



Role of heat energy in health management

Kirti Prakash

GACH, Kadamkuan, Patna, PIN-800003

Email: dr.kirti18@gmail.com

ABSTRACT

Healthy life is the form of balance energy, which is maintained 24×7 in between organism and environment. Heat is one of the symbolic measurements of life. “Cool is dead”. Heat is measured by temperature and this temperature is an essential factor in the metabolism of body. In general by food and in disease, medicine is used to regulate and maintain this heat, which is the energy of life. Energy is represented by AGNI in Ayurveda. In Ayurveda 13 AGNI is defined-5Bhuta Agni, 7 Dhatwa Agni and 1 Jathara Agni. In **Dravya**(either food or medicine), with combination of Panchmahabhuta and Bhutagni six types of Rasa is generated i.e. **Madhura**- Jala + Prithavi, **Amla**-Prithavi + Agni, **Lawan**-Jala + Agni, **Katu**- Vayu + Agni, **Tikta**- Vayu + Akash, **Kashaya**- Vayu + Prithavi . As food is Rasa pradhan and medicine is viryapradhan, which is also explained on the basis of rasa i.e., **Ushnavirya**- Amla, Lavana, Katu and **Shitavirya**- Madhura, tikta, Kashaya. **Jatharagniconvert** food in Rasa, which is metabolized in Dhatus by Dhatwagni and converted into further dhatus, updhatus, mala and energy. This energy cycle goes on 24×7 for whole life time, without interruption. If any of 13 Agni is disturbed, the sequence of energy generation is affected, due to which disease is caused. For treatment, the reserved energy in dravya, is in the form of Rasa and virya, which is used to adjust that excess or deficient energy and balance the energy-mass ratio in stable form.

Keywords: Bhutagni, dhatwagni, jatharagni, bhesaj, virya, energy-mass ratio

INTRODUCTION

Heat is one of the symbolic measurements of life. Cool is dead. Heat is measured by temperature and this temperature is an essential factor in the metabolism of body. In general by food and in disease medicine is used to regulate and maintain this heat, which is the energy of life.

**स्वास्थ्यस्यस्वास्थ्यरक्षणम्।
आतुरस्यविकारप्रशमनंच॥(च.सू.30/26)**

First sentence is for nutrition with food, that represents ‘Ahara’, by which body maintain day to day, a stable physical state (structure).

Second sentence represent treatment by medicine. If due to any reason, energy level is disturbed then it will affect the metabolism and causes disease. Then by medicine of different potency either sheet or ushnavirya, we can balance it. Here suitable Anupana have major role which carry it to the target location. Our body is in equilibrium state of mass and energy2. If this ratio is disturbed then health is affected. As the law of physics, for any particular system total energy is constant, either in the form of mass or energy. They are inter convertible in certain condition i.e if mass will increase then energy will low and vice-versa.

$$E=MC^2$$



In our body if any of the dhatus is increasing, that means there energy is less or not sufficient to convert or proceed in further dhatus. To increase that specific part of energy for appropriate metabolism, suitable medicine is used because medicine is potent i.e., "bhesaj is viryapradhana" and by this way energy-mass ratio is balanced. By getting proper heat energy dhatwagni increases and production of nextdhatu is maintained.

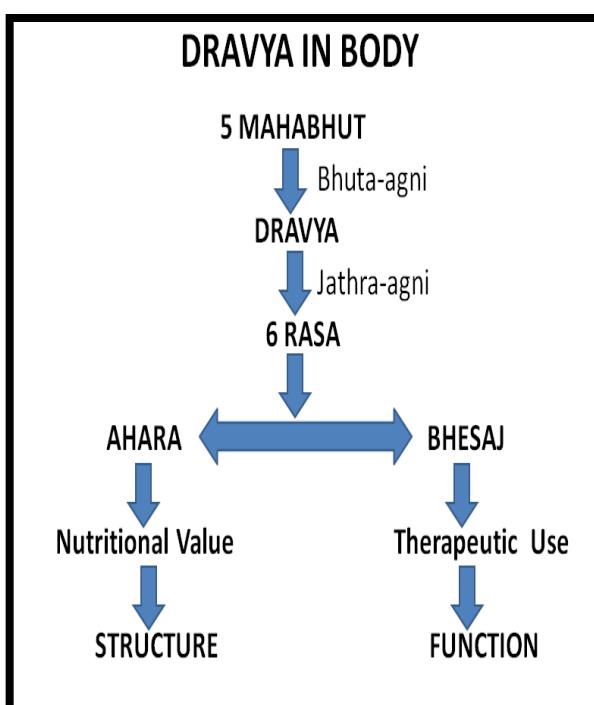
**याभिःक्रियाभिर्जायन्तेशरीरेधातवःसमाः।
साचिकित्साविकाराणांकर्मतद्विषजांस्मृतम्।**
(च.सू.16/34)

MATERIALS AND METHODS

Health science is a process to maintain the equilibrium state of body and energy. A constant ratio is essential for healthy life. When there is misbalance (deficiency or excess) of any element, the whole system will disturb, because in combination it works as a unit. In homeostasis, which refers to the body's need to reach and maintain a certain state of equilibrium⁴. To maintain the temperature in a fixed range, first we have to know the source and exit system. The source is very well described in ayurveda, in the form of agni.

