



IMPACT OF CHINTA (ANXIETY) ON AGNI AMONG DIFFERENT DEHA PRAKRITI: AN OBSERVATIONAL STUDY

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ABSTRACT

In Ayurvedic physiology, *Agni* represents the central determinant of digestion, metabolism, and homeostasis, while psychological states such as *Chinta* (anxiety) are recognised as important modulators of physiological processes. The present observational study was conducted to evaluate the impact of *Chinta* on *Agni's* functional status across different *Deha Prakriti* (constitutional phenotypes), namely *Vata*, *Pitta*, and *Kapha*. A longitudinal observational design was employed involving participants of the age group 19-35 years of age using standardised Ayurvedic assessment tools. *Prakriti* was analysed using the standardised CCRAS *Prakriti* assessment tool. Anxiety levels were assessed using the validated Hamilton anxiety scale, and *Agni* status was assessed through Dr Kishor Patwardhan's *Agni* assessment scale. Statistical analysis was performed to determine the association between anxiety levels and variations in *Agni* before the exam and during the exam within each *Prakriti* subgroup. Results indicate a strong impact of *Chinta* on *Agni* in certain *Deha Prakriti*, suggesting the potential influence of *Chinta* (Anxiety) on *Agni* across different time periods (after and during the exam). These observations substantiate the *Ayurvedic* concept of a psychosomatic interface and underscore the relevance of constitutional variability in disease manifestation. The study highlights the necessity for integrative, individualised approaches in the assessment and management of digestive and metabolic disorders influenced by psychological factors.

Keywords: *Chinta*, *Agni*, *Deha Prakriti*, Anxiety, Mental health, *Ayurveda*

INTRODUCTION

Ayurveda, the science of life, emphasises the interaction between body, mind, and environment, aiming at the preservation of health and management of illness. A crucial notion is *Deha Prakriti*, determined at conception, which governs physiological and psychological characteristics and influences illness susceptibility. In the Modern period, anxiety has become increasingly prevalent due to lifestyle changes, urbanisation, and rising psychosocial stress. It's characterised by inner restlessness, restlessness, and persistent anxiety. In *Ayurveda*, anxiety can be correlated with *Chinta* as per M.MONIER-WILLIAMS English and *Sanskrit* dictionary⁽¹⁾, and is considered a mental illness that significantly affects somatic functions. *Agni*, the digestive and metabolic principle, is fundamental for the conversion of food into biological energy and for maintaining homeostasis. Classical textbooks, particularly *Charaka Samhita*, state that indeed wholesome food taken in proper quantity may lead to indigestion under the influence of psychological factors such as *Chinta*, *Shoka*, and *Bhaya*⁽²⁾. Contemporary wisdom also supports this association, linking anxiety with gastrointestinal disturbances such as indigestion and gastroesophageal reflux. *Agni* is impacted by multiple factors, including *Prakriti*, age, season, and mental state. Since *Prakriti* determines the unique physical and psychological makeup of an individual, the impact of anxiety on *Agni* is likely to vary across different constitutions. Thus, this observational study aims to assess the effect of *Chinta* (anxiety) on *Agni* in individuals of different *Deha Prakriti*, contributing to a better understanding of mind – body interactions and supporting personalised healthcare approaches.

LITERATURE

Chinta

The feminine term *Chinta*, which signifies "thinking mind," is derived from the root word *Chiti Chintayam*. The synonyms for *Chinta* are *Chintana* and *Chintanam*⁽³⁾. According to several dictionaries, it means "thought," "anxiety," "anxious thought about," "anxious studies," and "care." ^(4,5) *Chinta* is described by Dasha Rupaka as a fear of something that has not yet been achieved. *Chinta*, according to *Natyadarpana*, is suffering from psychological distress. ⁽⁶⁾ Excessive thought on a definite issue is known as *Chinta* (anxiety). It's individualistic and occurs without the knowledge of the person. ⁽⁷⁾

Agni

In general, the term "Agni" refers to fire. In *Shabdakalpadruma*, Agni is defined as an entity that burns and moves upwards⁽⁸⁾. There are around sixty-one synonyms for Agni, including *Vaishvanara*, *Sarva Paka*, *Tamonut*, *Shuchi*, *Rudra*, and so on. Because Agni is present in every *Dhatupramanu* (cell) of the body, "Angati Vyapnoti Iti Agni," the number of Agni varies according to classical Ayurvedic texts.

