



Review Article

CONCEPTUAL UNDERSTANDING OF DEEPANA PACHANA IN AYURVEDA

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ABSTRACT

In Ayurveda, the root cause of all metabolic disorders is considered to be an imbalance of *Agni*, expressed in the dictum '*Sarve roga api mandagni*'- all diseases arise from impaired digestive fire. The digestive system of the human body depends on the proper functioning of *Agni*. *Deepana dravyas* digest the *Ama* by increasing the *Agni*, while *Pachana dravyas* only increases the *Agni* without digesting the *Ama*. *Deepana pachana* holds great importance, both as a treatment prior to *Shodhana* and as a *Samana chikitsa*. It is continued until the attainment of *Nirama lakshanas*, and therefore, the duration may vary from person to person. This therapy primarily targets *Agni*, thereby correcting *Ama*. It further promotes proper digestion and facilitates the effective mobilization of *Doshas* from *Sakha* to the *Koshta*. The drugs used in *Deepana pachana* enhance the digestive and metabolic physiology and are crucial in transforming the *Sama* state into *Nirama* state. Administration of *Deepana pachana oushadhis* before *Snehapana* helps to normalise *Mandagni*, *Tikshnagni* or *Vishmagni* into *Samagni*. It also induces *Koshta laghavata* and enables the digestion of even *Gurutama Sneha*. This review paper aims to understand the importance of *Deepana pachana* in Ayurveda.

INTRODUCTION

According to Ayurveda, the *Nidana* for all the *Vyadhis* is *Mandhagni*^[1]. Hence Ayurveda gives prime importance to *Agni*. When the *Agni* is balanced, it maintains the body function, which helps for maintaining overall health. *Agni dushti* is a key factor for the formation of *Ama*. The *Amaja lakshanas* includes *Sroto rodha*, *Bala bhramsha*, *Gourava*, *Anilamoodhatha*, *Alasya*, *Apakthi*, *Nishteeva*, *Malasanga*, *Aruchi* and *Klama*^[2].

Acharya Vagbhata has mentioned *Dwividha upakrama*, namely *Santharpana* and *Apatarpana*. *Langhana* is considered a synonym of *Apatharpana*, which are having the predominant of *Agni*, *Vayu*, *Akasa bhutha*^[3]. *Langhana* is again divided into *Sodhana* and *Shamana* in which *Deepana pachana* is coming under *Saptha vidha shamana chikitsa*^[4,5].

Deepana

The drug which increases the *Antaragni* is termed as *Deepana*. The drug which does not digest the undigested materials but only increases the *Agni*^[6]. In Deepika commentary of *Sarangadhara samhitha*, it's mentioned that *Deepana* drugs having *Agni Mahabhootha* predominant.

Pachana

The drugs having *Pachana* property digests the *ama* without increasing the *Agni*^[7]. *Pachana Dravya* are predominant with *Vayu* and *Agni mahabhutha*.

Acharya Charaka mentioned *Pachana* under the classification of *Dasaprakara langhana upakrama*, which is explained in the *Sutrasthana* '*langhana bhrimhaneeya*' *adhyaya*^[8].

Properties of Pachana dravyas are

Laghu, *Ushna*, *Tikshna*, *Vishada*, *Rooksha*, *Sookshma*, *Khara*, *Sara* and *Katina*^[9].

Indication of Pachana

It is indicated in *Madhyabala rogas* (diseases of moderate morbidity) Diseases arises due to *Kapha pitha prakupitha rogas*.

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Chardi (vomiting)
Atisara (diarrhea)
Hrudroga (heart disease)
Vishuchika (*Amajanya vikara* having symptoms of pricking pain in abdomen)
Alasaka (one of the *Amaja vyadhi*)
Jwara (fever)
Vibandha (constipation)

Gourava (heaviness)
Udgara (belching)
Hrullasa (nausea)
Arochaka (anorexia)^[10]
Deepana pachana oushadhi should be given up to the attainment of *Nirama lakshanas*, which can be correlated with *Anna jeerna lakshanas*.

Table 1: *Samyak lakshanas* of *Deepana pachana*

<i>Samyak lakshanas</i>	<i>Charaka</i>¹¹	<i>Vagbhata</i>¹²
<i>Sargo malanam</i> (<i>Vata</i> , <i>Mutra</i> , <i>Purisha</i>)	+	+
<i>Gatra laghavam</i>	+	+
<i>Hrudaya</i> , <i>Udghara sudhi</i>	+	+
<i>Kanda</i> , <i>Asya sudhi</i>	+	+
Disappearance of <i>Tantra</i> and <i>Klama</i>	+	-
Appearance of sweat	+	+
Taste for food	+	-
Excessive hunger and taste	+	+

Atiyoga of *deepana pachana*

Parvabheda (pain over joints)
Angamardha (pain over body)
Kasa (cough)
 Dryness of mouth
Kshut pranasha (loss of appetite)
Aruchi (anorexia)
Trushna (thirst)
Dourbalya of *Srotra* and *Netra* (weakness of ear and eyes)
Bhrama of *manas* (loss of memory)
 Frequent *Urdhwa vata* (upward movement of *Vayu*)
Tamo hrudhi (bradycardia)
Deha balanasha
Agni balanasha^[11]

Ayoga of *Deepana pachana*

➤ *Ayoga* of *Deepana pachana* is *Roga vridhhi*.

Duration of *Deepana pachana chikitsa*: There is no specific mention of the duration of *Deepana pachana* in the classics. It should be continued until the appearance of *Samyak lakshana* of *Langhana* is observed.

