



# AN ETIOPATHOLOGICAL STUDY OF AJIRNA W.S.R. TO DYSPEPSIA

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## ABSTRACT

*Ayurveda* consider health and disease both as the essence of food and life style. Today whole world is changing and update with new technologies and modernization in this 21st century a lot of new diseases develops due to the inappropriate lifestyle, improper diet and unhealthy food, lack of exercise ,heavy work load leads mental stress and disturbs sleep due to shift duties .It was totally disturbs the biological clock of human being and leads many new life style disorders. *Ayurveda* consider this all thing in *Apathyaahara* and *ViharaSevana* .And the *Ajirna(indigestion)(indigestion)* is one of the most commonest disease which is originate from *Agni*. Due to all above mentioned factors leads digestive insufficiency(*Agnimandya*). *Ajirna* correlate with dyspepsia. Dyspepsia prevalence rate world wide is 20-30%, and in India it is 30-49%. *Ayurveda* always explains management and prevention of disease. *Ayurveda* gives prime importance to *Agni* as it is one of the basic biological element of the the living body. *Agni* has characteristics, location, function and secretions like digestive juices and enzymes which participate in the digestive and metabolic functions. *Ayurveda* consider *Dehagni(digestive enzymes& secretions)* as the cause of life ,complexion, strength, health, *Oja*, *Teja* and *Prana* .*Ayurveda* considers that no diseases ever develops without *Agnimandya*(digestive insufficiency). *Ajirna(indigestion)* develops as a result of less, excessive, and irregular digestion of food and long term of this condition production of *Amadosha* and it is circulate all over body. These *Amadosha* combined with other *Doshas* and *Dushyas* vitiated them and leads lot of disease also leads life threatening diseases. preventive measures like *Dinacharya*, *Rutucharya*, *Ratricharya*, *Sadvrita* and *Pathya(Wholesome) palan* and *Ashtoaharvidhi* etc are the preventive measures for *Ajirna(indigestion)* in *Ayurveda*.

**KEYWORDS:** *Ajirna(indigestion)*, *Agni*, *Ama*, Dyspepsia.

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## INTRODUCTION

The definition of *Ajirna(indigestion)* is *Na'Samyak*(improper), *Parinamam*(digestion), *SevamanamAnnam*(ingested food).The improper digestion of ingested food is called as '*Ajirna(indigestion)*'(su.su.46/501). It is an important digestive disorder caused by the malfunctioning of "*Agni*". All of the diseases generated by this illness were route cause is *Mandagni*. The definition of health in *Ayurveda* goes like this "*Samadosha Samagni SamadhatuMalakriyaPrasannatmaIndriyaMana Swastha Abhidayate*". (Su.Su.15/41). The balance

of a person's *Doshas*(*Vata, Pitta, and Kapha*), *Agni* (metabolic factor), *Dhatu* (tissue), *Mala* (excretory products), and harmony are indicators of their health. and harmony in mental factors like *Indriyas, Manas, Atma*. These are indicates the role of *Agni* in maintenance of normal health.

Human body is made up of 3*Doshas*, 7 *Dhatu*s and 3 *Malas*. In *Samyavastha* these *Dosha, Dhatu* and *Mala* maintains the health of the body and their imbalance develops various type of disease condition. These factors are also very important for proper digestion, without proper digestion we cannot achieve our nourishment for well-being. Excessive diet without the concern of *Kaal, Matra, Rashi, Guna* intake of opposite characteristics at a time, excessive sweet, excessive bitter or salty food repeatedly consumption of food, *Chinta, Shoka, Bhaya*etc causes *AnnavahaSrotasDushti* which leads to indigestion*Ajirna(indigestion)*. Role of *Agni-AcharyaCharak* has describe power or condition of *Agni* determines the quantity of food to be consumed. There are of thirteen categories *Agni Jathragni*, five *Bhutagni* and seven *Dhatvagni*. *Jatharagni* or *Pachakagni* controls the functioning of all *Agni*. These *Pachakagni*are stated to be responsible for digestion and metabolism. *Vikriti* or diminishedfunction of *Agni* due to involvement of *Doshas*, three different type of *Agni* i.e., *Mandagni (Kaphadosa), Vishmagni (Vatadosa)* and *Tiksnagni (Pittadosa)*,

*Mandagni* is that which is incapable of digestion even small quantity of food.

*Vishmagni* digests food properly, other times not so well.

*Tiksnagni* refers to organisms that easily digest normal amounts of food as well as excess amounts.

