

# Session 7: Agni Metabolism for Health

## AYUR 1000

Centre for Innovative and Lifelong  
Learning, University of Mauritius  
(UoM)

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# Ayurveda Dietetics - MahaBhaishaj

1. Swabhawa - Nature of food
2. Samyoga – Combinations of foods
3. Samskara – Processing
4. Matra – **Volume**
5. Kala – Time / Age / Season; 4000 mRNAs
6. Desha – Place
7. Upayoga Samsthana – General Principles
8. Upabhokta – The consumer

# Importance of Agni

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A Mahabhoota

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Represented as metabolism  
in the body - “To carry  
forward or to transform”

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In the universe, the Sun is  
the main representative and  
source of Agni

Contd...

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Considered Sacred

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Responsible for purity

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Transforms the maximum part of food to *mala* /  
wastage, some part of food to muscles, and minimum  
part of food to *Satva* / mind – Common Genes

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Transforms Water into urine, blood and vitality

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Tissue transformation from Rasa to Shukra

Contd...

One of the most important principles, its derangements produce toxins- Ama / Free Radicals

- Normal Agni= health
- Disturbed Agni= diseases via Ama
- No Agni= death

# Types of Agni

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- 13 types
- Responsible for life, the body, tissues, strength and complexion
- Jatharagni - 1
- Dhatawagni – 7
- Bhootagni - 5

# Fuel Preferences

Agni / Fire needs something to burn

The preferences are

1. Food
2. Diseases / toxins
3. Tissues
4. Life

*Ahaaram Pachati Shikhi Doshan Ahaar Varjitah...*

# Role in metabolism

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Stimulates by the help of Samana Vayu

Activates five Bhootagni present in the food to convert them to body Mahabhoota

The food is separated into two components – useful for the body, and the waste

# The Stages of Digestion

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*Amavastha / Unripe* (The stage of Sweet taste) Paka - in Stomach – Kapha Production

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*Pachymanavastha / Riping* (The stage of Sour taste) Paka - in Duodenum– Pitta Production

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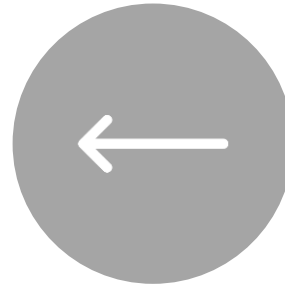
*Pakavastha / Ripe* (The stage of Pungent taste) Paka - in Large intestine – Vata Production

# Jatharagni / All the digestive Juices

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The most Important



Regulates the other 12 Agnis



Found in the Alimentary tract



Digests food and separates the nutrient factor from the waste

# *Dhatawagni* / Tissue Metabolism

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Seven in number, As per Dhatu

1. **Rasa** Dhatu Agni
2. **Rakta** Dhatu Agni
3. **Mamsa** Dhatu Agni
4. **Meda** Dhatu Agni
5. **Asthi** Dhatu Agni
6. **Majja** Dhatu Agni
7. **Shukra** Dhatu Agni

# *Bhootagni*

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Five in number, As per *Mahabhoota*

Digestion and assimilation of respective *Pancha Mahabhoota*

Transforms the external Mahabhoota to internal Mahabhoota.

# Bhootagni types

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Akasha  
Mahabhoota  
Agni

Vayu  
Mahabhoota  
Agni

Agni  
Mahabhoota  
Agni

Jala  
Mahabhoota  
Agni

Prithvi  
Mahabhoota  
Agni

# Dosha Dominance and Agni

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Dosha	Agni
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Vata	Irregular
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Pitta	Strong
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Kapha	Dim
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## Imbalance of Agni

- Loss of appetite
- Acidity or heart burn
- Loose motions or constipation
- Weight gain or loss
- Gastrointestinal tract disorders
- Almost ANY disease

# Diet

- Biggest Source of Free Radicals
- Periodic Fasting stimulates Autophagy; BECN1 Gene
- Stimulates response to Chemotherapy
- BECN1 (Autophagy) gene absence risks multiple types of cancers

## Contd...



Calorie Restriction Theory – 65%  
reduction in cancer markers



Autophagy – Cancer prevention, and  
improved response to  
Chemotherapies



Designing of ***Ayush wellness  
Program*** for the Ministry of  
Education, HE, S, & Tech, Mauritius

# AYUSH WELLNESS PROGRAM

## Grade 1

1. To eat with full concentration; not to watch TV / video games during meals<sup>1</sup>
2. Not to over-eat<sup>2,3</sup>, and not to overly indulge with one food /taste
3. To chew well<sup>4</sup>, enjoy, respect, and not to waste food
4. Not to sip chilled water / drinks after meals<sup>5</sup>; Butter Milk after meals, Milk at Bed time, Water in early morning

## Grade 2

1. To eat more of fruits & vegetables<sup>7</sup>
2. Reduce deep fried, too sugary, salty foods<sup>8</sup>
3. Regular mealtimes, with heavier breakfast than dinner<sup>9</sup>
4. To consider the seasonal variation in diet patterns

## Grade 3

1. Consume more of millets and salads<sup>10, 11</sup>
2. Avoid junk snacking between the meals<sup>12</sup>
3. Prefer Freshly cooked home food
4. Eat Slowly ( 20 minutes)

01

Take small servings  
of meals, & eat only  
when hungry<sup>13</sup>

02

Learn about health  
benefits of common  
spices as Curcuma,  
Ginger, Black  
pepper<sup>14</sup>

03

Caution towards  
junk food / drinks  
commercials<sup>12</sup>

# Grade 5

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1. Introduction to immunity & its enhancement
2. Learn about health benefits of common spices as cumin, Ajowan, Curry leaves<sup>15</sup>
3. Harmful effects of excessive sugar, salts, and fats<sup>8</sup>
4. Guided participation in cooking

# Grade 6

1. Harmful effects of over-eating<sup>13</sup>, and common lifestyle diseases
2. Concentration & Immunity boosting habits & common herbs as *Tulsi*, *Ashwagandha*, *Amlaki*, *Guduchi*, *Brahmi*<sup>16</sup>
3. Health Benefits of Complex Carbohydrates<sup>17</sup>
4. Guided participation in cooking

# Complex Carbohydrates

- Fruits, Vegetables, Salads
- Millets- Energy ( Amylose 25%, Sugars 2%), Calcium+ Iron+ Zinc+ Phosphorus+ Magnesium ( 2%), lipids, Fibres ( 10 %), high-quality proteins ( 11%), Vitamins
- Proteins, Fibers, Vitamins, Minerals
- Cardiovascular health
- Preventing Diabetes, Obesity, weight, Inflammation in the gut

# Harmful Ingredients

- Fats, Salt, Sugars
- x5 consumption in Mauritians
- Major cause of Free Radical Generation
- Obesity, Hypertension, Left Ventricular Hypertrophy, Fibrosis, Cardiovascular Events, Renal Stones, Proteinuria, Renal Failure, Cancers

# Q and A

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