Diagnosis and therapy for tissue metabolism – “Dhatvagni"

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• Importance of Agni
• Types of Agni
• Concept of Ahara Paka (Metabolism) in Ayurveda
• Ahara Paka-Krama (Steps in metabolism of food)
• Mechanism of Ahara Paka (Metabolism) in Ayurveda
• Concept of Dhatwagni (Tissue Fire)
• Role of Dhatwagni in Ahara Paka(i.e. in Dhatu Vriddhi-Kshaya)
• Diseases due to abnormal metabolism of respective dhatus
• Principles of Treatment & drugs acting at respective dhatwagni level
• Conclusion
Why study Agni – Dhatvagni?

• Like climate change, the relentless worldwide spread of noncommunicable diseases has become a **major global challenge that threatens health and economies alike**.

• A recent report from the World Health Organization\(^1\) identified six risk factors associated with noncommunicable diseases as the leading global risk factors for death:

  - high blood pressure,
  - high blood glucose levels,
  - overweight or obesity,
  - and high cholesterol levels. Together, these factors contribute to a large proportion of the deaths resulting from cardiovascular diseases, metabolic causes, and cancer.

• Moreover, they pervade countries of all income levels: even in low-income countries, 6 of the top 10 risk factors are associated with noncommunicable diseases.
Types of Agni

• Agni is divided into 3 basic types (Total 13 in numbers) depending on the chief site of Action-

1. Jatharagni / Kayagni / Pachakagni (1) [Digestive Fire]
   - Location- “Jathara”-Particularly Grahani i.e. Duodenum
   - Function- Breakdown of food into Sara bhaga (Nutrient Part) & Keeta bhaga (Waste Part)

2. Bhutagni (5) [Elemental Fire]
   - Location- Yakrit
   - Function- Conversion of Vijateeya (Exogenous/Heterogenous) Panchabhautika substance to Sajateeya (Endogenous/Homogenous) Panchabautika form, so that it is easily assimilated in body.
   - Types – 5 types as per 5 Mahabhutas (Nabhasagni, Vayabyagni, Agneya, Apyagni & Bhaumagni)

3. Dhatwagni (7) [Tissue Fire]
   - Location – In each of 7 dhatus (Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra)
   - Function – Helps in Conversion & formation of respective dhatu (Tissues)
   - Types – 7 (Rasagni, Raktagni, Mamsagni, Medagni, Asthyagni, Majjagni, Shukragni)
Dhatvagni

स्वस्थानस्थस्य कायग्नेरंशा धातुषु संश्रिताः |
Ashthanga Hrudyam –Sutra- Chapter 11/34

Jatharagni

Agni for Rasa Dhatu
Agni for Rakta Dhatu
Agni for mamsa Dhatu
Agni for Meda Dhatu
Agni for Asthi Dhatu
Agni for Majja Dhatu
Agni for Shukra Dhatu
Ahara Paka-Krama (Steps in metabolism of food)

4 types of Ahara
- Jatharagni
- Kitta Bhaga
- Bhutagni
- Site-Grahani

Ahara Rasa

Dosha, Indriya, manasa, subtle senses are noriesed

Kitta Bhaga
- Site-Yakrit

Dhatwagni

1. 7 types of Dhatu
2. Upadhatu
3. Dhatumala

Dhatwagni paka governed by 3 rules–
1. Kshir-Dadhi Nyaya
2. Kedari-Kulya Nyaya
3. Khale-Kapota Nyaya
Mechanism of *Ahara-paka* (Metabolism) in *Ayurveda*

Ayurveda has described tissue metabolism with 3 different *Nyayas* (Postulations)

**Kshir-Dadhi Nyaya**

One dhatu will be transformed completely from one form to another by the action of *dhatvagni*.