*Samagni* because the *Doshas* are in an equilibrium state and performing normal digestion and metabolism, as well as being responsible for strength, health, longevity, and vital breath, *Samagni* is said to be ideal. As a result, it should be protected by a proper diet because when a person is deficient in food and liquids, the *Agni* becomes disturbed.

*Digestion* is performed by various digestive juices (*PachkaRasas*) which in *Ayurveda* are termed as *PachakaPitta* or *pachakaAgnis*. In modern science these are called enzymes. Thus the *Ajirna(indigestion)* is caused due to the deficient functioning of the *PachakaPitta* a state known as *mandagni* and it is responsible for causation of *Ajirna(indigestion)* and when food eaten is not digested properly that lead to formation of *Ama* which is route of many diseases. The *PachakaPitta*work as a digestion of food and stimulates digestive enzymes and separate nutrient and waste products located in between the *Amasaya* and *Pakvasaya*. It composed of five

<b>Nidana(causative factors)</b>			
<b>Aharainidan</b>	<b>Viharanidan</b>	<b>Psychological</b>	<b>Agantujnidan</b>
<b>AtiAmbuPanat</b>	<i>Vega Vidharna</i>	<i>Dwesh</i>	<i>Virechanavvapad</i>
<b>Abhoianat</b>	<i>SwapnaVidaryavat</i>	<i>Bhav</i>	<i>Snehanvastivvapad</i>
<b>Aiirnat</b>	<i>DeshaVaishmya</i>	<i>Chinta</i>	<i>Sneha Vibhram</i>
<b>AtiBhoianat</b>	<i>Ratriiagrana</i>	<i>Krodha</i>	<i>Desh Kala Vaishmava</i>
<b>VishamAshnat</b>		<i>Moha</i>	<i>Vyadhi Karshana</i>
<b>AsatmvaBhoianat</b>		<i>Raea</i>	
<b>Guru Bhoianat</b>		<i>Lobh</i>	
<b>SheetaBhoianat</b>			
<b>Ati-rukshaBhoianat</b>			
<b>ShushkaBhoianat</b>			
<b>ViruddhaBhoianat</b>			
<b>AtiDushtaBhoianat</b>			

*Mahabhutas* out of which *Tejobhuta* is predominant and *Apabhuta* is less predominant that's why it is devoid of the quality of liquids by the support of *Vata*, *Kledata* and other it perform its normal functions like digestion and metabolic activities hence it is called "*Agni*" it transforms the food substances into usable form for the nutrition of cell and tissues. It separates the essence and waste products of the digestion. While residing in its own location, it helps the other *Pitta* and *Dhatvagnis* carry out their regular duties. Its numerous clinical symptoms are found in unbalances. One of the most prevalent illnesses is indigestion, which is brought on by digestive, *PachakaPittainsufficient*.

### **Clinical Diagnosis (*Nidana*) of *Ajirna*(indigestion)**

#### **1. Inspection of clinical picture of *Ajirna*(indigestion)**

#### **2. Pulse -**

*"AjirneTuBhaveeNadi Katina ParitoJada"*(*NadiVigyan-Kanad*)

In *Ajirna*(indigestion), the pulse is hard and slow.

*"AmajirneAshrukurnaBhavet. KoshnaGuruvi. SamaGariyasi"*(*NadiVigyanDarpanBhudarbhatt*)

In *Amajirna*, the pulse is full volume, warm, heavy and thick.

*"PakwajirnePushihinaMandamMandamVahet."*(*NadiVigyanDarpanBhudarbhatt*)

In *PakwaAjirna*(indigestion) (long standing indigestion), the pulse is thin and slowly moving.

#### **3. Mutra -**

*"AjirnenBhavetMutraSwetam, Arunam, AjamutraSamam"*

Urine may be whitish, red or like urine of goat.

**Samprapti (Pathogenesis)** Due to excessive indulge of above factors the strength of *Agni* or digestive fire becomes very weak, hence it cannot digest the food properly even in very small amount. In this disorder *Pachakapitta*, *Samanvata* and *KledakKapha* are vitiated mostly. Vitiating of

Intake of *Aaharaj*, *Viharaja*, *Mansika*, *Agantujnidan*

Vitiating of *Tridos* specially *Kapha* is Dominating

Impairs *Jathragni*

*Agnimandya* (digestive Insufficiency)

**Ajirna(Indigestion)**

*Tridos* specially *Kapha* dominating.

