



Concept and Significance of *Agni* in *Ayurveda*- A Review Article

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Abstract

Agni in *Ayurveda* is correlated with digestive power of the body. In *ayurveda* *agni* has a significant role to maintain body homeostasis, body functioning, metabolism of body and proper functioning of body. *Agni* is the invariable agent in the process of *Paka* (digestion, transformation). Ingested food is to be digested, absorbed and assimilated, which is unavoidable for the maintenance of life, and is performed by the *Agni*. Different examples are available in our classics to indicate that *Pitta* is the same as *Agni*, but some doubt arises behind this concept, that *Pitta* is *Agni*. *Agni* is innumerable because of its presence in each and every *paramanu* of the body. But, the enumeration of the number of *Agni* varies in various classical *Ayurvedic* texts. According to the functions and site of action, *Agni* has been divided into 13 types, i.e., one *Jatharagni*, five *Bhutagni* and seven *Dhatvagni*. *Jatharagni* is the most important one, which digests four types of food and transforms it into *Rasa* and *Mala*. The five *Bhutagnis* act on the respective *Bhutika* portion of the food and thereby nourish the *Bhutas* in the body. The seven *Dhatvagni* act on the respective *Dhatus* by each *Dhatu* is broken into three parts. In this way, the entire process of transformation consists of two types of products – *Prasad* (essence) and *Kitta* (excrete). The former is taken for nourishment while the latter one is thrown out, which otherwise defiles the body if it stays longer.

Keywords: *Agni*, *bhutagni*, *dhatvagni*, *jatharagni*, *Pitta*

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