

“REVIEW OF CONCEPT OF AGNI & AHARA PACHANA”**1. Dr. Dipali Patil ,**

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Corresponding Author : Dr.Dipali Patil Mobile no-9860963968**ABSTRACT:**

Ayurveda describes various concepts regarding health and life. As per Ayurveda, Agni is responsible for Pachana Karma in the body. Ayurveda chiefly focuses on equilibrium of Dosha which can be achieved by restoring Agni in its normal limits. According to ayurveda Agni resides in Pitta Dosha. So,formaintenance of health Equilibrium of Dosha, Samagni are important factors. The article reviews the concept of Agni & Aharapachana.

Key Words: Agni , Pitta , Ahara Pachana.

INTRODUCTION:

Ayurveda chiefly focuses on equilibrium of Dosha which can be achieved by restoring Agni in its normal limits. According to ayurveda Agni resides in Pitta Dosha. So, for maintenance of health Equilibrium of Dosha, Samagni are important factors. Acharya Charaka in its Chikitsa sthana¹ describes the importance of Agni with respect to Ayu, Varna, Bala, Swasthya, Utsaha, Upachaya, prabha. Further Acharya Charaka states that whatever is being ingested, depending on the same dhatu, oja, bala, varna etc. are generated.

The topic is selected to have the more understanding regarding the Agni & Ahara Pachana. For this article reviewed concerning with this concept.

LITERATURE REVIEW:

Prasad J, Vani G, Prasad JSRA. Concept of Agni and Aharapaka (Metabolic Transformation) in Ayurveda CONCEPT OF AGNI AND AHARA PAKA (METABOLIC TRANSFORMATION) IN AYURVEDA [Internet]. Available from: www.iamj.in explores the Agni & Aharapachana and correlated them with Digestion in modern science. Literary research methodology used in this study from classical, modern texts and websites. It is concluded that Agni is responsible for digestion, absorption and assimilation of food. Agni is in the form of digestion and there relevance is given according to Ayurveda and modern science.

Singh A, Yadav CR, Dadhich OP. Analysis of Concept of Aaharpaka in Ayurveda [Internet]. Vol. 2, Research & Reviews: Journal of Agricultural Science & Technology. 2013. Available from: <https://www.researchgate.net/publication/332289911> explores concept of Aharapaka in Ayurveda and process of digestion in modern science. Literary research methodology used in this study by compiling material from classical and modern text. It is concluded that Aharapaka in Ayurveda has significant relevance with digestion process in modern medical science.

AUTHORS CONTRIBUTION:

Both the articles are reviewed. In both articles describes the concept of Agni, Aharapaka & Digestion.

CONCLUSION:

In Ayurveda Agni is examined by Jaranshakti Parikshana (Jirna Ahara Lakshana). Agni resides in Pitta Dosha. Dosha Parikshana is done on the basis examination of functions of dosha. In modern we can assess the digestion by Gastric juice examination. So, in this context efforts are made to prove the significant relevance between Agni, Aharapaka and Digestion Process.

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