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Role of *Samagni* and *Kalbhojan* in *Deerghjeevanam*- A Survey Study.

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ABSTRACT:

Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity. Each and every person wants disease free life but unfortunately, we suffered from some sort of disease or discomfort amongst which lifestyle disorders are prominent one due to increasing sedentary life style and unhealthy eating habits. The qualities of healthy individual are narrated in Ayurveda as equilibrium of all three Doshas; Normal state of *Jatharaagni*, normal state and function of *Dhathus* (Tissues); Normal state and function of *Malas*; Pleasant soul, mind and sense objects. In present survey study 1500 people with age group 60 yrs or more were enrolled and association of longevity of life with healthy eating habits was assessed on questionaries' basis which has reference in text for longevity. This survey study was conducted in Madan Mohan Malviya Govt. Ayurveda college Udaipur, Rajasthan. In the presence study different parameters were considered amongst which *kaalbhuksavan* and role of *samagni* in longevity of life is assessed here. Results found on statical basis that those people with state of *samagni* and habit of *kalbhuk* were found with age 60 or more without any associated complicating life style disorder. Which indicates positive results in association of *samagni* and *kalbhuk* with longevity of life as given in Ayurveda classics.

Keywords: *Tridosha*, longevity of life, *kalbhuk*, *Samagni*.

INTRODUCTION

Background

All living organisms aim for disease free life but fails to do so because of sedentary lifestyle and unhealthy eating habits which alters the normal state of *Agni* or normal metabolism of the body. *Agni* is the sole cause for

existence of life, and its Extinction leads to death; its proper maintenance to live a long life, and its impairment gives rise to lifestyle disorders. It is also cause for colour, strength, health, enthusiasm, plumpness, complexion,



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Ojas, Tejas, other varieties of *Agni* and *Prana*. There are four different states of *Jatharaagni*. *Vishama* (irregular), *Teekshana* (intense), *Manda* (weak or less powered) and *Sama* (well maintained and regular) states. Among the four different states of *Agni*, *Samagni* is considered as normal one, all others are considered as abnormal. *Samagni* is the only state which is beneficial to maintain health and thus prevent life style disorders. So, the maintenance of *Samagni* State can be carried out by following *Ashta Ahara Vidhi Viseshya Ayatanas* (Eight rules for eating). *Agni* is the one of the important and basic phenomena of the life. It should be maintained at any cost to live a disease-free life. State of *Agni* is having dominant role in the manifestation of lifestyle disorders. Maintenance of *Samagni* is essential for the disease-free life especially for diseases associated with lifestyle.

Life style disorders:

Lifestyle diseases are diseases that are related to the way people live their lives. This is mainly due to alcohol, drug and smoking as well as lack of physical work and unhealthy eating habits. Diseases that impact on our lifestyle are heart diseases, stroke, obesity and type 2 diabetes. They also include Alzheimer's disease, rheumatoid arthritis, atherosclerosis, asthma, cancer, chronic liver disease or cirrhosis, metabolic syndrome, osteoporosis and depression. With the increasing prevalence of lifestyle disorders in India, one in four Indians is at risk of dying from non-communicable diseases before the age of 70.¹ Even though a variety of medicines are available, the management is incomplete without lifestyle modifications. A healthy lifestyle entails an individual engaging in a variety of activities with the purpose of promoting physical and mental well-being as well as longevity, such as maintaining appropriate cleanliness, exercising for fitness, and eating a balanced diet, among other things.

Role of Agni in life style disorders:

Agni has been given prime importance due to the maintenance of health as well as lifestyle disorders. The food which is consumed by the person is the major responsible factor for the health condition and manifestation of diseases. Food is ranked first for the maintenance of health or the manifestation of lifestyle disorders. Consumed foods and drinks undergo metabolic transformation in the digestive system. After the process of digestion, it will produce effects on the body which may be agreeable or disagreeable. The process of digestion is mainly carried out by *Agni* (digestive fire).

Food provides nourishment to the tissues which is reached

to end organ by the action of fire. It is *Agni* which plays an important role in this regard as the tissue elements like, *rasa* etc. cannot originate from undigested food particles.

Role of kaal bhojansevan in longevity of life

Researchers have found different health benefits of time restricted eating- a kind of intermittent fasting in which people eat only during a window of time every day. They found evidence that time-restricted eating can help prevent and manage various chronic metabolic diseases.

