

AN AYURVEDIC APPROACH ON AMLAPITTA

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ABSTRACT

In this era of modernization and fast life, everyone is busy and living stressful life. In this circumstances people are neglecting healthy food and are attracted towards the junk foods and also changing their diet pattern. Amlapitta is a result of inappropriate dietary regimen or stress. Amlapitta is a commonly encountered disease of Annavaahasrotas (GIT system). Excess formation of vitiated pitta is thought to be the main pathological mechanism behind this disease. The sign and symptoms of Amlapitta is very similar to Hyperacidity. From very beginning Ayurveda is playing a major role in the management of this disease. Improvement of digestive system is the main key for treating Amlapitta. This article is based on the Ayurvedic review a Amlapitta.

KEYWORDS: *Amlapitta, Diet, Nidana, Managements.***INTRODUCTION**

From very ancient time, Ayurveda is being practiced as an important measure of healthy and happy life. In Ayurveda, all the diseases are due to hypofunctioning of Agni. Amlapitta is commonly encountered disease of Annavaahasrotas (GIT). Though it can be described as a disease of modernization due to irregular eating habits, it is more of psycho-somatic disorder caused due to mental stress and strain alongwith dietetic indiscrimination.

References of Amlapitta in Ayurvedic texts

It was mentioned in *Madhavnidana, Kashyap Samhita, Bhavprakash, Yogaratnakara, Chakradatta* and *Rasaratna Samuchaya*.

Acharya Charaka, Sushruta and Vagbhata have not described disease Amlapitta in a separate chapter though it has been referred at certain places in their Samhita.

1. In Charak Samhita Amlapitta has not been directly described as disease. He has mentioned that when Amavisha is directly mixed with Pitta, Amlapitta will develop.
2. Acharya Kashyap has first of all mentioned the disease Amlapitta in a separate chapter and he has also mentioned Manasika Bhava (Psychological factors) as a chief cause of this disease. Analysis of Amlapitta on the basis of Dosha has also been done by Acharya Kashyap, whereas Kashyap believed that the disease is caused the vitiation of Tridosha causing Mandagni leading to Vidagdhajirna ultimately manifesting as Amlapitta.
3. Acharya Vagbhata has described that all the diseases are caused by Mandagni.

4. Acharya Madhavakar has given detailed description about this disease including classification of the same according to Gati i.e. Urdhavaga Amlapitta and Adhoga Amlapitta.
5. Chikitsa of Amlapitta has been described by Bhavmishra.

In Ayurveda Amlapitta cannot be correlated with one particular disease more or less precisely. But it can be correlated with Acid Reflux syndrome which comprises of GERD, Gastritis, dyspepsia, Acid peptic disorder, hyperacidity etc. In Ayurveda sign and symptoms of amlapitta looks very similar to GERD and Gastritis.

Nirukti: Literally Amlapitta means the pitta is of sour test.

Etymologically the word Amlapitta comprises of two components i.e. Amla & Pitta.

Definition: The disease in which the patient has indigestion, exhaustion without any exertion, nausea, with bitter or sour taste, feeling of heaviness of the body, burning sensation in the chest, throat and loss of appetite is called as Amlapitta.

NIDANA (Causative factors)

Madhavkar and Kashyap listed the following as causative factors for initiation, production and manifestation of Amlapitta.

1. Viruddhahara.
2. Dustahara (unhygienic and infected foods).
3. Deshvisesha – Geographical factors like anupadesa.
4. Rituvisesha (Seasonal factors) – Varsha, Sharadritu (Naturally pitta is in vriddha state).

5. Excessive intake of amla, vidahi and pitta aggravating food.
6. Kulattha and other spicy, hot things intake.
7. Suppression of natural urges- known as Vegadharana.

CAUSES OF AMLAPITTA

The disease Amlapitta is frequent presentation in clinical practice. Excess formation of vitiated pitta due to improper dietary and lifestyle habits is thought to be the main pathological mechanism behind manifestation of disease.

The pathogenesis of amlapitta involves three important factors i.e. Agnimandya, Ama, and Annava Sroto dushti. Along with this, the vitiation of pitta leading to quantitative and qualitative abnormality of pachaka pitta especially in its amla and Drava guna gives rise to amlapitta. The gastric glands produce acids, which help break down of food during digestion. Excess production of acids in stomach is termed as the hyperacidity.

The most important causative factors of amlapitta are

- Excessive use of the oily and spicy foods.
- Foods which are rich in fats, such as chocolates.
- Irregular eating habits.
- Excess use of leafy vegetables.
- Consumption of maida products in large quantity.
- Sleeping after meals.
- Carbonated drinks.
- Drinking of excess water.
- Excessive intake of the caffeine and nicotine products.
- Excessive intake of alcohol, smoking.
- Keeping stomach empty for long time, skipping breakfast.
- Constipation.
- Anxiety, depression and anger.
- Excessive use of Analgesics esp. NSAIDs.

