International Journal for Multidisciplinary Research (IJFMR)
E-ISSN: 2582-2160 ● Website: www.ijfmr.com ● Email: editor@ijfmr.com

The Association of Stress and Agni (Digestive Fire)

Monika Singh

Assistant Professor, Department of Kriya Sharir, Apex Institute of Ayurvedic Medicine & Hospital, Samaspur, Mirzapur, U.P., India.

Abstract

The foundation of Ayurveda lies in digestion; it is considered that poor digestion leads to the accumulation of toxins in the body, and to maintain health, it is essential to get rid of these toxins. In Ayurveda, the digestive system is encompassed in the concept of Agni. The word "Agni" in Ayurveda is translated to fire, and it does reference Pitta, but it is deeper than that and refers to the Digestive Fire itself. The strength and health of a person's Agni is often seen as the litmus test for the overall health and vitality of a person. It is through Agni that we are able to derive nutrients from the foods we eat and to transform those nutrients into the building blocks of the body. Those same stressors can then have a direct and negative impact on Agni as well. Stress affects Agni. Through Ayurveda's lens of the Five Elements and the Three Doshas, the stress of an agitated Vata causes fear, which can put out Agni like a strong gust of wind can put out a small fire. Pitta, in its heat and intensity, can knock Agni offline and putrefy the foods in the stomach, stopping them from being absorbed as the body protects itself from the toxic situation of the out-of-control fire. The Cosmic Physiology of Vata, Pitta, and Kapha takes the conversation of Agni and stress to the next logical level; we find its heavy and soothing influence in Kapha, which is the desired optimal Agni. Ayurveda sees so clearly that we can eat the best foods, take the best herbs, and take the best supplements.

Keywords: Agni, Digestive Fire, Stress and Digestion, Ayurveda and Stress, Mental Stress and Agni.

Introduction to Ayurveda and the Concept of Agni

Some people may have heard of Ayurveda as the "sister science to yoga." To others, it is an alternative or natural healing system from India with a holistic approach to health, disease, and the person's life. According to Ayurveda, the physiologic principle Agni (Sanskrit for fire), or metabolic power, reflects the aspect of the universal intelligence that corresponds to fire. Agni is the sun intelligence that digests our food and liquefies, transforms, and moves the products of digestion and metabolism within the body. So, Agni is more than mere digestive fire; it is the overall vitality and metabolic power of the body that holds significant constitutional importance in understanding the health or disease state of an individual. The interaction between the environment and the living body is a beneficial one if one's digestive power is strong. Yet, it is the very same Agni that can be a cause for weakness and later a causative factor for disease if utilized in the tissues in an impure state. Many diseases originate from such a close relationship between the body and mind that it is difficult to categorize them as either physical or mental diseases. Agni, and in particular Jatharagni, clearly defines this close connection between the physical and mental or emotional aspects of the person. Consequently, the holistic philosophy of Ayurveda is

underpinned by the concept of Agni in regard to understanding a person's physiology as a whole. If Agni is balanced, metabolism functions well, and the circulations in the mind, emotions, and the physical body, which nourish the tissues, are healthy. 1

Basic Principles of Ayurveda

According to Ayurveda, health is an end result of a harmonious integration of the body, mind, and spirit. Likewise, any disturbance – from slight to serious – would then imply either imbalance in the corresponding part or system, disproportion in the assimilation of Ayurvedic nutrients, undue accumulation of waste or ama, or at a deeper level, an emotional or mental disquiet. As health arises from the environment, detailing it requires attention to human interaction with their circumstances. 2

The classification of the five Ayurvedic elements into diverse combinations in the body (doshas) is the starting point. There are three primary doshas: Vata, Pitta, and Kapha. The quantity of each is greatly variable, and everyone belongs to a specific doshic category. These doshas form a person's constitution and govern functioning – how they will look, act, and think or feel. Apart from the basic physical and emotional composition, everyone has an individual journey through influences such as age, gender, beliefs, emotions, spiritual attainments, lifestyle, nutritional intake, and use of ancient Indian recipes, as well as social, regional, cultural, and religious practices. Each of them has effects on the others and forms the basis for a personalized Ayurvedic approach to health and wellness. 3

