



ISSN 2456-3110

Vol 8 · Issue 7

July 2023

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

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

Pooja Pareek¹, Rakesh Chhimp², Rajesh Kumar Sharma³, Dinesh Chandra Sharma⁴

¹Ph.D. Scholar and Assistant Professor, Dept. of Kriya Sharir, University Post Graduate Institute of Ayurveda Studies & Research, DSRRAU, Jodhpur, Rajasthan, India.

²Ph.D. Scholar, Dept. of Kriya Sharir, University Post Graduate Institute of Ayurveda Studies & Research, DSRRAU, Jodhpur, and Assistant Professor, Punjab Ayurveda Medical College & Hospital, Sri Gananganagr, Rajasthan, India.

³Professor, Department of Kriya Sharir, University Post Graduate Institute of Ayurveda Studies & Research, DSRRAU, Jodhpur, Rajasthan, India.

⁴Associate Professor, Department of Kriya Sharir, University Post Graduate Institute of Ayurveda Studies & Research DSRRAU, Jodhpur, Rajasthan, India.

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 Dosh*: *Pachaka*, *Ranjaka*, *Alochaka*, *Bhrajaka*, and *Sadhaka*. Food digestion, *Sara* and *Kitta 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 *Kitta 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*, *Kitta*, *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 Dosh* *Paachak*, *Ranjak*, *Saadhak*, *Alochaka*, and *Bhrajaka 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 *Vishesha 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.

Address for correspondence:

Dr. Rakesh Chhimp

Ph.D. Scholar, Dept. of Kriya Sharir, University Post Graduate Institute of Ayurveda Studies & Research DSRRAU, Jodhpur, and Assistant Professor, Punjab Ayurveda Medical College & Hospital, Sri Gananganagr, Rajasthan, India.

E-mail: rakeshchhimp23@gmail.com

Submission Date: 08/05/2023 Accepted Date: 17/06/2023

Access this article online

Quick Response Code



Website: www.jaims.in

DOI: 10.21760/jaims.8.7.19

Location and utility of Pachaka Pitta

Acharya	Location	Utility
Sushruta Samhita	Resides in between the Amashaya and Pakvashaya	Digests the food, separates the essence and waste; it supports the other Pitta located in different places
Astanga Hridaya	Located in the interior of Pakvashaya and Aamashaya	Cooking the meal and separating it into its essence and waste gives the other Pitta present there and the others grace by giving them strength.
Astanga Samgraha	Located between Pakvashaya and Aamashaya	Digestion, Dosha separation, Rasa, Mutra, and Purisha support the other Pitta Dosha locations throughout the body by imparting fire-like qualities.

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 *Ahara & 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 *Ahara 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 *Pakvashaya* 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

Pakvaamashaya Madhya are the *Sthana* of *Pachaka Pitta*, respectively.

REFERENCES

- Moharana, Pritam & Roushan, Rakesh. (2019). A critical review of Vyana Vayu in modern Physiological Perspective. 8. 75-82.
- Moharana, P, Roushan, R. A Critical Review of Udanavayu in the Modern Perspective. Int J Ayu Pharm Chem. 2018;9(2): 548-559.
- Paradakara HSS, editor, 9th ed. Ashtanga Hrudaya with Sarvangasundara commentary of Arunadatta and Ayurvedarasayana commentary of Hemadri. Sootrasthana; dosabediavignaniyam adhyayam: chapter 12, verse 7-8. Varanasi (India): Chaukambha Orientalia, 2005; 192.
- Ratan Vidya, Handbook of human physiology. 7th ed. Jaypee brothers medical publisher (P) ltd. New Delhi, 2004; 120
- Shastri A.D. eds Vranaprashnaadhyaya, Ayurveda Tatwa Sandipika Hindi Commentary, Susruta Samhita, Varanasi, India: Chaukamba Sanskrit Sansthan; Edition, 2010; 115.
- Tripathy B.N. Eds, Doshabhediya Adhyaya, Astanga Hridaya, Varanasi, India: Chaukamba Sanskrit Pratisthan, 2012; 171.
- Gupta A.D. Eds, Doshabhediya Adhyaya, Astanga Sangraha, Varanasi, India: Chaukamba Krishnadas Academy, 2012; 160.
- Shastri AD (Ed.), Susruta Samhita Vol. I, Sutrasthana Ibid verse 21/9, Varanasi; Chaukhambha Sanskrit Sansthan, 2005; 88.
- Shastri K., Chaturvedi G. (Eds) Charak Samhita Vol I, Sutrasthana, Ibid verse 15/3-4, Varanasi; Chaukhamba Bharti Academy, 2004; 251
- Moharana, P., & Roushan, R. (n.d.). A Critical Review of Prana Vayu in the Modern Perspective.
- Moharana, Pritam & Roushan, Rakesh. (2018). A Critical Review of Samana Vayu in the Modern Perspective. 9. 188- 197
- Moharana, P., Rawat, N., & Roushan, R. A critical review of Apana Vayu in modern perspective.

How to cite this article: Pooja Pareek, Rakesh Chhimpia, Rajesh Kumar Sharma, Dinesh Chandra Sharma. A review of the physiological function of Pachakpitta and its correlation with contemporary science. J Ayurveda Integr Med Sci 2023;07:110-112.
<http://dx.doi.org/10.21760/jaims.8.7.19>

Source of Support: Nil, **Conflict of Interest:** None declared.
