

***Agni-Dushti* and Malabsorption Syndromes in Pediatric, Adult, and Female Health: A Comparative *Ayurvedic* Review**

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Abstract

Agni, the digestive and metabolic fire, is considered the cornerstone of health in *Ayurveda*. Its impairment, known as ***Agni-Dushti***, plays a central role in the pathogenesis of ***Grahani Roga***, a classical *Ayurvedic* condition that closely aligns with modern malabsorption syndromes such as **Irritable Bowel Syndrome (IBS)**, chronic indigestion, and nutritional deficiencies. This clinical review explores the distinct physiological and pathological aspects of *Agni-Dushti* across three

important demographic groups—**children** (*Balarog*), **women** (*Stree Rog*), and **adults** (*Kayachikitsa*).

In children, immature *Agni* leads to frequent digestive disturbances and malnutrition. In women, hormonal fluctuations during menstruation, pregnancy, and menopause significantly impact *Agni* and gut health. Adults, meanwhile, experience digestive dysfunction due to lifestyle factors, stress, and irregular eating habits. The paper provides a comparative analysis of ***Agni* physiology**, classical symptoms, causative factors, and ***Ayurvedic* management protocols** including *Deepana*, *Pachana*, *Rasayana*, and *Panchakarma* therapies.

Integrating classical textual references with modern clinical research, this article emphasizes personalized *Ayurvedic* interventions for managing *Agni-Dushti* and *Grahani Roga* across life stages. Supportive **tables, flowcharts, and info graphics** aid in understanding diagnostic and therapeutic strategies.

Keywords

Agni-Dushti, *Grahani Roga*, Irritable Bowel Syndrome, Pediatric Digestive Disorders, Women's Gastrointestinal Health.

1. Introduction

Digestive health is central to overall well-being in both *Ayurvedic* and modern medical sciences. *Ayurveda* attributes the root of all diseases to ***Agni Dushti*** (disturbance in the digestive fire), which leads to the formation of ***Ama*** (toxic metabolites) and subsequent systemic disorders.

Malabsorption syndromes such as **Irritable Bowel Syndrome (IBS)**, chronic indigestion, and pediatric gastrointestinal disorders are rampant in today's population. These are interpreted in *Ayurveda* as ***Grahani Roga***, which stems from dysfunction in the ***Grahani* organ**, governed primarily by *Agni*.

Importantly, **physiology and pathology of *Agni* differ** across life stages and genders:

- In **children** (*Balarog*), *Agni* is immature.
- In **females**, it is influenced by **hormonal changes** such as menstruation, pregnancy, and menopause.
- In **adults**, it is affected by stress, dietary habits, and lifestyle.

This article reviews the **pathophysiology, clinical features, and management of *Agni Dushti* and *Grahani Roga*** in these three categories, drawing from classical *Ayurvedic* texts and recent research studies.

2. Concept of *Agni* in *Ayurveda*

- **Definition and Importance**

Agni is the **digestive and metabolic energy** responsible for the transformation of food into nutrients and waste. It is broadly classified as:

Type of <i>Agni</i>	Function	Location
Jatharagni	Primary digestion	Stomach and duodenum
Bhutagni	Digestion of elements	Liver and elemental level
Dhatvagni	Tissue metabolism	Each Dhatu (tissue)

- **Types of *Agni Dushti***
 1. *Mandagni* – Slow digestion (*Kapha* predominant)
 2. *Tikshnagni* – Fast digestion (*Pitta* predominant)

3. ***Vishamagni*** – Irregular digestion (*Vata* predominant)
4. ***Samagni*** – Balanced digestion (Ideal)

3. Comparative Physiology of Agni

- **In Children (*Balarog*)**

- ✓ ***Agni* is *Abala* (immature)** due to developing digestive and immune systems.
- ✓ Prone to *Kapha* disorders: chronic diarrhea, worm infestations, anorexia.
- ✓ *Aharpachana* is sluggish → leads to ***Balagni Mandya*** and malnutrition.