- **Rasa** (Lymphatic Tissue) → **Rakta** (Blood) → **Mamsa** (Muscular Tissue)
- **Asthi** (Skeletal Tissue) → **Meda** (Adipose Tissue) → **Shukra** (Reproductive Tissue)
- **Majja** (Bone Marrow)
All of the 7 dhatus will be simultaneously prepared from Ahara Rasa in a sequential order (Uttarotar dhatu poshan).
All of the 7 dhatus will be prepared from Ahara Rasa by selection but not following any particular sequence.
Role of *Dhatwagni* in *Dhatupaka* (i.e. *in Dhatu Vriddhi-Kshaya*)

- The *dhatu vriddhi-kshaya* is inversely proportional to the *Dhatwagni*
- Increase in *Dhatwagni* → leads to *Dhatu Kshaya* (decrease in mass / volume of tissue)
- Decrease in *Dhatwagni* → leads to *Dhatu Vriddhi* (Increase in mass / volume of tissue)

Example – Increase in *Rasagni* leads to *Rasa Kshaya Lakshana* & decrease in *Rasagni* leads to *Rasa Vriddhi lakshana.*
Effect of *Dhatvagni* on *Dhatu*

तेषां सादातदीप्तिभ्यां धातुवृद्धिक्षयोद्भवः || ३४ ||

Ashthanga Hrudyam –Sutra- Chapter 11/34

- **Dhatvagni**
  - **Saada** (Diminished function)
  - **Atideepa** (Excess function)
  - **Dhatu Vruddhi** (Quantitative and/or qualitative excess and improper growth of dhatu)
  - **Dhatu kshaya** (Quantitative and/or qualitative loss of dhatu)

- low, medium, high
  - uncooked
  - well cooked
  - charred
# Diseases affecting dhatus

<table>
<thead>
<tr>
<th>Dhatu</th>
<th>Classically mentioned Conditions after vitiating</th>
<th>Presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa</td>
<td>Tastelessness, nausea, heaviness, dizziness, bodyache, fever, unconsciousness, pallor, blockaging in srotasas, lethargy, wasting, anorexia, wrinkling of skin, graying of hairs</td>
<td>Tastelessness, nausea, heaviness, dizziness, bodyache, fever, unconsciousness, pallor, blockaging in srotasas, lethargy, wasting, anorexia, wrinkling of skin, graying of hairs</td>
</tr>
<tr>
<td>Rakta</td>
<td>Various skin diseases, herpes, boils, perpura, metrorrhagia, perineal inflammations, stomatitis, splenic disorders, neoplasms, abscesses, jaundice, vitiligo, patetchial haemorrhages</td>
<td>Various skin diseases, herpes, boils, perpura, metrorrhagia, perineal inflammations, stomatitis, splenic disorders, neoplasms, abscesses, jaundice, vitiligo, patetchial haemorrhages</td>
</tr>
<tr>
<td>Mamsa</td>
<td>Various tumours, keloids, pharyngeal diseases, goitres</td>
<td>Various tumours, keloids, pharyngeal diseases, goitres</td>
</tr>
<tr>
<td>Meda</td>
<td>Numbness, burning of feet, soles; dyspepsia, lethargy, polyurea, foul body odor, excess sleep, dizziness etc</td>
<td>Numbness, burning of feet, soles; dyspepsia, lethargy, polyurea, foul body odor, excess sleep, dizziness etc</td>
</tr>
<tr>
<td>Asthi</td>
<td>Improper, inadequate dental growth, various bone related conditions, dental diseases, hair disorders.</td>
<td>Improper, inadequate dental growth, various bone related conditions, dental diseases, hair disorders.</td>
</tr>
<tr>
<td>Majja</td>
<td>Pain and swelling at small joints, giddiness, loss of consciousness (various neurological conditions).</td>
<td>Pain and swelling at small joints, giddiness, loss of consciousness (various neurological conditions).</td>
</tr>
<tr>
<td>Shukra</td>
<td>Sexual disorders; genetic disorders</td>
<td>Sexual disorders; genetic disorders</td>
</tr>
</tbody>
</table>

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Dhatu specific Line of Treatments

