ANALYSIS OF JATHARAGNI IN SLESHMALA INDIVIDUALS WSR TO JEERNA AHARA LAKSHANA

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ABSTRACT
Ayurvedic classics describe 13 types of Agni according to their locations and functions of transformation at different levels of digestion and metabolism. The importance of Jatharagni is for the maintenance of health as well as manifestation of diseases. Status of Jatharagni varies in different Prakruti. 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) like Udgarasudhi (clear belching), Utsaha (enthusiasm), Vegotsargayatochita (proper/regular evacuation of bowels), Laghuta (feeling of lightness), Kshut-Pipasa (proper hunger and thirst) will help in assessing the Jarana Shakti and in turn the status of Jatharagni. The research was under taken to analyze the Jatharagni in Sleshmala individuals. Prakruti of the students was assessed using Standard format and those individuals having Sleshma predominance were selected. A self prepared scale was prepared to assess the Jeerna Ahara Lakshana. None of the Sleshmala individuals had Avara Jarana Shakti/Agni due to the influence of Vaya (Youvana Avastha). Maximum individuals had Avara Yatochita Vegotsarga highlighting the effects of irregular food habits and Pradhanata of Sthira and Manda Guna in Sleshma Pradhana Prakruti.

Keywords: Sleshmala, Jatharagni, Jeerna Ahara Lakshana, Jarana shakti

INTRODUCTION
Agni is placed among the twelve Prana of the body, which reflects its importance for maintaining life. It is known fact that at each and every second multiple process of transformation takes place in human body, these may be Bio-physical, bio-chemical or any other type of transformation process. The media or agency responsible for all these process is Jatharagni in human body. The status of Jatharagni is responsible for the healthy as well as diseased state. ¹It is also an important factor to be observed in an diseased and also while prescribing treatment. ² Status of Jatharagni varies in different Prakruti. ³ It also depends on the diet, environment, physical and mental status of an individual. Prakruti is an important concept of Ayurveda that explains individuality and has role in prevention, diagnosis and treatment of diseases. It expresses unique trait of an individual that is defined by specific and permanent composition of Dosha at conception. 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), Vegotsarg-gayatochita (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 of an individual.\(^6\) Jarana Shakti and Prakruti are the two important factors mentioned in Dasha-vidha Pariksha.\(^7\) Vatala individual will be having Vishamagni (irregular digestive power), Pittala individual will be having Tikshagni (Intense digestive fire), and Sleshmala 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 Sleshmala body constitution will be having mild digestive fire, so to assess the Jarana Shakti with aid of Jeerna Ahara Lakshana of Sleshmala individuals the study was undertaken.

**AIMS AND OBJECTIVES**
To assess Jarana Shakti of Sleshmala 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 Sleshmapradhanyata 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 Sleshma-Prakruti. Exclusion criteria: Individuals suffering from chronic diseases, systemic disorders, congenital anomalies and vata, Pitta Pradhana Prakruti. Assessment 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. 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 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 6 hours, after 4 hours but within 5 hours, 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

<table>
<thead>
<tr>
<th>Jeerna Ahara Lakshana</th>
</tr>
</thead>
<tbody>
<tr>
<td>Udgara Sudhi (clear belching)</td>
</tr>
<tr>
<td>Utsaha (enthusiasm)</td>
</tr>
<tr>
<td>Vegotsargayatotita (proper evacuation of bowels)</td>
</tr>
<tr>
<td>Laghuta (feeling of lightness)</td>
</tr>
<tr>
<td>Kshit (proper hunger)</td>
</tr>
<tr>
<td>Pipasa (proper thirst)</td>
</tr>
</tbody>
</table>

OBSERVATION

Demographic Data: In this study maximum numbers (67%) of individuals were female and males were (33%) and individuals of age group 21-25 were 6% and age group 18-20 were 94%.

