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An analysis of etiological factors of *Vidagdhajirna*

Dr. K.V. Nimisha¹, Dr. Ranjitha²

¹2nd Year Post Graduate Scholar, ²Associate Professor, Government Ayurveda Medical College, Bengaluru, Karnataka, INDIA.

ABSTRACT

In Ayurveda *Agni* is given for top priority for the maintenance of health. In the context of functioning of living organisms *Agni* performs its vital activities by doing *Pakadi Karmas*. Food substances undergo metabolic transformation by the effect of *Jataragni*, *Bhutagni* and *Dhatvagni*. Diseases arise as a result of less, excessive and irregular digestion of food known as *Mandaagni*, *Tikshnagni* and *Vishmagni* respectively. Our *Acharyas* included digestive disorder under the heading *Ajirna*. In classics types of *Ajirna* explained mainly as *Vishtabdhajirna*, *Vidagdajirna* and *Amajirna*. Among which *Vidagdhajirna* is more important in present days. Now a days number of patients with the symptoms of *Vidagdhajirna* is increasing. So it is important to analyse the etiological factors of *Vidagdhajirna*.

Key words: *Agni*, *Ajirna*, *Nidana*, *Amajeerna*, *Vishtabdhajeerna*.

INTRODUCTION

In *Ayurveda* it is said that proper functioning of *Agni* (digestive power) will imparts *Ayu* (longevity) which means it increases the life span of the human if *Agni* is working properly, it provides *Varna* (complexion) of the body, *Balam* (strength of the body), *Swasthyam* (health) it maintain the health i.e. physical, mental status of the human being, *Utsaha* (enthusiasm), *Upachaya* (body metabolism), *Prabha* (lusture), *Ojas* (tissue essence), it maintain the immunity of the body, *Agnayah* (bio fires), *Prana* (maintain the stable life of human being).^[1] The derangement of *Agni* will cause digestive disorders called as *Ajirna*. *Vidagdhajirna* is one among them. The symptoms of *Vidagdhajirna* includes *Dhuma* *Amla* *Udgara*

(eructation of smoky and sour liquid), *Pittaja Ruja* (different type of pain due to *Pitta*), *Daha* (burning sensation of the body), *Sveda* (perspiration), *Trt* (thirst) *Brama* (giddiness), *Moorcha* (fainting).^[2] Many of the people are suffering digestive disorder same as that of *Vidagdhajirna*. This review was done to analysis the etiological factors of *Vidagdhajirna*.

METHODOLOGY

This article is based on review of various Ayurvedic texts and online websites. Among which important Ayurvedic texts which was referred are *Ashtanga Hridaya*, *Charaka Samhitha*, *Madhava Nidana* and *Susrutha Samhitha*. The websites which where referred are www.healthline.com, www.medicalnews.com today.com.

Ajeerna Samanya Nidas

Athyambupana (drinking large quantity of water), *Vishamasana* (taking food either in large or small in quantity and at unusual times), *Sandharana* (suppression of natural urges), *Swapnaviparyaya* (loss of sleep at nights or sleeping during day), *Eshya* (envy), *Bhaya* (panic), *Krodha* (anger), *Lubdhane* (voracious), *Rugdainya* (suffering from disease), *Pradvesha Yuktena cha Sevyamanya Mannam* (taking food with jealousy), *Chinta* (stress), *Shoka* (grief), *Dukha* (sadness).^[3]

Address for correspondence:

Dr. K.V. Nimisha

2nd Year Post Graduate Scholar, Government Ayurveda Medical College, Bengaluru, Karnataka, INDIA.

E-mail: nimishanaveen90@gmail.com

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Samprapti (pathogenesis) of Ajirna

Due to the above etiological factors *Doshas* becomes vitiated and there will incomplete digestion of food leading to incomplete digestion of food and produces sourness which is toxic and produces pathologic process in the body and leads to formation of many diseases. Such patients do not digest food even though consumed at proper time, quantity, wholesome diet and easily digestible food substances.^[4]

Samanya Lakshanas (General symptoms) of Ajirna

Samanya Lakshanas are *Vibandha* (abdominal distention), *Glani* (general malaise), *Siroruk* (head ache), *Brama* (fainting), *Moorcha* (giddiness), *Prshta Kati Graha* (stiffness in back and waist), *Jrmbha* (yawning) *Angamarda* (body pain), *Jvara* (fever), *Chardhi* (vomiting), *Aruchi* (anorexia) and *Pravahana* (tenesmus).^[5]