<table>
<thead>
<tr>
<th>Dhatu</th>
<th>Line of treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa</td>
<td>Langhan</td>
</tr>
<tr>
<td></td>
<td>Dhatu specific medicinal treatment</td>
</tr>
<tr>
<td>Rakta</td>
<td>Purgation therapy</td>
</tr>
<tr>
<td></td>
<td>Blood letting therapy</td>
</tr>
<tr>
<td></td>
<td>Dhatu specific medicinal treatment</td>
</tr>
<tr>
<td>Mamsa</td>
<td>Panchakarma,</td>
</tr>
<tr>
<td></td>
<td>Surgical intervention,</td>
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<tr>
<td></td>
<td>Agni karma,</td>
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<tr>
<td></td>
<td>Ksharakarma</td>
</tr>
<tr>
<td></td>
<td>Dhatu specific medicinal treatment</td>
</tr>
<tr>
<td>Meda</td>
<td>Basti (medicated enemas)</td>
</tr>
<tr>
<td></td>
<td>Udvartana</td>
</tr>
<tr>
<td></td>
<td>Vata and kapha alleviating medicines</td>
</tr>
<tr>
<td></td>
<td>Dhatu specific medicinal treatment</td>
</tr>
<tr>
<td>Asthi</td>
<td>Panchakarma</td>
</tr>
<tr>
<td></td>
<td>Milk based Medicated enemas</td>
</tr>
<tr>
<td></td>
<td>Dhatu specific medicinal treatment</td>
</tr>
<tr>
<td>Majja</td>
<td>Panchakarma</td>
</tr>
<tr>
<td></td>
<td>Sweet and bitter taste based medicines</td>
</tr>
<tr>
<td></td>
<td>Appropriate diet adaption</td>
</tr>
<tr>
<td></td>
<td>Dhatu specific medicinal treatment</td>
</tr>
<tr>
<td>Shukra</td>
<td>Panchakarma</td>
</tr>
<tr>
<td></td>
<td>Sweet and bitter taste based medicines</td>
</tr>
<tr>
<td></td>
<td>Appropriate diet adaption</td>
</tr>
<tr>
<td></td>
<td>Dhatu specific medicinal treatment</td>
</tr>
</tbody>
</table>

- रसजाना वृक्षारणां सर्वं लङ्घनमौषधम्
  वधिशिलोचितिकिंध्यायेः
  रक्तजानां भिषा जितितम् ।|| २५ ||
  मांसजाता तु संशुद्ध जाता
  शाशुतुरक्षाराग्निकर्म च।
  अष्टुनितदारतिंध्यायेः
  मेदोजान पर्तितिसभितम् ।|| २६ ||
  अस्त्याश्रयाणां व्याधीनां
  पञ्चकर्माणि शस्त्रक्षाराग्निकर्म|च।|| २७ ||
  मेडावर्जस्त्याकर्मोऽध्याये
  मदोजान पर्तितिसभितम् ।|| २८ ||

- कुर्याच्छोणितरोगेषु
  रक्तपित्तहरीं क्रियाम् ।
  ्विरेकमुपवासं
  च शोणितस्य�।|| १८ ||

- वातघ्नान्यन्नपानानि
  श्लेष्ममेदोहराणि च।
  रूक्षोष्णा बस्तयस्तीक्ष्णा
  रूक्षाण्युद्वर्तनानि|च।|| २१ ||

- नात्त्वद्वन्धारणानां
  श्लेष्ममेदोहरानि|च।
  स्वादुतिक्तकम्
  मात्रया|च।|| २२ ||

- वातघ्नान्यन्नपानानि
  श्लेष्ममेदोहरानि च।
  रूक्षोष्णा बस्तयस्तीक्ष्णा
  रूक्षाण्युद्वर्तनानि|च।|| २१ ||

- नात्त्वद्वन्धारणानां
  श्लेष्ममेदोहरानि|च।
  स्वादुतिक्तकम्
  मात्रया|च।|| २२ ||

- वातघ्नान्यन्नपानानि
  श्लेष्ममेदोहरानि च।
  रूक्षोष्णा बस्तयस्तीक्ष्णा
  रूक्षाण्युद्वर्तनानि|च।|| २१ ||

- नात्त्वद्वन्धारणानां
  श्लेष्ममेदोहरानि|च।
  स्वादुतिक्तकम्
  मात्रया|च।|| २२ ||
Dhatu specific commonly used herbs
some examples

