**ABSTRACT**

As per ayurveda samhitas all the diseases results due to *Mandagni*. The term ‘Agni’ is used in the sense of digestion of food & metabolic products. It converts the ingested food in the form of biological energy, which is responsible for all the vital functions of our body. Acharya Charaka in *Grahanī Chikitsa Adhyaya* has mentioned that after suppression of the function of *Agni*, the individual dies & when the *Agni* of an individual is in *samavastha*, then that person leads a healthy, disease free & long life. But if the *Agni* of a person is vitiated, the whole metabolism in his body would be disturbed, resulting in ill health & diseases. Hence *Agni* is said to be the base of healthy life. As we know that according to ayurveda all the diseases are the result of *Mandagni*. For eg- *Aam dosha*, *Aama visha*, *Alsak*, *Visuchika*, *Grahanī Roja* etc. So, understanding of concept of *Agni* is basic need of Ayurveda Physician. As according to the status of *Agni* in the body, a physician can prescribe drugs, drug doses along with *Pathya- Apathya Ahara-Vihara*.

**KEYWORDS:** Agni, Mandagni, Samagni, Aam.

**INTRODUCTION**

Acharya Vagbhata states- all the diseases results due to ‘*Mandagni*’. This statement shows the importance of ‘*Agni*’ in occurrence of all types of diseases. The term ‘*Agni*’ is used in the sense of digestion of food & metabolic products. It converts the ingested food in the form of biological energy, which is responsible for all the Vital functions of our body. Therefore, Ayurveda considers that *Dehagni* is the cause of life, complexion, strength, health, nourishment, lusture, *aja, teja & prana*. Acharya Charaka in *Grahanī Chikitsa Adhyaya* has mentioned that after the suppression of the function of *Agni*, the individual dies & when the *Agni* of an individual is in *Samavastha*, then that person leads a healthy, disease free & long life. If the *Agni* of a person is vitiated, the whole metabolism in his body would be disturbed, resulting in ill health & diseases. Hence *Agni* is said to be the base(*Mool*) of life.

**MATERIAL AND METHOD**

- Facts available in various Ayurveda Samhitas, research journals and electronic database are observed for the study.

**Conceptual Study**

**Types of Agni**

- Acharya Charaka has mentioned 13 types of *Agni*  
  - *Jatharagni* - 1  
  - *Bhutagni* - 5  
  - *Dhavagni* - 7

Out of these 13 *Agni’s*, *Jatharagni* is the main *Agni* that controls the function of all other 12 *Agni’s*. All the 12 *Agni’s* are totally dependent on the status of *Jatharagni*.

**Causes of Vitiation of Agni**

- *Abhōjanāta* (excessive fasting)
- *Ajeernata* (Indigestion)
- *Atibhōjanat*(over eating)
- *Vishamashana* (Irregular eating)
- *Asatmya bhojan* (In appropriate food materials)
Types of Agni Vitiati

<table>
<thead>
<tr>
<th>AGNI</th>
<th>DOSHA</th>
<th>CHARACTERISTIC FEATURES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vishamagni</td>
<td>Vata</td>
<td>Episodes of alternating cycles of strong appetite &amp; loss of appetite due to variability in Vata Dosha.</td>
</tr>
<tr>
<td>Tikshagni</td>
<td>Pitta</td>
<td>Agni is usually intensified. It can easily digest even high amount of ingested food.</td>
</tr>
<tr>
<td>Mandagni</td>
<td>Kapha</td>
<td>There are episodes of poor appetite, sluggish metabolism despite of optimal food consumption.</td>
</tr>
<tr>
<td>Samagni</td>
<td>Vata, Pitta, Kapha</td>
<td>All the three Doshas are in Samavastha. It is characterised by strong and appealing appetite that is easily satisfied with normal food.</td>
</tr>
</tbody>
</table>

Significance of Agni

Physiological Significance
- It not only plays vital role in absorption of macro as well as micronutrients, but is destructive to pathogens also.
- Agni maintains normal tone of the digestive system, circulatory system, strong immunity or resistance against diseases, proper tissue growth and body complexion.

Pathological Significance
- Majority of diseases are the outcome of malfunctioning of the Agni.
- If the Agni is not functioning properly, one has poor digestion, blood circulation, poor complexion, low energy levels, flatulence and poor immunity against diseases.
- Promoting proper functioning of the Agni is treating the root cause of the diseases, according to Ayurvedic principles.
- Understanding basic relationship between ‘Ama’ and ‘Agni’ is of prime importance in treating the diseases.

CONCLUSION
- Consideration of principle of Agni for the treatment of various diseases is the need of hour.
- Significance of Agni has been seen in both the healthy (Physiological) and diseased condition (pathological).
- In healthy condition, it is necessary for the maintenance of health while in diseased condition it is important for diagnosis as well as treatment of the particular disease.
- Hence it is obvious that Ayurvedic management of diseases is nothing but maintaining the Agni in Samavastha.

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