



A LITERATURE REVIEW OF AJIRNA

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ABSTRACT

Aim of Ayurveda is to maintain the health of healthy person and cure the diseases of the patients¹. In Ayurveda Agni (digestive fire) plays a major role to maintain overall health. Ajirna occurs due to imbalance of the Agni leading to the formation of Ama. There are different types of Ajirna mentioned in Ayurveda by different Acharyas. The management of Ajirna in Ayurveda occurs by restoring Agni and eliminating Ama. Ajirna, or indigestion is a common gastrointestinal disorder described extensively in Ayurvedic classics. It refers to the incomplete digestion of food due to impairment of Agni (digestive fire), primarily caused by vitiation of the Doshas, especially Kapha. Ajirna leads to the formation of Ama (toxic undigested substances), which obstructs body channels (Srotas) and results in various systemic disturbances. The condition manifests with symptoms like loss of appetite, abdominal bloating, heaviness, nausea, belching and constipation. Classical texts classify Ajirna into various types - Amajirna, Vidagdhajirna, Vistabdhajirna and Rasasesajirna based on the dominant Dosha and clinical presentation. Factors such as improper diet (Ahara), poor lifestyle (Vihara), mental stress (Manasika), and seasonal variations (Agantuja) are common etiological contributors. Effective management in Ayurveda focuses on restoring the balance of Agni and eliminating Ama through interventions like Langhana (fasting), Vamana (emesis), Swedana (sudation). A holistic approach addressing both physical and mental factors is essential for the successful treatment of Ajirna and for the prevention of its complications.

Keywords: Ajirna, Agni, Ama, Dahana, Pachana

INTRODUCTION

- Ajirna is the state of incomplete process of digestion of ingested food, due to low digestive power or other reason. The main reason for indigestion is the deranged functions of Agni. It is the root of many diseases and causes many types of pains. Incomplete digestion and metabolism due to disturbed digestive fire leads to formation of under-processed state of food termed as Ajirna.
- According to Acharya Charaka - food provides nourishment to Deha-dhatu (tissue elements of the body), vital essence, strength and complexion, but in effect it is the Agni (enzymes) that plays a vital role in this connection because tissue elements like Rasa, Rakta etc. can not even originate from undigested food particles.
- Acharya Sushruta - Pitta is responsible for Dahana Pachanadi action in body by its virtue like Agni and it is called Antaragni. In such manner Pitta is part of Agni. Agni is the base of Bala.
- सेव्यमानम् अन्नं न सम्यक् परिणामम् इति अजीर्ण² ।
- Seva manam Annam (ingested food) Na samyak (Improper), Parinamam (digestion). The improper digestion of ingested food is known as 'Ajirna'.

- "Ajirna means 'न जीर्णम् इति अजीर्णम्' is a condition where indigestion exists. The nomenclature of Ajirna is done on the basis of causative Dosha.
- "The word 'Ajirna' in itself signifies the state of incomplete process of digestion of ingested food. The main reason for indigestion is Agnimandya (low digestive fire). Incomplete metabolism due to weakened digestive fire leads to unprocessed state of food causing Ajirna. The above said verse explains that this Ajirna due to Agnimandya is the root cause of many diseases.

TYPES OF AJIRNA

According to Acharya Charaka, Acharya Sushruta and Astanga Hrudaya it is 4 types.

- (1) Amajirna
- (2) Bidagdhajirna
- (3) Vistabdhajirna
- (4) Rasasesajirna

According to Madhavanidan 6 types

1. Amajirna
2. Bidagdhajirna
3. Vistabdhajirna



4. Rasasesajirna
5. Dinapaki
6. Prakruta

- Sadyobhuktaiva udgara (belching /eructation similar to those having immediately after food).
- Praseka (excessive salivation)
- Utklesa (nausea)
- Gaurava (heaviness in the body)

ETIOLOGY OF AJIRNA

अत्यम्बुपानाद्विषमाशनाद्धा सन्धारणात्
 स्वप्नविपर्ययाच्च कालेडपि सात्म्यं लघु चापि
 भुक्तमन्नं न पाकं भजते नरस्य ॥४००॥
 ईर्ष्यभयक्रोधपरिक्षतेन लुब्धेन शुग्दैरन्यनिपीडितेन
 प्रद्वेष युक्तेन च सेव्यमानमन्नं न सम्यक्
 परिणाममेति ॥१०१॥³

The person drinking more quantity of water, consuming foods improperly (more,less and untimely). suppressing the urges of the body and improper sleep etc. the food of such person even though consumed at the proper time, though accustomed and easily digestible, does not undergo digestion properly, Food consumed by the person afflicted with jealousy, fear, anger, miserliness, grief, helplessness and hatred does not undergo digestion properly.

- [Excessive] fast, indigestion, over-eating and irregular eating.
- Intake of unwholesome, heavy, cold, excessively un-unctuous and polluted food.
- Improper administration of purgation, emetic and olation therapies.
- Emaciation as a result of affliction by diseases.
- Residing in improper country and in inappropriate time
- Seasonal perversions.
- Suppression of manifested natural urges⁴.

In modern indigestion is a feeling of discomfort or a burning feeling in our upper abdomen it is also known as dyspepsia or upset of stomach symptoms may include epigastric pain, heart burn, distension, nausea or an acid feeling occur after eating and drinking⁵.

AIM AND OBJECTIVE

To study the concept of Ajirna in Ayurveda.

MATERIALS AND METHODS

1. Classical books of Ayurveda and modern text books.
2. Article from journals, dissertation and another published data from the websites.

LAKSHYANA OF AJIRNA⁶

Vistambha (abdominal distension), sadana (feeling of tired), headache, fainting, giddiness, stiffness of the back and lumber region, yawning, malaise, morbid thirst, fever, vomiting, tenesmus, anorexia and indigestion of food. This is a serious condition called anna-visa (food-poisoning).

