

**Review Article****ETIOPATHOLOGICAL STUDY OF MOST COMMON DIGESTIVE DISORDER *AJIRNA* (INDIGESTION)****Rashmi Shriwas<sup>1\*</sup>, Sanjay Shukla<sup>2</sup>, Rupendra Kumar Chandrakar<sup>3</sup>, Harikrishna Shrivastava<sup>4</sup>**<sup>1</sup>MD Scholar, <sup>2</sup>Lecturer and Guide, Dept. of Rognidan evum Vikriti Vikriti, Govt. Ayurvedic College, Raipur, Chhattisgarh, India.<sup>3</sup>Reader and Co-guide, Dept. of Maulik Siddhant, Govt. Ayurvedic College, Raipur, Chhattisgarh, India.<sup>4</sup>Lecturer, Dept. of Maulik Siddhant, Kalawati Ayurvedic Medical College, Kasganj (U.P), India.**ABSTRACT**

Ayurveda consider Health and Disease both as the products of food and life style. Today when population is moving with modernization in the 21<sup>st</sup> century a lot of new diseases emerge out due to faulty life style, improper diet and unhealthy food lack of exercise, mental stress and sleep all are disturbs the biological clock of human being and produce many new life style diseases. *Ajirna* is the one of the most common disease which is originate from digestive insufficiency (*Agni*) due to all above factors of modern Era. Ayurveda is the ancient Indian system of medicine, deals with management and prevention of disease. Ayurveda has given prime importance to *Agni* as it is one of the basic biological elements of the living body.

Its own physical characteristics, location and function and secretions like digestive juices and enzymes which participate in the digestive and metabolic functions. Therefore, Ayurveda considers *Dehagni* as the cause of life, Complexion, Strength, Health, *Oja*, *Teja* (energy) and *Prana*. Ayurveda consider that no disease ever be develop without the derangement of *Agni*. *Ajirna* arises as a result of less, excessive and irregular digestion of food and long term of this situation production of *Amadosa* and circulate all over the body. Further *Amadosa* combined with other *Dosas* and *Dushyas* vitiated them and produce many diseases. Preventive measures like *Dincharya*, *Ratricharya*, *Ritucharya*, *Sadvrita* and *Pathya palana Dasvidhsbhojana Graham Niyam* are the preventive measure for *Ajirna* in Ayurveda.

**KEYWORDS:** *Ajirna*, *Agni*, *Ama*, Types, Prevention.**INTRODUCTION**

The literary meaning of the term - '*Ajirna*' is indigestion or no digestion name indicate that food is being digested with difficulty. It is an important digestive disorder caused by the malfunctioning of "*Agnisystem*". This disorder produced number of disease all disease are rotten in *Mandagni*. The definition of Health in Ayurveda goes like this "*Samadosha Samagni Samadhatu Malakriya Prasannatma Indriya Mana Swastha Abhidayate*".<sup>[1]</sup> (S.S.15/41).

It means a person is said to be Healthy when there is balance in his *Dosas* (*Vata*, *Pitta*, *Kapha*) *Agni* (Metabolic factor) *Dhatu* (tissue) *Mala* (Excretory products) and harmony in mental factors like *Indriyas*, *Manas*, *Atma*. These are signifies the role of *Agni* in maintenance of normal health.

Human body is made up of three *Doahas*, Seven *Dhatu*s and three *Malas*. In *Samyavastha* these *Dosha*, *Dhatu* and *Mala* maintains the Health of the Body and their imbalance creates various type of disease condition. These factors are also very important for proper Digestion, without proper

digestion we cannot receive our nourishment for overall Well-being.<sup>[2]</sup> Excessive diet without the concern of *Kaal*, *Matra*, *Rashi*, *Guna* intake of opposite characteristics at a Time, Excessive Sweet, Excessive Bitter or Salty food repeatedly consumption of food, *Chinta*, *Shoka*, *Bhaya* etc causes *Annavaha Srotas Dushti* which leads to Indigestion (*Ajirna*).<sup>[3]</sup>

**Role of *Agni***-Acharya charak has describe Power or condition of *Agni* determines the quantity of food to be consumed.<sup>[4]</sup> There are of thirteen categories *Agni Jathragni*,<sup>[5]</sup> five *Bhutagni*<sup>[6]</sup> and Seven *Dhatvagni*<sup>[7]</sup>. *Jathragni* or *Pacakagni* controls the functioning of all *Agni*. These *Pacakagni* is stated to be responsible for digestion and metabolism. *Vikriti* or impairment of *Agni* due to involvement of *Dosas* three different ways of *Agni* i.e., *Mandagni* (*Kaphadosa*), *Vishmagni* (*Vatadosa*) and *Tiksnagni* (*Pittadosa*), *Mandagni*<sup>[8]</sup> is that which is incapable of digestion even small quantity of food. *Vishmagni* digest the food sometimes properly and sometimes improperly and *Tiksnagni*<sup>[9]</sup> is that which digest the usual quantity of food or even excess quantity without any difficulty.

