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 undertaken 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 Upatti (Tissue formation), etc. The importance of Jatharagni is for the maintenance of health as well as manifestation of diseases. It is also an important factor to be considered while prescribing treatment. 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. 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. 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.

Agni is assessed by Jarana shakti. Jarana shakti refers to the capacity to digest the food. Lakshanas like Udgarasudhi (clear belching), Utsaha (enthusiasm), Vegotsarga (proper 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 Vishamagni (irregular digestive power), Pittala individual will be having Tikshagni (Intense digestive fire), and Kapha prakruti individual will be having Mandagni (Low digestive fire). It is very important to examine the Jeerna Ahara Lakshana in both healthy and diseased individuals. In healthy, those individuals having Vata 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 Pradha 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. Vatala individuals will be having Vishamagni 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 Sudhi 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>
<thead>
<tr>
<th>Jeerna Ahara Lakshana</th>
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<tbody>
<tr>
<td>Udgara Sudhi (clear belching)</td>
</tr>
<tr>
<td>Utsaha (enthusiasm)</td>
</tr>
<tr>
<td>Vegotsargayachita (proper/regular evacuation of bowels)</td>
</tr>
<tr>
<td>Laghuta (feeling of lightness)</td>
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<tr>
<td>Kshut (proper hunger)</td>
</tr>
<tr>
<td>Pipasa (proper thirst)</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Lakshana</th>
<th>Avara</th>
<th>Madhyama</th>
<th>Pravara</th>
</tr>
</thead>
<tbody>
<tr>
<td>Udgara Sudhi</td>
<td>64</td>
<td>22</td>
<td>64</td>
</tr>
<tr>
<td>Utsaha</td>
<td>20</td>
<td>28</td>
<td>102</td>
</tr>
<tr>
<td>Vegotsarga Yatochita</td>
<td>100</td>
<td>43</td>
<td>7</td>
</tr>
<tr>
<td>Laghuta</td>
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<td>35</td>
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</tr>
<tr>
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</tr>
<tr>
<td>Pipasa</td>
<td>32</td>
<td>37</td>
<td>81</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Jarana Shakti</th>
<th>Avara(0-6)</th>
<th>Madhyama(7-12)</th>
<th>Pravara(13-18)</th>
</tr>
</thead>
<tbody>
<tr>
<td>150</td>
<td>0</td>
<td>66</td>
<td>84</td>
</tr>
</tbody>
</table>

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.

REFERENCES


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Source of support: Nil
Conflict of interest: None Declared