



Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

Critical Analysis of Management Theories and Concept of Ajeerna (Indigestion)

1. Dr. Daisy Lal, M.D Scholar, Dept. of Kayachikitsa, G.A.C.H, Patna.
2. Dr. Vikas Mishra, M.D Scholar, Dept. of Rachana Sharir, G.A.C.H, Patna
3. Dr. Vijay Bahadur Singh, H.O.D, Dept. of Kayachikitsa, G.A.C.H, Patna

Email Id: serviceheb@gmail.com

ABSTRACT:-

Ayurveda is the one the most ancient science which act by balance or alleviate the parental *dosha* with the help of *Panchakarma* and to regulate certain *doshas* in the offspring with certain medications and to change the diet and lifestyle. Most of the diseases arise due to hypo functioning of digestive fire and it is the root cause for the development of many diseases. *Ajirna* is the state of incomplete process of digestion of ingested food. The main reason for indigestion is the deranged functions of *Agni*. Incomplete digestion and metabolism due to disturbed digestive fire leads to formation of under processed state of food termed as *ajirna*. *Ajirna* is caused by *agnimandya*. There are 4 – 6 types of *Ajirna* mentioned in *Ayurveda* by different *acharyas*. Also there is variation in treatment as per opinion of different *acharyas*. So it is impotent to see the details of *Ajirna Chikitsa* in *Ayurved* collectively. So this article is focusing on the *Ajirna* (Indigestion) *Chikitsa* in *Ayurveda*.

Keywords:- *Ajirna Chikitsa*, Indigestion, *Ama*

Access this Article Online

Website: <http://heb-nic.in/jrim>

Received on 29/11/2023

Accepted on 09/12/2023 © HEB All rights reserved

Quick Response Code:

