

## CLINICAL EXAMINATION OF AGNIBALA – A REVIEW ARTICLE

S. Shraddha\*<sup>1</sup> and M. Subhash Chandra Bose<sup>2</sup>

<sup>1</sup>P.G.Scholar, <sup>2</sup>Professor and HOD

Department of Roganidana, JSS Ayurveda Medical College Mysuru - Karnataka, India.

Received date: 10 June 2020

Revised date: 30 June 2020

Accepted date: 21 July 2020

\*Corresponding author: S. Shraddha

P.G.Scholar Department of Roganidana, JSS Ayurveda Medical College Mysuru - Karnataka, India.

### ABSTRACT

Ayurveda, the science of life mainly deals with the preventive aspect of diseases along with curative aspect and this is the aim of Ayurveda. Healthy state of body & diseased condition is entirely dependent on Agni. Agni present in the Jataraga which digests the food is Bhagawan- Ishwara himself, and that Jataragni augments other agni to carry out their respective functions. Function of Agni is likely to be compared with gastric juice and different enzymes at gastro intestinal level. In the present era, the diseases related to Annavaha srota and Purishvaha srota (Gastro intestinal system) are commonly found in clinical practice. In the pathogenesis of disease, Dosha, Dusya, Srota, Agni and Ama (Prime causative factors of diseases) are required to be analyzed for fruitful treatment. Bala of Agni or normal condition of Agni is responsible for strength, health, longevity etc. Hence it is necessary to understand the Bala of Agni to manage the health of a healthy individual. In this article attention has given on clinical examination of Agnibala based on classical theories.

**KEYWORDS:** Agnibala, Jatharagni, Samaagni, Jaranashakti, Pareeksha.

### INTRODUCTION

Dasha vidha / Dwadasha vidha pareeksha is mentioned in Rogi pareeksha to assess the Bala of a patient. The term Bala is indicating both deha & Dosha Balas. The assessment of which is very important in the context of planning treatment. Out of which Ahara-Shakthi is the factor which determines the Agnibala. Among Trividha pareeksha, Ahara-Shakthi can be assessed by Prashna Pareeksha.

The term 'Agnibala' indicates the ability of Ingestion, Digestion, Metabolism & Absorption. In Ayurveda about 13 types of Agni has described among them Jataragni is the main Agni.<sup>[1]</sup> Here, specifically Agnibala indicates to the power of Jataragni.

### Why it is important to do Agnibala Pareeksha

Ayu, varna, bala, swasthya, utsaha, upachaya, prabha, ojas, tejas & all the other Agnis are based on Dehagni.<sup>[2]</sup> The state of health / disease is directly connected to the Agni.

### Methods of Agnibala-Pareeksha

Assessment of Agnibala depends on factors like i.State of Pachakagni

### Ahara-Shakthi

- Abhyavaharana shakthi
- Jaranashakthi

Ruthu iv.Vaya

v.Nature of Purisha

**Pachakagni** is stated to be responsible for digestion & metabolism. It is of 4 kinds based on the involvement of Doshas.<sup>[3]</sup>

- Vishamagni state due to Vata dosha
- Tikshnagni state due to pitta dosha
- Mandaagni state due to kaphadosha.
- Samagni is a physiological state of Agni in which Doshas are in equilibrium.

### Criteria for Assessment of Vishamagni

Vishamagni manifests due to Vatala Ahara-vihara.Kadachith samyak pachathi, Kadachith Adhmana, Shoola, Udavartha, Atisara, Jataragourava, Antrakujana, Pravahana, Abnormally delayed motion / increased motion

### Questionnaires to assess Vishamaagni

- Do you feel pain in abdomen after having food?
- Do you feel bloating of abdomen after having food?
- Do you feel gurgling sound in your abdomen?

4. Do you feel difficulty in passing the flatulence?

**Criteria for assessment of Teekshnagni**

Teekshnagni is a state of Agni caused due to Pittaja Ahara – vihara.