Out of these four only *Samagni*<sup>[10]</sup> is said to be ideal because in these condition *Dosas* are in equilibrium state and perform normal digestion and metabolism and responsible for strength, health, longevity, and vital breath that's why it should be protected by proper intake of food if person is deprived of food and drinks *Agni* become disturbed.

Digestion is performed by various digestive juices (*Pachka Rasas*) which in Ayurveda are termed as *Pachaka pitta*<sup>[11]</sup> or *Pachaka Agnis*. In modern sense these are called Enzymes. Thus the *Ajirna* is caused due to the deficient functioning of the *Pachaka Pitta* a state known as *Mandagni* and it is responsible for causation of *Ajirna* and when food eaten is not digested properly that lead to formation of *Ama* which is route of many diseases. The *Pachaka Pitta* governs digestion stimulates digestive enzymes and separate nutrient and waste products located in

between the *Amasaya* and *Pakvasaya*<sup>[12]</sup>. It composed of five *Mahabhutas* out of which *Tejobhuta* is predominant and *Apabhuta* is less predominant that's why it is devoid of the quality of liquids by the support of *Vata*, *Kledata* and other it perform its normal functions like digestion and metabolic activities hence it is called "*Agni*" it transforms the food substances into usable form for the nutrition of Cell and Tissues. It separates the essence and waste products of the digestion. Residing in its own place it supports the other pitas to perform their normal function and also *Dhatvagnis*. In unbalances its many pathological manifestations are present. Indigestion is one of the most common diseases due to digestive, *Pachaka Pitta* insufficiency.

**Nidana (Causative Factors)** - The *Nidana* factors are broadly of four types of *Ajirna*.<sup>[13-14-15]</sup>

a. Food Related ( <i>Aharajnidan</i> )	b. Life Style ( <i>Vihara nidan</i> )	c. Psychological	d. <i>Agantuj Nidan</i>
1. <i>Atyambupana</i> (excess water drink) 2. <i>Atimatra Bhojan</i> 3. <i>Atilanghan</i> 4. <i>Vishamasama</i> (irregular meal) 5. <i>Asatmyaahara</i> (incompletable food) 6. <i>Kaphakara Ahar</i> 7. Food Related- <i>Atiruksha</i> , <i>Atisnigdha Gurubhojan</i> , <i>Vidahibhojan</i> , <i>Amabhojna</i> , <i>Vishtambhi Pishtabhojan</i> etc.	1. <i>Vegadharana</i> (suppression of natural urges) 2. <i>Swapanaviparayaya</i> (sleep disturbances) 3. <i>Ratrijagran/Divashayan</i> 4. Aversion to <i>Dinchrya</i> , <i>Ratrichrya</i> , <i>Ritucharya</i> <i>Sadvritacharya</i>	Jealousy ( <i>Dwesh</i> ), fear ( <i>Bhay</i> ), worry ( <i>Chinta</i> ), anger ( <i>Krodha</i> ), <i>Moha</i> , <i>Raga</i> , <i>Lobh</i> and eating food when there is aversion for it.	1. <i>Virechana Snehavasti Vyapad</i> 2. <i>Sneha Vibhram</i> 3. <i>Desh Kala Vaishmaya</i> 4. <i>Vyadhi Karshana</i> (due to any illness)

**Samprapti (Pathogenesis)** - 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 *Pachakapitta*, *Samanvata* and *Kledak Kapha* are vitiated mostly. Vitiating of *Tridos* specially *Kapha* <sup>[16,17]</sup> dominating.

Intake of *Aharaj*, *Viharaja*, *Mansika*, *Agantujnidan*



Vitiating of *Tridos* specially *Kapha* is Dominating



Impairs *Jathragni*



*Agnimandya* (digestive Insufficiency)



*Ajirjirna* (Indigestion)

**Samprapti Ghataka**

1. *Dosa*-In pathophysiology the involved *Samanvata*, *Pachaka Pitta*, *Kledaka Kapha*.

The *Samanvata* -It controls all the secreting and motility function of the two *Ashyas* and help in the action of digestive enzyme, assimilation of end product of food and their separation into various tissue elements and when vitiated it caused indigestion. The *Pachakapitta* - The *Amla Guna*

and *Dravya Guna* of *Pachaka Pitta* get vitiated *Kledak Kapha* situated in *Amashaya* is to counter act the destructive action of *Pachaka Pitta* due to imbalance of *Pachaka Pitta Pachana Kriya* is also disturbed.

