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**Exploratory Study of Quality of Life and
Digestive Patterns among MBA Students**

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Exploratory Study of Quality of Life and Digestive Patterns among MBA Students

Abstract:

Background: Stress and anxiety among management students, particularly due to their hectic schedules and irregular lifestyles, have been shown to adversely impact both mental and physical health. Ayurveda emphasizes the role of Agni (digestive fire) as a key indicator of overall well-being. This study explores the relationship between digestive patterns (from the perspective of Ayurveda) and Quality of Life (QoL).

Objective: To examine the relationship between the functional strength of Agni (Agnibala) and various dimensions of Quality of Life among MBA students.

Method: A descriptive survey design was used, involving 386 MBA students. Of these, 225 participants completed all the assessments. Participants filled out the WHOQOL-BREF and the Agnibala self-assessment questionnaires during a physical and mental wellness workshop. Correlation analyses were performed to assess associations between digestive patterns and quality-of-life domains.

Results: Mandagni and Vishamagni (weakened or irregular Agni) were negatively correlated with all QoL domains, whereas Samagni and Tikshnagni (balanced or intense Agni) showed positive correlations. Additionally, WHOQOL domain scores were higher for individuals with Samagni and Tikshnagni compared to those with Mandagni and Vishamagni. However, the strength of these relationships was weak.

Conclusion: The findings suggest a potential link between Ayurvedic digestive fire patterns and perceived quality of life. Future studies incorporating objective biomarkers and longitudinal designs are recommended.

Keywords: *Quality of Life, Ayurveda, MBA students, Digestive Patterns*



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