SAMPRAPTI (Pathogenesis)

Samprapti Ghatak

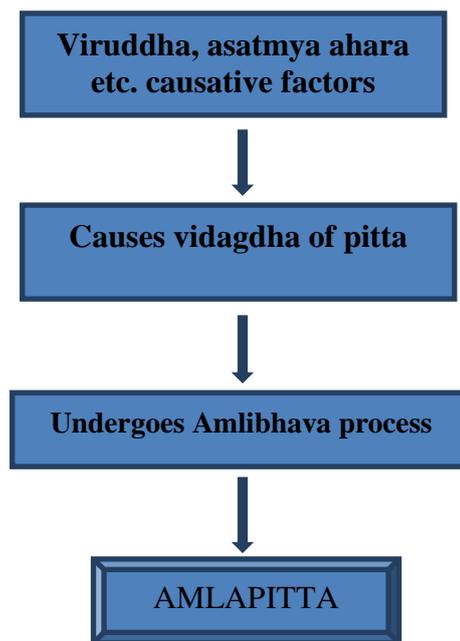
Dosa – Pitta vishesa

Dusya – Rasa

Adisthana – Amashaya, Grahani

Srotas–Annava

Samprapti Chakra



SYMPTOMS OF AMLAPITTA

According to their types-

1. Adhoga (downward) Amlapitta
Thirst, burning sensation, fainting, giddiness, delusions, downward movement of different kinds (of diarrhoea) and occasional oppression in the chest, rashes on skin, poor digestion, horripulations, perspiration and yellowish skin.
2. Urdhvaga (upward) Amlapitta
Vomiting of green, yellow, blue, black, slightly red or bright coloured, very sour materials, resembling mutton wash, very sticky, thin, followed by kapha; vomiting occurring during digestion of food or even on empty stomach, with bitter or sour taste occasionally, belching also of similar nature, burning sensation in the throat, chest and upper abdomen, headache, burning sensation in the palms and soles, feeling of great heat, loss of appetite, appearance of rashes, itching.

SADHYASADHYATA (Prognosis)

- 1) Amlapitta of recent origin (Naveen amlapitta) is Sadhya.
- 2) Chronic Amlapitta is Yapyai.e. maintainable.
- 3) If proper dietetic care is taken, an even Kasta- Sadhya type of Amlapitta is treatable.

CHIKITSA

Chikitsa sutra- According to Chakradatta

- I. Vamana followed by mild Virechana should be administered.
- II. Thereafter Susnigda anuvasana should be applied. (In chronic cases according to dosa).
- III. In Samsargaj Amlapitta after Sodhana, Shaman measure in terms of drugs and diet should be applied considering the association of dosa.

IV. In urdhwa (i.e. upward) and adho (i.e. downward) types, dosha should be eliminated with Vamana (emesis) and Virechana (purgation) respectively.

- Avoid causative factors – ‘Nidana Tyaga’
- Consume Pathya/beneficial items.
- Follow Pathya- good life style methods.
- Eliminative therapies like Vamana, Virechana and Basti should be adopted as per the Need of the case.
- Pacifactory treatment (shaman) is the common line.

VIKESHA CHIKITSA

1. Medicinal Powder- churna
Amalaki churna, Shatawari churna, Yastimadhu churna, Avipattikara churna,

Drakshadi churna, Panchanimba churna.

2. Medicated decoctions – Kwath
Patoladi kwatham, Yavadi kwatham, Dasanga kwatham, Phatrikadi kwatham
3. Avaleha –
Khandakushmand avleh, Drakshyadi lehyam
4. Rasaaushadhi-
Swarnasutsekhar ras, Ksudhavati gudika
5. Medicated Ghee- Ghruta
Shatavari ghruta, Jirakadya ghruta, Draksadya ghruta
6. Bhasma-
Shankha bhasma, Pravala pisti/bhasma, Maksika bhasma
7. Patent Medicines-
Sooktyn tablets, Amlapittantak yog, Alsarex, Efcid(gel).

PATHYA AND APATHYA IN AMLAPITTA

	AHAR	VIHAR
PATHYA (Do)	Mudag, yav, sattu, honey, milk, jangalmansa rasa, shritshitjala, patola, karela, nimba, shatawari, petha etc.	Vaman, virechan, basti, sheetal jalapana etc.
APATHYA (Don't)	Guru, vidahi, vishtambhi, kanji, lavana, mirchmasaledar bhojan, tea, coffee, madya, pizza, burger, kachori, samosha, kachauri, potato, brinjal, rice, besan, maida etc.	Vaman veg dharan, Diwaswapn etc.

CONCLUSION

Now-a-days the nidana (causative factors) of Amlapitta mentioned in classics are most common. Due to lots of stress, lack of self-awareness and improperly following Rutucharya (Daily regimen) i.e. faulty dietic habits results in disease Amlapitta. Ayurveda places great emphasis on prevention and encourages the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle and use of herbs for various illnesses.

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