



UNDERSTANDING AMALPITTA – A BEEN OF MODERN LIFE STYLE

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Article Received on 20/10/2022

Article Revised on 10/11/2022

Article Accepted on 30/11/2022

ABSTRACT

Amlapiita is very common disease of digestive system (Annavaha srotas) which is caused by ahar and vihar, digestive system disturbance is most important and challenging work of general practice. Amlapiita correlate with gastritis. The incidence of gastritis in india is approximately 3 in 869. Today due to Morden living life style and food habits of population are suffering from common diseases which are called as gastritis.

KEYWORDS: Amalpitta, vidhagdha, *Urdhvaga Amlapitta* (upward hyperacidity), *Adhoga Amlapitta* (downward hyperacidity).

INTRODUCTION

Ayurveda stands apart from the rest of medical fraternity with its holistic and all-encompassing approach to disease management on the basis of Nidana Panchaka enables this eternal science to effectively handle many apparently minor ailments which certainly hamper the quality of life of humanity. Amlapitta is a such type of GI disorder due to same causative factor as above described in Ayurveda parlance, closely resembles with Gastritis in modern science also and in chronic stage it may lead to ulceration condition.

DEFINITION & DERIVATION

The word Amalpitta is composed of word Amla and pitta. Pitta is a Dosh present in the living body and responsible for digestion, formation of Raktadhatu, colouration of the skin, vision, body temperature etc. Amla word is presented as a qualitative word. It is a Rasa meaning sour taste Though, Amla has been advocated as a natural property of Pitta along with katu-rasa by charaka (Ch.su-1/60); Sushruta has mentioned katu as its original rasa and Amala in its vidagdha state (Su su-21) (according to Dalhanacharaya the commentator of sushruta) Ranjit Rai Desai has mentioned two types of pitta (1) Sama pitta (2) Niram pitta. Sama pitta has Amla Rasa while Niram pitta has katu rasa There for in Amlapitta sama pitta is there - means a condition created by sama pitta is called as an Amlapitta (Ramjets Rai Desai – Nidhanchikitsa Hastamalaka).* Chakrapani said that Amlapitta is a condition in which Amlaguna property of the pitta is exaggerated. Madhukoshakara has also acception this defination. He has given the

vidhagdha formation of pitta as a causative factor for increasing the Amlagana of pitta.

- Shri Kanthadatta in his commentary on the relevant chapationer has defined that Amlapitta is a condition where excessive secretion of Amlaguna pitta takes place causing vidahyadi conditions. This is a disease mainly due to vitiation of pitts (Pachak-pitta) but kapha and vata vitiation may be there as mentioned by Shrikanthadata. In samhita some other words like Amlaka Dhumaka and vidaha have also been mentioned in the reference of Amlapitta. In Modern medicine, no specific disease correlates to Amlapitta. The signs and symptoms of Amlapitta disease are found in modern medicine under title of Acid pepic disease. There are number of disease in acid pepic diseases like - Acute gastritis, chronicgastritis, peptic ulcers, gastro esophageal reflux diseases, non-ulcer dyspepsia, hyperchlorhydria syndrome, menetrier's disease etc. Peptic ulcers (gastric and duodenal ulcers) have similar symptoms related to Amlapitta. But the pathophysiology and histopathology said that ulcer's can't be included in Amlapitta. It may be complication of Amlapitta.

While reading Amla pitta the classical term is coming that is *shukatam* that means *acidified food contains*.

MATERIALS AND METHODS

NIDANA OF AMLAPITTA

- Due to eating of contrary food articles
- Eating before digestion of previously consumed food

- Indigestion
- Presence of (ama)
- Filling (of body) with ama (unmetabolised rasa and undigested food)
- Use of ground cereals (masa)
- Uncooked (improperly fermented) wines and milk
- Eating of heavy and moisture producing foods
- Suppression of natural urges
- Excessive use of very hot, unctuous, dry, sour and liquid articles
- Consumption of molasses
- Preparations of sugar-cane and kulath and also of parched cereals
- Wildly growing rice and prthuka (flattened rice obtained from boiled paddy)
- Repeatedly day-sleeping after eating again and again
- Over bathing
- Tub-bath
- Taking water in between the food
- Eating stale food

AHARAJA HETU

The first and foremost group of etiological factors of Amlapitta may be considered as a dietary factors under this group the intake of food against the code of dietetics i.e. Aharavidhi vidhana and Ahara vidhi viseshayatan is included, various types of incompatible substance, excess use of pitta, aggravating factors like katu, Amla, vidahi, etc. untimely consumption of food are the factors against the dietetic code and they directly disrupt the pitta equilibrium.