According to *Acharya Charaka*

Jatharagni (1)	Bhutagni (5)	Dhatvagni (7)
	<ul style="list-style-type: none"> • <i>Parthiv Agni</i> • <i>Aapya Agni</i> • <i>Tej Agni</i> • <i>Vayavya Agni</i> • <i>Nabhas Agni</i> 	<ul style="list-style-type: none"> • <i>Rasagni</i> • <i>Raktagni</i> • <i>Mansagni</i> • <i>Medoagni</i> • <i>Asthiagni</i> • <i>Majjagni</i> • <i>Shukragni</i>

According to *Acharya Shushruta*

Bhutagni (5)	(5)Types Of Pittas
<ul style="list-style-type: none"> • <i>Parthiv Agni</i> • <i>Aapya Agni</i> • <i>Tej Agni</i> • <i>Vayavya Agni</i> • <i>Nabhas Agni</i> 	<ul style="list-style-type: none"> • <i>Pachakagni</i> • <i>Ranjagni</i> • <i>Alochagni</i> • <i>Sadhakagni</i> • <i>Bhrajagni</i>

According to *Acharya Asthang Hridaya*

5 TYPES OF PITTAS	BHUTAGNI (5)	DHATVAGNI (7)	DOSHAGNI (3)	MALAGNI (3)
<ul style="list-style-type: none"> • <i>Pachakagni</i> • <i>Ranjagni</i> • <i>Alochagni</i> • <i>Sadhakagni</i> • <i>Bhrajagni</i> 	<ul style="list-style-type: none"> • <i>Parthiv Agni</i> • <i>Aapya Agni</i> • <i>Tej Agni</i> • <i>Vayavya Agni</i> • <i>Nabhas Agni</i> 	<ul style="list-style-type: none"> • <i>Rasagni</i> • <i>Raktagni</i> • <i>Mansagni</i> • <i>Medoagni</i> • <i>Asthiagni</i> • <i>Majjagni</i> • <i>Shukragni</i> 	<ul style="list-style-type: none"> • <i>Vata</i> • <i>Pitta</i> • <i>Kapha</i> 	<ul style="list-style-type: none"> • <i>Mutra</i> • <i>Purisha</i> • <i>Sweda</i>

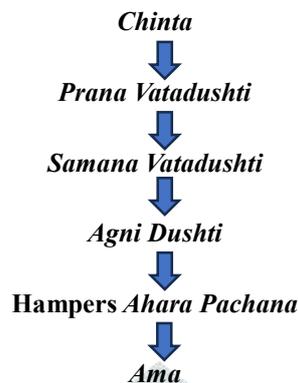
The *Jatharagni* is classified into four categories according to its performance in digestion, which are as follows:

1. **Samagni** – This type of Agni digests and absorbs food properly at the right time. It reflects a balanced state of all three Doshas.
2. **Vishamagni** – This Agni digests food at times properly and at other times very slowly. It is commonly associated with Vata Dosha or when Vata is aggravated.
3. **Tikshagni** – This Agni is sharp and can digest a large amount of food quickly. It is typically seen in Pitta Dosha or when Pitta is

elevated.

4. **Mandgni** – This Agni is slow and struggles to digest even small amounts of food on time. It is generally linked with an excess of Kapha Dosha .⁽⁹⁾

Flow Chart- Influence of Chinta on Agni Dusti



Prakriti

Prakriti is the uniqueness of an individual’s physical, physiological and psychological temperament⁽¹⁰⁾. The predominance of Doshas at the time of union of male and female gametes forms Prakriti⁽¹¹⁾

Types of Prakriti

Prakriti is of 2 types –

Sharirik Prakriti (2) Mansik Prakriti

SHARIRIK PRAKRITI	MANSIK PRAKRITI
Vata Prakriti	Satvik Prakriti
Pitta Prakriti	Rajasik Prakriti
Kapha Prakriti	Tamasik Prakriti
Vata-Pitta Prakriti	-----
Pitta-Kapha Prakriti	-----
Kapha-Vata Prakriti	-----
Tridoshaj prakriti	-----

ANXIETY

Anxiety is a normal response to the perceived threats or the anticipation of the danger. It can manifest as apprehension, tension, or uneasiness. According to the Diagnostic and Statistical Manual of Mental Disorders, the types of anxiety disorders include:

1. Panic disorder
2. Generalised anxiety disorder
3. Social anxiety disorder
4. obsessive compulsive disorder
5. Post-traumatic stress disorder
6. Separation anxiety disorder
7. Selective Mutism
8. Specific Phobia’s
8. Performance anxiety

Anxiety results in both psychological and physiological issues.