- **In Women (*Stree Rog*)**

Agni is **fluctuating** due to hormonal rhythms:

- ✓ **Menstrual phase** → *Apana Vata* and *Pitta* aggravated
- ✓ **Pregnancy** → *Kapha* predominant, *Agni Mandya*
- ✓ **Menopause** → *Vata-Pitta* imbalance, *Vishamagni*

Common issues:

- IBS with bloating
- Indigestion during periods or premenstrual phase
- Constipation during menopause

- **In Adults (*Kayachikitsa*)**

- **Influenced by:**
 - ✓ Irregular lifestyle

- ✓ Processed foods
- ✓ Emotional stress
- **Common *Agni* disturbances:**
 - ✓ *Vishamagni* (IBS, functional bowel disorder)
 - ✓ *Mandagni* (bloating, heaviness, fatigue)

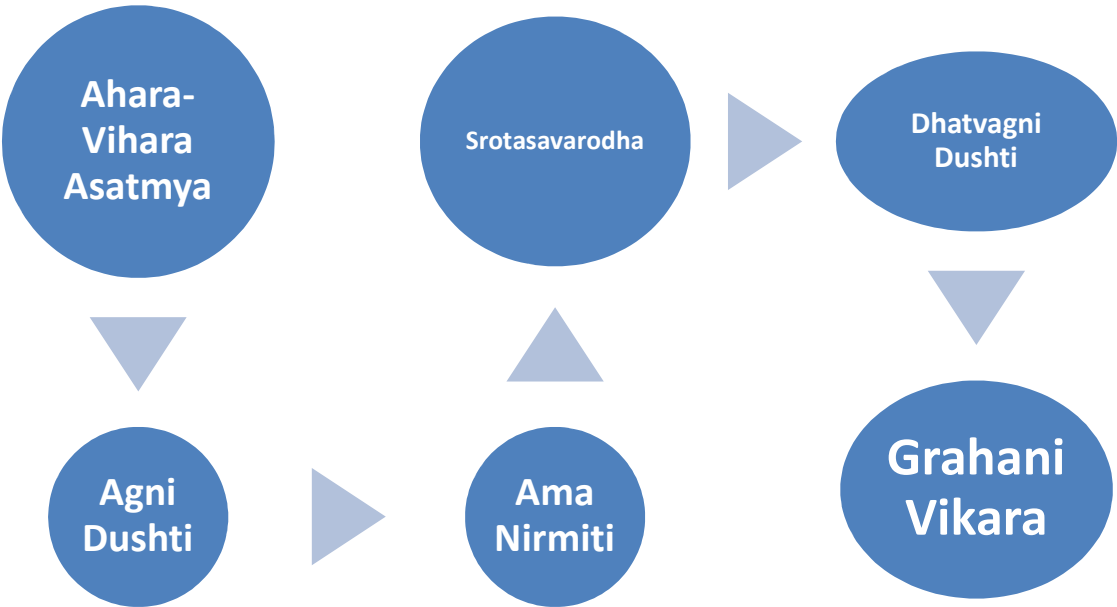
5. Clinical Understanding of *Grahani Roga*

- ***Grahani*: Structure and Function**
 - ✓ Considered equivalent to the **duodenum and proximal small intestine**.
 - ✓ It **holds and digests food** until proper transformation occurs.
 - ✓ Controlled by *Agni*. When *Agni* is disturbed → *Grahani* malfunction → malabsorption.
- ✓ **Nidana (Causative Factors)**
 - *Apathyahar* (improper diet)
 - *Ratri jagaran* (night awakening)
 - *Vegadharana* (suppression of urges)
 - *Snigdha, Drava, Guru Ahar* in excess
 - *Vishama Ahara* (*viruddha* combination)