VIHARAJA NIDAN

- Vega Vidharana
- Bhukte Divasvapa
- Bhuktva Atyashana
- Bhuktva Avagahana

Aharja Hetu

- Viruddha Bhojana
- Sandusta Bhojana
- Ati Ruksha Bhojana
- Vidahi Bhojana
- Shuska Sevana
- Guru Sevana
- Dravati Sevana

Manasika Hetu

- Kama
- Krudha
- Lobha
- Moha
- Irshya
- Shoka
- Bhaya

MODERN ASPECTS OF AMLAPITTA

In Modern medicine, no specific disease is seen similar to Amlapitta. The signs and symptoms of Amlapitta disease match with various diseases/disorders mentioned under title of Acid peptic disease. There are Number of disease in acid peptic diseases like - Acute gastritis, chronic gastritis, peptic ulcers, gastro esophageal reflux diseases, non ulcer dyspepsia, hyperchlorhydria syndrome, menetrier's disease etc. Peptic ulcers (gastric and duodenal ulcers) have similar symptoms related to Amlapitta. But the pathophysiology and histopathology said that ulcer's can't be included in Amlapitta. It may be complication of Amlapitta. In treatment of Amlapitta, vamana & virechana karmas are mentioned in ancient classical Indian medicine books. Both are contra indicated in ulcers. Therefore we can't include peptic ulcers in Amlapitta. So, the acid peptic disease without peptic ulcer can be included in Amlapitta, So, peptic ulcers are not described anywhere in this chapter. This chapter is described for the purpose of getting clinical co-relation and similarly between Amlapitta and non-ulcerative acid peptic disease.

AETIOLOGY OF ACID PEPTIC DISEASES

(1) BAD FOOD HABITS

- Irregular pattern of food intake.
- Excessive intake of tea, coffee, cold drinks, caustic soda etc.
- Excessive use of some masalas, chillis and other irritant substances in food.
- Fatty meals cause delayed gastric emptying.
- Deficiency of vitamin-A & protein in diet.

Bad food habits may irritate the mucosal membrane of the gastro intestinal tract and diseases like gastro esophageal reflux disease, gastritis etc. occurs.

In Ayurveda, Ancient Acharyas said that Atibhojana, virudhabhojana, Abhojana, Vidahi & Katu Annapana Sevana, Madhya Sevana etc. are the main causative factors for Amlapitta.

(2) PSYCHO-SOMATIC FACTORS

Psychic factors like mental stress, anxiety, depression are lead to the acid peptic diseases. It leads hyperchlorhydria. Due to this, the secretory & motor functions of the gastro intestinal tract are disturbed. In Ayurveda, Manasika Bhavas like kama, krodha, Bhaya, Lobha, Moha etc. are responsible for the Ajirna which lead to Amlapitta disease. Psychological stress and significant life event are important in the case of functional dyspepsia.

(3) DRUGS & ADDICTIONS

Aspirin and other non-steroidal anti-inflammatory drugs like diclofenac, Ibuprofen etc. inhibits cyclooxygenase, decreases prostaglandin E and decreases mucosal blood flow resulting in damage of gastric or duodenal mucosa steroids also damage the mucosal membrane & become responsible factor for ulcers. Theophylline, calcium

channel blockers progesterone, tetracycline, potassium chloride, bisphosphonate etc. drugs are delaying gastric emptying Addictions like alcohol, smoking, tobacco chewing etc. are damaging factors of gastro-duodenal mucosa. High concentrations can cause gastric erosion. In Ayurveda, vidahi & viruddha Bhojan Sevana, Annahine Madhya sevana, Atyadhika madhya sevana (excessive intake of alcohol) etc. factors are also given as a causative factors of Amlapitta.

4) INFECTIONS

Bacterials

Mainly Bacteria like H-pylori is responsible for the acid peptic diseases. H-pylori organisms grow in the mucous secreting cells of the stomach lining and create ulcers or erosions or inflammation in gastric mucosa.

BHEDAS (CLASSIFICATIONS OF AMLAPITTA)

Amlapitta is classified according to the Dosha its, Anubandhaja Lakshanas by the ancient Acharyas. Kashyapa has given the classification of Amlapitta according to Dosha Lakshanas. Madhavakara, Bhavaprakasha has also classified the Amlapitta in two types according to the sthana dusti of the srotasa. This classification has importance in management.

RUPAS (SYMPTOMS & SIGNS) OF AMLAPITTA

Rupa is the Vyaktawastha in which the signs and sympationoms of the disease will be completely manifested. This is much more useful for the clinical manifestation of a disease. Ancient Acharyas have given detailed discription about the Rupas of Amlapitta. They have also given specific rupas according to different types of Amlapitta.

General symptoms

- Amla / Tikta Udgara :
- Hrit - Kantha Daha
- Avipaka :-
- Klama Angasada & Gaurava :
- Utklesha :-
- Aruchi :-
- Gurukoshthata :-
- Vidbheda :-
- Udaradhmana :
- Shiroruk -

Urdhvaga Amlapitta (upward hyperacidity)

- Vaman pradhan urdhavaga Amlapitta, in this type vaman is the presenting symptom. The vomitus may be of various colours.
- Harita & pitta varna yukta chhardi are due to the presence of bile.
- Krishna varna yukta chhardi is due to occult blood.
- Raktabh chhardi is due to presens of excessive blood. It suggests, hemorrhage or perforation in Amashaya.
- Some time the vomiting

Amla vaman is due to excessive acid

Adhoga Amlapitta (downward hyperacidity)

In Adhoga Amlapitta sthanadusti is occurs in the Adho amashaya & Pakvashaya. All the sympatoms of pittaja Grahani are similar to the Adhoga Amlapitta.