The three main agencies of action in any area of life (disease manifestation, disease predisposition, and individual patient management) are one's deeds, one's right actions, and environmental factors. Disease manifests when karma disturbs dharma or when environmental factors go beyond their limits to disturb the physiological balance. Thus, the environment is based on faithfully adhering to dharma, for dharma allows one to flow according to natural laws and leads one to a harmoniously woven cloth of the various decision-making partitions. Regular and personalized lifestyle, diet, and environmental activating systems are described in each phase of organism and disease manifestation, raising health awareness. 4

Understanding Agni as Digestive Fire

Digestion is defined by Ayurveda, an ancient system of health and natural healing that originated in India tens of thousands of years ago. According to Ayurveda, agni encompasses more than the digestive fire. Because it enhances the digestion process, agni is often referred to as the digestive fire. Agni also assists with the digestion and assimilation of food in the body, as well as the conversion of food into energy. As a result, the state of one's agni is crucial to metabolism. An increase in one's agni is said to result in a quick metabolism. Ayurveda describes five distinct types of agni, each of which has a diverse and individualized capacity to digest: "The strength of the agni reflects more than the digestive capabilities of the body. The state of the agni also has emotional significance in the general population. 5 A balanced capacity gives rise to health and vitality, while an imbalance in the capacity of the individual may give rise to any number of physical or emotional disturbances." Stress affects the agni by either increasing or decreasing its capacity. Although agni is not bound directly to the human stress response, stress is a major factor in the disruption of agni, which is an ongoing concern in the Ayurvedic community. It is this relationship that may lead to the understanding of the contribution of emotional states to individuals with a variety of digestive complaints. It's not just about digestion in relation to agni. Accepting the importance of agni in the body, by embracing the various practices recommended by Ayurveda, adds to the daily balance of life. Ayurveda recommends planning your life on the basis of the

functioning of your agni. It needs to be integrated into an exercise routine and long-term habits based on the relationship between agni and living a long life free of pain. 6

The Role of Agni in Digestion and Metabolism

In Ayurveda, Agni, the digestive fire, is considered to be the root of health or the energy of transformation and is of paramount importance in digestion and metabolism. If our Agni is balanced and strong, we digest our food and are nourished; we digest our sensory perceptions and intellect, understand what we perceive, and arrive at enlightened understanding. This ultimately unfolds our individual spiritual potential. Nutrients and energy come from the food and are processed into the cells and tissues of the body. These nutrients can be transformed into the energy required for physiological processes. The foods become taste after the action of Agni and likewise the cell nutritional juice. Due to this, Agni is considered to be the first content in the body. The various functions of Agni are the digestion of food material. 7 The food that is taken is assimilated and metabolized into smaller materials through the Agni. These are then diffused through the cells or can be eliminated from the body; thus, there is the formulation of mala or waste product. Agni is the major reason for the retention and elimination of food material. The disturbed Agni causes malabsorption and retention, which leads to the formulation of Tridosha and thus leads to certain stress. Development of free radicals due to the disturbed Agni leads to the Aam formation and causes the burning of Agni. The toxic materials that are formed due to the burning of disturbed Agni are considered to be a source of harmful products in the body. Only healthy Agni can prevent this fault. We, therefore, should be careful, stress preventive, and provide the body with stress preventive food and forms of intervention by keeping the Agni healthy. 8

Agni Types and Functions

Agni Types and Functions. There is no one-size-fits-all Agni. Instead, according to Ayurveda, there are three categories of Agni that vary in function and purpose.

1. Samagni (Balanced digestive fire): This fire is steady and consistent. It digests meals in the expected time frame and becomes hungry for the next meal again in the expected time frame, with no symptoms of disease.
2. Vishamagni (Irregular digestive fire): In this category, Agni is sometimes strong and sometimes weak. Digestion can be erratic. Those with this type of Agni must pay special attention to digestive restriction, as at any point Agni may stop working and remain inactive for a while. This Agni is often aggravated by stress and environmental factors.
3. Tikshnagni (Sharp digestive fire): Agni consumes anything easily. This person might eat a heavy meal or a greasy or sugary snack and not experience any issues. For some time, they digest food well and eliminate waste without any apparent problem. There does not appear to be any impact on their health or vital functions, so it might appear as though the digestive fire is strong. These types are not to be mistaken for powerful digestive fire since anything might get digested readily regardless of actual Agni status. 9

