

“Conceptual & Survey Study Of

'Yathakalam Jaram Gachhati'

In Correlation With *Jatharagni & Aharakala*”



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Introduction: Digestion is the complex process by which body reduces the food into individual nutrients in order to build tissue, supply energy, and destroy pathogens (among other things). Your ability to process food and eliminate wastes is the single most important determinant of good health. Our bodies provide us with physical clues when systems are out of balance. Obvious signs of digestive distress include gas, bloating, cramping, constipation, and diarrhoea. However, freedom from these symptoms doesn't necessarily signify good digestion. It's quite possible that while you don't suffer from acute digestive distress, you still may not be absorbing available nutrition from the food you eat. Here we will study individual to confine timing when *Ahara* digested by *Agni*. How much time does *Agni* take for *Pachana*. After knowing complete digestion of food, one can eat next meal as per need.

Material and methods: The present study was carried out at general mess of Parul University. Healthy volunteers between 16-50 yrs age group was be selected. Patients having any kind of major and minor illness were being excluded. We have fixed the items of Thali as per routine Gujarati menu. In which we have randomly quantified the menu i.e 3-5 roti, 2 sabji (beans and green vegatable), 1 dal and rice with 1 salad and 1 papad along with buttermilk. Assessment will be done to understand the effect of *Ahara Jirna* in relation to *Agni* on *Swastha* as *Ahara* is one of the main cause of health and disease. The form was filled by questionnaire on same day evening and next day.

Results: Most of the volunteers took proper quantity of food at regular time. 50% of volunteers were aware about their digestion history while 50% volunteers have negative history. 1-3% of volunteers felt uneasy after taking food. Different sign of digestion according to their afterward probable effect on body which of them, विशुध उद्धार and वातानुलोमन were took 9-12 hr to show effect while पुरीष मल प्रवृति took 18-21 hrs, उत्साह, क्षुद्धोधन and देहलाघव took 12-15 hr; पिपासा took 3-6 hr. Highest amount of मूत्र प्रवृति was

found after 12 hours i.e. 15-18 hr (46), 18-21 hr (82) and 21-24 hr (38). Only जृम्भा (1) and विष्टम्भ (1) symptoms were found among volunteers. Only जठरगौरव (3) and आन्त्रकुजन (2) showed small number of subjects. No one have प्रभूत अन्न आशु पचति, गलताल्वोष्ठशोषदाह and संताप like *tikshnagni*. अल्प अन्ने उदरगौरव (11) was highest *mandagni* followed by कास (3), महता कालेन पचति (3), प्रसेक (2) and गात्रसदन (1). Most of volunteers were have *samagni* i.e. 86 than diseased by *mandagni* (11) and *Vishmagni* (3).

Conclusion: जीर्णे तु केवलमयमेव कालो भोजनस्य

Proper taking of food is very important factor for digestion and for complete digestion is only related to timing of taking food.