अजीर्णं च कफादामं तत्र शोफोअक्षिगण्डयोः ।सद्योभुक्त
 इवोदगारःप्रसेकोत्कलेशगौरवम् ॥
 विष्टमनिनाच्छूलेबिन्धाआधमानसादकृत् ।पित्ताद् विदग्धं
 तृष्णोहभ्रमाम्लोद्गारदाहबत ॥⁷

Symptoms of Amajirna

- Aksi-ganda sophia (swelling in the cheeks and eyelids).

Symptoms of Vistabdhajirna

- Sula (colic Pain)
- Vibandha (constipation)
- Adhmana (abdominal distention)
- Sada (decreased power of digestion).

Symptoms of Vidagdhajirna

- Trsqā(thirst)
- Moha (fainting)
- Bhrama(giddiness)
- Amlodgāra (sour eructation)
- Daha (burning sensation in the body)

Rasasesajirna

Though eructation are clear, lack of interest towards food and discomfort in the chest region suggests that the individual is suffering from Rasasesajirna.

UPADRAVA⁸

Murcha, pralapa, vamathu, praseka, sadana, bhrama, death.

CHIKITSA

Amajirna	Langhana
Vidagdhajirna	Vamana
Vistabdhajirna	Swedana
Rasasesarjirna	Sayana

HINGUSOUVARCHALA CHURNA⁹

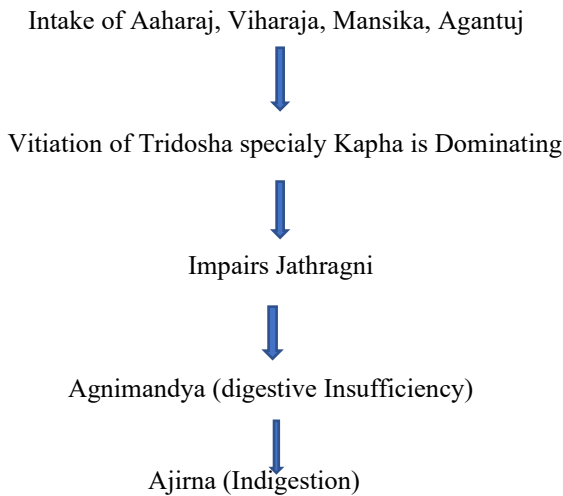
1. Hingu
2. Souvarchala lavana
3. Anna manda

OBSERVATION AND RESULT

The study is based on Ayurvedic classical texts .Ajirna is discussed as a major outcome of Agnimandya (digestive fire suppression) caused by lifestyle, diet, mental and environmental factors.It presents a clear pathogenesis, beginning from improper Ahara and Vihara leading to Tridosha vitiation (especially Kapha), resulting in Ama formation and symptoms of Ajirna. The classification of Ajirna into 4 to 6 types (based on various Acharyas) shows depth in differential diagnosis.The line of treatment is tailored as per the type of Ajirna, with specific therapies like Langhana, Vamana, Swedana, and Sayana.

DISCUSSION

The intake of Ahara (unwholesome food), Vihara (improper lifestyle), Mansika (mental stress), and Agantuja (external factors) leads to the vitiation of Tridosha, with Kapha Dosha being predominantly involved. This vitiated Dosha impairs the Jatharagni (digestive fire), resulting in Agnimandya (digestive insufficiency), which ultimately leads to the manifestation of Ajirna (indigestion).



1. Nidana (Causative Factors)

The process begins with the intake of improper diet and lifestyle, which includes:

Aharaja: Unwholesome food like heavy, oily, stale, incompatible, or untimely meals.

Viharaja: Sedentary habits, irregular sleep, suppression of natural urges, lack of exercise.

Mansika: Psychological factors such as stress, anxiety, fear, grief, and anger.

Agantuja: External or environmental factors such as seasonal changes, infections, or toxins.

2. Dosha Dusti (Vitiation of Doshas)

These factors lead to the vitiation of Tridoshas (Vata, Pitta, and Kapha), with Kapha Dosha being predominantly aggravated. Kapha, being heavy, slow, and sticky, obstructs the normal functioning of digestive fire.

3. Agni Dushti (Impairment of Jatharagni)

The aggravated Doshas, especially Kapha, impair the function of Jatharagni (digestive fire), which is responsible for the proper digestion and metabolism of food.

4. Agnimandya (Weak Digestion)

Impaired Jatharagni results in Agnimandya, i.e., the digestive fire becomes dull or weak. This leads to incomplete digestion of food.

5. Ama Utpatti (Formation of Toxins)

Due to the insufficient digestion, Ama (undigested or improperly digested food toxins) starts accumulating in the body, clogging the channels (Srotas) and further weakening Agni.

CONCLUSION

Ajirna, as described in Ayurveda, is a significant pathological condition arising from the impairment of Agni (digestive fire), primarily due to the vitiation of Doshas, particularly Kapha. The classical texts emphasize the role of improper dietary habits, lifestyle factors, and psychological influences in its manifestation. The classification of Ajirna into various types by Acharyas like Charaka, Sushruta, and Madhava allows for a precise diagnosis and individualized treatment. Management focuses on restoring the balance of Agni through specific therapies such as Langhana, Vamana, Swedana, and the use of formulations like Hingusouvarchala Churna and Anna Manda.

By addressing both the root cause and associated symptoms, Ayurvedic management offers a holistic and effective approach to combat indigestion and maintain digestive health.

Ajirna is not merely a stomach disorder but a systemic condition arising due to improper digestion and Dosha imbalance. Proper identification of the root cause (Nidana), Dosha involved, and type of Ajirna is essential for effective treatment in Ayurveda.

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