Dose of *Deepana pachana*: the dose of the *Deepana Pachana* depends of *Dosha*, *Aushadha*, *Prakruthi*, *Vaya*, *Desha*, *Kala*, *Satmya* etc., and on the formulation of *Deepana pachana Dravya*.

Need of *Deepana pachana*

According to *Arunadatha* all *vyadhis* are *Ama samuthbhava*. *Deepana pachana oushadhi* should be given before administering the *Snehapana*, which brings about *Laghutva* to *Koshta* and also kindles the *Agni* and helps to prevent the *Snehavyapath*. It also helps to digest *Ama* and prevents further disease progression. It is performed before *Panchakarma* therapies to remove obstructions in the channels. Additionally, it helps to maintain proper appetite, metabolism, and immunity.

After *Shodhana* therapy, *Agnimandya* usually occurs. *Peyadi krama* helps to restore and enhance *Agni*, thereby improving the digestive capacity. Thus, to increase *Agni* various *Deepana pachana yavagus* are mentioned in the *Suthrastnana* of *Charaka Samhitha* in the 2nd chapter, *Apamarga Tanduliya Adhyaya*.

As per the commentary of *Sharangadhara samhitha*, *Pachana* is itself indicated considered *Rukshana* and is indicated in *Ama avastha*.

Charaka mentioned the drug having *Rookshana* properties are *Rooksha*, *Laghu*, *Khara*, *Teekshna*, *Ushna*, *Sthira*, *Apichila* and *Kathina*^[13]. The drug with *Katu*, *Tikta*, *Kashaya rasa* is having *Rooksha gunas*^[14].

Table 2: Indications of rookshana

Charaka^[15]	Vagbhata^[16]
<i>Abhishyanna</i>	<i>Mamsala (Upachita mamsa)</i>
<i>Mahadosha</i>	<i>Medura (Medasvina)</i>
<i>Marmastha vyadhi</i>	<i>Bhurisleshma (excess of Kapha)</i>
<i>Urustambha</i>	<i>Vishamagni (altered digestive strength)</i>

In order to avoid the complications of *Snehapana*, *Rookshana* can be done prior to it^[17].

Acharya *Vagbhata* mentioned, the *Samyak yoga* and *Atiyoga* of *Virukshana* are similar to those of *Langhana*^[18].

Table 3: Drugs for Deepana

Acharya charaka	Acharya vagbhata
<i>Deepaneeya dashemani</i>	<i>Nagara</i>
<i>Pippali</i>	<i>Ardraka</i>
<i>Pippalimoola</i>	<i>Chathurjata (Twak, Patra, Ela and Kesara)</i>
<i>Chavya</i>	<i>Panchakola (Pippali, Pippalimoola, Chavya, Chitraka, Nagara)^[20]</i>
<i>Chitraka</i>	
<i>Shrungavera</i>	
<i>Amlavetasa</i>	
<i>Maricha</i>	
<i>Ajamoda</i>	
<i>Bhallathakasthi</i>	
<i>Hinguniryasa^[19]</i>	

According to *Susrutha*, *Ganas* classifications and its action based on *Deepana Pachana*^[21].

1. *Pippalyadi gana - Amapachana, Deepana*
2. *Vacadi gana - Dosa pachana*
3. *Haridradi gana - Dosa pachana*
4. *Guduchyadi gana - Deepana*
5. *Mustadi gana - Pachana*
6. *Trikatu gana - Deepana*
7. *Mahat panchamoola - Deepana*
8. *Dasamoola - Pachana*
9. *Amalakyadi gana - Deepana*

In *Sarangadhara samhitha*, Acharya mentioned the examples for *Deepana*, *Pachana* and those with both properties. They include *Mishi*, *Nagakesara* and *Chitraka* respectively^[6].

Probable mode of action of Deepana pachana

Most of the drugs with *Deepana pachana* properties possess *Laghu*, *Ushna*, *Tikshna*, *Rooksha Gunas*, which stimulates the secretion of gastric juices. This, in turn, helps in the effective digestion and elimination of *Ama*.

Deepana drugs enhance the strength of *Jatharagni*, facilitating the proper transformation of food into *Rasadhathu* and subsequent tissues. *Deepana dravyas* activates the glossopharyngeal nerve and also stimulate the Vagus nerve, fundus and pylorus^[22]. Due to the bitter taste of *Deepana*

drugs, promotes gastric juice secretion and facilitates digestion. These drugs sensitize the oral taste receptors, thereby enhancing salivary secretion. They also induce the secretion of the hormone gastrin, which stimulates hydrochloric acid secretion^[23].

Pachana drugs helps to break down *ama*, which helps in the elimination and preventing further disease progression. The combined action of *Ama pachana* and *Agni deepana* helps to remove the obstructions in the *Srotas*, thereby improving the circulation of nutrients and waste products. They also help to restore the equilibrium of *Tridosha*.

Pachana dravyas activate the vagus nerve, promoting the secretion of gastric juice, and stimulate the duodenum, leading to the release of digestive enzymes. They also stimulate the liver, increasing bile secretion, and enhance the secretion of pancreatic juice by stimulating the pancreas^[22].

Depana pachana drugs regulate the peristalsis and enhance nutrient absorption, reducing indigestion, bloating and malabsorption syndromes. By enhancing enzymatic activity and nutrient assimilation, *Deepana pachana* drugs improve overall metabolism and strengthen immune defence mechanisms.

CONCLUSION

Deepana pachana effectively restores digestive balance by regulating *Agni*. It helps to alleviate and regulate digestive functions, thereby digesting *Ama*. It is highly effective not only as a *Shamana chikitsa* but also as a *Purvakarma* of *Samshodhana karma*. By kindling *Agni* and digesting *Ama*, it restores the balance of *Dosas*, enhances digestion and promotes optimal metabolism.

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