<table>
<thead>
<tr>
<th>Dhatu</th>
<th>Herbs</th>
</tr>
</thead>
</table>
| Rasa  | Tinospora cordifolia  
Asperagus recemosus  
Guduchi  
Shatavari |
| Rakta | Azadiracta india  
Rubia cordifilia  
Curcuma longa  
Nimba  
Manjishtha  
Haridra  
Sariva |
| Mamsa | Withania somnifera  
Abutilin indicum  
Ashvagandha  
Bala |
| Meda  | Commnifera mukul  
Tinospora coedifilia  
Triphala  
Gugulu  
Guduchi |
| Asthi | Tinospora cordifilia  
Emblica officinalis  
Guduchi  
Amalaki |
| Majja | Nordostachys jatamansi  
Bacopa monnieri  
Jatamansi  
Brahmi |
| Shukra | Withania somnifera  
Asperagus recemosus  
Safed Muesli  
Brahmi |

(Image courtesy: National Medicinal Plant Board)
Diseases due to Abnormal metabolism of *Rasa Dhatu*

- Condition- Hypo and hyper functioning of Raktaagni
- Normo function of raktagni- Clarifies and brightens varna (skin colour), nourishes the mansa dhatu and revives the body (Jivyati).
- Pathological conditions when Raktagni is abnormal (increase or decrease)

<table>
<thead>
<tr>
<th>Rakta Dhatu Vriddhi</th>
<th>Rakta Dhatu Kshaya</th>
<th>Rakta Pradoshaja Vikara</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body and eyes turn red in colour</td>
<td>Rough, cracking, dry and untidy skin</td>
<td>Kushner, visarpa-pidaka, vyanga (blemish) etc and other skin diseases.</td>
</tr>
<tr>
<td>fullness of blood vessels (Shira-purnatavam)</td>
<td>Person desires for amla and sheeta dravyas</td>
<td>raktapitta, asrigdara, pliha(spleenomegaly)</td>
</tr>
<tr>
<td></td>
<td>unsteady or loose blood vessels (shira-shaithilya)</td>
<td>gulma, vidradhi</td>
</tr>
</tbody>
</table>

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Kamala (Jaundice)
• **Chikitsa-sutra of Raktapradoshaja vikaras-**
  Raktapittahari chikitsa, Virechana, Upwas( fasting) and Rakta-sravana (Blood letting).

• **Dravyas useful in Raktapradoshaja vikara-**
  Tikta rasa dravyas are useful in rakta pradoshaja vikaras. Example- Saariva, Manjistha, Chandana, Nimba, Chirayta, and Priyangu.
DRUGS USEFUL AT RAKTAGNI LEVEL

Santalum alba

Azadirachta indica

Swertia chirata

Callicarpa macrophylla
Diseases due to Abnormal metabolism of *Mamsa Dhatu*

- Condition- Hypo and hyper functioning of Mamsagni
- Normo function of Mamsagni-Nourishes body and the meda dhatu.
- Pathological conditions when Mamsagni is abnormal (increase or decrease)

<table>
<thead>
<tr>
<th>Mamsa dhatu Vridhhi</th>
<th>Mamsa Dhatu Kshaya</th>
<th>Mamsa dhatu pradoshaja Vikara</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excessive growth of buttocks, cheeks, lips, chest, arms, legs etc.</td>
<td>Pain, emaciation, dryness on buttocks, neck and belly</td>
<td>Adhi mansa arbuda, keel,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>galashaluka (tumour in throat), galashundika,</td>
</tr>
<tr>
<td></td>
<td>Lethargic body (gatra-sadanam),</td>
<td></td>
</tr>
<tr>
<td></td>
<td>loosening of arteries (Dhamani shaithilya)</td>
<td>gandamaala, puti mansa, alaji, upjihvika etc</td>
</tr>
</tbody>
</table>

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• Chikitsa-sutra of Mamsa pradoshja vikaras-

Sanshodhana, shastra, kshara and agni karmas are treatments for mansa pradoshaja vikaras.