Types of Ajirna

According to the predominance of vitiated *Doshas* *Ajeerna* is broadly classified into 3;

1. *Amajirna* - due to vitiation of *Kapha Dosh*
2. *Vidagdajirna* - due to vitiation of *Pitta Dosh*
3. *Vishtabdhajirna* - due to vitiation of *Vata Dosh*

Other types are

4. *Rasasheshajirna* - due to indigestion of *Ahara Rasa*
5. *Dinapaki Ajirna* - in which the food is digested on next day but causes no difficulty.^[6]

Etiological Factors Vidagdhajirna

As already said *Vidagdhajirna* is caused by *Pitta Dosh*. So the etiological factors which cause aggravation of *Pitta Dosh* will also cause *Vidagdhajirna*.

Table 1: Showing Pitta aggravating factors.^[7,8]

SN	Ahara	Other Nidanas
1.	<i>Katuahara</i>	<i>Krodha</i>
2.	<i>Amlaahara</i>	<i>Soka</i>

3.	<i>Lavanaahara</i>	<i>Bhaya</i>
4.	<i>Tikshnahara</i>	<i>Ayasa</i>
5.	<i>Ushnahara</i>	<i>Upasava</i>
6.	<i>Laguahara</i>	<i>Maidhuna</i>
7.	<i>Vidahiahara</i>	<i>Gamana</i>
8.	<i>Tilataila</i>	<i>Madhyanasamaya</i>
9.	<i>Pinyaka</i>	<i>Ardharathri</i>
10.	<i>Kulatha</i>	<i>Jeeryathyanne</i>
11.	<i>Sharshapa</i>	<i>Sarathkala</i>
12.	<i>Athasi</i>	<i>Greeshmakala</i>
13.	<i>Harithasaka</i>	
14.	<i>Godhamamsa</i>	
15.	<i>Matsya</i>	
16.	<i>Ajamamsa</i>	
17.	<i>Avikamamsa</i>	
19.	<i>Takra</i>	
18.	<i>Dhadhi</i>	
19.	<i>Kurchika</i>	
20.	<i>Masthu</i>	
21.	<i>Soviraka</i>	
22.	<i>Amlaphala</i>	
23.	<i>Katvara</i>	
24.	<i>Aranala</i>	

Table 2: Some Pitta aggravating things in present lifestyle.^[9]

Pepper	Black gram	Refined oil
Garlic	Sesame	Chocolates
Curd	Fish	Excess spicy food
Tomato based food	Tea	Excess salty food
Raw onion	Coffee	Meat
Sour fruits	Beetle leaf chewing	Dairy product
Alcohol	Pan parag	Pickles

Aerated beverages	Sandwich	Cigarette smoking
Soda	Noodles	
Horse gram	Pasta	

RESULTS

The unhealthy food habits and activities which will aggravate *Pitta* are the responsible factors for *Vidagdhajirna*. Now a days we can observe difference in the food preparation, a variety of foods are available outside which is made up of excess spicy salty and sour in nature. Along with increase in the consumption of alcohol, smoking and other types of addictions will leads to *Vidagdhajirna*. Untimely intake of food and skipping food is also a responsible factor.

DISCUSSION

Krodha (anger), Soka (depression), Bhaya (fear) as Nidana

Problems of digestion is common in person who have excess *Krodha*, *Soka* and *Bhaya*. Stress will affect the normal functions of digestive system. Intense stress is associated with more production of HCL production and it will create burning sensation of stomach and acid regurgitation.^[10]

Sura like alcoholic preparation

Sura is one among alcohol preparations said in Ayurveda.^[11] When looking into the properties it is described that it has properties like *Amla Paka* (metabolic end effect is sour in taste), *Amla Rasa* (sour taste) and *Pittasra Dooshanam* (vitiates *Pitta Dosh* and *Rakta*).^[12] So it is clear that *Sura* like alcoholic preparation will definitely vitiate *Pitta Dosh*. When a person excessively consumes *Sura Madya* will leads to *Pitta* vitiation and will create digestive problems and it will lead to *Vidagdhajirna*.

