

# A Critical Review on Role of Ajirna in Pathogenesis of Pralapa

**Dr. Shubham Patode<sup>1</sup>, Dr. Aruna Savant<sup>2</sup>, Dr. Naina Vishwakarma<sup>3</sup>**

PG Scholar, Dept. of Rognidan evum Vikrutivigyan<sup>1</sup>

Reader and Professor, Dept. of Rognidan evum Vikrutivigyan<sup>2</sup>

Head of Dept. and Professor, Dept. of Rognidan evum Vikrutivigyan<sup>3</sup>

Lt. Kedari Redekar Ayurvedic Mahavidyalaya, Post Graduate Research Centre, Gadhinglaj, Kolhapur

**Abstract:** *Ajirna* (indigestion) is a commonly occurring gastrointestinal disorder described in classical Ayurvedic texts, which, if left unmanaged, can give rise to various systemic complications. One such complication is *Pralapa*—characterized by incoherent, irrelevant, or excessive speech—classified as an *Upadrava* in *Yogaratanakara*. This review explores the Ayurvedic pathogenesis (*samprapti*) of *Pralapa*, focusing on the vitiation of *Udana Vata*, obstruction of *Vyana Vata* by aggravated *Samana Vata* (*Samanavrita Vyana*), and the impaired circulation of *Rasa Dhatu*. The accumulation of *Ama* due to *Agnimandya* plays a central role in initiating this cascade, ultimately affecting *manovaha srotas* and higher cognitive functions. The study highlights the gut-brain axis described in Ayurveda centuries ago and correlates Ayurvedic concepts with modern understanding of delirium. A thorough review of classical texts was performed to interpret the interconnected roles of *Agni*, *Ama*, *Vata dosha*, and *srotas* in the manifestation of *Pralapa*.

**Keywords:** *Ajirna*, *Pralapa*, *Udana Vata*, *Samanavrita Vyana*, *Ama*, Delirium