### Samprapti Ghataka

**1. Dosh**-In pathophysiology the involved *Samanvata*, *Pachaka Pitta*, *KledakaKapha*.

The *Samanvata* -It controls all the secreting and motility function of the two *Ashyas* and help in the action of digestive enzyme, assimilation of end product of food and their separation into various tissue elements and when vitiated it caused indigestion. The *Pachakapitta's AmlaGuna* and *Dravyaguna* get vitiated, which causes the *kledakKapha* located in *Amashaya* to act destructively in response. due to imbalance of *Pachaka PittaPachana Kriya* is also disturbed.

The *KledakaKapha*- situated in *Amashya*. It moist the solid food and any abnormality in its function leads to impairment of *Agni* any type of disturbance of *Agni* may start the pathogenesis of *Vishmagni*, *Tikshagni* and *Mandagni*.

**2. Dushya** (*Pachakagni*, *Rasa*)- *Rasa* is first *Dhatu* to received the *AmaAnnarasaso* that's why *Rasa* is *Dushya*

**3. Adhithana**-*Amashya*, *Grahani*

**4. Srotas** (*Annavaha*)– The disease involved *AmashyaGrahani* and *Pakwashaya*, *Srotas* seems to be mainly concerned but *RasavahaSrota* which the first *Ama* produced due to *Agni* may get involved.

**5. Vyadhi**–*Amashayothana*

**6. Dushtiprakara- Sanga****7. Agni- Jathragni****8. Marg- Abhyantara****Purvarupa (Prodromal Features)[18]**

1. *Annabhilasha* (dislike for food)
2. *Aruchi* (anorexia)
3. *Chardi* (vomiting)

<b>Rupa/Samanya Lakshana</b>	
<i>Malavibandha or Atipravriti</i>	Heaviness of the body
Obstruction of <i>Apanavayu</i> and <i>Udgara</i>	<i>Angamarda</i>
<i>Shaithilya</i>	<i>Trisna</i>
<i>Shirasula</i>	<i>Jwara</i>
<i>Murchha</i>	<i>Aruchi</i>
<i>Bhrama</i>	Avipaka

**Significant Sign and Symptoms of Various Types of Ajirna(indigestion)**

<b>Types of Ajirna(indigestion)</b>	
<i>Amajirna</i>	<i>Rasashesha Ajirna</i>
<i>Vidagdhajirna</i>	<i>DinapakiAjirna</i>
<i>Vishtabdhajirna</i>	<i>PrakritaAjirna</i>

**Amajirna-**

“*Madhurya Annam Gatam Aam Sangam*” Food which has attended sweetness is known as *Amajirna*. Characterized by heaviness in abdomen, nausea, swelling on the cheeks and eyes and belching similar to happening just consuming after meal.

the *Ama* (toxins from undigested food) in local and in systemic level considering the strength of the patient. (Dr.K.B.Roy Dr.Divya.B Dr.Sachin Deva 2020)

**Vidagdhajirna-**

“*VidagdhaSangyamGatamAmlabhavaKinchitVipakva*” food which has attained sourness and slightly digested characterized by giddiness, thirst, fainting, sour and hot belching, burning sensation inside and other symptom of aggravated *Pitta*.

### **Vishtabdhajirna-**

“*Bhrusham Toda ShulamVishtabdham*” It is characterized by pricking pain long stasis, tympanitis, abnormal moment of *Vata* obstruction to stool and flatus, delusion, general malaise and other symptoms of *Vata Vridhi*.

### **Rasashesha ajirna-**

“*UdgarsudhhoBhaktaakanksha Na Jayvee HradGurutvaRashavsheshanam*” it is characterized by dislike for meals pure belching heaviness and turbidity in the heart, excessive salivation and heaviness.

**Dinapakiajirna-** The fifth *Ajirna(indigestion)* is *Dinapaki*, in which the digestion completes within one day and one night. This occurs due to overeating of food and waiting alone is required for such condition and hence it is not harmful.

**Prakritaaajirna** – It prevails till the consumed food is completely digested. After the completion of digestion it manifest symptom like hunger, thirst, defecation etc.

## **MODERN CORRELATION OF AJIRNA**

### **Indigestion or dyspepsia**

Dyspepsia is a commonest problem and affects up to 30% of the population. General symptoms include Abdominal distension, discomfort, pleasure, nausea and gases.

In most cases, it happens after eating and drinking. Changes in lifestyle can often help. Other causes include conditional conditions, such as gastroesophageal reflux (GERD) and the use of specific medications.

### **Causes**

Indigestion can result from lifestyle or dietary habits, a medical condition, or the use of some drugs.

Common causes of indigestion has include the factors like,

- Dietary factors
- Smoking
- Obesity
- Stress

If there is no identifiable structural or metabolic cause, a physician will diagnose the functional dyspepsia.