Physiological effects of anxiety include effects on the nervous system, cardiovascular system, digestive system and so on other systems as well.

Effect of anxiety on the digestive system

Anxiety can disrupt the digestive process and increase stomach acid levels. This can lead to problems such as abdominal discomfort, acid reflux, nausea, and diarrhoea. It may also affect bowel movements and increase the risk of digestive disorders.

Prolonged anxiety can lead to an imbalance in gut flora and weaken the immune response in the digestive system. The connection between the gastrointestinal tract and the brain can create a cycle that worsens anxiety, disrupting both physical and mental well-being.

AIM

- The primary aim of this study is to evaluate the impact of *Chinta* on *Agni* in different *Deha Prakriti*.

OBJECTIVE

- To find a relation between *Chinta* and *Agni*.
- To find the effect of *Chinta* on *Agni* in different *Deha prakriti*.
- To determine the Anxiety level with the help of the anxiety scale.

MATERIAL AND METHODS

- Prakriti* assessment of the subjects was done using the standardized CCRAS Performa.
- Agni* assessment of the subjects was done using the Dr Kishore Patwardhan *Agni* assessment scale.
- Anxiety assessment of the subjects was done using the Hamilton Anxiety scale.

Selection Of Subjects

The subjects with a mean age of 19 - 35 years were selected for the purpose of the study, and subjects fulfilling the inclusion and exclusion criteria were taken into consideration for the study.

Inclusion Criteria

- Healthy subjects within the age group of 19 to 35years
- Exam appearing students

Exclusion Criteria

- Subjects below 18 years of age and above 35 years of age
- Individuals suffering from metabolic disorders
- History of GI-related issues
- Subjects on long-term medication
- History of any psychiatric illness

Method Of Study

	First assessment	Second assessment
<i>Prakriti</i>	Six months prior to the exam	
<i>Agni</i>	Six months prior to the exam	15 days prior to exam
Anxiety	Six months prior to the exam	15 days prior to exam

The results of both assessments were compared and analyzed

Assessment criteria

The assessment was done on the basis of subjective parameters

Subjective parameter

- Prakriti of subjects evaluated using standardised CCRAS Prakriti Performa
- Agni of students evaluated using the Kishore Patwardhan *Agni* assessment scale

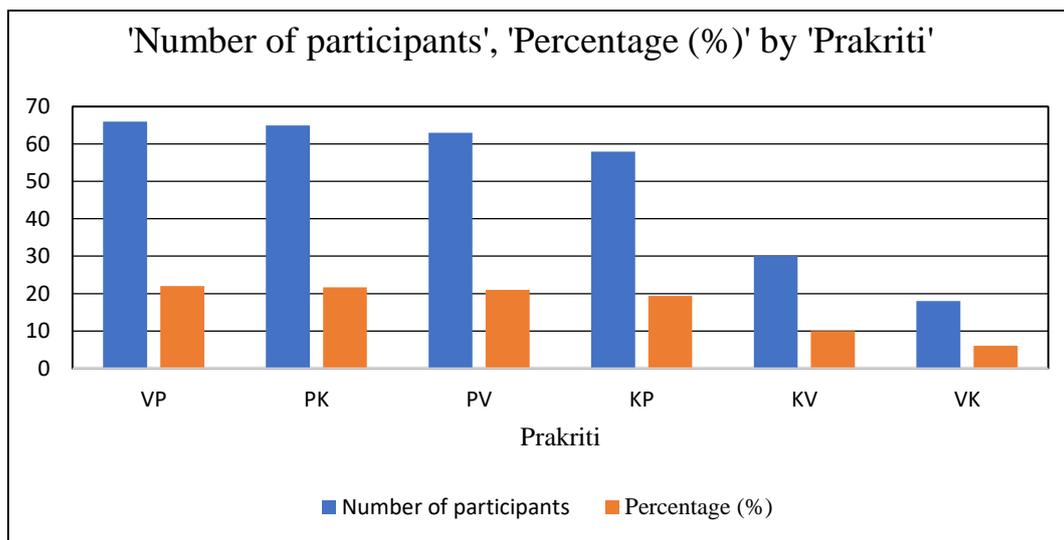
- Anxiety of students evaluated using the Hamilton Anxiety Scale