Eating in accordance with your Agni type is significant. Knowing your category of fire will influence the quantity of food you consume, as well as your lifestyle decisions. Someone with Vishamagni would require regular fasting and lifestyle interventions. Someone with Tikshnagni is more likely to need food and is especially recommended to consume very simple, low-oil, low-sugar food to decrease their

digestive narrowing. Therefore, understanding the type of Agni you have improves your self-awareness. 10

Impact of Imbalanced Agni on Health

Imbalanced Agni adversely affects health. It contributes to the growth of ama and can lead to leaky gut syndrome, food sensitivities, allergies, abdominal discomfort, indigestion, hypochlorhydria, achlorhydria, malabsorption, constipation, and diarrhea. Imbalanced Agni is also associated with the development of metabolic disorders, such as obesity and severe obesity, and is a risk factor for the development of chronic diseases, including cancer, cardiovascular disorders, and mental illnesses. Mental health symptoms may manifest as mood fluctuations and anxiety, which may be accompanied by bloating, body pains, and fatigue. Over time, individuals with exaggerated or reduced Agni may develop chronic or stage IV diseases. 11

Lifestyle factors, such as nutritional choices, stress, insufficient sleep, and lack of life purpose, can disturb Agni. Each individual's stress affects the function of their local Agni. Chronic stress activates the sympathetic nervous system, leads to poor oxygen and blood circulation in the body, and influences Agni. Upregulated sympathetic activity may lead to sugar dysregulation and diminished cell receptivity to insulin. Furthermore, when Agni becomes weakened, it may lead to laziness or apathy when it is genetically overencouraged. Upregulated parasympathetic activity may result in rapid metabolism, desires for excitement, and emotional imbalances. While some of these symptoms indicate a mimic of Kapha, Pitta, or Vata imbalance, be aware that related stress values may be influencing the onset of these symptoms. Such predispositions may exacerbate particular gunas and doshas when individuals are not responsive to their early symptoms. Balancing local and systemic Agni, establishing healthy lifestyle choices, adopting rejuvenative plans, and considering therapists' advice to address chronic disease are critical for healing. 12

Understanding Stress in Ayurveda

Ayurveda, the holistic health science, treats "stress" not as a mere psychological phenomenon but as a factor that disrupts the physical and emotional equilibrium of an individual, thereby adversely affecting the digestive fire, leading to the accumulation of toxic content in the body. Ayurveda explains that different mental stresses have a direct effect on the doshas (Vata, Pitta, and Kapha), and their imbalance shows a systematic effect on the doshas of the body. As a result, the balance of body tissues and waste products is impaired. Thus, Ayurveda has offered stress management techniques based on Ayurvedic philosophy as well as some alternative and complementary systems. Stress is defined as the inability of self-regulation and the failure of the body's physiological defense mechanism. If we want our health to flourish, we need to understand who we really are, to understand our consciousness, and to feel life or prana in its fullness. Stress does not make you upset, frustrated, or sick; it is your response that makes you feel so. Good stress is known as eustress, which is a kind of healthy subjective stress. It is transient as well as manageable, but unhealthy subjective stress leads to intense tension and frustration. It is known as distress. According to Ayurveda, the unhappy state of stress directly affects the seven body tissues (like plasma, blood, muscle, fat, bone marrow, and reproductive tissues) and energizes Vata dosha. It also affects tissue metabolism. A few changes in lifestyle and dietary habits can make this stress of daily life manageable. This text contains information about the code of prevention and the code of conduct. 13