SAMPRAPTI (PATHOGENESIS) - ACCORDING TO MADHAVA - NIDANA

Acharya Madhav has given more importance of Ritu vishesha in the pathogenesis of Amlapitta. Varsha ritu & sharda ritu both seasions have relation with sanchaya and prakopa of pitta. Pitta vriddhi is developed in varsha ritu naturally, while pitta prakopa in sharad is also naturally. Madhava said that this vidagdha pitta becomes due to excessive use of Nidana factors and creates Amlapitta diseases.

CHIKITSA SUTRA

Ayurveda has 3 basics of chikitsa regarding any types of Vyadhi.

- (1) Nidan Parivarjana
- (2) Apakarshana
- (3) Prakrutivighata

NIDAN PARIVARJANA

Nidana Parivarjana means not using the causative factors of the disease. Acharya Sushruta has given it as a first line of treatment of all the disease. It is advised to the patient to avoid such type etiological factors which are responsible for the provocation of diseaselike Katu, Amla Rasa Anna Pana, Viruddha Ahara, Vegavidharana, Vishamasana, Bhukte Divaswapa etc. if Nidana Parivarajana is followed strictly, Agni and Pitta will be in equilibrium state. So the root may be cured, then after remaining processes of the disease can be ruled out with the help of Prakrati Vighata and or Apakarshana.

Ahara

Anna varga

Yava, Godhuma, Purana Shali, Mudga Yusha, Lajasaktu.

Saka Varga

Karvellaka, Patola, Kusmanada.

Phala varga

Dadima, Amalaki, Kapittha.

Dugdha varga

Godugdha.

Mansa Varga

Jangala mansa.

Miscellaneous

Sarkara, Madhu, Narikelodaka, Ghrita.

Vihara

-Shitopachara.

Apathya Ahara

Masha, Kulattha, Dadh, KalpaPitta -prakopa Anna,

-Sandhana Lavana Rasa
Amla Rasa
Katu Rasa

Apathya Vihara

- Diwaswapa
- Ajeerne Bhojana
- Vegavidharana
- Atapasevana

SADHYA - SADHYATA OF AMLAPITTA

Only Acharya Kasyapa has commented on sadhya asadhyata of Amlapitta. It's prognosis is also difficult. Kashyapa said that when Amlapitta's patient is suffering from jvara, Atisara, Pandu, Shoola, Bhrama, Dhatukhseenata etc. Updravas, it is incurable. Amlapitta is a chronic disease It has complicated pathogenesis. Samprapi vighatana is also difficult. Bangsena has also said that when Amlapitta is in acute condition it is curable when it becomes chronic it is yapa or kruchshadhya.

Advice for change of place and others in Amlapitta

- To the human-beings, this disease often develops in marshy a place, that is why it should be treated with the medicine growing in wild places. If it does not get pacified with this, he should also go to other place.
- The same is the country where is the disease –free-state, the same are the kith and kins who in spite of going do not go (do not go far away) and are well-wisher to him.
- All the actions (good deeds) of always agitated/greedy, miserable and excessively distressed are destroyed, in spite of having his own kith and kind and becomes (as if he is) without own persons.
- That is why the wise should constantly attempt for disease-free-state. The health brings brings fruits and pleasure of life.

COMPLICATION OF AMLAPITTA

- Fever,
- diarrhoea,
- anaemic look,
- colic,
- inflammation/edema,
- anorexia and giddiness etc,
- Complication and also having loss of dhatus does not get cured.

DISCUSSION

The fast moving life style food habits and life style have a definite impact on biorhythm of intestinal function. In brief Nidanas (causes) of Amlapitta are divided into four groups i.e. Aharaja, Viharaja, Manasika and Agantuja. Ahara plays an important role in maintenance of health. If Ahara is not consumed in prescribed way it may leads to diseases. In this era of modernization and civilization the society is conscious enough about "What to eat? How to eat?" The awareness about the food items, their

quantity, quality and nutritional values etc. is increasing gradually, and then also the popularity of fast food is greater due to the fast life. Principles of Ashtahar vidhivisheshayatana and dashvidha vidhan are most important part from the preventive and curative aspect of our health. They are to be examined before food intake and are to be followed during food intake. In the Samprapti of Amlapitta, the normal and abnormal functions of Amla Rasa are basically attributed to Pitta Dosha. Amla Rasa and AmlaVipaka have important roles in the pathogenesis of Amlapitta. Dosha, Dushya, Srotas, Agni and Ama are the five basic most components of vyadhi (disease) process. Involvement of these factors, with different Gunas is responsible for different symptoms of Amlapitta.

CONCLUSION

Amlapitta is a disease whose signs and symptoms are present in various disease/ disorders found under Acid peptic diseases. It is a complex disease with regards to pathogenesis treatment. Although in early/acute stage it may be curable but on chronicity it becomes incurable.

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