Sample size: - Number of subjects or sample - 300

OBSERVATION & RESULTS

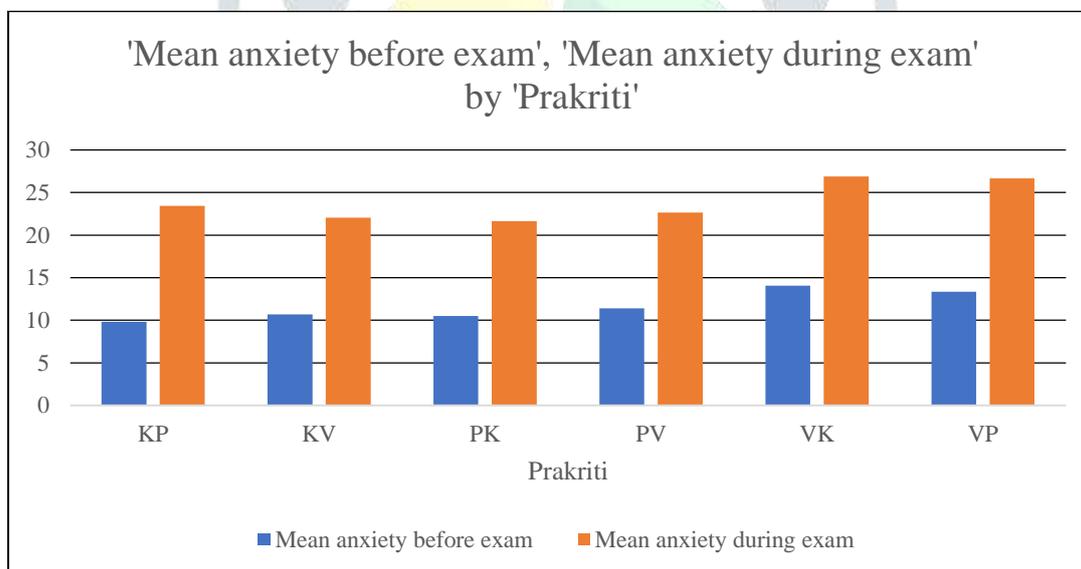
In this study, 300 individuals were enrolled. Demographic data is presented in the form of frequency and percentage along with a graphical representation. **WILCOXON signed -rank test was carried out to assess whether the population mean ranks differ.** Chi- square test was carried out to test the association between *Chinta and Agni* in different *Deha Prakriti*. A p-value less than 0.01 is considered significant, and a p-value greater than 0.01 is considered not significant. Statistical analysis was performed using SPSS 20.0 software.

Diagram no. 1: Showing *Prakriti-wise* distribution of 300 subjects



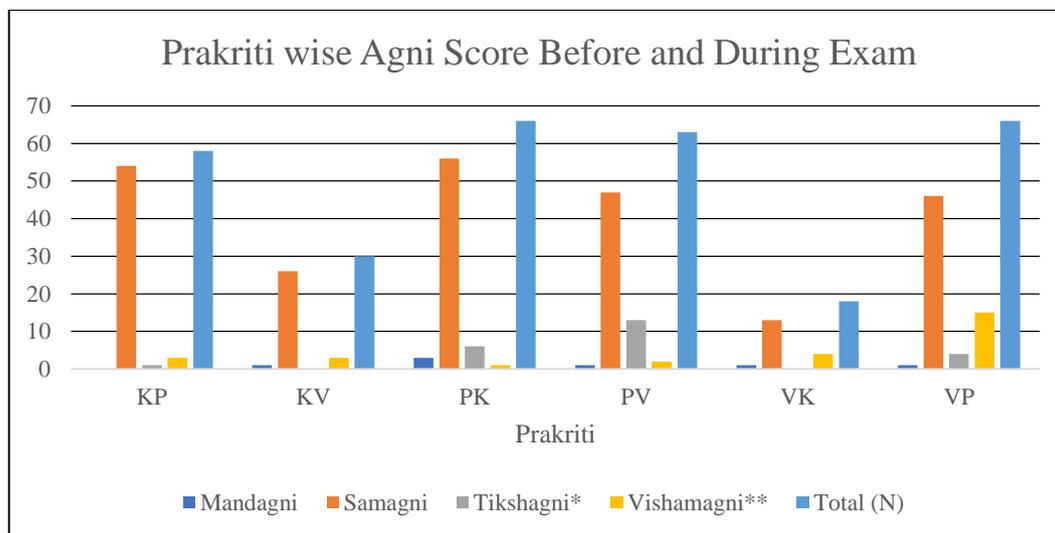
Out of 300 subjects, 66 were having *Vata Pitta Prakriti*, 65 were having *Pitta Kapha Prakriti*, 63 were having *Pitta Vata Prakriti*, 58 were having *Kapha Pitta Prakriti*, 30 were having *Kapha Vata Prakriti*, 18 were having *Vata Kapha Prakriti*

