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Development of Subjective Criteria for the Assessment of Medo Agni

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ABSTRACT:

Agni (digestive fire) is the base of life. *Agni* present in *Medo Dhatu* called *Medo Agni* plays important role in the formation of *Medo Dhatu*. The proper functioning of *Medo Dhatu* is depended on the proper functioning of *Medo Agni*. *Medo Sara* individuals have good function of *Medo Agni*. When *Medo Dhatu* performs the function in an excellent way, it influences on the *Medo Upadhatu* (*Snayu* and *Sandhi*) and *Medo Mala* (*Sweda*). In the present scenario physicians face different types of diseases related with derangement of lipid metabolism and same time lacks validated assessment tool for the evaluation of *Medo Agni*. Here an attempt was done for the development of assessment criteria of *Medo Agni*. The *Medo Sara* questionnaire performa was developed and distributed to 170 Students and apparently healthy persons working in and around National Institute of Ayurveda, Jaipur, Rajasthan, India. From this individuals, 50 persons with *Medo Sara* and 50 persons with *Medo Asara* characteristics were selected and named as Group A (*Medo Sara*) and Group B (*Medo Asara*). The subjective parameter questionnaire performa was developed based on *Medo Dhatu* functions. It was distributed among Group A and Group B individuals. The answers of questionnaire was recorded and in the present study it was found that *Netra Sneha* (Unctuous Eye), *Twak Sneha* (Unctuous Skin), *Kesha Sneha* (Unctuous Hairs), *Purisha Sneha* (Unctuous Stool) and *Sweda* (Sweating tendency in normal weather) are essential assessment criteria of *Medo Agni*. *Twak Sneha* (Clogged Pore) and *Swara Sneha* (Unctuous Voice) are not found as essential assessment criteria of *Medo Agni*.

Keywords: *Agni, Medo Agni, Sara, Assessment criteria*

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