

Review Article

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AYURVEDA CONCEPT OF *DEEPNA* AND *PANCHANA CHIKITSA* AND ITS CLINICAL SIGNIFICANCE

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Abstract

Deepana-Pachana therapy is a crucial approach in Ayurveda, which involves the oral administration of specific medications to enhance and support the functioning of the gastrointestinal tract. *Deepana*, the appetizer component, stimulates *Agni* but does not digest *Ama*. The *Pachana* drugs, categorized as digestives, focus on breaking down *Ama* without necessarily increasing *Agni*. *Deepana* drugs aid in the separation of *Dosha* from *Dathu*, the body tissues. *Deepana-Pachana Chikitsa*, an integral therapy within Ayurveda, is highly effective in treating various ailments while improving *Agni's* functionality. *Deepana-Pachana Chikitsa* plays a pivotal role in restoring the normal functioning of the digestive system.

Key-Words: Ayurveda, *Agni*, *Deepana*, *Pachana*, Digestive

Introduction

Deepana-Pachana therapy, which involves the oral administration of specific medicines, is a treatment modality aimed at enhancing and supporting the gastrointestinal tract's functions. *Deepana* refers to medications that ignite *Agni*, the metabolic fire, without necessarily digesting *Ama*. *Pachana* drugs, classified as digestives, focus on the digestion of *Ama* without significantly intensifying *Agni*.

Deepana Dravya primarily contain *Agni Mahabhoota*, both *Deepana* drugs and *Agni Mahabhoota* play an equal role in both *Shodhana* and *Shamana* treatment. According to *Acharya Deepana* includes substances that enhance *Agni* and *Pachana* involves strengthening *Jatharagni* for *Pachana karma*. Drugs possessing both these properties are referred to as *Deepana* and *Pachana* medications. For instance, *Chitraka* exemplifies such dual characteristics. *Deepana-Pachana* drugs are fundamentally characterized by the predominance of *Agni Mahabhoota* [1-4].

Deepana and *Pachana*, both associated with *Langhana Chikitsa*, characterized by a predominance of *Laghu*, *Ushna*, *Tikshana* and *Sukshma* qualities. Specifically *Pachana* drugs facilitate *Pachana karma* and are predominantly characterized by *Agni* and *Vayu Mahabhoota*. Ayurvedic texts have identified several drugs with *Deepana-Pachana* properties which are as follows:

- ✓ *Chitraka* and *Ajamoda*
- ✓ *Hingwachadi choorna*,
- ✓ *Hingwadi gulika*
- ✓ *Chitrakadi vati*
- ✓ *Vachalashunadi kashaya*
- ✓ *Pippalyasava*

Deepana Therapy:

The term "*Deepaneeya*" signifies the stimulation of the digestive fire, a crucial element in enhancing food intake capacity and preventing further indigestion. *Deepana* itself means the activation of digestive strength, which involves the use of treatments and remedies to boost metabolic fire. When the digestive fire is robust, it positively influences other fires

within the body, such as *Dhatu agni*, promoting overall well-being. In this context, *Deepaneeya* therapy plays a vital role in augmenting the digestive fire, thereby contributing to the maintenance of the overall health of bodily tissues. According to *Vagbhata*, all diseases are rooted in a weakened fire, underscoring the profound importance of balancing the *Agni*, with *Deepana* therapy providing substantial support in achieving this balance [4-6].

In the initial stages of treating fundamental illnesses, Ayurveda focuses on the revision of *Agni* and *Ama*. *Deepana* therapy, in this regard, serves to enhance *Agni*, thereby contributing to the disruption of the pathological conditions linked to the *Mandagni*. Administering *Agni deepana* medicines kindles a restorative fire within the body, aiding in the reestablishment of sound health by restoring the balance of metabolism and other bodily functions that were previously disrupted by *Mandagni*. The probable mode of action and biological activities of *Deepana Dravya* is depicted in **Figure 1**. *Deepana* substances promote the secretion of gastric juices and aid in digestion due to their bitter taste. *Deepana* substances trigger the release of hormones that stimulate gastric acid secretion, thereby supporting the digestion process. *Bhallataka* and *Amlavetasa* are some drugs having this property, similarly Ayurveda formulations like *Hingwastaka choorna* and *Vaishwanara choorna* also possesses *Deepana* properties [6-8].