Concept of Stress in Ayurveda

Ayurveda, the science of life, perceives stress as an imbalance or lack of harmony in the equilibrium of doshas. The doshas are the factors that govern the psycho-physiological functioning of the body. Once the holistic balance gets impaired, the body becomes more susceptible to external doshic effects. Stress is seen as an external doshic influence that deeply affects the human psyche and consciousness and sooner or later, gives rise to disorder at the organic level. Ayurveda does not differentiate between body and mind, but sees the mind-body as interconnected. Mental health or disorder is supposed to have an outcome in bodily functioning and similarly, long-standing physical disease makes accumulations in the mind. Thus, stress is not only an individual disorder concerning an individual's mental health, it can also manifest in a wide range of health disorders that are connected to mental health in an intricate way. Also, at the time of stress, more energy is utilized in terms of bodily function, and the correct nourishment is not there. Therefore, the subtle aspect of metabolism, which is called 'Agni', is afflicted. Ultimately, the essence of all body tissues, which is called Ojas, becomes less and less, and the body loses immunity and vitality. If a patient is under stress for a longer time, and the stress is not removed, he or she prays for low vitality, resulting in the inception of diseases like diabetes, cancer, and weakness of undetermined etiology. 14

Once affected, Agni slows down, leading to a decline in the activity of digestive enzymes and thus resulting in the accumulation of toxins in the body. It is more and more influenced by free radicals, and this affects the sub-constitution which is called 'Vata' in Ayurveda. Vata type individuals have air and space elements dominance, and therefore touch and sound senses are overdominant. Therefore, during stress, individuals tend to shout and talk more and touch others with anger. This only intensifies their disease condition. Ayurveda also propounds that as food is medicine, so medicine is food. It places a great reliance on food for the management of stress. Lifestyle factors like improper conduct, dietetic errors, and irregularities in daily routines lead to the initiation of stress, which either should be corrected or, if the cause is intractable, leads to an increment of stress. Out of these, intake of food, behavior, and conduct act in synergy and increase the quantum of stress in the human being. 15

Causes and Symptoms of Stress

Aside from the literary mention of stress, it is important to identify and classify the various stresses from an Ayurvedic perspective to further realize its impact on agni. Based on the balances and imbalances of the doshas in the human body, stress can be viewed as either a drying or overproducing agent that can disrupt the body. Stress is the leading cause of ill health in modern-day society. Its various causes have typically been divided into three categories: stress from outside the body, stress at the level of the mind and emotions, and stress from structures within the body. 16

Causes of stress on the first level include sleep, lifestyle, and overexertion. Emotional causes of stress include unrealistic expectations and a negative view of events. Physical causes of stress include slight tissue damage, inflammation, minor physical injuries, and asthma. Intense physical and emotional disruption causing an adrenaline rush will activate the physiological stress response. It is an evolved requirement for us as humans to attempt to sort such situations. It cannot simply mean the cessation of all forms of stress. To become conscious of how we define stress and its prevalence in our lives is to empower oneself in this respect. Many of us unknowingly consume stimulants that further degenerate the strength of the digestive fires, living in an environment or working in an industry filled with aggravating climate, pollution, or increased noise levels. It is plain to see how such an occurrence can

become slightly exacerbated with each morning, eventually leading to enough stress-producing symptoms eating away at our general well-being until things finally begin to break down in our bodies. 17

The Relationship between Stress and Agni

Stress and Agni possess an elemental relationship, as stress can either weaken or enhance one's Agni, and Agni either functions as the base for alleviating the body's stress or decreasing it. A high level of stress can, physically, decrease Agni and increase the body's secretion of stress hormones, directly affecting the body's utilization of food, which is Agni's main job. The implications of this are discussed as a change in the body's morale, sleep, metabolism, and the function of the body's systems. This evidence can be seen in the form of obesity, diabetes, and elevated blood pressure, conditions directly related to an increase in stress. This also displays stress affecting the individual's psychological state. On the other hand, an elevated level of Agni can enhance one's ability to maintain stress, either by engaging with stress and processing it through the five functional tools of yoga or by increasing the adaptability of consciousness through the functioning portion of Sattva. Agni has a dual nature by which it can be influenced by and affect the level of stress in the body, leaving the principle that Agni must be kept healthy so its ability to transform nourishment and the depletion of its flame will not affect the health of your tissues and abilities 18. The traditional treatment suitable for mitigating the effects of stress in the body is rekindling Agni. Stress-reducing methods can indirectly support the health of Agni and resolve increasing Agni as one way to physically manage stress. By combining the Agni-balancing Sattvic diets and stress-reducing Sattvic activities, one can alleviate high-functioning Agni. A balance between the function of Agni and one's capability to engage with and manage stress or focus on the quality of one's activities is indicated. The concept of Agni is universally accepted as important to understand for the sake of maintaining client health. The bodily markers described above are monitored by practitioners when they are assessing a client's constitution, looking for stress in the body. This ideal relationship between healthy Agni and low amounts of stress should be understood and involved in how we discuss that health. 19