According to the American College of Gastroenterology, alcohol relaxes the muscles around the stomach, which makes it more likely for the contents of the stomach to leak out. Alcohol also affects stomach acid. Alcohol can make the stomach produce more acid and it will lead to heart burn. Alcohol can affect judgment. After drinking

alcohol, people are more likely to eat foods that disagree with them, eat late at night, or eat more than usual. These factors can cause digestive problems. Alcoholic beverages that are sugary, citrus, or carbonated can also lead to heartburn and regurgitation of food in to oesophagus.^[13]

Katu Lavana Amla Ahara (spicy, salty, sour food items)

As we know the *Rasas* (tastes), *Katu* (acid), *Lavana* (salty) and *Amla* (sour) will cause *Pitta Prokopa*.^[14] So when we take the foods which are excess of spicy, sour and salty taste will aggravate *Pitta* and leads to problems in the digestion.

Spicy foods are notorious for causing heartburn. They often contain a compound called capsaicin, which may slow the rate of digestion. This means food will sit in the stomach longer, which is a risk factor for heartburn. Sour foods causes' excess production of acid in the stomach and it will cause burning sensation of stomach. Salty food also has the same effect.^[15]

Matsya Aja Avika Mamsa (meat of fish, goat and sheep)

Matsya, *Aja*, *Avika* included under *Mamsa Varga*. The properties of *Mamsa Varga* are *Guru* (heavy), *Ushna* (hot), *Pittala* (aggravate *Pitta Dosh*).^[16]

Foods that might make gastric disturbance include meat, as it tends to be high in cholesterol and fatty acids. Oils and high-fat foods, which may cause the sphincter in the stomach to relax and will cause stomach content to reflex, back. So excess consumption of meat will leads to the disturbances in the stomach.^[17]

Other Nidanans (etiological factors) of Vidagdhajirna

Tilataila (gingelly oil), *Dhadhi* (curd), *Takra* (butter milk), *Aranala* (rice water), *Suktha* (vinegar), *Haritha Shaka* (green leafy vegetables), *Katvara* (butter milk by product), *Sarshapa* (mustard), *Kulatha* (horse gram) these are the other *Nidanans* explained by *Acharyas*. In which *Suktha* will lead to *Utklesa* of *Rakta*, *Pitta* and *Kapha* (will increase *Pitta*, Blood and

Kapha^[18] *Kulatha* (horse gram) has *Amla Rasa* (sour taste), *Pittasrada Param* (increases *Pitta* and *Kapha* greatly)^[19] *Dhadhi* has *Amla Paka* and *Rasa* (sour in taste and metabolic end effect).^[20] By looking in to the properties we can see that all these foods will cause aggravation of *Pitta Dosha* in the stomach and it will lead to digestive problems related to *Pitta Dosha* and will cause *Vidagdhajirna*.

Smoking, beetle leaf chewing

The nicotine from tobacco relaxes the valve between the oesophagus and stomach (lower oesophageal sphincter). This can allow stomach acid and juices, the chemicals that break down food in the stomach, to back up (reflux) into the oesophagus. Smoking prompts the stomach to produce more acid, increasing the risk of gastric juices being refluxed into the oesophagus. Smoking also seems to make stomach acid more intense and damaging by promoting the transfer of bile salts from the intestines into the stomach.^[21]

Foods which vitiate *Agni* in present life style.

Now there is a change in the life style of the people, sedentary life style leads to the adoption of variety of food from outside, which includes junk foods like sandwich, noodles, fried rice, biryani, burger, pizza and many other varieties. All of these food items are made up of by using excess spicy, salty, sour ingredients and excess masala items. Along with there is increase in the use of alcohol, cigarette, betel leaf chewing and different kind of addictions. All of these activities leads to the disturbance in the stomach because of the nature of ingredients it contains and leads to regurgitation of food content back into oesophagus and manifested as burning in the chest region acid belching these are the main symptoms of *Vidagdhajirna*.^[22]

CONCLUSION

Majority of the disease are outcome of malfunctioning of the *Agni* which rightly has been called as root to health. The foods which vitiate *Agni* will cause various diseases depending upon the *Dosha* vitiation. When *Agni* vitiated *Pitta* by it causes

Vidagdhattha and disease due to *Pitta Dosha*. *Vidagdhajirna* is due to *Agni* vitiated by *Pitta Dosha*. Now a days *Vidagdhajirna* is increasing day by day due to change in food habits of peoples. Major factor for *Vidagdhajirna* is *Pitta* aggravating foods. The main cause for increasing *Vidagdhajirna* is due to change in the food habits of people. Avoidance of etiological factors is the preliminary step in the management of *Vidagdhajirna*. Improper life style or changing life style, difference in the seasonal regimen, disturbance in mind may contribute in the development of *Vidagdhajirna*.

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