Dyspepsia can also be a symptom of a wide range of health conditions, including:

- Gastroesophageal reflux disease

Peptic ulcer disease

- Stomach cancer

## Gallstones

- Liver disease
- Gastritis
- Obesity
- Pancreatitis
- Hiatal hernia
- Infection, especially with H. Pylori

## Celiac disease

- Irritable bowel disease

Medications, such as antibiotics and nonsteroidal anti-inflammatory drugs (NSAIDs)

Dyspepsia is most common during the pregnancy, especially in the 3<sup>rd</sup> trimester. This is due to hormonal changes and the way the fetus presses against the stomach.

## Symptoms of Dyspepsia

Physician will diagnose indigestion if a person has complains of the following symptoms: Pain related to the digestive system

Burning sensation in the digestive tract

Bloating

Nausea

Feeling full after eating

Feeling too fast when eating

A person will have symptoms even if they don't eat much.

## Diagnosis

The doctor will ask this questions regarding their symptoms in person's personal and family medical history, other health conditions and medications they are consuming, their eating schedule and habits.

Physician may also examine the chest and stomach. Percussion and palpation of the abdomen to find areas of, tenderness or causing pain on applying pressure.

In certain cases, doctors may use the following investigative tests to rule out the underlying health conditions: Blood test like L.F.T., CBC-can assess anaemia, liver problems, and other conditions.

Helicobacter pylori infection test: In addition to blood tests, these tests.

Urea breath test and stool antigen test.

Upper G.I.T Endoscopy-The doctor will use a long thin tube and a camera to take picture of the gastrointestinal tract. They can also take tissue samples for biopsy. This can help them diagnose ulcers or tumors.

## Upadrava of Ajirna(indigestion)



Acharya Sushruta mentioned in *Shutrasthanchapter-४६/५०४*, and *MadhavNidan* also mentioned in *MadhavNidan* chapter-६/१३)

Fainting, delirium, vomiting, excess salivation, debility, giddiness and death. Effect of *Ajirna(indigestion)*-When *Ajirna(indigestion)* combined with *Pitta* causes burning sensation, thirst and diseases of oral and other *PittajVikaras*. When *Ajirna(indigestion)* combined with *Kapha* causes *Rajyakshma*, *Pinasa*, *Prameha* and other *Kaphaja Vikara*. When *Ajirna(indigestion)* combined with *Vata* leading to manifestation of various *VatajVikara*. When *Ajirna(indigestion)* afflicts urine, stool, and *Dhatu* gives rise to urinary disorders gastro intestinal disease and disease of *Dhatu* respectively.

Root for the many other diseases- *Ayurveda* said to be a person who eat large quantity of food recklessly. like cattle will develop this disease *Ajirna(indigestion)* which cause further other diseases. For instance *Ama-Ajirna(indigestion)* causes *Visuchika*, *VidagdhaAjirna* causes *Alaska* and *VistabdhaAjirna(indigestion)* causes *Vilambika*. In *Visucika* the patient suffers from pricking pain as though pierced by needle, fainting, diarrhea, vomiting severe thirst, abdominal pain giddiness twisting of the arms and legs, yawning, burning sensation. In *Alasaka* the patient suffering from severe distention of abdomen, delusions, flatus moving upwards being blocked downward, non expulsion of flatus and feces in *Vilambika* food does not get out of the body either in upward direction or in downward direction due to effect of *Kapha* and *Vatadosha* it is very difficult to treat. *Ama* resides gives rise not only to pain but also becomes the site for manifestation of many diseases which are due to the action of the *Dosha* travelling all over body associated with *Ama*.

### Upashaya in various type of *Ajirna(indigestion)*

The first step of treatment for all types of *Ajirna(indigestion)* is "Langhan" (fasting). Food should be taken only when previous is completely digested and feel hungry. Never suppress the natural urges. *Ayurveda* has mentioned everyone should eat up to half or three fourth capacity of stomach never eat on an empty stomach, and utilise *DeepanDravya* regularly for healthy food digestion, such as *Ushna*, *Tikshna Dravya*, *Pippale*, *Rasona*, and *Shunthi*. Mentioned at least three to four hour (one *Yama*) gap in between meals. Drink water sip by sip along with the meal. Replace curds with buttermilk. Regular usage of some *Ushn*, *Tikshn*, and *LaghuDravya* like-*Jeera*, *Pepper*, *Garlic* and ginger for proper digestion of food. *Ajwain*, *Sauf* should be chewed after meal. Food like khichadi, roti, made from jawar, rice or bajradal cereals should be included in daily diet. Vegetable like ladyfinger, snake gourd, bitter gourd, pumpkin should be eaten. Fruits such as Pomegranate, Sweet, Lime, Pineapple etc. Some medications used in *AharaSevanjanyaAjirna(indigestion)* include *Amla*, salt and vinegar in *PalanduSevanjanyaAjirna(indigestion)*, and *Trikatu* in *IkshuSevanjanyaAjirna(indigestion)*. According to *AcharyaSusrutahas* mentioned the person is awake during day time and his heart is open like the flower of lotus and the body tissue not soaked with more of moisture consuming food at day time is beneficial through the person is suffering from indigestion, but during night time the heart become closed due to the sleep and the body tissues having more moisture so, consuming food at night is not required for the *Ajirna(indigestion)* patient.

