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Review article

CONCEPT OF AGNI – AN ANALYSIS

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ABSTRACT:

Ayurveda is a unique system of medicine which considers the whole body as a system and put forth various concepts to have a holistic approach in treatment. The concept of Agni is the base of understanding metabolic processes in Ayurvedic perspective. Its function begins with digestion and extends to all transformational processes, even at cellular level. By forming *Ahararasa* (essence of digestion), it plays a major role in nourishment of body tissues and maintenance of immunity. *Agni* is determined by a person's constitution but is influenced by the quality and quantity of the food and environmental factors. Ayurveda considers impaired function of *Agni* as the root cause of all the morbidities, which states the reach of *Agni* beyond digestive system. The range of action of *Agni* and its influential factors can add on to treatment approach of various diseases affecting different tissue systems, though not directly related to gut.

Keywords: *Agni*, *Ama*, Gut microbiota, ASD, TEF, Glucostatic theory

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