Impact of Stress on Agni

How Does Stress Impact Agni? Our day-to-day wellness mainly depends on how well our Agni functions. Stress has a clear and direct effect on it. During stressful conditions, physiological changes happen in our body. To encounter the stress factors, our system prepares by defocusing energy-consuming activities that are not mandatory for survival and by redirecting energy-saving activities for life-sustaining processes such as heart rate regulation and blood pressure stabilization through supplying enough oxygen to the lungs and brain. Digestion of food mainly occurs when the body is in the resting and relaxation phases. During stress, digestive processes are slowed down and even stopped to some extent, which causes exhaustion, ama, and fatigue reactions. 20

If stress is acute, then when it subsides, the body again goes to the normal phases, activating energy-consuming processes and suppressing the energy-saving processes. If stress is chronic, there is often a low-grade obsession with stress hormones, which continuously hinder the digestive process, causing mild to severe indigestion. If stress continues, it can severely affect the Agni function, resulting in a slowdown of metabolism. Stress hormones hinder the gating of glucose entering the cells and muscles, causing hyperglycemia and insulin resistance. Understanding the physiological side can help motivate

someone to reduce stress if our Agni is affected detrimentally, which is understandable. To make it more plausible, let us agree on a simple scenario. If we eat food that has toxic matter in it, most of us, when the thought crosses our mind, will stress out. Would we want to eat the food anymore? The action is very similar to psychological stress; the decision-making process is instantaneous and largely intuitive. 21

To curb the toxic food from entering the system, we need a mechanism such as enhancing Agni. The essential understanding is that governing Agni is, to some extent, partly or wholly a learned skill and is largely governed by lifestyle.

Agni Balancing Techniques for Stress Management

Balancing Agni provides a broad spectrum of opportunities to incorporate new rituals and behaviors focused on self-care, self-respect, and self-esteem. It is important to remember that each individual is unique and can experience different reactions and sensations to food and lifestyle. Therefore, the best way to look for Agni balancing techniques and their most favorable actions is to listen to your body and examine its reaction. 1. Create nourishing Agni: Foods that are comforting, nourishing, and contain natural oils, proteins, and carbohydrates, such as rice and cookies, can initially create a feeling of ease and nourishment in stressed individuals. Do not indulge in sweets or candies, as these could bring on feelings of fatigue and heaviness as the sugar rush falls. 2. A regular routine: Excitement and stress can potentially throw off your internal rhythm, so following a regular daily pattern can greatly support your body in transitioning back to relaxation. Herbs: Choose from a variety of available adaptogenic formulas—either capsules or tinctures—that contain elements such as ashwagandha, shatavari, and licorice, to name a few. Many of the ingredients are tonics that help to directly rebuild the adrenals, and other ingredients work on calming the body and mind. 3. Gentle yoga and stretching, or any light form of regular exercise, are very beneficial in subduing the stress response mechanisms in the body. Mind-body practices: Meditation, japa, deep breathing, playing a musical instrument, and gardening are some other techniques that help release stress from the mind and body and pacify the disturbed Agni. One japa mantra delights Pitta by calling forth an expanded clear state of awareness. It is 'Jeem.' Whenever you are feeling tight, uneasy, or mentally strangled, repeating this simple sound creates clear thinking, one-pointed focused energy, and openness. This practice does wonders in the midst of thousands of thoughts. 22,23

