



Critical Review On Ajirna And Its Management In Ayurveda

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ABSTRACT:

Today when population is moving with modernization in the 21st century a lot of new diseases emerge out due to faulty life style, unhealthy food, lack of exercise, mental stress and disturbed sleep. Ajirna is a common disease which originates from digestive power insufficiency (5Agni) due to all above factors of modern Era. It is the state of incomplete process of digestion of ingested food. The main reason for indigestion is the deranged functions of Agni, Incomplete digestion and metabolism due to disturbed digestive fire leads to formation of under processed state of food termed as ajirna, Ajeerna is caused by agnimandya. Derangement of Agni is one of the root cause for development of diseases. Ajirna arises as a result of less/excessive/irregular digestion of food and this further produces Ama which circulate all over body. Ama combine with other Doshas and Dushya, vitiate them, produces many diseases. There are 4-6 types of Ajirna mentioned in Ayurveda by different acharyas. Also there is variation in treatment as per opinion of different acharyas. So it is important to see the details of Ajirna Chikitsa in Ayurved

collectively. So this article is focusing on the Ajirna (Indigestion) Chikitsa in Ayurveda.

Keywords: Ajirna, Agni,

Introduction

In Ayurvedic Samhita, decrease in the intensity of Agni has been termed as "Agnimandya". Whereas Incomplete digestion and metabolism due to disturbed Agni leads to formation of under processed state of food termed as "Ajeerna". The process by which the ingested food is broken down into a simpler and absorbable form. According to Ayurveda, Agni is considered as the key factor for digestion (Pachana) and transforms the food substances into various forms which can be easily assimilated by our body.

Ajirna is Incomplete digestion and metabolism due to disturbed digestive fire leads in formation of under processed state of food termed as Ajirna. It is the root of many disease and causes many types of pains. The main reason for indigestion is the deranged functions of Agni the state of incomplete process of digestion of ingested food, due to low digestive power or other reason.

According to Madhav nidan Persons who eat food in excessive quantities recklessly like "pashu" become prone for the development of Ajeerna which may lead development of many diseases.

The factors involving are: 1. Ahara 2. Pranavayu 3. Saman Vayu 4. Apana vayu 5. Pachaka Pitta 6. Bodhaka Kapha 7. Kledaka Kapha 8. Agni. 9. Annavaha srotas

Any vikruti among these may leads to Ajeerna.

Material & Methods:

Causes of Ajirna

Nidan factors of Ajirna are broadly of four types^[1,2,3]

Food Related (Aharajanya)

1. Atyambupana (excess water drink)

2. Atimatra Bhojan

3. Abhojana

4. Vishamasama (irregular meal)

5. Asatmyaahara (incompletable food)

6 Sandushtabhojan

7. Food Related-Atiruksha, Atisnigdha gurubhojan, Vidahibhojan, Amabhojna, Vishtambhi

Pishtabhojan, Gurubhojana

Lifestyle (Vihara Nidan)

1 Vegadarana (suppression of natural urges) 2. Swapnaviparayaya (sleep disturbances) 3.

Ratrijagarana 4. Divashayana

Psychological

1. Irsha 2. Bhaya 3. Krodha 4. Dwesha 5 Chinta

Agantuj Nidan

1. Vamana, Virechana,
2. Sneha Vibhrama
3. Rutu, Kala, Desha Vaishamya

Samprapti

Due to excessive usage of above factors the power of Agni or digestive fire becomes very weak, hence it cannot digest the food properly even in very small amount. In this disorder Pachakpitta, Samanvata and kledak kapha are vitiated mostly. Vitiation of Tridosha occur with predominance of kapha Dosha^[4,5]

Samprapti Ghataka

1. Doshas: Doshas are Samanvata, Pachak Pitta, Kledaka Kapha
2. Dusya (Rasa): Rasadhatu
3. Srotas: Annavahasrotas
4. Agni: Jatharagni
5. Srotodushti: Sanga
6. Adhisthana: Amashaya, Pakwashaya
7. Sadhyaasadhyata: Sadya. Yapyata
8. Swabhava: Ashukari, Chirkari

Types:

Amajirga : Simply Ama refers to indigestion due to ama. heaviness of the body, nausea, swelling of the cheeks and pupils of the eyes, belching of wind having the same taste as the food taken, which remains in the stomach, long undigested^[7-8]

Vidagdha ajirna-caused due to vitiation of pitta dosha. It cause burning sensation in the chest and then throat region, different kinds of pain, increased feeling of thirst, sour eructation or bleaching, tiredness, Fainting and giddiness^[9-10]

Vistabdha ajirna - caused due to vitiation of vata dosha. It is characterised by pain abdomen, bloated stomach or gaseous distension, pain all over the body, fatigue, non elimination of stools and flatus^[11-12]

Rasasesajirna – It is characterized by dislike for meals pure belching heaviness and turbidity in the heart, excessive salivation and heaviness^[13]

Dinapaki Ajirna - Prakuta Ajirna Prativasara Ajirna – It is normal state, as food remains undigested normally after consumption, hence called Prakrita Ajeerna. It is considered as Nirdosha i.e. no any signs and symptoms occur- In which the food is digested on next day but causes no difficulty. ^[14]

Prakritaajirna- It prevails till the consumed food is completely digested. After the completion of digestion it manifest symptom like hunger, thirst, defecation etc.