• Dravyas useful in Mamsa pradoshaja vikaras-

Sansodhana dravyas (mostly tikta rasa) Ex-Madanphala, Kutaj, Danti, Dravanti etc. Kshara

Randia dumetorum  
Baliospermum montanum
DRUGS USEFUL AT MAMSAGNI LEVEL

- *Operculina turpethum*
- *Euphorbia dracunculoides*
- *Luffa acutangula*
- *Luffa echinata*
- *Holarrhena antidysentrica*
- *Cassia fistula*
Diseases due to Abnormal metabolism of *Meda Dhatu*

1. Obesity – due to hypo-functioning of medagni - increased *dusht meda dhatu* (excessive fat)
2. Emaciation- due to hyper-functioning of medagni - decrease in *meda dhatu* (less fat)

Due to disturbance in *dhatvagni*, metabolism goes down resulting in altered BM
**Principles of Treatment & Drugs Acting at Medagni level**

1. Obese- *Shodhan* (Purificative measures i.e. *Panchakarma*) +
2. *Guru Ruksha apatarpana ahara* (Heavy diets).

Drugs for obesity – *Giloy* (*Tinospora cordifolia*), *musta* (*Cyperus rotundus*), *triphala* (Combination of *Terminalia chebula*, *Phyllanthus emblica* & *Terminalia bellerica*), *shunthi* (*Zingiber officinalis*), honey, *amalaka* (*Phyllanthus emblica*), *agnimanth* (*Premna integrifolia*) with *shilajatu*.

Drugs for emaciation - *Ashwagandha*, drugs of *Brimhaniya mahakashaya*. 
Diseases due to Abnormal metabolism of Asthi Dhatu

1. Diseases related to bones- pain in bones and joints , demineralisation of bones
2. Dental caries- toothache, hyperdontia, cavities, discolouration of teeth
3. Problems related to hair, nails and beard – hair fall, thinning of hair, brittle nails
Principles of Treatment & Drugs Acting at Asthyagni level

1. Asthi-kshaya – Samshaman chikitsa (milk or ghee processed with tikta dravyas.

2. Asthi-vrudhhi- Shodhan chikitsa (enema with milk or ghee processed with tikta dravyas)

Tikta dravyas namely Giloy (Tinospora cordifolia), haridra (Curcuma longa), daruharidra (Berberis aristata), Kutaja (Holarrhena antidysentrica), Chandan (Santalum album), neem (Azadirachta indica), bakuchi (Psoralea corylifolia), vacha (Acorus calamus), patha (Cissampelos pariera), khadira (Acacia catechu) etc.
Diseases due to Abnormal metabolism of *Majja Dhatu*

- Condition – Hypo or Hyper-functioning of *Majjagni*
- Normo-function of *Majjagni* – Sneha, Bala, Shukra pusthi & Asthi purana
- Pathological conditions when *Majjagni* is abnormal (Increase or Decrease) –

<table>
<thead>
<tr>
<th>Hypofunctioning of Majja Agni (Majja Dhatu vriddhi)</th>
<th>Hyperfunctioning of Majja Agni (Majja Dhatu Kshaya)</th>
<th>Majja Pradoshaja Vikara</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Netranga Gourabham</td>
<td>1. Ashthi Saushiryya (Osteoporosis)</td>
<td>1. Parva Ruk (Ch.)</td>
</tr>
<tr>
<td></td>
<td>3. Timira Darshana (A.H.) (Darkness in front of eyes)</td>
<td>3. Murchha (Ch.) (Syncope)</td>
</tr>
<tr>
<td></td>
<td>4. Alpa Shukrata (Su.) (Oligospermia / Oligozoospermia)</td>
<td>4. Tamasa Darshanam (Ch.) (Darkness infront of eyes)</td>
</tr>
<tr>
<td></td>
<td>5. Parva bheda (Su.) (Arthralgia)</td>
<td>5. Parva mulanam Arunshi(Ch)</td>
</tr>
<tr>
<td></td>
<td>6. Asthi Nistoda (Su.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>7. Pratata Vata Rōgi (Ch.)</td>
<td></td>
</tr>
</tbody>
</table>

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Diseases due to abnormal Majjagni

- Osteoporosis
- Vertigo
- Oligospermia
- Arthralgia
- Syncope
- Darkness in front of eyes
- Blisters
- Heaviness of eyes
Principles of Treatment & Drugs Acting at Majjagni level

