

AVASTHAPAKA “DIGESTION IN AYURVEDA”

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ABSTRACT

Dosha (bio energies), *Dhatu* (tissue), *Dhatu Sarata* (Tissue Excellence), *Agni* (Digestive fire), *Prakriti* (Constitution) are the crucial concepts as per *Ayurveda* which play key role in the diagnosis, treatment and maintaining the health of an individual. *Pachana* (digestion) undergoes three stages and is known as *Aahar-Avasthapaka* (Phases of digestive process). When the food is ingested and *Agni* (Digestive Fire) acts on it, *Aahar* (food) is transformed into *Aahar Rasa* after *Pachana* (digestion) i.e. Alimentary canal. This change of *Aahar-Rasa* is known as *Avasthapaka* (Phases of digestive process). Due to balanced state of *Agni* (Digestive Fire) *Avasthapaka* (Phases of digestive process) occurs and vitiated *Agni* (Digestive Fire) can lead vitiation of *Avasthapaka* (Phases of digestive process) the process of *Pachana* (digestion) takes place in different stages and during every stage; the composition of *Aahar Dravyas* (Food substances) get change due to influence of *Jatharagni* (Digestive Fire) which participates and regulates the *pachana* (Digestion) and metabolism of *Aahar* (food). These changes of *Aahar Dravyas* (Food substances) are known as the *Avasthapaka* (Phases of digestive process) and *Vipaka* (post digestion effect). *Kapha* (phlegm), *Pitta* (bile) and *Vata* (air) are the three different *Doshas* (Bio energies) that are supported by *Madhura* (Sweet), *Amla* (Sour) and *Katu* (Pungent) *Avasthapaka* (Phases of digestive process) respectively.

KEYWORDS: - *Agni* (Digestive Fire), *Aahar* (food), *Aharapaka* (process of digestion), *Avasthapaka* (Phases of digestive process), *Dosha* (bio energies), Digestion, *Jatharagni* (Digestive Fire).

CONTENT

1. Explain about *Agni* (Digestive Fire), & its types.
2. Explain *Avasthapaka* stages (phases of digestive process) with special reference to *Aharapaka* (process of digestion).
3. Explain digestion of food (*Aahar*) according to Modern science in stomach, small intestine and large intestine with special reference to *Avasthapaka* (phases of digestive process).
4. Explain the conceptual similarities between *Avasthapaka* (phases of digestive process) in *Ayurveda* and Digestion of food (*Aahar*) in Modern science.

Methods of collections Data:

1. The collect data of Brihattrayee (the great triad) with their available commentaries.
2. Related article, research papers published in indexed journals, modern text books and various websites.



Collection of ongoing & completed research in Ayurvedic digestion across nation.



Compilation of all collected data.



Assessment of the data.

Aims and Objectives:

To study the “An outlook on Avasthpaka”

Objective:

1. Conceptual study of Avasthpaka
2. Conceptual study of Digestion.

Need for the Study:

Digestion to everything what we “The concept of digestion to explained in vast manner in Ayurveda. Under the concept of Agni, Avastha paka, Vipaka, ahara pachna, Dhatu pachna. So the need of purpose understanding about digestion is very important.

“When you take proper food there is no need of medicine. when you not take proper food the there is use of medicine.” The digestion of food or medicine both depend upon the “Avasthraka”.

INTRODUCTION

Trayopastambha (Three pillars of life) *Aahar* (food), *Nidra* (sleep) and *Bramhacharya* (celibacy) among this, *Aahar* (food) is playing an important role for filing the both aim of *Ayurveda* i.e. to maintain healthy state and to pacify the vitiated *Dosha* (bio energies) in the form therapeutic diet etc.¹ *Aahar* (food) is very much essential for maintaining and supporting the *Dhatu* (tissue), *Oja* (energy), *Bala* (strength) and *Varna* (colour) with the help of *Agni* (digestive fire)². by the verse ‘*Sarva Rogapi Mandoagne*’; denotes root (*Moola*) cause of all the diseases is *Mandagni* (poor digestive fire)³; not only diseases, *Agni* (digestive fire) is placed

among the twelve *Prana* (life) of the body, which reflects its importance for maintaining life. When *Agni* (digestive fire) is in normal status with normal functioning, it is responsible for Healthy elongated life.

One of the characteristic features of health is considered as 'equilibrium stage of *Agni*' *Bala* (strength), *Varna* (colour), *Sukhayu* (happy life) all these are depending upon *Agni* (digestive fire)⁴. By proper nourishment, one will get strength (*Bala*), complexion (*Varna*), longevity of life (*Ayushya*).

