



Agnibala and Dehabala Synergy: Bridging Digestive Power and Physical Resilience

Shalini^{1*}, MB Gaur²

DOI:10.21760/jaims.10.1.19

^{1*} Shalini, Post Graduate Scholar, Post Graduate Department of Kriya Sharir, Ch Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi, India.

² MB Gaur, Director Principle Professor and HOD, Department of Kriya Sharir, Ch Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi, India.

In Ayurvedic medicine, patient diagnosis and treatment are deeply personalized, considering several key physiological and psychological factors such as Agni (digestive fire), Bala (strength), Prakriti (constitution), Sara (tissue quality), and Sanhanan (endurance). Among these, Agni and Bala hold a particularly ignescent role in determining overall health. Agni, as emphasized by the ancient Ayurvedic sages, is the cornerstone of life, responsible for longevity, physical vigor, mental acuity, complexion, immunity, vitality, and even life force. Among Agni's types, proper functioning of Jatharagni ensures that all bodily systems receive adequate nourishment, maintaining homeostasis. Conversely, impaired Agni leads to systemic imbalances and disease. Agni is, therefore, driving force behind Bala, a concept synonymous with the body's innate immunity. Bala itself is a multifaceted concept, comprising two primary dimensions: Dehabala (physical strength) and Manasbala (mental fortitude). In Ayurvedic texts, Bala is often equated with Ojas, the vital essence that sustains life and provides strength. Ancient treatises prescribe numerous methods for assessing Bala, including rigorous physical assessment through Vyayama Shakti. Dehabala, reflecting one's physical fitness, can be quantified by evaluating one's stamina and endurance during physical exertion, (Harvard step test) a reliable marker of overall vitality. This exploration of the intricate interplay between Agnibala and Dehabala aims to deepen our understanding of how these core Ayurvedic principles contribute to the body's resilience and vitality. Such insights not only enhance clinical practice but also pave the way for refining and advancing Ayurvedic science for the benefit of both patients and the broader medical field.

Keywords: Agni, Jhataragni, Dehabala, Ojas, Immunity, Vyayama, Harvard step test

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Shalini, Post Graduate Scholar, Post Graduate Department of Kriya Sharir, Ch Brahm Prakash Ayurved Charak Sansthan, Khera Dabar, New Delhi, India. Email: shaliniv875@gmail.com	Shalini, MB Gaur, <i>Agnibala and Dehabala Synergy: Bridging Digestive Power and Physical Resilience</i> . J Ayu Int Med Sci. 2025;10(1):145-150. Available From https://jaims.in/jaims/article/view/3957	

Manuscript Received
2024-12-17

Review Round 1
2024-12-26

Review Round 2
2025-01-04

Review Round 3
2025-01-14

Accepted
2025-01-25

Conflict of Interest
None

Funding
Nil

Ethical Approval
Not required

Plagiarism X-checker
12.52

Note



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Introduction

Ayurvedic medical system, has preserved its distinctive identity from ancient times to present due to its foundational principles as *Panchmahabhuta*, *Dosha*, *Dhatu*, *Agni*, *Bala*, *Achaar Rasayana*, *Rasayana* and *Vajikarana* illustrate its holistic approach to health. *Agni*, a manifestation of *Pitta dosha*, orchestrates all digestive and metabolic processes within human body. When *Agni* operates optimally, it fosters longevity and overall well-being, [1] encapsulated in principle: *Yukte Chiram Jivayati Anamayah*. Conversely, *Charaka* emphasized that extinguishing of *Agni* precipitates swift mortality, underscoring its paramount significance in health. Within body, there are 13[2] distinct types of *Agni*: one *Jatharagni* (digestive fire), seven *Dhatvagni* (tissue fires), and five *Bhutagni* (elemental fires), with *Jatharagni* recognized as most pivotal.[3] *Charaka Samhita* asserts that strength of *Agni* directly correlates with body's physical endurance. To evaluate *Bala* of a patient, *Ayurveda* employs *Dasha Vidha* or *Dwadasha Vidha Pareeksha* (ten or twelvefold examination), assessing both *Sharirika* (physical strength) and *Mansika* (mental fortitude) *Bala*. *Bala* is understood as *Prakrit Kapha* or *Ojas*, symbolizing body's immunity against internal and external pathogenic influences. *Dehabala*, or physical fitness, augments this immunity and aids in disease prevention. Thus, this literature review endeavours to illuminate intricate relationship between *Agnibala* and *Dehabala*. Grasping link between *Agnibala* (digestive power) and *Dehabala* (physical strength) enables highly tailored *Ayurvedic* treatments, enhancing immunity, vitality, and disease prevention. This synergy fuels optimized recovery, balanced energy, and holistic well-being for lasting health.

