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Concept Of Agnihotravidhi And Insulin Metabolism – Ayurvedic Review**Dr.Rahul Subhash Chavan**

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Abstract

Today's life style is framed in busy schedule and packed with automatic sedentary type of approach. In present situation man has forgot about holy blends of Dinacharya(daily routine) like wake up call, bowel evacuation, exercise, diet , sleep, dailybody massageetc. Rotation of shift,improper location of taking food, lustre of tongue, and change in pattern of preparing and consuming food irrespective of time and taste are few example of wrong practice. Man has changed his attitude towards food. Time which is the most important interfering factor regarding consumption of food has been ruled out from life style .Now a day food is just for the sake of tongue and not for health. Aadhyashana (consumption of frequent meals irrespective of pure hunger) is one of the most provoking causes of various Santerpanoth Vikaar (diseases arise due to excessive impletion) like Obesity, Diabetes. Modern medical science is insisting on the fact thatthere should not be a pattern of frequent meals. One should eat strictly twice a day. From recent studies, it is crystal clear that increase in frequency of eating patterns is main cause of Hyperisulinemia and Insulin Resistance. Such wrong practise results in of Obesity and Diabetes. Daily optimum level of Insulin must be kept for two times a day for proper digestion. In Yogratnakara; there is a reference that Eating must be like Agnihotra Vidhiwhich is performed twice a day. However additional points like Agnee (gastric fire), Jirnahaar lakshanas (signs of digestion),and Kshudbodh lakshanas (signs of hunger) to be taken in mind.This article is based on theme of Adhyashana and its relation to insulin resistance.

Introduction

1.Wrong practice of life style against advice of Ayurveda is emerging as a dominant cause of various type of metabolic and digestive diseases like obesity, diabetes.They are emerging as epidemic ahead of world. Main cause behind is the manner by which we consume food in our daily routine; people are consuming food irrespective of time and sensation of pure hunger. Practise of frequent consumption of food within two standard times that is prior complete digestion of previous is common. Such type of act is called as Adhyashana. If a subject consumes food at evening or morning prior to complete digestion of previous meals is termed asAjirnashana.

2.Such type of habit gives rise to free mixing of prior incomplete Aahar rasa (chyme) with current Aahar rasa causing vitiation of Doshas.

3.A person should not eat in evening if morning lunch is inVidagdhawastha(incompletely digested form); may results in Agnidushti.

4. Recurrent practice of Adhyashana and Ajirnashanaagainst advice of Ayurveda results in Santerpannoth and Agnivikaara (diseases due to impairment of digestive fire).

5.A person who consumes food irrespective of pure hunger is rewarded with term as Mandabuddhi and postulated that he may be a victim of death because of various metabolic diseases.

6. Phenomenon habitual episodes of Adhyashana and Ajirnashana gives rise to Santerpanoth vikara like Prameha (diabetes), Pidaka (boils), Kotha (urticaria), Kandu (itching), Paandu (anaemia), Jwara

(fever), Nidra (excess sleep), Tandra (drowsiness), Atisthoulya (obesity) Aalasya (lethargy), Gurugatrata (feeling of heaviness).

7. As per modern view eventual consumption of food material containing carbohydrate gives rise to insulin secretion. Fashion of consuming food rich in carbohydrates in frequent patterns results in inability for digest them properly. Such practice gives rise to recurrent secretion of insulin and results in its resistance; condition called as Hyperinsulinemia; one of the leading cause of obesity and metabolic disease.

8. According to Yogratakara eating must be like Agnihotravidhi. One has to eat for two times a day

9. Agnihotra, a Vedicyajana, ritual or sacrifice performed in Hindu communities .It consists of making two offerings of brown rice into fire exactly at slightly before or even after time of Sunrise or Sunset along with Vedicmantras.

10. Likewise we have to offer our Kaayagni (gastric fire) twice a day; one should not offer exclusively between two standard time as it causes Agnidushti

Aim and objectives:

To evaluate, discuss and elaborate Adhyshana with special reference to Agnidushti (impairment of gastric fire) and its dynamics. To ascertain a faint line of correlation between Agnihotra resembling Aaharvidhi and pattern of twice a day consumption of meals helps in weight loss and prevention of hyperinsulinemia.

Materials and methods:

This article is based on review of Ayurvedic texts and modern journals regarding finding out the cause of obesity and its treatment. Materials related to basic of Agni, Agnidushti, Aahar, Adhyashana, Aahar jirnalakshanas from ancient samhita were studied. Modern journals highlighting of insulin theory were taken in account .We have also gone through references and articles regarding effortless weight loss views available on internet for the sake of study.

Observations

According to Vaagbhata four Yaam (ancient unit of time) is required for complete digestion of food in case of Samaagni (normal gastric fire) persons; it can be about 12 hours.

Pattern of consumption of food or beverage rich in carbohydrates prior digestion of previous meals is termed as Adhyshana which is a dominant cause of Agnidushti. It is advocated that before going to next meal one has to give attention on apatite triggering signs told by Ayurveda as Jirnaahar lakshanas. These are Udgaar shuddhi (a tasteless belching), Utsaaha (an enthusiasm of mind and body to go for work), Vegotsarga (spontaneous and timely release of body wastes like Mutra, Purisha Adhovaayu, that is urine, stool and flatus respectively). Laghuta (feeling of lightness in body) , Kshutaudirana (stimulation of hunger) and Pipasa (sensation of thirst). These cardinal signs should be taken in account before having a food.

