

A PHYSIOLOGICAL STUDY OF JATHRAGNI WITH SPECIAL REFERENCE TO AJIRNA: A CASE CONTROL STUDY

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ABSTRACT

Introduction: Ayurveda is a science that describes about health which depends on Agni. Ayurveda scientist had already defined that all disease are developed because of manadagni (decreased metabolism) so, one should care to protect Agni. Dehagni is the basis of bala (strength), Arogya (positive health), Aayu (longevity), Prana (vital force), Varna (complexion), Utsaha (cheerfulness), prabha (Lustre), Ojas (resistance to disease and decay), Tejas (energy) etc. Agni is the mool of Bala in man as Retas (semen) is the root of life.

Material and Method: Various Ayurveda and Vedic literature regarding Jathragni and other internet websites are reviewed and analyzed. 12 questionnaires were carried out to examine the Jatharagni on the basis of Mala pariksha, Mutra pariksha. Out of these twelve questionnaires 1. Number of meals in a day, 2. When do you feel full while taking meal, 3. eating habits and tolerance, 4. How is your appetite, 5. amount of intake /day, 6. Feeling after defecation, 7. Odour of stool, 8. Frequency of micturition in a day, 9. Consistency of stool, 10. How is your defecation frequency, 11. Jala Nimajjati Mala Pariksha, 12. Colour of urine. Amount of intake /day, there were two groups A and B for jirna and ajirna having 50 sample sizes in each on the basis of complaint and assessment pro forma. Each individual were also assess the objective parameter as liver function test, serum amylase, Urine RM.

Result and Discussion: Feeling after defecation P value was <0.0001 that is highly significant. Objective parameter is also applied in both group (Jirna and Ajirna). After application in both groups, Only SGPT objective parameter shows significant result. The result of t test was $t = 2.048$, P value 0.0433, result is significant, which mean SGPT can be a tool to assess the Jathragni.

Conclusion: After assessing the above all subjective parameters and objective parameters, one can conclude that SGPT can be one of effective and important tool to assess the Jathragni.

KEYWORDS: Jathragni, Jirna, Ajirna, Aama

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