



Research Article

DEVELOPMENT OF AN OBJECTIVE PARAMETER FOR AGNI PARIKSHANA WITH REFERENCE TO JARANAKALA OF UNIT QUANTITY OF LAJAMANDA

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ABSTRACT

Introduction - Agni (digestive fire) is the basic principle of life and it is deliberated by Jaranashakti (digestive capacity). Jaranashakti is assessed in terms of time required for Jirnahara Lakshana (symptoms of digestion) from Aharasevana (food intake). These Lakshana are subjective. So, an attempt was made to develop an objective parameter for Agni Parikshana. Our body weight is virtually constant. Apparent increase in weight after Annasevana (food intake) and restoring weight after its Pachana (Mala-Mutra Visarjana) (urination and defecation) is the basic theme behind this study. Laghuta (feeling of lightness) with reference to weight was taken into consideration as an objective parameter. Material and method - The study was carried out in 100 apparently healthy individuals, nil by mouth overnight, pre-urinated and defecated. They were weighed and subjected to Lajamanda Sevana (consumption of aqueous decoction of puffed rice) of a unit quantity (250 ml). Their weights were noted again. Apparent increase in weight of average 250 grams was seen. Assessment of weight and Mutravega Nirmiti (urge of passing urine) were done till the weight before Lajamanda Sevana was restored. Time interval was calculated. The time required for restoring weight and time interval between Lajamandasevana and Mutraveganirmiti were compared. Result - The Pearson's correlation test was significant (0.000) for weight restoring time and time interval between Lajamanda sevana and Mutravega nirmiti. The time required for weight restore is 1.161 times more than time interval between Lajamandasevana and Mutraveganirmiti. Conclusion - Laghuta in terms of weight can be considered as an objective parameter for Agni Pariksha.

Keywords: Agni Pariksha, Jirnahara Lakshana, Laghuta, weight