Incidence of Lakshana: Among 150 individuals 8 had sleep disturbance, 22 had underwent various kind of physical stress and 63 individuals had mental stress. Avara Udgara Shuddhi was found in 88 individuals, 27 had Madhyama Udgara Shuddhi, 35 had Pravara Udgara Shuddhi. Avara Utsaha was found in 8 individuals, 41 had Madhyama Utsaha, 101 had Pravara Utsaha. Avara Vegotsarga was found in 127 individuals, 23 had Madhyama Vegotsarga, none had Pravara Vegotsarga. Avara Laghuta was found in 13 individuals, 46 had Madhyama Laghuta, 91 had Pravara Laghuta. Avara Kshit was found in 32 individuals, 65 had Madhyama Kshit, 53 had Pravara Kshit. Avara Pipasa was found in 30 individuals, 41 had Madhyama Pipasa, 79 had Pravara Pipasa. Avara Jarana Shakti was found in none of the individuals, 86 had Madhyama Jarana Shakti, 64 had Pravara Jarana Shakti. Details are shown in table 2 & 3.

Table 2: Incidence of individual Jeerna ahara Lakshana

<table>
<thead>
<tr>
<th>Lakshana</th>
<th>Avara</th>
<th>Madhyama</th>
<th>Pravara</th>
</tr>
</thead>
<tbody>
<tr>
<td>Udgara Sudhi</td>
<td>88</td>
<td>27</td>
<td>35</td>
</tr>
<tr>
<td>Utsaha</td>
<td>8</td>
<td>41</td>
<td>101</td>
</tr>
<tr>
<td>Vegotsarga Yatotita</td>
<td>127</td>
<td>23</td>
<td>0</td>
</tr>
<tr>
<td>Laghuta</td>
<td>13</td>
<td>46</td>
<td>91</td>
</tr>
<tr>
<td>Kshit</td>
<td>32</td>
<td>65</td>
<td>53</td>
</tr>
<tr>
<td>Pipasa</td>
<td>30</td>
<td>41</td>
<td>79</td>
</tr>
</tbody>
</table>

Jeerna Ahara Lakshana Score:
86 individuals scored a score of Jeerna Ahara Lakshana score between 7-12, 64 individuals scored between 13-18 and none of the individuals scored between 0-6.

Table 3: Incidence of status of Jarana Shakti and score

<table>
<thead>
<tr>
<th>Jarana Shakti</th>
<th>Avara(0-6)</th>
<th>Madhyama(7-12)</th>
<th>Pravara(13-18)</th>
</tr>
</thead>
</table>

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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 (67%) of individuals were female and males were (33%) this may be because of more female students in the study area. The study also revealed that 150 individuals 8 had sleep disturbance, 22 had underwent various kind of physical stress and 63 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 maximum number of individuals (88) had Avara Udgara Shudhi Lakshana this might be because of the Manda Agni of Sleshma-Pradhana Prakriti individuals leading to delayed digestion. Maximum individuals (101) had Pravara Utsaha which might be because of the age group i.e Youvana Avastha which will be usually filled with energy and enthusiasm. Yoga which students used to do regularly since it is the part of curriculum, even it might have stimulated in increasing Utsaha among the students. Pravara Laghuta was found in 91 of the individuals which might be because of the age factor and proper physical work, involvement in sports and other activities, exercise. Maximum number of individuals had Avara Yatochita Vegotsarga(127), this may be because of Manda and Sthira Guna of Sleshma in SleshmaPrakriti individuals and also 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). Maximum of the individuals had Pravara Pipasa (79), 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 Pipasa even though the environment is cold. Madhyama Ksut was observed in maximum of the individuals (65), this might be because of the age factor and the cold environment which results in the Sandukshana of Manda Agni of SleshmaPrakriti individuals and hence the Ksut. Maximum number of individuals (86) had MadhyamaJarana Shakti(Agni) since all were of Sleshma-Pradhana Prakriti were of Youvana Avastha resulting in madhyama avastha of Jatharagni

CONCLUSION
Agni is important for maintenance of health. Agni varies in different Prakriti 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 Sleshmala individuals considering the each factor mentioned in Jeerna Ahara Lakshana. Maximum individuals had Avara Yatochita Vegotsarga which shows Manda and Sthira Guna of Sleshma in SleshmaPrakriti individuals. Utsaha, Pipasa was in Pravara state due to presence of Sthira Upachita Dhatu and Pradippta Jatharagni in Sleshma Prakriti individuals, in
Youvana Avastha and cold environment. Since the individuals were of Youvana Avastha, Sleshma Pradhana Prakruti and they were healthy none of them had Avara Jarna Shakti/ Jatharagni. Hence in healthy maximum Sleshmala individuals Agni was found to be Madhyama followed by Pravara and none of them had Avara state of Jatharagni.

REFERENCES

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