



# A Concept Of Deepana Pachana Dravyas & These Effect On Mandagni

**Dr. Manish Kumar Saini<sup>1</sup>, Dr. Kishori Lal Sharma<sup>2</sup>, Dr. Mamta kumari meena<sup>3</sup>**

1. PG Scholar Kriya Sharir Department, MMM Govt. Ayurved College, Udaipur (Raj.)
2. Associate professor Kriya Sharir Department, MMM Govt. Ayurved College, Udaipur (Raj.)
3. PG Scholar Kriya Sharir Department, MMM Govt. Ayurved College, Udaipur (Raj.)

## Abstract

According to Ayurveda, our digestion process has an impact on our health in addition to the food we eat. Even the healthiest diets, rich in vitamins, heavy diet are deemed harmful if they are not absorbed, digested, and metabolized by our body. Because everyone's koshtha is different. According to the Ayurvedic text "Sarve Roga Api Mandagni," mandagni—a malfunctioning agni- causes all bodily illnesses. In other words, robust vyadhikshamatva shakti (immunity) or bala depends on the agni functioning properly. The function of agni in food digestion is significant. The primary cause of Roga is Ama production, which is facilitated by Mandagni Utpatti. Many disorders caused by Ama. Both Deepana and Pachana are aimed in correcting the Agni. Deepana and Paachana karma play important role in bringing the Sama dosha (dosha associated with ama) to Nirama (doshas without ama) state.

**Key words** – Mandagni, Deepan, pachana

## Introduction

The science of Ayurveda provides a variety of therapy options. Agni, or digestive fire, is revered in Ayurveda as the primary element in maintaining health and treating all illnesses. Most ailments are typically brought on by less of Agni (digestive fire), which results in the production of Ama (indigestive food). and obstruction (shrotorodh) caused by Ama. The most effective treatment for Ama (undigested) digestion is Deepana-Pachana (appetizer-digestives), which involves purification of Agni (digestive fire). Many Ayurvedic medications known as "Digestants" and "Appetizers," or Deepaniya and Pachaniya, have these qualities. In Charka Samhita mention deepaniya mahakashaya shadvirechhanashatashritiyamadhyayan. Acharya sarangdhar define deepniya and pachaniya

## Aims and Objectives

To evaluate the Ras, Guna, Veerya, Vipaka of Deepana and Pachana substance with context of Mandagni.

To study of mandagni

To study of deepan

To study of pachan

## Material and Method

Mainly in this study material collected from Samhita of ayurveda and scientific journals available on Internet for gathering information and knowledge related to topic of our study.

## Discussion

दुर्बलो विदहत्यन्नं तद्यात्यूर्ध्वमधोऽपि वा ।

अधस्तु पक्वमामं वा प्रवृत्तं ग्रहणीगदः ॥<sup>1</sup>

Weak fire destroys the eaten food. thereafter (vidagdha food) come out through the upper and lower part.

पचेन्नामं वह्निकृच्च दीपनं तद्यथा मिशिः।

पचत्यामं न वह्निं च कुर्याद् यत्तद्वि पाचनम्॥<sup>2</sup>

The substance which does not ripen the Ama, but increases Agni (digestive power or digestive juices) is called 'Deepan', like fennel. And the liquid which cooks the Ama but does not increase the fire is called 'Pachan',

मन्दवह्निविदग्धश्च कटुश्चाम्लो भवेद् रसः

विषभावं व्रजेद् वापि कुर्याद् वा रोगसङ्करम्॥<sup>3</sup>

If that digestive juice does not mature properly due to slowness of the gastric fire, it becomes bitter and sour and acquires a poisonous effect or causes many types of diseases.

न च खलु केवलमतिमात्रमेवाहारराशिमामप्रदोषकरमिच्छन्ति,

अपि तु खलु गुरुरुक्ष-शीतशुष्कद्विष्टविष्टम्भिविदाह्यशुचिविरुद्धानामकाले

चान्त्रपानानामुपसेवनं, कामक्रोधलोभमोहेऽप्याह्नीशोकमानोद्वेगभयोपतप्तमनसा

वा यदन्नपानमुपयुज्यते, तदप्याममेव प्रदूषयति ॥<sup>4</sup>

मात्रयाऽप्यभ्यवहृतं पथ्यं चान्नं न जीर्यति।

चिन्ताशोकभयक्रोधदुःखशय्याप्रजागरैः ॥<sup>5</sup>

Only food consumed in excessive quantity causes Amadosh, it is not so, but Guru (delayed digestion), Ruksha, Sheet, Ruksh, Dvishta (food which is unpleasant for some reason), causing Vishtambha, Vidaahi (burning sensation) The consumption of impure and contrary food during famine, the food which is consumed with a sad heart due to lust, anger, greed, attachment, jealousy, shame, grief, pride, excitement or fear, also pollutes Aamadosha.

Due to worry, grief, fear, anger, sadness (rough bed) and night awakening, even the nutritious food consumed in quantity is not digested properly.