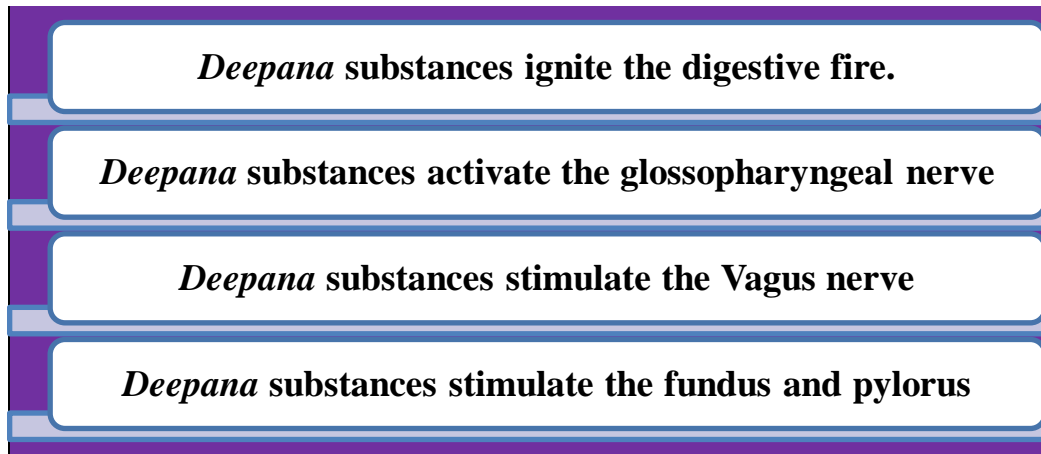


Figure 1: Mode of action of *Deepana* substances

***Pachana* Therapy:**

Pachana drugs aid in the absorption of *Ama*, the separation of morbid *Dosha* from the *Dushya* and *Srotasa*. Prior to initiating any primary purification technique, it's essential to

prepare the body for effective detoxification. This preparation is accomplished through practices like *Pachana*, primarily intended for *Niramikaran*, the elimination of *Ama*. *Pachana Karma* plays a crucial role in the elimination of undigested substances.

Pachana medications are especially helpful in cases of sluggish digestion and in averting the consequences of *Mandagni*, which leads to *Ama* production. The *Ama* generated due to *Mandagni* hinders the pathways of the body's *Srotas* and disrupts the physiological functions of tissues. Consequently, the targeted tissues do not receive the necessary nutrients and essential components required for proper functioning. Employing *Pachana* therapy leads to the breakdown of such conditions, thereby assisting in the treatment of various diseases by eliminating the blockages caused by *Ama*. The administration of *Pachana* medicines lead digestion of *Ama* and remove waste materials from the body and intensify metabolic activities.

The mode of action or biological activities of *Pachana Dravyas* includes activation of Vagus nerve, thereby promoting the secretion of gastric juices. *Pachana* substances trigger the duodenum, leading to the secretion of digestive enzymes. *Pachana* substances stimulate the liver, increasing the secretion of bile and boost the secretion of pancreatic juice by stimulating the pancreas [7-9].

***Deepana-Pachana-Dravya* and their Activities:**

- ❖ *Shringavera* provides stimulant and carminative properties.
- ❖ *Pippali* serves as an appetizer and carminative agent.
- ❖ *Maricha* possesses stimulant and digestive properties.
- ❖ *Ajamoda* imparts anti-flatulent and digestive attributes.
- ❖ *Hingu* offers carminative and stimulant properties.
- ❖ *Bhallataka* act as a stimulant and carminative.

Ayurveda Properties of *Deepana-Pachana-Dravya*:

Medications that exhibit carminative and digestive qualities typically have attributes like *Ruksha*, *Ushna* and *Laghu*, often resulting in *Katu* and *Amla Vipaka*. These remedies aid in reducing lipid levels, enhancing liver function, addressing metabolic imbalances and

eliminating reduces excess fat. Therapeutically, *Deepana-Pachana-Dravyas* are valuable in managing conditions such as *Adhmana*, *Agnimandya*, *Atopa*, *Kamala* and *Kricchrartava*, etc.

Role in Disease Management:

The *Ayurvedic* principles of *Ama*, referring to metabolic waste material, and *Agni*, the digestive fire, hold a unique and central role within Ayurveda. They play a significant role in the development and treatment of various diseases. *Ama* tends to associate with *Vata* and swiftly spreads to various areas of the body characterized by *Kapha*, filling them and clogging the arteries with a waxy substance. This byproduct of digestion, in association with *Vata*, *Pitta*, and *Kapha*, obstructing tissue pores and passages. *Ama* exhibits properties such as *Apakti*, *Gaurava*, *Bala Bhransha* and *Mala Sanga*, thus causes *Strotorodha* and induces pathogenesis of many diseases. *Deepana-Panchana Chikitsa* contributed significantly in averting these conditions and in maintaining the normal functioning of the digestive system. Ayurveda advocates the use of *Deepana-Panchana Chikitsa* for the therapeutic management of conditions related to *Mandagni* and *Ama*. *Deepana-Panchana Chikitsa* not only regularizes digestive function but also digest *Ama* and facilitate its elimination from the body thus suppresses pathogenesis of diseases induced by *Ama* [7-9].

Conclusion

Deepana-Panchana Chikitsa stands as a pivotal component of the Ayurvedic regimen, playing a significant role in the treatment of various ailments while enhancing *Agni's* functionality. In Ayurveda, *Agni* is regarded as the hallmark of a healthy life, governing metabolic processes, digestion, and the body's overall physiology. When *Agni* malfunctions, it gives rise to *Ama*, a toxic substance that initiates and spreads disease and disrupts the physiological balance of the digestive system. *Deepana-Panchana Chikitsa* helps to alleviate this condition and normalizes functioning of digestive system thus prevent diseases associated with malfunctioning of digestive tract.

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