

YOGA WITH PRAKHAR

Ayurvedic Deepana & Pachana Medicine Guide (Digestive Fire & Toxin Detox)

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Pranam! Ayurveda mein har bimari ki jadd **Mandagni (Weak Digestive Fire)** aur **Ama (Undigested Toxic Waste)** ko maana gaya hai. Chikitsa shuru karne se pehle sharir ko purify aur Agni ko ignite karne ke liye do mukhya kriyaen hoti hain:

- Deepana (Appetizer / Agni Kindle):** Jo medicines jatharagni (digestive fire) ko stimulate karti hain par Ama ko pachati nahi hain.
- Pachana (Digestive / Ama Neutralizer):** Jo medicines undigested toxins (*Ama*) ko neutralize/digest karti hain par zaroori nahi ki Agni ko turant stimulate karein.

Inka balance Tridosha (Vata, Pitta, Kapha) aur age ke anusaar hona bohot zaroori hai.

1. DEEPANA & PACHANA APPROACH ACCORDING TO TRIDOSHA

Har body type ki Agni ki state alag hoti hai, isliye Deepan-Pachan dravya chunna zaroori hai:

VATA DOSHA (Vishamagni)

Characteristics: Irregular appetite, bloating, gas, abdominal distension, constipation.

Focus: Warm, unctuous (*Snigdha*), salty & sour Deepana-Pachana herbs. Hing, Jeera, Ajwain, Black Salt, and Saindhava Lavana.

PITTA DOSHA (Tikshnagni with Ama)

Characteristics: Sharp appetite but burning sensation, acid reflux, sour belching, loose stools with Ama.

Focus: Cooling, bitter (*Tikta*) & astringent (*Kashaya*) Deepana-Pachana herbs. Coriander (Dhaniya), Fennel (Saunf), Musta, Pittapapada, and Amla.

KAPHA DOSHA (Mandagni)

Characteristics: Slow, sluggish digestion, heaviness in stomach, nausea, excessive salivation, white coat on tongue.

Focus: Dry (*Ruksha*), pungent (*Katu*), and hot (*Ushna*) herbs. Trikatu (Pippali, Maricha, Sunthi), Chitrak, Nagarmotha, and Pippali.

2. KEY CLASSICAL AYURVEDIC DEEPANA & PACHANA MEDICINES

Classical Aushadhiya jo digestive toxins (*Ama*) ko digest karke Agni ko re-ignite karti hain:

MEDICINE NAME	DOSAGE (KHORAK)	ANUPAN & TIME	CLINICAL ACTION & DOSHA TARGET
Hingvashtak Churna	1/2 to 1 tsp	First morsel of food with 1 tsp Cow Ghee	Vata-Kapha Shamaka. Relieves acute gas, bloating, stomach cramps, and instantly kindles Vishamagni.
Chitrakadi Vati	1-2 Tablets	Before or after meals with warm water	Supreme Deepana-Pachana. Contains Chitrak, Ksharas, and Salts. Digests heavy Ama, removes sluggishness of Kapha-Mandagni.
Trikatu Churna / Vati	1/2 tsp OR 1 Tab	Before meals with honey or warm water	Kapha-Pachaka. Combination of Sunthi, Maricha, Pippali. Cuts through thick Kapha mucus and clears coated tongue/Ama.
Lavan Bhaskar Churna	1/2 to 1 tsp	After meals with buttermilk (Takra) or warm water	Vata-Pitta Anulomana. Improves taste (*Aruchi*), digests stubborn indigestion, relieves hyperacidity linked with sluggishness.
Shankh Vati	1-2 Tablets	After meals with warm water or lemon juice	Pachana & Shoola-Prashamana. Highly effective in severe stomach pain, hyperacidity, heaviness, and chronic indigestion.
Mustakarishtha / Amritarishta	15-20 ml with equal water	After meals twice daily	Pitta-Kapha Pachana. Musta (Nagarmotha) is the best herb for Pachana and reducing low-grade fever (*Jwara*) caused by Ama.