The *Kledakakapha*- situated in *Amashya*. It moist the solid food and any abnormality in its function leads to impairment of *Agni* any type of disturbance of *Agni* may start the pathogenesis of *Vishmagni*, *Tikshagni* and *Mandagni*.

2. *Dushya* (*Pachakagni*, *Rasa*)- *Rasa* is the first *Dhatu* to receive the *Ama Annrasa* i.e., *Rasa is Dushya*
3. *Adhithana*- *Amashya*, *Grahani*
4. *Srotas* (*Annavaha*)- The disease involved *Amashya Grahani* and *Pakwashaya*, *Srotas* seems to be mainly concerned but *Rasavaha Srota* which the first *Ama* produced due to *Agni* may get involved.
5. *Vyadhi* - *Amashayothana*
6. *Dushtiprakara*- *Sanga*
7. *Agni*- *Jathragni*
8. *Marg*- *Abhyantara*

**Purvarupa (Prodromal Features)**<sup>[18]</sup>

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

**Rupa/Samanya Lakshana**<sup>[19-20]</sup>

1. *Malavibandha or Atipravriti*
2. Obstruction of *Apanavayu* and *Udgara*
3. *Shaithilya*
4. *Shirasula*
5. *Murchha*
6. *Bhrama*
7. Heaviness of the body
8. *Angamarda*
9. *Trisna*
10. *Jwara*
11. *Aruchi* and *Avipaka*

**Specific Sign and Symptoms of Various Types of Ajirna**

- *Amajirna*- Food which has attended sweetness is known as *Amajirna*. Characterized by heaviness in abdomen, nausea, swelling on the cheeks and eyes and belching similar to those occurring just after meal.<sup>[21-22]</sup>
- *Vidagdhajirna*- food which has attained sourness and slightly digested characterized by giddiness, thirst, fainting, sour and hot belching, burning sensation inside and other symptom of aggravated *Pitta*.<sup>[23-24]</sup>
- *Vishtabdhajirna*- It is characterized by pricking pain long stasis, tympanitis, abnormal moment of *Vata* obstruction to stool and flatus, delusion, general malaise and other symptoms of *Vata vridhi*.<sup>[25-26]</sup>
- *Rasasesajirna*- it is characterized by dislike for meals pure belching heaviness and turbidity in the heart, excessive salivation and heaviness.<sup>[27]</sup>
- *Dinapakijirna*- The fifth *Ajirna* is *Dinapaki*, in which the digestion completes within one day and one night. This occurs due to overeating of food and waiting alone is required for such condition and hence it is not harmful.<sup>[28]</sup>
- *Prakritajirna* – It prevails till the consumed food is completely digested. After the completion of digestion it manifest symptom like hunger, thirst, defecation etc.

**Upadrava of Ajirna**<sup>[29-30]</sup>- Fainting, Delirium, Vomiting, Excess salivation, Debility, Giddiness and death.

**Effect of Ajirna**-When *Ajirna* combined with *Pitta* causes burning sensation, thirst and diseases of oral and other *Pittaj vikaras*. When *Ajirna* combined with *Kapha* causes *Rajyakshma*, *Pinasa*, *Prameha* and other *Kaphaja Vikara*. When *Ajirna* combined with *Vata* leading to manifestation of various *Vataj Vikara*. When *Ajirna* afflicts urine, stool, and *Dhatu*s gives rise to urinary disorders gastro intestinal disease and disease of *Dhatu*s respectively.<sup>[31]</sup>

**Root for the many other diseases**- Ayurveda said to be a person who eat large quantity of food recklessly

like cattle will develop this disease *Ajirna* which cause further other diseases. For instance *Ama-ajirna* causes *Visuchika*, *Vidagdhajirna* causes *ALASAKA* and *Vistabdha Ajirna* causes *Vilambika*.in *Visucika* the patient suffers from pricking pain as though pierced by needle, fainting, diarrhea, vomiting severe thirst, abdominal pain giddiness twisting of the arms and legs, yawning, burning sensation.<sup>[32]</sup> In *Alasaka* the patient suffering from severe distention of abdomen, delusions, flatus moving upwards being blocked downward, non expulsion of flatus and feces in *Vilambika* food does not get out of the body either in upward direction or in downward direction due to effect of *Kakha* and *Vatadosha* it is very difficult to treat. *Ama* resides gives rise not only to pain but also becomes the site for manifestation of many diseases which are due to the action of the *Dosha* travelling all over body associated with *Ama*.

