anil Chandrakant**

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**ABSTRACT**

Fatigue is a subjective feeling of tiredness which is distinct from weakness, and has a gradual onset. Fatigue can have physical or mental causes. Physical fatigue is the transient inability of muscle to maintain optimal physical performance. Fatigue is considered a symptom, rather than a sign because it is a subjective feeling reported by the patient, rather than an objective one that can be observed by others. So to relieve fatigue Agni is very crucial as Agni is mula of bala. Acharya Charak in vimanasthan states dashavidh pariksha to examine bala of patient for diagnosis and treatment. Purpose of examination is to obtain knowledge relating bala of an individual. So Bala which we can build by efforts i.e. Yuktikruta bala plays an important role in maintenance of health which is gained by chesta (physical exercise), ahara (wholesome diet) and yoga (rasayan prayog) after action of Agni. The jatharagni plays an important role in generation and restoration of yuktikruta bala from ahara. The restoration of yuktikruta bala depends on the normal functioning of agni i.e. dahana and pachana of ahara.

**Key words :** Yuktikruta bala, Rasayana, jatharagni)

**INTRODUCTION**

Any living body respire, metabolizes and uses a lot of energy gained from eaten food. <sup>[1]</sup> As dictated in *Loka purusha nyay*, everything that exists in universe is represented by some entity in living body and it functions in same way. Fire is represented by *Agni* in living body. *Agni* in body digests, helps in absorption of digested material, transforms digested food into body entities. *Agni* is *mula* of bala. So *Agni rakshana* is very important. Dehagni is the hetu of *ayu*, *varna*, *bala*, *swasthya*, *utsaha*, *upachaya*, *prabha*, *oja*, *teja*, *Agni* and *Pana*. <sup>[2]</sup> *Agni Vikruti* leads to *Rogavastha*.

Life depends on *Agni* and in its absence life ends. <sup>[3]</sup> *Annapachana* is the prime function of *jatharagni*.

**MATERIAL AND METHODS** All classical texts available in the library of Ayurved College, Hadapsar had been reviewed. Database available after net surfing was also reviewed. *Acharya Charak* in *vimanasthan* states *dashavidh pariksha* to examine *bala* of patient for diagnosis and treatment. Purpose of examination is to obtain knowledge relating *bala* of individual.

**Types of Bala**

1) *Sahaja bala*

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2) *Kalaja bala*

3) *Yuktikruta bala*

1. *Sahaja bala*- This type of *bala* is stated to be *prakruta* (genetic natural inborn) and it exists right from birth<sup>4</sup>. It is inherent in every individual to lesser to greater degree. It is said to increase with genuine growth of the *dhatu*s and does not depend on any other cause. Some individuals are observed as physically strong from their birth whereas some are observed as physically weak from very birth.
2. *Kalaja bala* - This type of *bala* is influenced by seasonal traits and the age of person.
3. *Yuktikruta bala*- The three factors, which are capable of affecting the *yuktikruta bala*, are *ahara*, *cheshta* and *yoga*<sup>[4]</sup> (*rasayan prayog*). *Yuktikruta bala* refers to resorting to appropriate nutrition such as meat, milk and ghee etc. Physical exercise is depletory, impletory and restorative and *rasayana* therapies in keeping the seasonal needs. In doshasamyavastha, *annapachana* by *agni* leads to *arogya-pushti, ayu, bala, vrudhi*. The individual can achieve *yuktikruta bala* from *ahara* only after conversion of complex food particle into absorbable ones in respective *strotas* after action of *jatharagni*. *Agni* is the ultimate and unavoidable entity which is responsible for bioconversion of *ahara* into *ahara rasa*. *Ahara Rasa* nourishes *dhatu*s by various *nyayas*. The bodily movement which produce firmness and strength is known as *vyayama*. One gets lightness, capacity to work, firmness, tolerance of difficulties, diminution of impurity and stimulation of *Agni*.<sup>[5]</sup> *Agni vrudhi* is ultimate benefit of *vyayama* if practiced in moderation. *Acharya Sushruta* included *vyayama* in *anagnisweda* (sudation without

the use of fire ) as one of the effective measure when aggravated *vata* is associated with *kapha* and *medas*.<sup>[6]</sup> According to *Chakrapani* the strength begins to develop by regular diet, rest and exercises. The *jatharagni* plays an important role in generation, restoration of *yuktikruta bala* from *ahara*. The restoration of *yuktikruta bala* depends on the normal functioning of *Agni* i.e. *dahana and pachana* of *Ahara*.

The *rasayana* Therapy aims specially at the promotion of strength and Vitality. It is stated to contribute to the integrity of the *Sapta dhatu*s and thus increase the longevity. It preserves the youth, maintains optimum strength of the body and senses. *Agni* is medium for *rasayana* to act on various *dhatu*s to maintain integrity and perform various activity. The normalcy of *Agni* enables *dravyarupa rasayana* to produce supreme *sharir bhavas* to generate *yuktikruta bala*. *Ahara* and *vyayama* stabilizes the body.

## DISCUSSION

- *Yuktikruta bala* is dependent on *chesta*, *ahara* and *rasayan prayoga*.
- *Chesta* which is predominantly depends on *mamsa*, *medas* and *asthi dhatu*. If *dhatvagni* is not in normal state then absence of lassitude, Stability, feeling of lightness, ability to withstand exertion, reduction of corpulence is not possible which are the benefits of *vyayama*.
- The term *rasayana* has a specific meaning. Drug, Diet and Regimens which promotes longevity, preventing ultimately ageing and disease are called *rasayana*. The effects of *rasayana* therapy are longevity (good long life), memory, intelligence, good health, youthfulness, bright complexion depends upon the normal func-

tioning of all types of *Agni*. The Normalcy of all types of *Agni* produces the supreme *saptadhatus* to withstand the body by *dharana* and *poshana karma* of *dhatu*s.

## CONCLUSION

- *Yuktikruta bala* depends on *chesta*, *ahara* and *rasayan prayoga*. But for the bio-conversion of *ahara* into further *poshakabhaga*, *Agni*- the almighty God is unavoidable and very crucial entity. *Cheshta* and *Rasayana prayoga* enhances the *Yuktikruta bala*. So one should eat in proper quantity and follow the protocol of dieting to promote *Yuktikruta bala*.

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