Discussion

While more research is needed to fully understand the implications of Ayurveda for contemporary wellness practices, it remains clear that stress management is an important tenet of this ancient healthcare system. Yet, while stress reduction is important, stress can also create an imbalance in Agni. This difference is subtle yet profound. When Agni is weak, it does not break down food properly and can create ama, a toxic residue. This residue will sink into the body and tissues and over time accumulate and create disease. To this end, people must eat correctly and think about what is happening while we are eating. This can mean acknowledging our emotions while we are eating, blessing our meals before we eat, and drinking water to create prana while we eat our meal. All this can increase Agni and the body's capacity to fully digest what we have eaten while also giving us an opportunistic window to pay attention to the signals the body can give us about what we can and can't digest. 24 At the end of the day, the goal of any system of healthcare should be to help restore health to the patient. To that end, the

management of stress and body-related symptoms is almost always important in order to ease a patient's fears, anxiety, and general distress so that the body's ills do not further grow due to psychological and emotional factors. This can be a key area of research for the industry, as a population armed with Ayurveda can produce profound health and stress-lowering effects for both clients and psychiatrists. Overall, people should begin tapping into their own individual needs and making choices that are based on what suits their bodies and individual life contexts in order to make decisions for overall health and well-being. 25

Conclusion and Future Directions

Stress has far-reaching physiological effects, with digestion being one of the primary systems affected. Ayurveda considers Agni as the hub of health and is also recognized as a point that may be influenced by an individual's mind. Thus, this Agni-mind connection can be viewed as a fresh start in understanding the underlying mechanism of the association between Agni quality and stress. Agni quality has a direct association with stress. In a nutshell, an individual coping with suboptimal Agni is expected to feel the effects of stress for a variety of biological and psychological reasons. Subsequently, a system reaching an optimal balance in the body can help the body to be well-placed to face the effects of stress. This emphasizes the need for more research in this direction to get real-time evidence of the practices that can effectively modulate Agni quality and help in managing stress. 'One size does not fit all' is the same principle we can apply while adopting a healthy lifestyle to manage daily existential challenges and stress, which are directly intertwined with health management. Ayurveda, in its history, has never ceased to give a prominent place to the mind and has not failed to discover the inherent connection between the mind and body at various dimensions. It is more important to know what sort of person has a disease than to know what sort of disease a person has, and Ayurveda sheds light on the 'type of person' after the 'knowing' is accomplished about the 'disease' at much earlier times, showing the 'way' to manage the health of that person in a much more efficient manner. In the days we reside in, considering Ayurveda in light of scientific developments is the time to give a fresh start in health management, as it provides the vision of a personalized health care system as well in recent times. The variability in coping with stress to an individual extent depends upon the Agni or the gastrointestinal fire, as per the principles of Ayurveda. It concludes that enhancing Agni to optimal standards in an individual aids in effective coping with stress. The finding has key implications for research for a model of efficient stress being dealt with in the body.

References:

1. Kumar PR, Sumithra R. The impact of manipura chakra (solar plexus chakra), agni (digestive fire) and pachaka pitta (food digestive fire) in treating diabetes mellitus. International Journal of Health Sciences. . [HTML]
2. Barua R. Harmonizing Body and Mind: Investigating the Combined Impact of Yoga and Mindfulness Meditation on Depression, Anxiety, Stress. Global Innovations in Physical Education and Health. 2025. [HTML]
3. Majhi V, Choudhury B, Saha G, Paul S. Development of a machine learning-based parkinson's disease prediction system through ayurvedic dosha analysis. Int J Ayurvedic Med. 2023. researchgate.net

