

Bio Fire - inseparable substratum of illness

Rakshitha Jain SB¹, Shashirekha HK²

¹Post Graduate Scholar, department of Ayurveda Samhita Siddhanta,

²Associate Professor, department of Ayurveda Samhita Siddhanta,

S.D.M College of Ayurveda and Hospital, Hassan, Karnataka, 573201.

Address of the Corresponding author / Presenter

Dr.Rakshitha Jain S.B

Post Graduate Scholar, department of Ayurveda Samhita Siddhanta,

S.D.M College of Ayurveda and Hospital Hassan, Karnataka, 573201.

Ph No- 9902360633, 9342138999

Email: dr.rakshithajain@gmail.com, dr.shashirekha10@gmail.com

Abstract

Agni (bio fire) is the foremost sign of life, whose presence is survival and absence is death. It is the key factor in understanding any physiological and pathological process. Agni literally means a factor which is capable of penetrating into minute spaces. Longevity and strength depend on normal stage of Agni(bio fire). Ama (partially digested food) is the root cause for manifestation of most of the diseases. It is the primary stage of the vitiation of Dosha.The main factor for the formation of Ama is deranged Agni.Hence Agni(bio fire) and Ama(partially digested food) is the root cause in the pathogenesis as well as prognosis of a diseases. Site for formation of Ama is Grahani which is the Agni Sthana. When Ama vitiates Dosha, Dushya and combines with them it is called as Sama. This Sama moves all over the body and gets lodged in the place where ever Kha Vigunya is present and produces many illnesses. Disease shows marked improvement when the strength of Agni is restored. It is important to understand the concept of Agni for the management the health, to interpret the disease process and for the proper planning of disease management.

Among Astangas, Urdwanga Chikitsa is explained as best, as Shiras is the place for all vital organs (Prana, Indriya and Marma).Shiras is main site of Prana Vata, Sadhaka Pitta, Alochaka Pitta and Tarpaka Kapha. Vagbhata compares the Shiras to the root of tree and body to the stem of the tree. If the root is nourished tree survives, if not destroys. Like wise if the head is protected health is maintained if not death follows. In this regards an attempt has been done to Critically understand the importance of Agni in the management of Urdwanga Roga.