These are 13 types of *Agni* (digestive fire) mainly based on its function and site of action.

1. *Jatharagni*- 1 (*Agni* (digestive fire) present in the stomach & duodenum)
2. *Bhutagni*- 5 (*Agni* (digestive fire) from five basic elements)
3. *Dhatvagni*- 7 (*Agni* (digestive fire) present, one in each of the seven *Dhatus*)

Jatharagni:

Jatharagni is the Digestive Fire or bioenergy present in the *Jathara* (stomach and Duodenum). *Grahani* (Duodenum) is considered as the site of *Agni* (Digestive Fire). This is mainly responsible for the digestion of the ingested food. *Jatharagni* (Digestive Fire) is considered to be the most important because each and every nutrient factor that one ingests firstly comes to the *Jathara* (stomach and Duodenum) and which is to the action of *Jatharagni* (Digestive Fire). *Jatharagni* (Digestive Fire) is also responsible for the conversion of the *Ahara Rasa* (chyme) into the *Sara Bhaga* (nutrient part) and *Kitta Bhaga* (waste part) in our body. The state *Dhatvagni* (digestive fire present, one in each of the seven *dhatu*) depends of the normal healthy state of *Jatharagni* (digestive fire). If the *Jatharagni* (digestive fire) is *Tikshna* (Sharp) or *Manda* (slow), it will cause an excessive or retarded action of the *Dhatvagni* (digestive fire present, one in each of the seven *dhatu*). This disturbed action ultimately leads to various disorders. *Jatharagni* (digestive fire) controls the function of all other 12 *Agni* components (digestive fire)

Bhutagni (*Agni* (digestive fire) from five basic elements):

Bhutagni (*Agni* (digestive fire) from five basic elements) is the one that is present in relation to the basic elements (*Bhutas*). Accordingly, there are five *Agnis* (digestive fire) in each of the five basic elements, namely.

1. *Prithvi* or *Parthiva Agni* (fire within the Earth element)
2. *Apya Agni* (fire within the Water element)
3. *Taijasa* or *Agneya Agni* (fire within the Fire element)
4. *Vayaveeya Agni* (fire element within the Wind or Air element)

5. *Akasheeya / Naabhasa Agni* (fire within the space or Ether element)

Dhatvagni (digestive fire present, one in each of the seven dhatu):

Dhatvagni means the fire which is located inside the tissue. All the seven *Dhatu*s (seven element tissues of the body) contain their own *Agni* (Digestive Fire) to metabolize the nutrient materials supplied to them through their own *Srotas* (channels of circulation).

1. *Rasagni* present in the *Rasa Dhatu* (digestive fire present in plasma tissue).
2. *Raktagni* present in the *Rakta Dhatu* (digestive fire present in Blood tissue)
3. *Mamsagni* present in the *Mamsa Dhatu* (digestive fire present in muscular tissue)
4. *Medagni* present in the *Meda Dhatu* (digestive fire present in adipose tissue).
5. *Asthyagni* present in the *Asthi Dhatu* (digestive fire present in osseous tissue).
6. *Majjagni* present in the *Majja Dhatu* (digestive fire present in nervous tissue).
7. *Shukragni* present in the *Shukra Dhatu* (digestive fire present in generative tissue).

The components thus formed after the action of *Dhatvagni* (digestive fire present, one in each of the seven dhatu) on the food (in circulation) help in the formation & nourishment of the same *Dhatu* (tissue), along with nourishing the preceding *Dhatu* (tissue) in sequence, thus by producing energy and tissue toxins or waste components which are meant to be expelled.

- a). *Samagni* (balance state of digestive fire): Digestion and assimilates food properly at the proper time is the function of *Samagni*. This *Agni* increases the quality of *Dhatu*s (supportive tissues of the body)⁵.
- b). *Vishmagni* (irregular digestive fire) This type of *Agni* changes between digesting food quickly and slowly⁶.
- c). *Tikshnagni* (strong digestive fire) *Tikshnagni* means very quick/very sharp/very fast in action. *Tikshnagni* is a state of very quick digestion of food, regardless of the type of food. *Acharya Sushruta* states that when the power of digestion is increased from normal to above normal, food digests very quickly and produces hunger or the desire for food. When food is digested, throat, oral cavity and lips become dry with mild burning sensation. This condition is known as “*Bhasmak Roga*” according to *Ayurveda*.⁷
- d). *Mandagni* (Poor digestive fire): “Mand” means slow. The meaning of the *Mandagni* is slow digestive power or digestive capacity. *Agni* (digestive fire) digests the least amount of food in the greatest amount of time⁸.