So far animal studies have shown that limited feeding times have beneficial effects on multiple organs and even the gut microbiome. Many pathways and molecules that are associated with metabolic diseases, such as prediabetes, diabetes, adiposity, fatty liver disease, and some cancers are modified in a desirable manner by time-restricted eating, "the advantage of time-restricted eating is its Has the ability to help correct a person's disrupted circadian rhythm.

If someone has a disrupted circadian rhythm, they are at risk for a variety of health problems, including metabolic diseases, cancer, immune system problems, mood changes, and fertility problems.

METHODS

Study population:

The study used the data from effects of Eating habits as per Ayurveda on longevity survey. In april 2020 as per the guidelines received from Rajasthan govt. under the program of Nirogi Rajasthan the baseline survey was conducted on 1500 people with age groups 60yrs and more.

Data Collection and Measurements- Participants were interviewed in their homes by health workers using a questionnaire basis. All the interviewers were intensively trained before the survey.

OBSERVATIONS-Table no 1. Shows Parameters of healthy individuals

RESULTS-Table no 2. *Kalbhuik ----Samaagni*

DISCUSSION

Regarding the importance of *Agni*, Acharya Charaka has mentioned that after the work of *Agni* stops, one dies, and when a person's *Agni* ends, that person will be absolutely healthy and have a long, long life. Will lead a happy, healthy life. But, if a person's *agni* is damaged, the entire metabolism in his body goes awry, resulting in poor health and disease. Therefore, fire is said to be the basis (*mool*) of

life.² Also acharya Charak mentioned benefit of *kalbhojan* leading to long life in *agrahyaprakaran*.³ In this survey study we found that amongst 1500 people in study 1440 peoples were those who followed time restricted eating or *kalbhuk* with 96% which was maximum. 1350 of them meets the parameter of Samagni with 90.0% In this study we found that healthy eating habits were directly associated with healthy status of person participating in survey. Those with habit of *kalbhojan* and state of *samagni* were found to have lesser consequences of diseases associated with age i.e high bp, sugar, cholesterol etc. *Kalbhuk* and *Samagni* were associated or directly proportional to healthy lifestyle hence long lifespan.

CONCLUSION

In this survey we found the importance of *kalbhuk* and *samagni* in lifespan of person. We found that those with the habits of *kalbhuk* and having *samagni* were at age 60 and above with lesser or no age-related complications and disease. Hence habit of *kalbhojan* and state of Samagni leads to healthy long life.

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Table no 1. Parameters of healthy individuals

Parameters	No. of cases	Percentage of cases
<i>Kalbhuk</i>	1440	96.00%
<i>Samaagni</i>	1350	90.00%

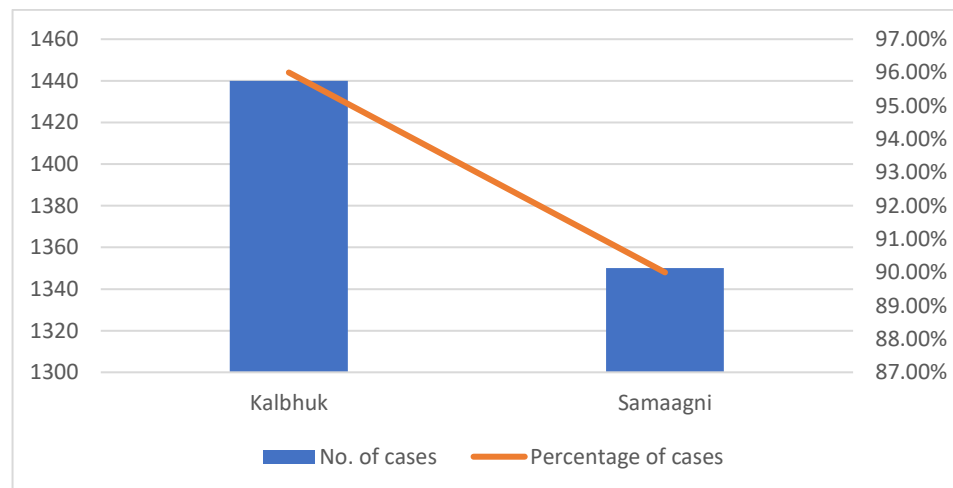


Table no 2. Shows results (Kalbhuk ----Samaagni)

	<i>Samaagni</i>					
	Yes		No		Total	
<i>Kalbhuk</i>	No. of cases	% of cases	No. of cases	% of cases	No. of cases	% of cases
Yes	1314.00	97.33%	126.00	84.00%	1440.00	96.00%
No	36.00	2.67%	24.00	16.00%	60.00	4.00%
Total	1350.00	90%	150.00	10%	1500.00	100.00%