Purvarupa (Prodromal Features)^[6]

1. Annabhilasha (dislike for food)
2. Aruchi (Anorexia)
3. Chardi (Vomiting)

Clinical features

1. Pain or burning sensation in the upper abdomen
2. Feeling of undue satiety after eating
3. Nausea, heartburn, bloating and bleaching
4. Regurgitation, vomiting (occasionally)
5. Heaviness in the body
6. Headache and body ache
7. Thirst
8. Loss of taste etc.

CHIKITSA:

NIDANA PARIVARIANA- The causes of Ajeerna such as Atyambupaana Vishamashana, Asatmya bhojana, Guru, Vishtambhi, Ati ruksha, Sheeta Bhojana etc. Should be avoided.

AMA PACHANA: Dhanyaka, Chavya, Chitraka, Mustaka

AGNI DEEPANA : Pippali, Sunthi, Maricha, vidings, Ela, jeeraka

Sn.	Disease	Chikitsa Sushrut	Vagbhat	Kashyap	Yogratnakar
1.	Amaajirna	Langhan	Langhan	Langhan	Vaman
2.	Vidagdajirna	Vaman	Vaman	Shayan	Langhan
3.	Visthabdajirna	Swedan	Swedan	-	Swedan
4.	Rasshaishajirna	Shayan	Shayan	Shoshan	Shayan
5.	Dinapaki-Ajirna	In which the food is digested on next day but causes no difficulty			
6.	Prakrit Ajirna	Which is found every day normally, immediately after taking food.			

1. **CHURNA-** Hingvashtaka churna, Lavanabhasara churna, Panchakola churna, Avipattikara churna, Pachana churna
2. **Vati-** Sanjivini vati, Ajeerna kantaka Rasa, Agnitundi Rasa, Shanka Bhasma
3. **Rasa-** Hingvadi vati, Lavangadi vati, shankhavati, Rasona vati, Arka vati,
4. **Ghrithas-** Trayushanadi ghritha, Mustashatphala ghritha, Chavyadi ghritha
5. **Asava/Arishta:** Pippalyasava, Kumaryasava, Amrutarishta

AJIRNA UPADRAVA ^[15]

Fainting, Delirium, Vomiting, Excess salivation, Debility, Giddiness and death. Effect of Ajirna-

When Ajirna is combined with pitta causes a burning sensation, thirst, oral diseases and other

Pittaj Vikaras. When Ajirna combined with Kapha causes Rajyakshma, Pinasa, Prameha and

other kaphaja Vikara. When Ajirna combined with vata leading to the manifestation of various

vataj vikara. When Ajirna afflicts urine, stool and Dhatus gives rise to urinary disorders gastro

intestinal disease and disease of Dhatu respectively.

DISCUSSION:

Ajirna is basic cause of all other diseases. So the treatment of Ajirna is must. If Ajirna is not managed properly leading to development of Fatal signs i.e fainting, delirium, vomiting, excessive salivation, debility, giddiness etc. The first line of treatment for all types of indigestion is Langhana (fasting).

Incomplete digestion and metabolism due to disturbed digestive fire leads to formation of under processed state of food termed as ajirna. Persons who eat food in excessive quantities recklessly like cattle become prone for the development of ajirna which may lead development of many diseases. So it is important to cure the Ajirna as a priority.

For prevention of Ajirna, there are many scientific principles found in Ayurveda. Like Acharya Charaka has mentioned Astahar vidhi vishes Ayatana. As well as Acharya Sushruta has also mention 'Dashvidha Ahara Vidhividhan. Both principles have some important point like Prakriti, Karanam, Samyog Rashi Desha, Kala, Upyogsanstha, and Upyokta are mentioned by Acharyacharak, also he said that Shitahara, Ushnahara, Snigdhahara, Rukshahara, Dravahara, Shushkahara, Ekakaika, Dvikalika, Aushadayukta, Matraheena, Prashaman katak, Vrittiprayojak Ahara are the rules^[16] for diet intake. People who intake food according to describe above rules and follow a proper Dinacharya, Ratricharya and Ritucharya, Sadvritta and pathya palana then he will never suffer from Ajirna (Indigestion) along with any type of digestive and other system related abnormalities.

CONCLUSION

The prognosis of Ajirna is Krichhasadhya, usually improper food habits and Digestive insufficiency for a long time converted into Ajirna Disease. Ajirna helps in formation of 'Ama' and further Ama is responsible for all type of disorders in the body. So all the Acharyas have described Ajirna in detail including its Aetiology, Symptoms, Fatal sign and treatment. Avoidance of the etiological factor is the preliminary step in any disease

management. There are many type of Ajirna according to Doshas. Though it is Krichhsadhyā but can be treated by Nidan parivarjanam & proper management of Agni for the digestion of ingested food. Proper lifestyle in Ayurveda comprises of Rules and regulation of Ahara and Vihara includes Uchit Dicharya, Ratricharya, Ritucharya. According to some important principles like Ahara vidhi vidhan and Ashtahar vidhi vishes Ayatansm quantity of food intake depends on Agni of a person and swarupa of Ahara Dravya ie. Guru or Laghu. So everyone should follow the rules and regulation for Diet and Lifestyle prescribed in Ayurveda for prevention of life style disorder like Agnimandya and Ajirna.

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