### Anupashaya-

*Guru*, *vidahi* and *vishtambhibhojan*, *asatmyabhojan*, *virudhabhojan*, *atiambupana*, *tikshnavirechan*, *vegadharan*, *adhhyashana*, *samshan*, *vishmation*, *raktmokshan* etc.



## DISCUSSION

Now a days lot of diseases has causes of mostly related to lifestyle changes such as increasing sedentary life style due to more upgrading use of technologies in daily routine life and its causes higher level of physical inactivity and unwholesome (*apathya*) diet and the disturb sleep pattern and wrong dietary habits are changes the mechanism of internal vital organ and. Related bodily functions initially immediately obstruct the digestive juices and enzymes (*PachakaPitta*), which causes food to break down into undigested matter and trigger the commencement of *Ajirna(indigestion)*. After long time continuity of these condition produce "*Ama*" which is the most commonest reason for majority of disease because this *Ama* is circulated in all the *srotas* and create different type of *srotorodha* and *Srotodushti* and produce disease.

For prevention of *Ajirna(indigestion)*, there are many scientific principles found in *Ayurveda*. Like acharyacharak has mentioned "*AstaharvidhiVishes Ayatana*". As well as acharyaShushrut has also mention "*Dashvidha AharaVidhividhan*". Both principles have some key points, such as those mentioned by AcharyaCharak in the terms *Prakriti*, *Karanam*, *SamyogRashiDesha*, *Kala*, *Upayogsanstha*, and *Upyokta*. He also claimed that the terms *Hitahara*, *Ushnaahara*, *Snigdhaahara*, *Rukshahara*, *Dravahara*, *Shushkahara*, *Ekakalika*, *Dvikalika*, *Aushadayukta*, *Matraheen*. A people who intake food according to describe above rules and follow a proper *Dincharya*, *Ratricharya* and *Ritucharya* and *Sadvrita* and *Pathya(Wholsome)Palana* then he never would be suffer from *Ajirna(indigestion)* (Indigestion) along with any type of digestive and other system related abnormalities.

Our ancient *Rishimuni* are added a few festival and fasting method in our religious routine like *Agiyaras(ekadashi)* fasting after every 15 days and twice in month so this days mechanical function of body will take a rest and maintain their property as well as their functional property. In our Ayurvedic literature also mentioned the 1st step to treat *Ajirna(indigestion)* is "*Langhan*". so that's why a person follows the mentioned instruction can live healthy and qualitative life style .

## CONCLUSION

The prognosis of *Ajirna(indigestion)* is typically poor eating habits and chronic digestive insufficiency, which can develop into *Ajirna(indigestion)* disease. If *Ajirna(indigestion)* is also a source for a long time formation of "*Ama*" further *Ama* is responsible for all type of disorders in the body. So all the acharyas have described *Ajirna(indigestion)* in detail including its aetiology, symptoms, Fatal sign, and treatment also avoidance of the etiological factor is the preliminary step in any disease management. There are many type of *Ajirna(indigestion)* according to *Doshas* or *DosajPrakriti* of our body they all are produces very harmful symptoms that's why it is *Krichhsadya* but can be treated by *nidanParivarjanam* & proper management of *Agni* for the proper digestion of ingested materials. proper lifestyle in *Ayurveda* describes of rules and regulation of *Ahara* and *Vihara* includes *Yogya Dincharya*, *Ratricharya*, *Ritucharya*. According to some important principles like *AharaVidhiVidhan* and *AshtaharVidhiVishes Ayatanam* quantity of food intake depends on *Agni* of a person and *Swarupa* of *AharaDravya* i.e. *Guru* or *Laghu* but now a day's food is taken without deliberation of *Agni* and nature of food item along with they do not proper physical activity which is most common cause for it. So each and everyone should follow the rules and regulations for diet intake day by bay and life style instructed in *Ayurveda* for the prevention of life style disorders like *Agnimandya* and *Ajirna(indigestion)*.

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