Digestion process i.e. *Pachanakriya*, takes place in different stages of composition of *Aahar Dravyas* (food substances) by the action of *Jatharagni* (Digestive Fire). Digestion (*Pachana*) takes place in two stages as follows:

- a) *Prapaka* (*Prathamapaka*) - It is the first process of *Paka* (digestion).
- b) *Vipaka* - It is the resultant of *Prapaka* (1st stage of digested food).

The whole process of *Pachana* (Digestion); occur in a sequence one after the another and also as the resultant of the other. 'Agni (Digestive Fire)' is the basic fundamental factor which transforms the *Aahar* (food) in the form of energy which is responsible for all the functions of the body. During ingestion of food, *Aahar* (food) enters into mouth. It gets chewed then swallowed. The process is called as *Nigiran*⁹ or deglutition. It is also called as *Aadan* of *Aahar* (ingestion of food). Due to *Aadan* of *Aahar* (ingestion of food), *Aahar* (food) enters at the *Agni kshetra* (seat of digested fire). It known as *Avasthapaka* (Phases of digestive process). This digestive fire will start its action leading to the starting of *Ahara Paka* (process of digestion).

1. *Madhura* (Sweet) *Avasthapaka* (Phases of digestive process).¹⁰
2. *Amla* (Sour) *Avasthapaka* (Phases of digestive process) ¹¹
3. *Katu* (Pungent) *Avasthapaka* (Phases of digestive process) ¹²

The different processes related to digestion included under *Avasthapaka* (Phases of digestive process) can be correlated with the *Pachana* (digestion) of *Aahar* (food). The process of digestion can be divided into three parts of alimentary canal (*Aaharnala*), based on the site of action as:

1. Mouth and upper part of Stomach
2. Lower part of Stomach and Small Intestine
3. Large Intestine

As the modern view the digestive enzymes, HCl, pepsin etc. Which are playing important role in digestion are summarized in *Agni* (digestive fire) concept by *Ayurveda*. During the digestion, *Agni* (digestive fire) is contributed by *Pitta* (bile) acts as a bio transforming power and digests the *Aahar* (food) and converts into *Rasa Bhaga* (useful part) and *Kitta Bhaga* (waste products). *Vata* (air) which helps to maintain balanced state of *Pitta* (bile) *Dosha* (bio energies) and it is also responsible for the maintenance and division of *Rasa Bhaga* (useful part) and *Kitta Bhaga* (waste products). It is also responsible for the movement of digestible parts of *Aahar* (food) and movement of digested parts in digestive system. *Kapha* (phlegm) is needed for lubrication of *Aahar* (food). It helps to breakdown *Aahar Dravyas* (food substances) in to small pieces.

***Nistha Paka* (Test at the end of digestion):**

The clear definition of *Vipaka*(test at the end of digestion) is not mentioned in *Charaka Samhita* and *Susruta Samhita* but detailed description is there. By the word *Vipaka*(test at the end of digestion) means it is different from other *Pakas*, *Visiṣṭa Paka*(test at the end of digestion) known as *Vipaka*(test at the end of digestion). The *Rasa* which is converted into another *Rasa* after *Jaṭharagni Paka*(Digestion) is called as *Vipaka*(test at the end of digestion).¹³ *Vipaka*(test at the end of digestion) is formed after the completion of *Jaṭharagni Paka*(digestion). After the coherence of *Jaṭharagni*(Digestive fire) into the food the *Guna*(quality), produced in the *Niṣṭhakala* (at the last stage), is called as *Vipaka*(test at the end of digestion)¹⁴. The digestion of food by the *Jatharagni*(Digestive fire) breaks down the food into *Parthiva*(Earth element), *Apya*(Water element), *Agneya*(Fire element), *Vayavya*(Air element), and *Akasheeya*(Ether element). Activated *Agni* (Digestive fire) *Bhutas*(element) is present in each of these *Bhautika*(basic elements) groups. The *Bhutagni*(*Agni* (digestive fire) from five basic elements) thus activated, digests the substance of peculiar group, converts and also helps their absorption into the body. *Panchaboutika*(Five basic elements) nature of the *Sharira*(body) is maintained with the food in this manner.