Mandagni - “Mand” means slow. The meaning of the Mandagni is slow digestive power or digestive capacity. Those who are having Mandagni eat very little and are unable to digest the smallest amount of food. Dhanvantri says that Agni digests the least amount of food in the greatest amount of time.

| Sanskrit name   | Botanical Name                        | Ras                      | Guna                                 | Virya         | Vipak        | Dhosh karma      | Pachansanstha n Karma |
|-----------------|---------------------------------------|--------------------------|--------------------------------------|---------------|--------------|------------------|-----------------------|
| Ardra/Sunthi    | Zingiber officinale Rosc              | Katu                     | Laghu,snigadha, Guru, Ruksh,Teekshna | Ushan         | Madhur, Katu | K, V shamak      | Deepan,Pachan         |
| Ativisha        | Aconitum heterophyllum Wall.          | Tikta, Katu              | Laghu,Ruksh                          | Ushan         | Katu         | K, P shamak      | Deepan,Pachan         |
|                 |                                       |                          |                                      |               |              |                  |                       |
| Bharangi        | Clerodendrum serratum (L) Moon        | Tikta, Katu              | Laghu,Ruksh                          | Ushan         | Katu         | K, V shamak      | Deepan,Pachan         |
| Bhallataka      | Semecarpus anacardium Linn            | Katu, Tikta, Kashay      | Laghu,snigadha, Teekshna             | Ushan         | Madhur       | K, V shamak      | Deepan,Pachan         |
| Bhanga          | Cannabis sativa L.                    | Tikta                    | Laghu, Teekshna                      | Ushan         | Katu         | V, K shamak      | Deepan,Pachan         |
| Jyotishmati     | Celastrus paniculatus Willd           | Katu, Tikta              | Teekshan                             | Ushan         | Katu         | V, K shamak      | Deepan,Pachan         |
| Hapusha         | Juniperus communis L.                 | Katu, Tikta              | Laghu,Ruksh, Teekshna                | Ushan         | Katu         | K, V shamak      | Deepan                |
| Haritaki        | Terminalia chebula Retz               | Kashay Pradhan Panch ras | Laghu,Ruksh                          | Ushan         | Madhur       | P, K, V shamak   | Deepan,Pachan         |
| Chitraka        | Plumbago zeylanica.L                  | katu                     | Laghu,Ruksh, Teekshna                | Ushan         | Katu         | K, V Shamak      | Deepan,Pachan         |
| Dhanyaka        | Coriandrum sativum.L                  | Kashay,tikta Madhur,katu | Laghu,snigadha                       | Ushan         | Madhur       | Tridhos h shamak | Deepan,Pachan         |
| Gajpippali      | Scindapsus officinalis (Roxb.) Schott | katu                     | Laghu,snigadha, Teekshna             | Unushan sheet | Madhur       | V shamak         | Deepan,Pachan         |
| Hingu           | Ferula narthex. L                     | Katu                     | Laghu,snigadha, Teekshna             | Ushan         | Katu         | K, V shamak      | Deepan,Pachan         |
| Jeeraka         | Cuminum cyminum.Linn                  | Katu                     | Laghu,Ruksh                          | Ushan         | Katu         | K, V shamak      | Deepan,Pachan         |
| Krishna jeeraka | Carum bulbocastanum. Koch             |                          |                                      |               |              |                  |                       |
| Maricha         | Piper nigrum Linn                     | Katu                     | Laghu, Teekshna                      | Ushan         | Katu         | V, K shamak      | Deepan,Pachan         |
| Pippali         | Piper longum Linn                     | Katu                     | Laghu,snigadha, Teekshna             | Unushan sheet | Madhur       | V shamak         | Deepan,Pachan         |
| Shatapushapa    | Anethum sowa Kurz                     | Katu, Tikta              | Laghu,Ruksh, Teekshna                | Ushan         | Katu         | K, V shamak      | Deepan,Pachan         |
| Tumburu Phala   | Zanthoxylum acanthopodium DC          | Katu, Tikta              | Laghu,Ruksh, Teekshna                | Ushan         | Katu         | K, V shamak      | Deepan,Pachan         |
| Vidanga         | Embelia ribes Burm.f.                 | Katu, Kshaya             | Laghu,Ruksh, Teekshna                | Ushan         | Katu         | K, V shamak      | Deepan,Pachan         |