- Common in yuva avastha of age
- Prabhoota matra ahara sevana.
- Anna aashu pachana

**Questionnaires to assess Tikshnaagni**

1. Do you feel drying up of throat, mouth and lips after ingestion of food?
2. Do you feel burning sensation of abdomen after one hour of ingestion of food?
3. Do you feel rise in temperature after half an hour of the ingestion of food?
4. After having food at night, do you wake up from sleep to drink water?

**Atyagni / Bhasmaka roga**

Individuals having Teekshnaagni, further continues to intake Pittaja Ahara vihara along with association of Vata Pitta becomes even power full manifest Atyagni. In this state person become capable of digesting large amount of food very quickly.

- Individual suffering from Atyagni feels comfort after consumption of food but, soon becomes restless once after it get digested.
- After the digestion of food, it starts digesting the raktadhi dhatus, resulting in kshaya / vyadhi and even death.

**Criteria for assessment of Mandagni**

It manifests due to intake of Kaphaja Ahara-vihara. Mahata kalena pachathi – takes long time to digest the less quantity of food. Manifests symptoms like, shirogourava, Udaragourava, kasa – shwasa, praseka , Chardhi, Gatra sadana. Mandagni is usually seen in Baala & Vruddhavastha.

**Questionnaires to assess Mandaagni**

1. Do you feel heaviness of epigastric region after ingestion of food?
2. Do you feel heaviness of head after the digestion of food?
3. Do you feel generalised body pain?
4. Do you suffer from cough?
5. Do you experience difficulty in breathing?
6. Do you have excessive salivation in your mouth?
7. Do you feel like vomiting the ingested food?
8. Does your vomitus contain the ingested food as it is?

**Agnibala assessment based on Ahara-shakthi**

Ahara-shakthi depends upon the condition of Agni residing in one’s own body, it can be examined from two factors <sup>[4]</sup>

1. Abhyavaharana shakthi
2. Jarana-shakthi

**Abhyavaharana shakthi**

The capacity of ingestion is said to be Abhyavaharana shakthi. It varies from person to person and is

determined or influenced by certain factors like Prakriti & type of Ahara consumed. So abhyavaharana shakthi is any quantity of food consumed by individuals & undergoing Samyak jarana in proper time.

**Jarana-shakthi**

Jarana-shakthi is the capacity of digestion, which determines the Agnibala (aharashakthi). Jarana-shakthi mainly depends on the factor ‘Agni’. According to Anuman pramana, Agnibala of a person can be assessed by the Jarana-shakthi. In order to assess the Jarana-shakthi, one should consider Jeerna ahara lakshanas. <sup>[5-7]</sup>

**Signs of Jeerna ahara lakshanas.**

Shareerika	Manasika
Udgara shuddhi	Utsaha
Vegotsarga	
Yathochita sarga	
Swastha vrittanuvritti	

**Symptoms of Jeerna ahara lakshanas.**

Shareerika	Manasika
Eructations of 3 stages of Avasthapaka	Vishuddha
Absence of Daha in Ura & Amashaya	Vishada
Laghutha of shareera	Sukha
Aptitude to work	Kanksha
Sense of appetation	Pipasa
Sthiratva	

**State of Agni / Jarana-shakthi with respect to Ruthu.** <sup>[8-9]</sup>

Greeshma	Durbala
Varsha	Durbala
Sharadh	Mandha
Vasantha	Mandha
Hemantha	Teekshna
Shishira	Teekshna

**State of Agni with respect to Vaya.** <sup>[9]</sup>

Baala	Mandha
Yuva	Teekshna
Vruddha	Mandha

**Agnibala with respect to Prakruthi** <sup>[10]</sup>

- Sama prakruthi – Samaagni
- Vaata prakruthi - Vishamaagni
- Pitta prakruthi - Teekshnagni
- Kaptha prakruthi – Mandaagni

**Assessment of Agni with refernce to Abhyantara snehana**

Arunadatta commenting on A.H. su 16/18, points out that the administration of Sneha without the consideration Agni bala is irrational. <sup>[11]</sup>

Again assessment of Agni depends upon Abhyavaharana-shakthi, Jarana-shakthi, & kala (time

required to digest the given dose of sneha).