Material And Methods

A comprehensive literature search was conducted using multiple databases, including PubMed, Google Scholar, Scopus, and *Ayurvedic* databases, such as *Ayurvedic Journals* and websites. Keywords and phrases such as *Agnibala*, *Dehabala*, "*Ayurveda*," "immunity," were utilized to identify relevant articles. The search was limited to peer-reviewed articles, clinical studies, and classical *Ayurvedic* texts published in English and other languages as appropriate.

Agni

Classical Review

Agni, the quintessential essence of life, is fundamental to our existence; when it is extinguished, life itself comes to an end, but when it is skilfully nurtured, it paves the way for longevity and a vibrant, disorder-free life. As a cornerstone of *Ayurveda* - the ancient science of life - *Agni* plays a pivotal role in the digestion, absorption, and assimilation of food, all of which are essential for sustaining life. The intricate process by which food is transformed into the appropriate *Dhatus* and how nutrients are metabolized to produce the energy necessary for vital activities hinges upon the dynamic state of *Agni*. Thus, the overall integrity and vitality of the human body are profoundly influenced by the condition of *Agni*. In ancient *Ayurvedic* texts, *Agni* is classified into three primary types

1. *Jatharagni* (digestive fire)
2. *Bhutagni* (elemental fire)
3. *Dhatvagni* (tissue fire)

Additionally, the *Apachara Sahana Parikshana*[4] identifies four types of *Agni* based on intensity

1. *Teekshna* (Intense): *Teekshnagni* possesses the remarkable ability to digest even the heaviest meals in a remarkably short time, often resulting in voracious hunger - a condition referred to as *Atyagni* (or *Bhasmaka* by some authorities).[5]
2. *Manda* (Mild): *Mandagni* operates with a contrasting, more subdued energy, processing food at a leisurely pace.[6]
3. *Vishama* (Irregular): *Vishama Agni* behaves unpredictably, sometimes facilitating complete digestion, while at other times leading to rapid or sluggish processing of food.[7]
4. *Sama* (Regular): *Sama Agni* ensures thorough and timely digestion of food, characterized by its consistency and regularity.[8]

Among these, *Jatharagni* is regarded as the premier form of *Agni*. Beyond its vital role in digesting ingested food, *Jatharagni* nourishes the other forms of *Agni*, establishing itself as an indispensable force for maintaining physiological equilibrium. All commentators and *acharyas* designate *Grahani* as the primary seat of *Jatharagni*,

Situated between the *Pakwashaya* (large intestine) and *Amashaya* (stomach). In the *Ayurvedic* worldview, the universe is fundamentally *Panchabhautic*, implying that *Panchabhutic Agni* is dispersed throughout the body, eluding precise localization. Each *Dhatu* houses its unique *Dhatvagni*, intricately linked to the status of *Jatharagni*.

The strength of *Jatharagni* can be assessed through various factors, including *Abhyvharana Shakti* (digestive capacity), *Jaranashakti* (digestive efficiency), *Prakriti* (constitution), *Ritu* (season), *Vaya* (age), and *Mala* (waste). Furthermore, the *Agnibala* (digestive strength) of an individual is influenced by an array of factors such as age, constitution, seasonal variations, and daily habits. Any decrement or exacerbation in *Jatharagni* directly affects the corresponding *Bhutagni* and *Dhatvagni*. A fundamental relationship exists between *Agni* and the *Amsha* (component) of *Agni* present in each *Dhatu*. The constituents of *Jatharagni*, while engaged in their digestive role, nourish the respective *Amsha* within the *Dhatu*s. Depending on whether *Jatharagni* is hyperactive or underactive, the *Dhatu* may either undergo atrophy or hypertrophy.[9] Thus, the vigilant maintenance of *Jatharagni's* optimal status is essential, as it is intrinsically tied to the vitality and very essence of life itself.

Contemporary Review

In essence, *Agni* serves as a bio transforming agent, akin to modern concepts of catalysts, enzymes, and hormones. It orchestrates all physiological and biochemical aspects of metabolism, facilitating the transformation of ingested food into *Dosha*, *Dhatu*, and *Mala*. This parallels the role of various hormones and enzymes, particularly thyroid hormones (10) (T3, T4, and TSH), which govern cellular metabolism and specialized bodily functions according to contemporary scientific understanding.

Bala

Ayurveda identifies *Ojas* as the supreme essence of the *Dhatu*s, beginning with *Rasa* and culminating in *Shukra*, and equates it with *Bala* - the core element responsible for imparting strength to both the body and mind. *Bala* is divided into two components: *Dehabala* (physical strength) and *Manasbala* (mental strength).