|             |                                     |                       |                            |       |        |                  |                |
|-------------|-------------------------------------|-----------------------|----------------------------|-------|--------|------------------|----------------|
| Tejovati    | Zanthoxylum alatum                  | Katu, Tikta           | Laghu, Ruksh, Teekshna     | Ushan | Katu   | K, V shamak      | Deepan, Pachan |
| Gokshura    | Tribulus terrestris L.              | Madhur                | Guru, Snigdha              | Sheet | Madhur | V, P shamak      | Deepan, Pachan |
| Guduchi     | Tinospora cordifolia (Thunb.) Miers | Tikta, Kshaya         | Guru, Snigdha              | Ushan | Madhur | Tridhos h Shamak | Deepan, Pachan |
| Tulasi      | Ocimum sanctum Linn                 | Katu, Tikta           | Laghu, Ruksh               | Ushan | Katu   | K, V shamak      | Deepan, Pachan |
| Bilwa       | Aegle marmelos (L)                  | Kshaya, Tikta         | Laghu, Ruksh               | Ushan | Katu   | K, V shamak      | Deepan, Pachan |
| Lavanga     | Syzygium aromaticum (Linn).         | Tikta, Katu           | Laghu, Snigdha             | Sheet | Katu   | K, P shamak      | Deepan, Pachan |
| Jatiphala   | Myristica fragrans. Houtt           | Tikta, Katu           | Laghu, Teekshna            | Ushan | Katu   | K, V Shamak      | Deepan, Pachan |
| Musta       | Cyperus rotundus. L                 | Tikta, Katu Kshaya    | Laghu, Ruksh               | Sheet | Katu   | K, P shamak      | Deepan, Pachan |
| Ajamoda     | Trachyspermum ammi (L.) Sprague     | Katu, tikta           | Laghu, Ruksh, Teekshna     | Ushan | Katu   | K, V shamak      | Deepan         |
| Chopchini   | Smilax glabra Roxb                  | tikta                 | Laghu, Ruksh               | ushan | Katu   | Tridhos h shamak | Deepan         |
| Kutaki      | Picrorhiza kurroa Royle             | Tikta                 | Ruksh, Laghu               | Sheet | Katu   | K, P shamak      | Deepan         |
| Kutaja      | Holarrhena antidysenterica. Wal     | Tikta, Kshaya         | Laghu, Ruksh               | Sheet | Katu   | K, P Shamak      | Deepan         |
| Punarnava   | Boerhavia diffusa L. nom. cons      | Madhur, Tikta, Kshaya | Laghu, Ruksh               | Ushan | Madhur | Tridhos h Shamak | Deepan         |
| Meshasringi | Gymnema sylvestre. R. Br            | Kshaya, Tikta         | Laghu, Ruksh               | Ushan | Katu   | K, V shamak      | Deepan         |
| Gambhari    | Gmelina arborea L.                  | Tikta, Kshaya Madhur  | Guru                       | Ushan | Katu   | Tridhos h Shamak | Deepan         |
| Vacha       | Acorus calamus. L                   | Katu, Tikta           | Laghu, Teekshna            | Ushan | Katu   | K, V shamak      | Deepan         |
| Karchura    | Curcuma zedoaria. Rosc              | Katu, Tikta           | Laghu, Teekshna            | Ushan | Katu   | K, V Shamak      | Deepan         |
| Saptaparna  | Alstonia scholaris (L.)             | Tikta, Kshaya         | Laghu, Snigdha             | Ushan | Katu   | K, P shamak      | Deepan         |
| Palasha     | Butea frondosa Koen. ex. Roxb       | Katu, Tikta, Kshaya   | Laghu, Ruksh               | Ushan | Katu   | K, V Shamak      | Deepan         |
| Varuna      | Crataeva nurvala. Buch-Ham          | Tikta, Kshaya         | Laghu, Ruksh               | Ushan | Katu   | K, V shamak      | Deepan         |
| Bijapur     | Citrus medica. L                    | Amla                  | Laghu, Snigdha             | Ushan | Amla   | K, V shamak      | Deepan         |
| Barbari     | Ocimum basilicum.                   | Katu, Tikta           | Laghu, Ruksh, Teekshna     | Ushan | Katu   | K, V shamak      | Deepan         |
| Danti       | Baliospermum montanum Blume         | Katu                  | Guru, Teekshna             | Ushan | Katu   | K, P Shamak      | Deepan         |
| Eranda      | Ricinus communis L                  | Madhur, Katu, Kshaya  | Snigdha, Teekshna, Sukshma | Ushan | Madhur | K, V shamak      | Deepan         |

Which Dravya are mainly Katu and Tikta in rasa Theis dravyas increase deepan and pachan in body.

Which Dravya are mainly laghu and ruksh in gunas Theis dravyas increase deepan and pachan in body.

Which Dravya are mainly ushan in veerya Theis dravyas increase deepan and pachan in body.

Which Dravya are mainly katu in vipak Theis dravyas increase deepan and pachan in body.

And all such substances increase Agni.

## Conclusion

Treatment of Agni, or metabolic fire, is a key component of Ayurveda. If we are aware of the medicinal qualities and mechanisms of Deepana dravya (appetiser), we may use it efficiently. We can conclude from these medications' characteristics and the most recent research findings that they have multiple actions in addition to being beneficial as Deepana Dravyas (appetizers). These deepana dravya (appetizers) have the potential to be utilized in the creation of novel immunomodulatory drugs. Therefore, old lexicons are a storehouse of numerous herbal substitutes that can be applied to the creation of new drugs.

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