Calculating Agni Bala Index (ABI)  $\text{Test dose} \div \text{Given dose} \times \text{by Time}$

**Interpretation:** Lesser the ABI = Higher will be the Agnideepthi.

Example

In a person 30ml Sneha digests in 3hrs on first day, Then the  $\text{ABI} = 30/30 \times 3 = 3$ .

In the same person 300ml sneha digests in 6hrs on the last day Then  $\text{ABI} = 30/300 \times 6 = 0.6$

Applied utility of Agni bala during shodhanartha Abhyantara snehapana.

- For fixation of dose
- For increasing the dose of sneha on subsequent days.
- For achieving optimum, effective snehana in shorter period.

**Mala in relation to Agnibala pareeksha**

- Mala pareeksha is one among the Asthasthana pareekshas. An important criteria of normal digestion is

**Abnormal diagnostic events and corresponding symptoms<sup>[14]</sup>**

**Urdhva amashaya**

Normal function	Abnormal function	Symptoms
Madhura avastha paka	Suktapaaka	Guruta
Amla avstha paka Bhinnasamgatha Anna mardava karana	Apakvanna	<ul style="list-style-type: none"> <li>• Utkleda</li> <li>• Udgara</li> <li>• Avidagdha pravartana</li> <li>• Ganda &amp; akshikuta shotha</li> </ul>

**Adho amashaya**

Normal function	Abnormal function	Symptoms
Amla avastha paka	Apakva anna	Bhrama Trut
Rasashoshana	Ama formation	Murcha
Saara-kitta vibhajana	Bahupicchila	Osha Chosha Daaha

**Pakvashaya**

Normal function	Abnormal function	Symptoms
<ul style="list-style-type: none"> <li>• Drava - shoshana</li> <li>• Mala-mutra vibhajana</li> <li>• Pindi karana</li> <li>• Mala rupa vaayu pravartana</li> </ul>	<ul style="list-style-type: none"> <li>• Daugandhya</li> <li>• Atidrava - shoshana</li> <li>• Alpadrava - shoshana</li> <li>• Improper pindikarana</li> </ul>	<ul style="list-style-type: none"> <li>• Vikruta-udgara</li> <li>• Shula</li> <li>• Aadhmana</li> <li>• Mala apravritti,</li> <li>• Vata apravritti,</li> <li>• Stamba, moha, Angapidana,</li> <li>• Aja-sakrtvat mala pravartana</li> </ul>

**DISCUSSION**

Agni is responsible for proper nourishment of all the body components in its state of equilibrium. Hampered Agni in turn will cause the destruction of body entities. Being a subjective parameter it can be assessed by considering factors like Abhyvharana shakthi, jaranashakthi, prakriti, Ruthu, Vaya, Mala etc., Properly

related to the nature of Mala voided by an individual.

- The parameters to be observed during Malapareeksha which helps to know the state of Agni are.<sup>[12]</sup>
  1. Akriti / appearance of stool
  2. Samhatatva / consistency Vata dusti - suska, tanu, Pitta dusti - Drava mala Kapha dusti – tantumat.
  3. Varna of purisha vata dusti – krishna, syava, aruna varna pitta dusti – neela, peeta, rakta varna kapha dusti – shwetha varna.
  4. Gandha
  5. Jala pariksha<sup>[13]</sup>

When the sample of pureesha is taken in a bowl of clean water & see whether it sinks or floats.

- If mala sinks it is an indication of Ama
- If it floats we can infer proper functioning of

Ahara pachana & drava shoshana taken place in Adho amashaya & Pakvashaya intum, properly formed Purisha expelled in proper quantity & time is a Lakshana of properly functioning Jataragni.

assessed Agni bala facilitates to plan chikista in a rogi.