Diagram no. 2: Showing *Prakriti-wise* Anxiety Score Before and During Exam of 300 subjects



VK and VP *prakriti* show higher mean anxiety scores both before and during exams, while PK and KP have comparatively lower mean scores.

Diagram no. 3 Showing *Prakriti-wise Agni Score Before and During Exam* of 300 subjects



Before the exam, *Samagni* predominates in all prakriti, especially KP and PK, while PV, VP and VK show relatively higher *Tikshagni/Vishamagni* proportions.

Table No. Showing the association between *Chinta and Agni* in different *Deha Prakriti* using Chi- square test (Before Exam)

Anxiety level	<i>Mandagni</i>	<i>Samagni</i>	<i>Tikshagni*</i>	<i>Vishamagni**</i>	Total
Mild	4	198	14	13	229
Moderate	2	27	0	12	41
Severe	0	2	1	0	3
(Mild) misc. label	1	14	1	1	17
(Moderate) misc.	0	1	0	1	2

Table No. Showing the association between *Chinta and Agni* in different *Deha Prakriti* using the Chi-square test (During Exam)

Anxiety level (during)	<i>Mandagni</i>	<i>Samagni</i>	<i>Vishamagni*</i>	Total
Mild	1	23	4	28
Moderate	43	21	63	127
Severe	33	7	105	145

Overall Conclusion

1. Anxiety before vs during exam

- Median anxiety score rises from 11.0 before to 24.0 during the exam.
- Wilcoxon signed-rank test: $T = 246.0, p = 6.55 \times 10^{-49} \rightarrow$ highly significant increase in anxiety during exam.

2. Agni pattern before vs during exam

- Before the exam, the majority of all *prakriti*'s are *Samagni*; the *Vishamagni* proportion is lower.
- During the exam, *Agni* shifts markedly towards *Vishamagni*, especially in *VP, VK, PV Prakriti*; median ordinal *Agni* score increases from 2.0 (*Samagni*) to 4.0 (*Vishamagni*).
- Wilcoxon on *Agni* score (1–4): $T = 4965.0, p = 3.27 \times 10^{-18} \rightarrow$ significant upward shift towards *Vishamagni* during exam.

3. *Prakriti*-wise highlights

- Sample is mainly dual-*Dosha Prakriti* (VP, PK, PV, KP), each contributing roughly one-fifth of subjects; *KV* and *VK* are fewer
- *VK* and *VP Prakriti* tend to show higher mean anxiety scores both before and during the exam compared to *PK* and *KP*.
- These same *Prakriti* (*VP/VK*, and to some extent *PV*) show higher proportions of *Vishamagni* during the exam.

4. Association between Chinta and Agni

- Before exam: Chi-square test for *Chinta* level vs *Agni* type is significant ($\chi^2 = 55.34$, $df = 24$, $p = 0.00028$).
- During exam: Association becomes even stronger ($\chi^2 = 113.78$, $df = 6$, $p = 3.29 \times 10^{-22}$).
- Thus, the pattern of *Agni* (*Mandagni/Samagni/Tikshagni/Vishamagni*) is significantly associated with the level of anxiety, both before and during the exam, with higher *Chinta* more often linked to *Vishamagni*.
- In the present study, predominantly dual-*Dosha Deha Prakriti* (*VP, PK, PV, KP*) students showed a highly significant rise in anxiety scores and a shift of *Agni* from *Samagni* to *Vishamagni* during examination, as demonstrated by Wilcoxon signed-rank tests for both anxiety and ordinal *Agni* scores ($p < 0.001$ for each). *Chinta* level exhibited a statistically significant association with *Agni* pattern before and during examination (Chi-square tests, $p < 0.001$), indicating that higher anxiety states were more frequently accompanied by *Vishamagni*, particularly in *Vata* and *Pitta*-dominant *Prakriti*.