PACHANA KRIYA (PROCESS OF DIGESTION)

The digestive system consists of the digestive tract, tube extending from the mouth to the anus, and its associated accessory organs, primarily glands, which secrete fluids into the digestive tract. The digestive tract is also known as the alimentary tract or alimentary canal.

Digestion is defined as the process by which food is broken down into simple chemical substances that can be absorbed and used as nutrient by the body.¹⁵

The whole digestion process can be divided into 4 stages as,

- 1) Deglutition
- 2) Digestion
- 3) Absorption
- 4) Excretion

Food Digestion and Metabolism:

The food which is eaten, is broken down in two complementary processes:

- 1) Mechanical digestion

2) Chemical digestion.

Mechanical digestion is the physical breaking up of food into smaller pieces. example is Chewing. As food is broken down, its surface area is exposed for the more action of digestive enzymes. The work of the digestive enzymes is the chemical digestion of broken down the food particles, in which complex chemical molecules are changed into much simpler chemicals that the body can utilize. Such enzymes are specific with respect to the fat, protein, or carbohydrate food molecules each can digest. For example, protein digesting enzymes work only on proteins, not on carbohydrates or fats. Each enzyme is produced by a particular digestive organ and functions at a specific site. However, the enzyme's site of action may or may not be its site of production. Food enters in the oral cavity (or buccal cavity) by way of the mouth. Within the oral cavity are the teeth tongue and the openings of the ducts of the salivary glands which are helpful parts in the process of digestion.

The main process of *Pachana*(digestion) are as follows:—

Aahar (food) is received and broken into small pieces. After that this broken *Aahar* (food) is divided into two main parts.

Sara Bhaga (essence part) which nourishes all the *Dhatus* (tissue)— *Kitta Bhaga* (Waste material) which is the metabolic waste product and gets excreted through *Mutra* (urine), *Mala* (stool), *Sweda* (sweat). *Prana Vayu* (forward moving air) is mainly responsible for ingesting *Aahar* (food) into the *Koshta* (bowel movement). Then *Aahar* (food) gets softened in stomach by unctuous substances after that by the liquid it splits into small pieces. And then it is stimulated by *Samana Vayu* (the balancing air) seated in stomach (*Amashaya*) and it starts to digest this *Aahar* (food) particles. This process is compared to a cooking pot containing ice and water and placed on fire. Similarly, *Agni* (Digestive Fire) helps to digestion (*Pachana*) of the *Aahar* (food) in *Amashaya* (Stomach). This leads to *Rasa* (chyle), nutritious product of digestion and *Mala* (waste products) of digestion (*Pachana*). There are three stages

Which called as *Avasthapaka*. They are as follows:

- 01) *Madhura* (Sweet) *Avasthapaka* (Phases of digestive process).
- 02) *Amla* (Sour) *Avasthapaka* (Phases of digestive process).
- 03) *Katu* (Pungent) *Avasthapaka* (Phases of digestive process).

01). *Madhura* (Sweet) *Avasthapaka* (Phases of digestive process):

According to Ayurveda–

Aahar Dravya (food substance) enters the *Mukha*(oral cavity) and process of chewing is started. During this process *BodhakaKapha* (phlegm) gets mixed with the *Aahar Dravyas* (food substance) and the *Rasa* of this *ApachitAahar*(undigested food) becomes *Madhura* (Sweet)¹⁶. Then *Aahar* (food) is swallowed and it enters into *Amashaya*(stomach). Then *Aahar* (food) is mixed with *KledakKapha* (moistening phlegm) in upper part of *Amashaya*(stomach)¹⁷. The *Aahar* (food) again becomes *Madhura* (Sweet), during this particular stage of *Avasthapaka*(phases of digestive process), *phenabhoot* (Foam like) *Kapha* (phlegm) is formed.¹⁸

Can be summarised as: -

1. Place of *Madhura* (Sweet) *Avasthapaka*(phases of digestive process)-*Mukha* (oral cavity), *Amashaya*(stomach).
2. *Rasa*(taste) of *Aahar Dravya*(food substances)- *Madhura* (Sweet).
3. Formation of *Dosha* (bio energies) – *Kapha*(phlegm)

And digestion takes place in *Mouth* (*Mukha*) and *Stomach* (*Amashaya*).

In contemporary Science¹⁹

When Food (*Aahar*) enters the oral cavity, saliva gets mixed up with the Food (*Aahar*). And saliva starts digestion of carbohydrates (i.e. Polysaccharides and Disaccharides) with the help of salivary amylase. Action of Salivary Amylase will be continued up to Fundus of stomach (*Amashaya*) i.e. the upper part of stomach (*Amashaya*). In this way most of the carbohydrates are digested from Mouth (*Mukha*) to Fundus stomach (*Amashaya*) in digestive tract. After the digestion of carbohydrates, as end product Glucose, Fructose and maltose are formed. These end products are Sweet (*Madhura*) in nature.