**Upashaya in various type of Ajirna**

- The first line of treatment for all types of *Ajirna* is “*Langhan*” (fasting).
- Food should be taken only when previous is completely digested and feel hungry.
- Never suppress the natural urges.
- Always prefer to light food in moderate quantity. Ayurveda has mentioned everyone should eat up to half or three fourth capacity of stomach<sup>[33]</sup>. Never eat full stomach and also mentioned for regular use of *Deepan Dravya* like *Ushna*, *Tikshna Dravya* as *Jeerak*, *Pippale*, *Rasona* and *Shunthi* for proper digestion of food.
- Mentioned at least three to four hour (one *Yama*) gap in between meals.
- Drink water sip by sip along with the meal.
- Replace curds with buttermilk.
- Regular usage of some *Ushn*, *Tikshna*, and *Laghu dravya* like-*Jeera*, pepper, *asafetida*, garlic and ginger for proper digestion of food.
- Ajwain, Sauf should be chewed after meal.
- Food like *Khichadi*, *Roti*, made from *Jwar*, *Rice* or *Bajra Dal Cereals* should be included in daily diet.
- Vegetable like *Ladyfinger*, *Snake gourd*, *Bitter gourd*, *Pumpkin* should be eaten.
- Fruits such as *Pomegranate*, *Sweet*, *Lime*, *Pineapple*, *Fig* etc
- Some drugs used in *Ahara Sevanjanya Ajirna* like *Amla* is used in *Moonga Sevan Janya Ajirna*, *Salt* and *vinegar* in *Plandu Sevan Janya Ajirna*, *Trikatu* in *Ikshu Sevan Janya Ajirna*.
- According to *Acharya Susruta* has mentioned the person is awake during day time and his heart is open like the flower of *Lotus* and the body tissue not soaked with more of moisture consuming food at day time is beneficial through the person is suffering from indigestion, but during night time

the heart being closed because of sleep and the body tissues having more moisture so, consuming food at night is not beneficial for the *Ajirna* patient.<sup>[34]</sup>

**Anupashaya-** *Guru, Vidahi and Vishtambhi bhojan, Asatmya Bhojan, Virudha bhojan, Atiambupana, Tikshna Virechan, Vegadharan, Adhhyashana, Samshan, Vishmation, Raktmokshan* etc.

## DISCUSSION

Now a days causes of these disease are mostly related to lifestyle changes such as increasing sedentary life style due to growing use of technologies in daily life causes higher level of physical inactivity and unwholesome diet the disturb sleep pattern and wrong Dietary habits are changes the mechanism of internal vital organ and related systems of the body at first they directly hamper the digestive juice and enzymes (*Pachaka pitta*) therefore food converted into undigested material which leads to onset of *Ajirna*. After long time continuity of these condition produce "Ama" which is the main reason for majority of disease because this *Ama* is circulated in all the *Srotas* and create different type of *Srotorodha* and *Srotodushti* and produce disease.

For prevention of *Ajirna*, there are many scientific principles found in Ayurveda. Like Acharya Charak has mentioned *Astahar vidhi vishes Ayatana*. As well as Acharya Shushrut has also mention "*Dashvidha Ahara Vidhividhan*. Both principles have some important point like *Prakriti, Karanam, Samyog Rashi Desha, Kala, Upayogsanstha, and Upyokta* are mentioned by *Acharyacharak*, also he said that *Shitahara, Ushnaahara, Snigdghahara, Rukshahara, Dravahara, Shushkahara, Ekakalika, Dvikalika, Aushadayukta, Matraheena, Prashaman Karak, Vrittipayojak Ahara* are the rules<sup>[35]</sup> for diet intake. A people who intake food according to describe above rules and follow a proper *Dinchraya, Ratricharya* and *Ritucharya* and *Sadvrita* and *Pathya Palana* then he never would be suffer from *Ajirna* (Indigestion) along with any type of digestive and other system related abnormalities.

## CONCLUSION

The Prognosis of *Ajirna* is *Krichhasadya* usually improper food habit and Digestive Insufficiency is therefore a long time then it can get converted into *Ajirna* Disease if *Ajirna* also substance for a long time formation of "Ama" 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 also Avoidance of the etiological factor is the preliminary step in any disease management. There are many type of *Ajirna* according to *Dosas* or

*Dosaj Prakriti* of our body they all are produces very harmful symptoms though it is *Krichhsadya* but can be treated by *Nidan Parivarjanam* & proper management of *Agni* for the proper digestion of ingested. Proper lifestyle in Ayurveda comprises of Rules and regulation of *Ahara* and *Vihara* includes *Uchit Dincharya, Ratricharya, Ritucharya*. According to Some important principles like *Ahara Vidhi Vidhan* and *Ashtahar Vidhi Ishes Ayatanam* quantity of food intake depends on *Agni* of a person and *Swarupa* of *Ahara Dravya* i.e. *Guru* or *Laghu* but now a day's food is taken without deliberation of *Agni* and nature of food item along with they do not proper physical activity which is most common cause for it. So everyone should follow the rules and regulation for Diet and Life style prescribed in Ayurveda for Prevention of life style disorders like *Agnimandya* and *Ajirna*.

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