DISCUSSION

For the purpose of the present research work, a total no. of 300 healthy subjects was screened and chosen. A standardised *Prakriti* Performa from CCRAS was used to find out the *Prakriti* of the subjects. The *Prakriti* Performa was filled online using the unique ID provided by CCRAS, Delhi, and the assessment of *Agni* was done using the Dr Kishore Patwardhan *Agni* assessment scale and the assessment of Anxiety was evaluated using the Hamilton-Anxiety Scale. A master table was prepared and was analyzed statistically using the WILCOXON signed -rank test and the Chi-square test, and a strong effect of *Chinta* on *Agni* was found in various *Deha Prakriti*.

Discussion On Observation and Statistical Analysis

Prakriti

- Sample of *Prakriti* is mainly dual-*dosha prakriti*, each contributing roughly one-fifth of subjects; *KV* and *VK* are fewer
- *VK* and *VP prakriti* tend to show higher mean anxiety scores both before and during the exam compared to *PK* and *KP*.
- These same *Prakriti* (*VP/VK*, and to some extent *PV*) show higher proportions of *Vishamagni* during the exam.

Anxiety: before vs during exam

- Median anxiety score rises from 11.0 before to 24.0 during the exam.
- Anxiety shows a highly significant increase during the exam.

Agni: before vs during exam

- Before the exam, all *Prakriti*'s are majorly *Samagni*, and the *Vishamagni* proportion is lower.
- During the exam, *Agni* shifted markedly towards *Vishamagni*, especially in *VP, VK, and PV Prakriti*.
- *Agni* score increases from 2.0 to 4.0 (*Samagni* to *Vishamagni*), $T = 4965.0$, $p = 3.27 \times 10^{-18}$, significant shift towards *Vishamagni* during exam.

Chinta And *Agni*

- Before exam: found a significant association between *Chinta* level vs *Agni* type after applying chi-square test ($\chi^2 = 55.34$, $df = 24$, $p = 0.00028$).
- During exam: Association becomes even stronger ($\chi^2 = 113.78$, $df = 6$, $p = 3.29 \times 10^{-22}$).
- Therefore, the pattern of *Agni* is significantly associated with different levels of anxiety. Higher *Chinta* is more often linked to *Vishamagni*
- In the study, dominant dual *dosh prakriti* students reflect a highly significant rise in anxiety score and shift of *Agni* from *Samagni* to *Vishamagni* during the exam as shown by the WILCOXON signed -rank test for both Anxiety and *Agni* score ($p < 0.001$ for each).
- Also, *Chinta* level exhibited a statistically significant association with *Agni* levels before and during examination.
- These interpretations show that higher anxiety conditions were more frequently observed by *Vishamagni*, particularly in *Vata* and *Pitta* dominant *prakriti*.

CONCLUSION

The present observational study demonstrates a significant association between *Chinta* (anxiety) and the functional status of *Agni* across different *Deha Prakriti*. The findings suggest that psychological factors, particularly anxiety, play a crucial role in modulating digestive and metabolic processes as conceptualised in *Ayurveda*. Individuals with *Vata Kapha* and *Vata Pitta Prakriti* exhibited

greater susceptibility towards Anxiety, in comparison to *Pitta-Kapha* and *Kapha-pitta*, before and during the exam. *Vata-Kapha* and *Vata-pitta*, and to some extent *Pitta-Vata*, show higher proportions of *Vishamagni* during the exam. According to this present study, anxiety shows a highly significant hike during the exam, affecting one's psychological characteristics. According to the *Ayurvedic* text, *Prakriti* and *Agni* are related to each other; with respect to these *Ayurvedic* principles, this study set a crossbridge between *Agni* and *Prakriti*. According to the given data in this study majorly all *Prakriti's* are *Samagni*, and the proportion of *Vishamagni* is lower. During the exam, *Agni* shifted distinctly towards *Vishamagni*, especially in *Vata-Kapha*, *Vata-Pitta* and *Pitta-Vata Prakriti*; these findings show that *Agni* is affected by *Chinta* during the exam and shifted towards *Vishamagni* during the exam. The study enforces the *Ayurvedic* principle of the *Manas-Sharira* (mind-body) relationship, highlighting that *Chinta* acts as a significant etiological factor influencing *Agni*. These findings emphasise the need for an integrative approach in clinical practice, addressing both psychological and physiological aspects for maintaining optimal digestive health, enabling the implementation of preventative and supportive strategies to address the issue in various *Deha Prakriti*. Knowing one's own *Agni* and *prakriti* enables one to select a certain diet and lifestyle for optimal health.

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