4. Nugmanovna MA. Action strategy-the basis of a new stage of national development of Uzbekistan. Academicia: an International Multidisciplinary Research Journal. 2021;11(1):774-85. [HTML]
5. Thakur SD. Physiological Aspect of Agni and its Role in Metabolic Activities: A Review. International Journal of Medical Sciences and Pharma Research. 2023 Dec 15;9(4):12-4. ijmspr.in
6. Pandkar PD, Bhutada MS, Shilwant AA. COMPREHENSIVE REVIEW OF PATHOPHYSIOLOGICAL THEORIES OF AGEING AND AYURVEDA PERSPECTIVES. researchgate.net. . researchgate.net
7. Verma P, Mishra PK, Sharma B, Kumar V. Conceptual Study on Agni in Ayurveda and Its Importance in Medical Science. academia.edu. . academia.edu
8. Fergusson L, Palakurthi M, Dornala SN. A Confirmatory Study of Relationships in Ayurveda: Deha Prakritis, Agnis, Koshtas, and their Association to Cardiovascular Risk Factors. International Journal of Ayurvedic Medicine. 2022 Jan 1;13(2):424-8. usq.edu.au
9. Aswathy S, Das C. Importance of Stress Factor in Prameha. Journal of Ayurveda and Integrated Medical Sciences. 2022. jaims.in
10. Flores Quiroz N, Walls R, Cicione A. Towards understanding fire causes in informal settlements based on inhabitant risk perception. Fire. 2021. mdpi.com
11. Sabnis M. Therapeutic Nutrition in Ayurveda for Metabolic Disorders. Therapeutic Nutrition in Ayurveda. 2024. [HTML]
12. Arnold JT. Integrating ayurvedic medicine into cancer research programs part 1: Ayurveda background and applications. Journal of Ayurveda and integrative medicine. 2023. sciencedirect.com
13. Jha S, Mishra R, Sharma A. Importance of Yoga in boosting Immunity. researchgate.net. . researchgate.net
14. Bhat V, Manish A. Sense and Inner Sense, Impact on Mental Health. researchgate.net. . researchgate.net
15. Kalyanashetti S, Janagond T. A study on Charakokta Ahara Vidhi Vidhana wsr to physiology of Digestive System. Journal of Ayurveda and Integrated Medical Sciences. 2022 Nov 3;7(9):156-60. jaims.in
16. Magiera A, Kołodziejczyk-Czepas J, Skrobacz K, Czerwińska ME, Rutkowska M, Prokop A, Michel P, Olszewska MA. Valorisation of the Inhibitory Potential of Fresh and Dried Fruit Extracts of Prunus spinosa L. towards Carbohydrate Hydrolysing Enzymes, Protein Glycation, Multiple Oxidants and Oxidative Stress-Induced Changes in Human Plasma Constituents. Pharmaceuticals. 2022 Oct 21;15(10):1300. mdpi.com
17. McClain R. Cheating Death: The New Science of Living Longer and Better. 2023. [HTML]
18. Shivanna D, Shobha G, Pratibha K. Analytical review on influence of Chinta on Agni-contemporary view. Journal of Ayurveda. 2021. lww.com
19. Aswathy S, Anilkumar MV. CONCEPT OF AGNI–AN ANALYSIS. researchgate.net. . researchgate.net
20. Ashwini PK, Markande GB, Jain P. An observational study to explore the Samprapti Ghatakas in Hypothyroidism. Journal of Ayurveda and Integrated Medical Sciences. 2022 Aug 12;7(6):65-76. jaims.in
21. Rais A, Negi DS, Yadav A, Arya H, Verma R, Galib R, Ahmad A, Yadav MK, Ahirwar PN. A randomized open label parallel group pilot study to evaluate efficacy of Ayurveda interventions in the management of asymptomatic and mild COVID-19 patients-experiences of a Lucknow based

level 2 hospital of Uttar Pradesh, India. Journal of Ayurveda and Integrative Medicine. 2022 Apr 1;13(2):100393. sciencedirect.com

22. Witt-Enderby P, Mehta BV. Conflict Resolution of Mind and Body Using Ayurveda and Yoga. Natural Healing as Conflict Resolution. 2021. [HTML]
23. Pardeshi RA, Deshpande P, Urkude G. A Cross-sectional Study on the Lifestyle vis-à-vis Lifestyle Disorders in Young Adults with reference to the Sleep Pattern. AYUSH: International Research Journal of Ayurveda Teachers Association. 2023;2(3). airjata.org
24. Agni MB, Hegde PS, Rai P, Sadananda M, KM DG. Astaxanthin and DHA Supplementation Modulates the Maternal Undernutrition-induced Impairment of Cognitive Behavior and Synaptic Plasticity in Adult Life of Offspring's-Exploring the Molecular Mechanism. Molecular Neurobiology. 2024 Apr 5:1-21. researchgate.net
25. Wang Y, Wang Y, Huang W, Deng J et al. Association of maternal postpartum depression, anxiety, and stress symptoms: a network analysis. BMC psychiatry. 2024. springer.com