- Shamana Chikitsha –
  1. Ahara & Aushadhi- Madhura & Tikta Rasa dominant
  2. Vihara- Vyavaya, Vyayama
- Shodhana Chikitsha (Panchakarma)
- List of drugs possibly acts at Majjagni level –
  1. Jivaniya Mahakashya
  2. Brumhaniya Mahakashya
  3. Laghu Panchamula
  4. Trinpanchamula
  5. Guduchi, Bhumyalaki, Karkatashringi, Shatavari, Shatapuspha, Mrudwika, Karjura, Parushaka, Kapikachhu, Madhuka
Diseases due to Abnormal metabolism of Shukra Dhatu

• Condition – Hypo or Hyper-functioning of Shukragni

• Normo-function of Shukragni- Dhairya chyavana (chyuti), Preeti, Dehabala, Harsha, Garbha utpada

• Pathological conditions when Shukragni is abnormal (Increase or decrease) -

<table>
<thead>
<tr>
<th>Hypofunctioning of Shukragni (Shukra dhatu vriddhi)</th>
<th>Hyperfunctioning of Shukragni (Shukra dhatu kshyaya)</th>
<th>Shukra pradoshaja vikara</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Ati Stree Kamata (Excessive Libido)</td>
<td>1. Daurbalya (Ch.) / Ashakti Maithuna(Su.)</td>
<td>1. Klaibya (Ch.) (Impotency)</td>
</tr>
<tr>
<td>2. Shukrashmari</td>
<td>2. Mukhasosha (Ch.) (Dryness of mouth)</td>
<td>2. Aharsha (Ch.)(Loss of Libido)</td>
</tr>
<tr>
<td>3. Bala vriddhi</td>
<td>3. Pandu (Ch.) (Anemia)</td>
<td>3. Alpa Ayu (Ch.)</td>
</tr>
<tr>
<td>4. Sneha vriddhi</td>
<td>4. Sadana (Ch.) (Lethargy)</td>
<td>4. Virupa (Ch.) (Unattractive)</td>
</tr>
<tr>
<td>5. Shukra Ati pradurbhava (Su.)</td>
<td>5. Klaibya (Ch.)</td>
<td>5. Agarbha / Garbhapata / Garbhasrava (Infertile/Abortion/Miscarriage)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6. Shukra Avisarga (Ch.) / Chirat Praseka (Su.) / Alpa Rakta Shukra Darshanam (Su.)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7. Medhra-Vrishana Bedana (Su.)</td>
</tr>
</tbody>
</table>

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Diseases due to abnormal Shukragni

- Excess Libido
- Anemia
- Abortion / Miscarriage
- Dryness of Mouth
- Loss of libido
- Debility
- Lethargy
- Unattractive Face
Common herbs which work at Majjagni & Shukragni Level

Tinospora cordifolia  Phyllanthes niruri  Asparagus racemosus  Mucuna pruriens

Withania somnifera  Sida cordifolia  (Trilobus terrestris)  Euphorbia hirta
Common herbs which work at *Majjagni & Shukragni Level contd.*

- *Curcuma longa*
- *Desmodium gangeticum*
- *Vetiveria zizanoides*
- *Uraria picta*
- *Vitis vinifera*
- *Grewia asiatica*
- *Madhuca indica*
- *Glycyrrhiza glabra*
Conclusion

• Agni (Digestive fire) plays pivotal role in health promotion and disease prevention.

• Any disturbance (*Hypo-* , *Hyper-* function) in any of the dhatwagni (i.e. tissue metabolism) leads to ill formation [Vriddhi (Increased) or Kshaya (decreased)] of respective dhatu, leading to disturb the vicious cycle of Rasa dhatu to Shukra dhatu formation which manifests various pathological conditions in body.

• Ayurveda, through its holistic approach (A combo of Ahara, Vihar, Ekala Aushadhi, Aushadhi yogas, Panchakarma, yoga , Pranayam etc.) is primarily focuses on proper functioning of Agni.

• Therefore proper care of Agni is the key of healthy life.
Om Vaisvanaraya vidhmahe
Lalelaya dhimahi
Tanno Agnih pracodayat

May we realise Vaisvanara, the fire-god.
Let us meditate on that seven-tongued, mystic fire. May Agni, the fire-god, illumine us.
THANK YOU

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