These components are crucial for nourishment, vitality, stability, and sustaining life from conception until death. While present in intrauterine life, *Bala* must continuously be acquired throughout one's postnatal existence. In *Ayurveda*, the concept of *Bala* has a broad spectrum, encompassing *Prakrit Kapha*, *Ojas*, and *Sara*. *Prakrit Kapha* is the innate source of *Bala*, which nourishes the body, promotes immunity, and sustains life. *Ojas* is the cause, and *Bala* is its effect, making the two synonymous in their functions—*Ojas* generates *Bala*, and *Bala* manifests as the body's strength and immunity.

1. *Charaka Samhita*: States that *Kapha*, in its balanced state, is responsible for *Bala*, ultimately known as *Ojas*. Individuals with *Kapha* depletion or excess are more susceptible to illness due to reduced *Bala* or *Vyadhikshamatva* (immunity).[11]

2. *Sushruta Samhita*: Describes *Ojas* as the supreme essence of *Dhatu*s, which is itself *Bala*. It bestows physical stability, muscle growth, clarity of speech, brightness of complexion, and optimal functioning of sensory organs.[12]

Stages of Ojas Vikriti[13]

Oja Visrans, *Oja Vyapad* and *Oja Kshaya* are the three stages of *Oja Vikriti* which may occur in various conditions and diseases ranging from physical and mental fatigue to acute and chronic mild and severe type of diseases.

Review of Bala

Sushruta defines *Bala* as the power to resist decay and disease, deriving from *Ojas*. *Bala* encompasses both *Dehabala* (physical strength) and *Manasbala* (mental strength).

1. *Manasbala* (mental strength) relates to the *Sattva* (psychological disposition) of an individual and is classified into:

A) *Uttama* (excellent): Strong mental resilience, remaining calm and fearless even in illness.

B) *Madhyama* (moderate): Moderate resilience; may experience confusion but calms down with reassurance.

C) *Heena* (weak): Low mental strength; becomes highly agitated by even minor illness and is difficult to console.

2. *Dehabala* (physical strength) is observed in two states

- *Prakruta Avastha*: Normal state of physical strength.

- *Vikruta Avastha*: Altered or vitiated state due to *Dosha* imbalance, affecting strength. *Dehabala* is further classified as

1. *Pravara*: Excellent strength.
2. *Madhyama*: Moderate strength.
3. *Avara*: Poor strength.

Factors Influencing the Accumulation of Strength: [14]

- Birth during a favourable time (auspicious astrological factors).
- Beneficial environmental conditions (moderate and pleasant climate).
- Excellence of parental *Beeja* (sperm and ovum) and *Ashaya* (uterus).
- Quality of diet.
- Wholesomeness (*Satmya*) of lifestyle habits.
- Mental clarity and disposition.
- Favourable natural conditions.
- Youthfulness and vitality.
- Regular exercise and physical activity.
- Optimistic attitude and cheerfulness.

Measurement of *Bala*

Physical strength (*Dehabala*) is generally assessed through *Vyayama Shakti*[15] (capacity for exercise) and *Sarata Pariksha* (examination of tissue quality). These evaluations provide insights into the individual's overall physical fitness and resilience. In conclusion, the intricate relationship between *Ojas* and *Bala*, as described in classical *Ayurveda*, emphasizes their fundamental role in maintaining health, vitality, and immunity. Understanding the state of *Ojas* and *Bala* is critical for preventing disease and promoting longevity, making it a key focus in both *Ayurvedic* diagnosis and treatment.

Contemporary Review

Dehabala, or physical strength, refers to the vitality and endurance a person gains through proper nourishment from food. Once food is ingested, it undergoes digestion, where essential nutrients are extracted and absorbed into the bloodstream. These nutrients are then circulated throughout the body, powered by the heart's rhythmic pumping, ensuring every tissue and organ is sufficiently nourished. A well-nourished body,

Driven by efficient metabolic processes, sustains its ability to perform daily activities, recover from exertion, and resist fatigue or illness. In essence, *Dehabala* is the foundational force that upholds physical fitness, stamina, and mental clarity, all rooted in the effective transformation and distribution of energy derived from food.

Thus, a person's physical strength and endurance are directly linked to how well their body processes and assimilates nutrients, underscoring the importance of a balanced, nutrient-rich diet for sustaining both body and mind.

Assessment of Physical Fitness

The Harvard Step Test[16] is a cardiac stress assessment used to measure cardiovascular endurance and fitness recovery post-exercise.