02). *AmlaAvasthapaka*:

According to Ayurveda-

The second phase of *Aharapaka*(digestive process) is *Amla* (Sour)*Avasthapaka*(phases of digestive process)-. After *Madhura* (Sweet)*Avasthapaka*(phases of digestive process), *Aahar*

(food) becomes *Vidagdha* (acidic) and *Rasa* of *Aahar* (taste of food) changes into *Amla Rasa* (Sour taste). *Ahara* reaches the *Amashaya* (stomach) and mixed with *Pachaka Pitta* (bile) and becomes *Vidagdha* (acidic) and *Amla* (Sour)²⁰, In *Amla* (Sour) *Avasthapaka* (phases of digestive process), *Aahar* (food) completely becomes *Amla* (Sour) and *Pitta* (bile) is formed.²¹

Can be summarised as:

1. *Sthana* (site) of *Amla* (Sour) *Avasthapaka* (phases of digestive process) – Lower part of *Amashaya* (stomach) *Grahani* (deodenum), & *Laghuantra* (small intestine).
2. *Rasa* of *Aahara* (taste of food) – *Amla Rasa* (Sour taste).
3. Formation of *Dosha* (bio energies) – *Pitta* (bile) *Dosha* (bio energies).

In contemporary science²²-

Digestion of food substances (*Aahar Dravya*) takes place in lower part of Stomach and Small intestine. In lower part of Stomach (*Amashaya*), HCl is secreted from Parietal cells. It gets mixed up with the food substances and it becomes acidic and sour. Because of the Acidic medium, salivary amylase becomes inactive in lower part of stomach (*Amashaya*). The digestion of Carbohydrates stops till pancreatic Amylase mixes with the food substance in small intestine, resulting in the reduction of end products of carbohydrate digestion. These end products are sweet in taste. Hence sweetness of food substance (*Aahar Dravya*) changes into sour (*Amla*) taste because of the action of acidic medium. Already, in small intestine, Bile juice and pancreatic juices are mixed with the food substance (*Aahar Dravya*) and food substance (*Aahar Dravya*) remains acidic and sour in small intestine also.

03). *Katu Avasthapaka*:

According to *Ayurveda* -

The third phase of *Aharapaka* (digestive process) is *Katu* (Pungent) *Avasthapaka* (phases of digestive process). After *Aahar Pachan* (digestion of food), nutrients are absorbed in small intestine. The remaining *Aahar Dravya* (food substances) villi move forward into large intestine. In large intestine, fats and watery contents of *Aahar dravya* (food substances) is absorbed and *Aahar* (food) gets transformed into semisolid *Mala Bhaga* (*Purisha*, Faeces). Due to this process of absorption, *Aahar Dravya* (food substances) becomes *Ruksha* (dry), semisolid

and *Katu Rasatmaka* (pungent taste), hence nature of this phase is known as *katu*(pungent) *Avasthapaka*(phases of digestive process).²³

in this *Avasthapaka*(phases of digestive process), *Vata (air)Dosha* (bio energies) is formed dryness & *Katu Rasa* (pungent taste) of *Aahar* (food)²⁴

In contemporary science-

Can be explained with digestion of food substances in the Large intestine²⁵. Till food substance enters the large intestine, HCl in the food will be in inactive stage. Due to inactive of HCl, growth of bacteria will start in the food. These bacteria digest the remaining ingredients related to carbohydrates, proteins and fats with the help of their enzymes. During digestion process in large intestine, various gases get formed and can be understood as follows-

1. After digestion of Carbohydrates - Formation of carbon dioxide (CO₂)²⁶
2. After digestion of Cellulose - Formation of Methane (CH₄)²⁷
3. After digestion of Protein - Formation of Indole and Skotol²⁸.

These gases will be excreted separately and along with Faeces (stool) also.

