A review of the physiological function of Pachakpitta and its correlation with contemporary science

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ABSTRACT

Tridosha theory is the foundation of Ayurvedic science. One of the three Doshas, called Pitta, is very important for digestion and metabolism. There are five different varieties of Pitta Dosha: Pachaka, Ranjaka, Alochaka, Bhrajaka, and Sadhaka. Food digestion, Sara and Kittta Vibhajan, and feeding the Agneya component of Pitta, which is distributed throughout the body, are all tasks carried out by the Pachaka Pitta. It also goes by the name Jatharagni. after aiding in food digestion, this Agni form Pitta divides the Sara and Kittta Bhaga. All digestive enzymes, such as amylolytic, proteolytic, and lipolytic enzymes, can be compared to Pachaka Pitta, as suggested by the functions of this substance. The goals of digestive enzymes, gastrointestinal hormones, and local hormones can be linked to the actions of Pachaka Pitta.

Key words: Pachaka, Pitta, Sara, Kittta, Vibhajan, Digestive Enzymes.

INTRODUCTION

A healthy person, according to Ayurveda, is one whose Dosha and metabolic condition are in balance, whose functional activities of the tissues and excretory products are in balance, and whose soul, senses, and mind are in good health. A single substance or structure cannot adequately reflect a Dosha, and the concept of Tridosha is essentially only a notion. Pitta is one of the three Dosha and is in charge of digestion, metabolism, heat production, and other types of energy. Because of this, it refers to as Agni. On the basis of location, the five types of Pitta Dosha Paachak, Ranjak, Saadhak, Alochaka, and Bhrayaka Pitta have been identified. Each of these five types of Pitta, Pachak Pitta is unique. Near Jatharagni, between Pakwashaya and Amashaya, is supposed to be the Visesha Sthana of Pachaka Pitta. It is believed that Pachaka Pitta's main function is to digest the food that has been consumed. Grasp the physiology of Pachaka Pitta requires a brief understanding of the physio-anatomical structure of the gastrointestinal system with regard to chemical and physical digestion. Following oral consumption, food travels through various sections of the digestive tract where it is converted into small, absorbable components. The mouth, Pharynx, Esophagus, stomach, and intestine make up the digestive system, or alimentary canal.
Pachakagni and Pachakapitta

The characteristics and roles of Pachakagni and Pachakapitta appear to be identical to one another. There is no Pachakagni without Pachakapitta since the Ushna Guna of Pachakapitta causes the body to digest and burn food more quickly. As a result, Pachakagni is also treated with Aahara & Vihara, which are contrary to Pachakapitta. According to Charaka, only Pachakagni, which is located in Pachakapitta, can have positive or negative effects depending on whether it is working normally or abnormally. Since Pitta performs Dahana, Pachana (digestion), and other similar acts to those performed by Pitta is known as Antaragni, according to Acharya Sushruta and Maricha has also underlined that when Pachakagni is normal, it can have either good or harmful results in the Pachakapitta.

Ahara Pachana and Ahara Rasa formation

The cause of Aahara Pachana is Agni. Ancient literature describes 13 different varieties of Agni: Jatharagni, Bhutagni, and Dhatavagni are these. Following the ingestion of Panchabhoutika, Ahara Agni reacts with it. The food consumed is transported to the Koshtha by the Prana Vata.

The liquids cause the meal to break down, while the mucous substances cause it to become soft. Kledaka Kapha carries out this action. The Pachakagni (digestive enzymes) are intensified by the Samana Vata, which also ensures adequate food digestion. The Agni is intended for Jatharagni, Pachakagni, or Pachakapitta in this instance. Between Pakwashaya and Amashaya is where Pachaka Pitta’s seat is located. Grahani Pradesh where Anna Pachana occurs also called Pittadhara Kala is stated as the main Sthana of Pachaka Pitta.

The process of digestion is breaks down complicated food particles into simpler form. The digestive process starts in the mouth, but because food stays there for a shorter period of time, complete digestion does not happen. In the stomach, complete digestion also does not take place. The small intestine is the part of GIT where complete digestion takes place. The duodenum, where the majority of digestion takes place, can be linked to the Grahani in Ayurveda. The digestion of protein, carbohydrates, and fat is aided by a variety of hormones and digestive enzymes.

Vibhajana of Sara and Kitta

It refers to the process of separating the nutrients from the waste products produced during food digestion. The digestive enzyme Pachaka Pitta is started by Samman Vayu for hydrolysis. Following that, garbage and nutrients are separated. With the assistance of Samana Vayu, nutrient products are absorbed, and Apana Vayu removes waste materials.

CONCLUSION

After a thorough examination of Pachaka Pitta, it became apparent that each notion related to Pachaka Pitta had its own significance and was difficult to achieve on a single point. Before food is swallowed, the teeth chop and grind it, and then the stomach and small intestine’s smooth muscles churn it. Food molecules softened and thoroughly combined with digestive enzymes as a result. The large protein, nucleic acid, and carbohydrate molecules in food are split into smaller ones by hydrolysis during chemical digestion. The functioning of digestive enzymes and gastrointestinal hormones can be connected to Pachaka Pitta’s goals. The duodenum and

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