

## **Pācakāgni & Āmaviṣa**

In humans, Pācakāgni (process of digestion) plays an important role in making the consumed food compatible with the body. Individual's life, health, complexion, strength, enthusiasm, lustre etc. depend only on normal state of the Pācakāgni.

Excessive food intake, untimely food consumption, intake of incompatible food etc. cause deformity of Pācakāgni due to which diseases like indigestion, arthritis, haemorrhoids etc. are caused.

If the consumed food is not properly digested, toxin like substance called Āma (undigested food product) is produced in the body, which is also known as Āmaviṣa. This Āmaviṣa causes variety of ailments like joint pain, headache, skin disorders, digestive system related disorders and metabolic disorders.