Dilatation of Srotasmukhas, (opening of different systems in order to serve digestive process) lightness at cardiac region are additional helpful sign to assess real time to have food.

It is mentioned that by this time Doshas are at their shelters; as soon as we take food they get activated. As per Ayurveda this is indicated time to have food. Excess level of insulin is the main cause of obesity .At every time when we take food rich in carbohydrates insulin is secreted by pancreas. Irrespective of quantity of food we take; almost same amount of insulin is secreted.

Hyperinsulinemia is a condition with signs like obesity, hypertension and dislipidaemia and glucose intolerance. It is associated with insulin resistance and diabetic mellitus. Excess amount of insulin forces the cells to create resistance to its entry; condition is called as insulin resistance resulting into diabetes.

Discussion

As per ancient texts; Upvaas Vyayaam and Jirnanshi Bhojan are primary steps in management of Santerpannoth Vikara. Upvaas (fast) is one of the main mode to overcome disease besides this Vyayaam (Daily exercise) and Jirnaanshi Bhojan (having food after complete digestion of previous) have beneficial role in reducing Santerpannoth Vikara especially Sthoulya and Prameha.

Upvaas is also known by the term Kshudhanigrah. It is one of the type of Adravya Vihaarchikitsa (nonpharmacological management) advocated by Ayurveda. It is especially indicated in early phase of Santerpannotha Vikaara. One has to control on own hunger by avoiding consumption of any food prior to Agniudiran (stimulation of real hunger). It helps in reduction of excessive Kleda(excess water like waste accumulated) , Meda (excess fat) and Kaphapradhan Dosha. Ultimately it will conquer obesity and diabetes as a Santerpannoth diseases caused by excessivemedas and Kapha by vitiating Agni. It is clear from Ayurvedic texts that if we do control on our appetite for some time; it will digest unwanted accumulated Dosha giving rise to harmony in body. For that purpose; One has to eat two times a day. In other words following the rule of Jirne Ashniyaat (having food after complete digestion of previous)will be helpful to prevent metabolic diseases. Abruptly we can say that we should not consume second meal before completion of more than 3 Yaama; that is about 10 to 12 hours after previous meals. Better we have to wait for onset of Jirnaahaar lakshanas. Such type of trick plays important role in treating Santerpannoth Vikaras. Similar theory is explained in modern medicine. Every time after consuming any food containing carbohydrate gives rise to insulin secretion. Insulin gets secreted by two ways .There is a baseline secretion of insulin about 18 to 32 units per 24 hours; which is beyond our control. Second type of insulin which is secreted as a response to each episode of eating. Insulin is saving type of hormone; as we eat it is secreted and converts glucose to glycogen in liver and muscles. It also converts glucose to fatty acids and stores as fat. It also encourages to storage of fats and amino acids. When a person is kept on fast; consider for 5 to 6 hours after lunch meals; insulin level of that person slows down and condition stimulates metabolic activity like liver to convert glycogen, fat, amino acids. Lowering level of insulin stimulates the body to use firstly glycogen and then fat for the purpose of energy. In this way deposited fats and glycogen is used by body to do regular activities. As a source of energy by the time the deposit is over and there will be no excess store of fat. Phenomenon is called as "Carbo-insulin connection" theory. This was popularized by late Dr. Shrikant Jichkar from 1997 to 2004. He advocated the idea of eating twice a day to lose weight and prevent obesity. Same type of study was done by Dr. J V. Dixit at Aurangabad medical college. It is becoming popular due to fruit full outcome. Today we can see common picture of Adhyashana and Ajirnashana like consuming small food and beverage within a short interval in different patterns. As a small fruit or juice at morning with either a piece of bread or biscuits accompanied by tea ,milk or coffee; a breakfast with different items like Pohe, Idli, Paratha, Misal, Dosa, Vada, etc. Afterwards; lunch packed with full of items and followed by coffee; at evening a small snacks and fruit. Later on dinner followed by deserts. In above situation a person is secreting insulin for so many times which is hampering process to digest the fats.

Conclusion

Modern science has elaborated on pathogenesis of impaired metabolism diseases like obesity and diabetes which are emerging with high prevalence. Weight loss has become a basic need of today's world. Most of the people spend lots of money on diet formulae and exercise plans with little or sometimes no advantage. People are in search of good remedy to overcome obesity and preventing the morbidities of Santerpanoth diseases. In market there are so many treatments and procedures available to correct the same. But in point of reliability, affordability, accessibility and efficacy no one is sure about the dynamics of all the ways. Following rule of twice eating a day do not requires money, time and attention. As it is a safe option and ideal way of non pharmacological treatment for Santerpanoth diseases. One should go for this; it will definitely help to reduce weight and ultimately prevent consequences of metabolic diseases .Such pattern of Agnihotra like Aaharvidhi can be followed for a life time. Hence carbo- insulin theory and Agnihotra can be compared as mirror images of each other.

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