Medicine Name	Dosage (Khorak)	Anupan & Time	Clinical Action & Dosha Target
Panchakola Phanta / Kwath	15-20 ml Kwath	Before meals	Contains Pippali, Pippalimoola, Chavya, Chitraka, Sunthi. Excellent pre-Panchakarma Deepana-Pachana formula.
Amapachak Vati	1-2 Tablets	30 mins before meals with warm water	Directly neutralizes circulating endotoxins (*Ama*) and restores normal appetite.

3. NATURAL HOUSEHOLD SINGLE HERBS (EKAL AUSHADHI) FOR DEEPAN-PACHAN

Single Herb / Spice	Ayurvedic Property	How to Use (Vidhi)
Sunthi (Dry Ginger)	Ushna, Deepana, Pachana	Boil 1/2 tsp Sonth in water (*Nagar Jal*). Sip warm throughout the day to digest Ama.
Jeera (Cumin)	Grahini, Deepana, Light	Boiled Cumin water (Jeera Jal) calms Pitta and boosts digestion without causing burning.
Dhaniya (Coriander Seeds)	Sheetal, Pitta-Pachana	Soak 1 tsp in water overnight. Drink in morning for Pitta hyperacidity with Ama.
Ajwain (Carom Seeds)	Vata-Kapha Har, Deepana	1/2 tsp Ajwain + pinch of Saindhava salt with warm water for instant gas relief.
Musta (Nagarmotha)	Tikta, Sangrahi, Ama-Pachana	Best herb for digesting Ama in diarrhea (*Atisara*) and malabsorption (*Grahani*).

4. DEEPAN-PACHAN GUIDELINES ACROSS DIFFERENT AGE GROUPS

1. Children & Infants (Bal Roga Age 1 - 12 Years) Common Issues: Loss of appetite, milk indigestion, worm infestation (*Krimi*), frequent stomach ache. Safe Medicines: Aravindasava (5 ml with water), Balachaturbhadra Churna (micro-dose with honey), Jeera-Saunf boiled water. Avoid strong spicy formulas like Trikatu or Chitrakadi Vati.
2. Teenagers & Adults (Youth Age 13 - 45 Years) Common Issues: Irregular food habits, junk food induced Ama, hyperacidity, IBS, bloating, lethargy. Recommended Medicines: Hingvashtak Churna, Chitrakadi Vati, Shankh Vati, Lavan Bhaskar Churna with Takra (Buttermilk).
3. Elderly Citizens (Vriddha Age 46+ Years) Common Issues: Weakened Agni due to age (*Dhatu Kshaya*), chronic constipation, severe Vata gas accumulation. Recommended Medicines: Mild formulas like Hingvashtak with Ghee, Abhayarishta, Mustakarishtha, and warm Sunthi Jal. Avoid aggressive kshara-based tablets long term.

5. PATHYA & APATHYA DURING DEEPANA-PACHANA PHASE

Pathya (Kya Karein / Kya Khayein)	Apathya (Kya Na Karein / Kya Na Khayein)
- Drink boiled warm water (*Ushnodaka*) throughout the day. - Eat light, freshly prepared warm food (Moong Dal Soup, Peya, Manda). - Eat only when hungry (True Hunger / *Kshudha*). - Include Jeera, Hing, Ajwain, Ginger, and Rock Salt in cooking. - Practice mild walking after meals (100 steps / *Shatapadi*).	- Heavy, oily, deep-fried, stale, or refrigerated food (*Guru Aahar*). - Milk, Paneer, Curd, and heavy dairy items during active Ama state. - Drinking chilled / cold water or cold beverages. - Eating before previous meal is digested (*Adhyashana*). - Daytime sleeping (*Diva-swapna*) which increases Kapha and Ama.

Important Medical Disclaimer: Yeh document *Yoga with Prakhar* dwara educational aur Ayurvedic awareness ke liye banaya gaya hai. Deepana-Pachana therapy kisi bhi Ayurvedic chikitsa ka pehla step hota hai. Apni specific condition ke anusaar Sahi medicine aur dosage ke liye certified Ayurvedic Doctor (Vaidya) se consult zaroor karein.