It involves stepping on a standard bench while monitoring pulse response, providing insights into one's ability to sustain prolonged physical activity. Cardiac Efficiency Index is calculated from this test, with scores categorized as follows

- **Over 90%** = Excellent Efficiency
- **81-90%** = Good Efficiency
- **55-80%** = Average Efficiency
- **Below 55%** = Poor Efficiency

Grading of *Dehabala* Based on Efficiency Index:

1. Excellent and good Cardiac Efficiency Index graded as *Pravara Dehabala*.
2. Average Cardiac Efficiency Index were graded as *Madhyama Dehabala*.
3. Poor Cardiac Efficiency Index were graded as *Avara Dehabala*.

Agni-Bala Relationship[17]

According to the *Charaka Samhita*, the body's ***Bala*** (strength) is intrinsically linked to the optimal functioning of all ***Dhatu***s (tissues), which are nourished by the action of ***Agni*** on ingested food.

A well-functioning ***Agni*** ensures proper digestion and assimilation, converting food into ***Aahar-Rasa*** (nutritive essence), which, when metabolized by ***Rasadi Agni***, forms healthy ***Rasadi Dhatu***s. ***Saman Vayu*** further enhances the power of ***Jatharagni*** (digestive fire), thus fostering overall strength.

Discussion

Dehabala, or physical strength in Ayurveda, is intricately tied to nourishment and the metabolic processes governed by *Agni*. This mirrors modern concepts of cardiovascular and metabolic health, where efficient energy production and nutrient distribution play a key role in maintaining physical endurance. In *Ayurveda*, *Jatharagni* is responsible for transforming food into *Aahar Rasa*, which nourishes the body's tissues, fueling both strength and vitality. Modern physiology draws a striking parallel: the cardiovascular system delivers oxygen and nutrients to cells, ensuring that the body maintains strength and stamina. Just as a balanced *Agni* ensures proper tissue formation and vitality, a well-functioning heart and metabolic system underpin physical fitness. One contemporary tool to measure this strength is the Harvard Step Test, which evaluates cardiac efficiency by gauging how well the heart recovers post-exercise - a key indicator of cardiovascular endurance. The test provides an efficiency index that directly correlates with an individual's fitness level, a concept that reflects the *Ayurvedic* principle of *Dehabala*. In *Ayurveda*, *Saman Vayu* aids *Jatharagni* in processing food and distributing nourishment, much like how cardiac output ensures the efficient delivery of oxygen and nutrients to the body's tissues in modern physiology. If *Agni* is weakened, the tissues and *Ojas* (the essence of strength and immunity) suffer, just as poor heart function leads to diminished endurance and weakened strength in modern health contexts. This holistic correlation between *Agnibala* and *Dehabala* - as seen in *Ayurveda* and mirrored in modern cardiovascular science - demonstrates how balanced metabolism and robust cardiac health are essential for both preventing disease and sustaining physical vitality.

Conclusion

In conclusion, symbiotic relationship between ***Agnibala*** & ***Dehabala*** is a cornerstone of holistic health in *Ayurveda*, illuminating intricate connections between nourishment & vitality. ***Agnibala*** serves as bedrock of our physical resilience, underpinning body's ability to effectively digest, absorb, & assimilate nutrients. This digestive fortitude directly fuels ***Dehabala***, as transformation of food into ***Aahar Rasa*** through dynamic process of ***Jatharagni*** nourishes body's tissues,

Empowering both strength and endurance. When ***Agni*** is harmonious and vibrant, it orchestrates a rich supply of nutrients that not only fortify bodily tissues but also bolster the immune system, enhancing our ability to ward off disease. Conversely, any disturbance in ***Agnibala*** - whether from suboptimal dietary choices, lifestyle habits, or environmental factors - can lead to compromised nutrient absorption and diminished ***Dehabala***. This interplay serves as a powerful reminder that physical strength is intrinsically tied to the health of our digestive system. Therefore, nurturing a robust ***Agnibala*** is essential for amplifying ***Dehabala***, allowing individuals to unlock their full physical potential and achieve greater overall well-being. By embracing and cultivating this vital connection, we can adopt a holistic approach to health that recognizes digestion as the foundation for physical strength, resilience, and vitality. Ultimately, the harmonious interplay between ***Agnibala*** and ***Dehabala*** illustrates that optimal health is not merely the absence of illness, but rather a vibrant equilibrium of digestive efficiency and physical prowess, empowering us to lead lives of strength and vigor. Understanding the intricate connection between ***Agnibala*** and ***Dehabala*** paves the way for personalized *Ayurvedic* treatments that significantly enhance immunity, vitality, and disease prevention. This synergy not only supports optimized recovery but also fosters a harmonious balance of energy, contributing to comprehensive well-being.

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