Source of heat energy

Energy is represented by AGNI in Ayurveda, where 13 AGNI is described⁵



5 Bhuta Agni – In formation of dravya (ahara&bhesaj) by nature

1.Jathara Agni – In formation of rasa from dravya by digestion

7. Dhatwa Agni – In formation of dhatus from rasa by metabolism Jathra- agni

According to Chakrapani "Aharadrvya, 'Ras'pradhana" where Aharamatra is Agnibalasapekchi. 6. "Aushadhadrvya, 'Viry'a'pradhana" and Bhesajmatra is vyadhyaatrualapekchani. Food is ras based dravya which is the combination of panch-mahabut which function as structural unit of body.

Ahara (Food)

Different combination of six rasas are present in every food which affect body according to its qualities and nature

**सिद्धान्तो नाम स यः परीक्षकैर्बहुविधं परीक्ष्य
हेतुभिश्च साधयित्वा स्थाप्यते निर्णयः।
षडव रसा इत्युवाच भगवानात्रेयः पुनर्वसुः
मधुराम्ललवणकटुतिक्तकषायाः॥**

(च.सू.26/8)

Food is ras based dravya which is the combination of panch- mahabut and function as structural unit of body.

सर्व द्रव्यं ऋभौतिकमस्मिन्तर्थे।(च.सू.26/10)

Rasa5-Mahabhuta

Madhur Jala + Prithavi

Amla Prithavi + Agni

Lawan Jala + Agni

Katu Vayu + Agni,

Tikta Vayu + Akash,

Kashaya Vayu + Prithavi

Bheshaja (Medicine)

In bhesajdravya (medicine) is a set or combination of ras, works as potent heat energy in the form of sheet and ushnnavirya which balance the metabolic action with biochemical reaction.

Potency of virya also depends upon a classified set of ras

UshnaviryaShitavirya

Amla

Madhura

Lavana



Tikta
Katu
Kashaya

Factors deciding medicinal matra:

According to **VadyaParibhashaPradeepa**, second khanda; for all patients it is not possible to prescribe a fixed dose of medicine. A proper quantity of drug differs according to condition of disease and strength of the patient which includes kala, agni, bala, Aayu, prakruti, desha and dosha⁹.

DISCUSSION

Dravya classification

Dravya is described according to **Susrut** on the basis of **Rasa**, whereas **Charak** describe on the basis of **Gun-Karm**.¹⁰

According to Guna

आहार	भेषज
रसाशयी-6 गुण	वीर्य -४गुण
मधुर - शीत ग्रु	मदु तीक्ष्ण
अम्ल- लघु स्निग्ध	स्निग्ध रुक्ष
लवण- स्निग्ध उष्ण	ग्रु लघु
कटु- लघु उष्ण रुक्ष	शीत उष्ण
तिक्त- रुक्ष शीत लघु	
क्षाय- रुक्ष शीत ग्रु	

Panch-mahabhuta and Guna¹²

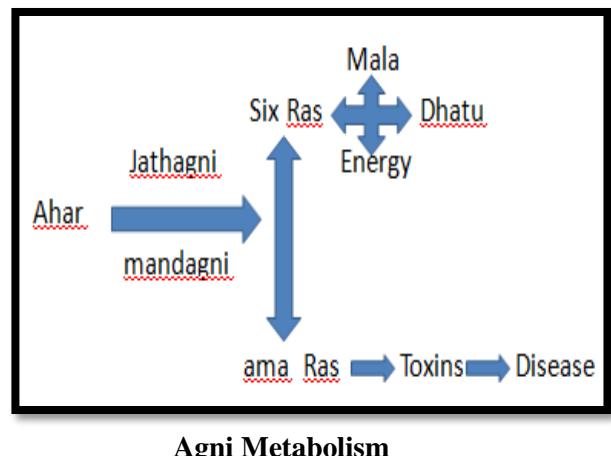
प्रत्यय	लक्षण
पर्यावर्ती(9)-	ग्रु, खर, कठिन, मंद,
	स्थिर, विशद, सांद्र, स्थल, ग्रंथ
जलीय(7)-	द्रव, स्निग्ध, शीत, मंद, मदु, पिच्छिल, रस
तैजस(7)-	उष्ण, तीक्ष्ण, सक्रम, लघु, रुक्ष, विशद, रूप
वायव्य(7)-	लघु, शीत, रुक्ष, खर, विशद, सक्रम, स्पर्श
आकाशीय(5)-	मदु, लघु, सक्रम, लक्षण, शब्द

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(A.H.Ni.12/1)13

In body Jatharagni is the main agni which initiate the digestion process and hence responsible for further metabolism of body causing health either disease. . If it is in appropriate state then ahar will convert into rasa and every ras functions as their gun, virya, vipaka, prabhawa and karma.

If agni is low then food is fermented or acidify to form Aam-rasa, which is toxic to body and root cause of all disease.



CONCLUSION

From drug selection to drug preparation and even its digestion to pharmacological action, everything is dependent on appropriate HeatScience. Hence Heat is an essential Energy form, to maintain a healthy life.

समदोषसमाविश्वसमधातुमलविया।
प्रसन्नात्मेस्मियमनिःस्वास्थ्यइत्यवधीयते॥
(सु.सू.15/44)¹⁴

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