6. Clinical Correlation with Modern Diseases

Modern Condition	Ayurvedic Equivalent	Agni Involvement
IBS	Grahani Roga (Vata type)	Vishamagni
Celiac Disease	Grahani with Ama	Mandagni + Rasa Dusti
Lactose Intolerance	Kapha Dushti Grahani	Mandagni + Kapha Vriddhi
Pediatric Malabsorption	Balagni Mandya + Grahani	Immature Agni + Kapha dominance
Menopausal GI disturbance	Vata Pitta Grahani	Vishamagni or Tikshnagni

7. Pathogenesis (Samprapti)



8. Clinical Features (*Lakshanas*)

General Symptoms	Child	Female	Adult
<i>Aruchi</i> (loss of taste)	✓	✓	✓
<i>Aalasya</i> (lethargy)	✓		✓
<i>Atisara</i> (loose stools)	✓	✓	✓
<i>Udarashoola</i> (abdominal pain)	✓	✓	✓
<i>Ama Lakshanas</i> (toxins)	✓	✓	✓

8. Diagnosis (*Rogi-Roga Pariksha*)

Roga Pariksha:

- *Dashavidha Pariksha* (Tenfold Examination)
- *Trividha Pariksha* – Darshana, Sparshana, Prashna
- *Ama Lakshana Pariksha*
- Stool, pulse, and *Jihva Pariksha* (coating)

Rogi Pariksha:

- Age (*Bal, Yuvati, Madhyama*)
- Strength of *Agni* and *Koshta*
- Diet and lifestyle
- Psychological profile (*Manasika Bhava*)

9. Management Strategy (*Chikitsa Sutra*)

General Principles:

- 1. *Agni Deepana* – stimulate *Agni*
- 2. *Ama Pachana* – eliminate *Ama*
- 3. *Grahani Sthapana* – restore integrity of gut
- 4. *Rasayana* – rejuvenation therapy

Dietary Guidelines (*Ahara Chikitsa*):

- *Laghu, Deepana-Pachana* food (*Manda, Peya, Yusha*)
- Avoid *Viruddha Ahara* (milk + salt, curd + fish)
- *Takra* (buttermilk) is best for *Grahani*
- Balanced use of ghee, ginger, cumin

Specific Therapies

Age Group	Treatment Focus	Ayurvedic Medications/Procedures
Children	<i>Deepana, Balya, Krimighna</i>	<i>Mustadi Kashaya, Swarna Prashana, Vidangadi Churna</i>
Women	Hormone-balancing, <i>Rasayana</i>	<i>Hingwashtak Churna, Shatavari Ghrita, Dashamoola Siddha Takra</i>
Adults	Stress reduction, <i>Panchakarma</i>	<i>Panchakola, Kutaja Parpati, Takra Basti</i>

Panchakarma Interventions

Therapy	Indication
<i>Vamana</i>	<i>Kapha-type Grahani</i>
<i>Virechana</i>	<i>Pitta involvement</i>
<i>Takra Basti</i>	IBS, constipation, <i>Vata</i> -type
<i>Deepana Basti</i>	<i>Mandagni</i> -related cases

10. Research Evidence

Study	Findings
AYU Journal (2019)	<i>Kutaja Parpati</i> showed 75% improvement in IBS cases
J Ayurveda Integr Med (2020)	<i>Takra</i> with <i>Panchakola</i> reduced <i>Grahani Lakshanas</i>
Pediatric Ayurvedic Journal	<i>Mustadi Kashaya</i> effective in pediatric <i>Grahani</i>
CCRAS Trials	<i>Grahani Chikitsa</i> improved appetite and nutrient absorption

11. Conclusion

Agni-Dushti is a central pathophysiological event in malabsorption syndromes across all demographics. The *Ayurvedic framework* provides age- and gender-specific understanding and treatment through *deepana-pachana*, *panchakarma*, *rasayana*, and *ahara-vihara niyama*.

Tailored approaches in **children (*Balarog*)**, **women (*Stree Rog*)**, and **adults (*Kayachikitsa*)** ensure sustainable gut health and prevention of systemic disorders.

12. References

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