**CONCLUSION**

Abhyavaharana & Jarana shakthi, components of Aharashakti which is one among the dashavidha pareeksha are the major factors determining the Agnibala.

Ahara – shakthi of a person varies according to Prakriti, vaha, ruthu, type & matra of Ahara vihara etc., Proper Agnibala is essential to consider a person as a Swasthya Purusha.

#### REFERNCES

1. Charak Samhita of Agnivesha with Ayurved Deepika commentary of Chakrapani Dutta, Edited by-Yadavji Trikamji Acharya, published by - Chowkhamba Oriental, Varanasi, ed. Chikitsa sthan, chapter 15, sloka no, 2009; 38: 516.
2. Charak Samhita of Agnivesha with Ayurved Deepika commentary of Chakrapani Dutta, Edited by-Yadavji Trikamji Acharya, published by - Chowkhamba Oriental, Varanasi, ed. Chikitsa sthan, chapter 15, sloka no, 2009; 3(4): 512.
3. Byadgi P S. Parameswarappa's Ayurvediya Vikriti Vigyan & Roga Vigyan, 1st edition, Volume 1. Varanasi, Chaukhamba Sanskrit Sansthan, 2007; 67-77.
4. Charak Samhita of Agnivesha with Ayurved Deepika commentary of Chakrapani Dutta, Edited by-Yadavji Trikamji Acharya, published by - Chowkhamba Oriental, Varanasi, ed. Viman sthan, chapter 4, sloka no, 2009; 8: 248.
5. Madhav Nidan of Madhav kar with Madhukosh Commentary by Vijayrakshita and srikantadutta and with extracts from Atankadarpan by Vachaspati Vaidya, Edited by- Acharya Yadavji Trikamji, Published by- Chaukhamba Orientalia, Varanasi 221001, ed, Chapter- 6, Sloka no, 2010; 24: 91.
6. Kasyapa samhita of Vriddha Jivaka with Sanskrit introduction by Pandit Hemaraja Sharma, Edited by srisatyapala Bhisagacharya, Published by Chaukhamba Sanskrit sansthan, Varanasi, ed, Sutra sthan, Chapter, 2008; 24: 31.
7. Charak Samhita of Agnivesha with Ayurved Deepika commentary of Chakrapani Dutta, Edited by-Yadavji Trikamji Acharya, published by - Chowkhamba Oriental, Varanasi, ed, chikitsa sthan, Chapter 30, sloka no, 2009; 303: 646.
8. Yadavji T. Suthra Sthana Chapter 6 verse 5. Charaka Samhita with Ayurveda Dipika Commentary. Reprint edition. Varanasi: Chaukhamba Orientalia, 2013; 44.
9. Yadavji T. Suthra Sthana Chapter 6 verse 33. Charaka Samhita with Ayurveda Dipika Commentary. Reprint edition. Varanasi: Chaukhamba Orientalia, 2013; 48.
10. Yadavji T. Vimana Sthana Chapter 6 verse 12. Charaka Samhita with Ayurveda Dipika Commentary. Reprint edition. Varanasi: Chaukhamba Orientalia, 2013; 255.
11. Vagbhata – Ashtanga Hridaya, commentary by Arunadatta and Hemadri, edited by Harishastri Paradkar, Varanasi, Krishnadas Academy, 1995.
12. Concept of agni in ayurveda by Bhagwana Das, Published by Chowkhamba Oriental, Varanasi 221001, 150.
13. Charak Samhita of Agnivesha with Ayurved Deepika commentary of Chakrapani Dutta, Edited by-Yadavji Trikamji Acharya, published by - Chowkhamba Oriental, Varanasi, ed, chikitsa sthan, Chapter 15, sloka no 94, 2009; 519.
14. Concept of agni in ayurveda by Bhagwana Das, Published by Chowkhamba Oriental, Varanasi, 221001.