

**Review Article on Agnimandya and Its Management**

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**Introduction**

According to fundamental principles of Ayurveda Agni has an important role in the physiological functioning of the body, so the strength of the body, health, pran or the vital life force and the life span depends on the proper functioning of agni. Similarly the proper status of Doshas their specification and aggravation also depends on agni and hence it must be preserved.

This agni is param sukshma and transform the food substances into various forms which can be easily assimilated by our body. In Ayurvedic Samhita, decrease in the intensity of the agni has been termed as agnimandya. The acharyas Charak, Susrut and Vagbhat has not described this disease separately but in the course of other disease Acharya madhav has described agnimandya as a separate disease.

**Definition:** When agni or digestive power becomes too weak it is called as "Agnimandya". Acharya Charak has suggested that agnimandya should be called as Grahanidosha or Grahanirog.

**Concept of Agnimandya:** Agni converts the ahar in dravya into aha- ras and then with the help of dhatwagni and bhutagni the poshak ansha is made available to body. Hence any vikruti i.e. hypo or heper functioning of the "agni" is the prime cause of pathogenesis of any disease. While describing "agnimandya" Acharya Madhav has not only emphasized on "Mandaagni" alone but any kind of hyper functioning or hypo functioning of agni has been considered in the term "agnimandya"

**Causes:** Aggravation of the three doshas vata –pitta-kapha.

- Over eating or excessive intake, improper food.
- Eating too fast.
- Significant caffeine intake.
- Eating fatty or greasy food.
- Over indulgence in alcohol.
- Tobacco smoking.
- Eating spicy food and eating loss of high fibre food
- Psychic factors like anger, anxiety,
- Cholecystitis.
- Acute or chronic gastritis.
- Plural ulcer.
- Gastric ulcer.

➤ Drugs such as antibiotics aspirin and non-steroidal, anti-inflammatory drugs.

**Pathogenesis:** Agnimandya is a main step occurring in pathogenesis of many disease. Hetu sevsn cause Dosha-prakop. These prakupit dosha vitiare dushya and their samuurchhana which leads to many diseases, mostly it start with Agnimandya.

Due to decrease in intensity of Agni, the apachit ahar rasa is produced lead to stritirodh and aamnirmiti. There while treating any disease the samprapti. Bhang always to be start with Amapachan and Agnivasdhan chikitsa to get fast and complete cure.

### **Symptoms**

- Loss of appetite
- Feeling of heavy stomach.
- Headache
- Diarrhoea and constipation.
- Stomach pain.
- Puking.
- Low fever.
- Vomiting.
- Nausea.
- Acidity.
- Burning sensation in the chest.

### **Precaution**

Avoiding the foods and that seem to cause indigestion in some cases indigestion in some cases is the most successful way to treat it. Smokers can help relieve their indigestion by quitting smoking or at least not smoking right before eating. Exarcising with a full stomach may cause indigestions scheduling exarcise before a meal or atlast an hourafterward might help.

### **Treatments**

**Diet maintain:** Till the time agni becomes normal, patient should be kept on light and easily digestable foods like soups of vegetables, rice gruel, khichari of rice and green gram, warm water and plents of fluids.

### **Prepared Medicines**

1. Lavanbhaskar Churna:- 1-3gm may be taken with warm water or lemon juice two times in a day before meal.
2. Hingvashtak Churna:-1-3 gm of it may be taken with warm water lemon juice two times in a day before meal.
3. Tab. Shankhavati:- 250mg tablets three times in a day with warm water before meal.
4. Tab. Ampachak vati:- 250mg tablets three times in a day with warm water before meal.
5. Mastu shatpala ghrita:- Pippali, pippalimula, chauya, chitraka and musta with yarakshara should be mixed with ghee and taken twice in a day with warm water before meal.

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