1) Table no: -1

Madhura (Sweet) *Avasthapaka* in *Ayurveda* and modern science –

S.NO.	ACCORDING TO AYURVEDA	ACCORDING TO MODERN
01	<i>Bodhaka Kapha</i> (phlegm) gets mixed up with the <i>Aahar Dravya</i> (food substances) in <i>Mukha</i> (oral cavity).	Saliva gets mixed up with the Food substance (<i>Aahar Dravya</i>) in oral cavity.
02	<i>Kledaka Kapha</i> (phlegm) gets mixed up with the <i>Aahar Dravya</i> (food substances) in <i>Amashaya</i> (Stomach)	Mucine gets mixed up with the Food substance (<i>Aahar Dravya</i>) in stomach.
03	<i>Ahara Rasa</i> (chyle) becomes <i>Madhura</i> (Sweet).	Due to Salivary Amylase, digestion of carbohydrates started. End products formed

		are Glucose and Maltose which are sweet in Nature.
04	During <i>Madhura</i> (Sweet) <i>Avasthapaka</i> (phases of digestive process), <i>Kapha</i> (phlegm) is formed.	Symptoms can be analysed– Dizziness, Lethargy, and Heaviness in abdomen are seen which are same as symptoms of <i>Kapha</i> (phlegm).

1) Table no:-2

***Amla* (Sour)*Avasthapaka* in *Ayurveda* and modern science -**

Amla (Sour)*Avasthapaka*(phases of digestive process)described in*Ayurveda*can be compared with the Digestion in Pylorus of stomach and small intestine according to modern science.

Sr.No.	ACCORDING TO AYURVED	ACCORDING TO MODERN
01	<i>Pachaka Pitta</i> (bile)gets mixed up with <i>Ahara</i> (food) in <i>Amashaya</i> (stomach).	HCl gets mixed up with food in Pyloric end of stomach.
02	<i>Ahara Rasa</i> (chyle) becomes <i>Amla</i> (sour).	Food becomes acidic and sour because of HCL.

Table no:-3

***Katu* (Pungent)*Avasthapaka*(phases of digestive process)in*Ayurveda* and modernscience –**

Katu (Pungent)*Avasthapaka*(phases of digestive process)described in*Ayurveda*can be compared with the Digestion in large intestine according to modern science.

S No.	ACCORDING TO AYURVED	ACCORDING TO MODERN
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01	In this phase, <i>Aahar</i> (food) becomes Ruksha(dry) and <i>Katu</i> (pungent). because of absorption of water and other nutrients.	Food is digested by Bacteria and faeces are formed after food gets absorbed.
02	During <i>Katu</i> (Pungent) <i>Avasthapaka</i> (phases of digestive process), <i>Vata</i> (air) <i>Dosha</i> (bio energies) is formed.	During digestion by bacteria, various gases are formed. Like CO ₂ , Methane, Indole, Skatole etc

Change in the *Aahar Rasa* (chyle) is the main principle to explain the process of digestion. During *Madhura* (Sweet) *Avasthapaka* (phases of digestive process), quantity of *Kapha* (phlegm) *Dosha* (bio energies) increases in the whole body but if there is adequate quantity of *Katu* (pungent), *Tikta* (bitter) and *Kashaya* (astriagent) *Rasa* (rasa) in *Aahar* (food), then *Kapha* (phlegm) rises in improper quantity²⁹. During *Amla* (Sour) *Avasthapaka* (phases of digestive process), quantity of *Pitta* (bile) *Dosha* (bio energies) increases in the whole body but if there is adequate quantity of *Madhura* (Sweet), *Tikta* (bitter) and *kashaya* (astriagent) *Rasa* (taste) in *Aahar* (food), then *Pitta* (bile) rises in improper quantity³⁰. During *Katu* (Pungent) *Avasthapaka* (phases of digestive process), *Vata* (air) gets increased in the whole body but if there is adequate quantity of *Madhura* (Sweet), *Amla* (Sour) and *Lavana* (salt) *Rasa* (taste) in *Aahar* (food), then *Vata* (air) rises in improper quantity³¹. Therefore *Shadrasatmaka Aahar* (6 rasa predominant food) i.e. Food which contains all six *Rasas* (six taste) is considered as one of the important principle³².

In *Avasthapaka* (phases of digestive process), *Doshas* (bio energies) won't raise up to remarkable level. So, they cannot cause any trouble to *Indriya* (sense organ), *Mana* (mind) and *Atma* (soul) and therefore no production of diseases.

CONCLUSION:

Aahar Paka (digestion of food) can be explained in the three stages of *Avastha Pakas* (digestive process). It is compulsory that any type of food (*Aahar*) is digested in these stages only

depending upon the concentration and rasa (taste) or *panchmahabhoutik* (five basic elements) composition. There are specific areas in Alimentary canal where these *Avasthapakas* (phases of digestive process) occur

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