

CONCEPT OF AMLAPITTA IN AYURVEDA

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Article Received on 20/06/2018

Article Revised on 10/07/2018

Article Accepted on 30/07/2018

ABSTRACT

Amlapitta is a common condition in our society. It can be effects any age any race people or any character. In the modern age due to unfollow of dincharya ritucharya and due to it'speak life style Amlapitta occur. Amlapitta in ayurveda is described by the acharyas. But individual description have been done by some acharyas. Pathyhyha follow is the best preventive aspect of Amlapitta.

KEYWORDS: Dincharya, ritucharya, pathway, apathy.

INTRODUCTION

In this rapidly growing civilization and multimedia technology life become full with stress having more speed and accuracy are the prime demands. So people neglect healthy food and are attracted towards the junk food. They are changing there diet pattern. Life style and behavioural pattern. People are become more stressful with worry tension and anxiety causing so many psychological disease. Which hampers the digestion and is causing hyperacidity, gastritis anorexia etc. all these pathological disorders are under the *amlapitta* in Ayurveda. *Amlapitta* is one of the common problem of the *annavaha srotos* and its has been describe indirectly in *samhita granthas of Ayurveda*.

Refrences of Amlapitta in Ayurvedic Texts

Amlapitta was mentioned in *kashyapsamhita*, *madhavnidan*, *bhavprakash*, *yogratnakar*, *chakradatta* and *rasratnasamuchaya*.

Acharyacharak, *sushrut*, and *vagbhata* have not describe disease *amlapitta* in a separate chapter thought has been referred at certain places in their *samhita*.

1. In *charak samhita amlapitta* has not been directly describe as disease. He has mentioned that when *amavish* get directly mixed with *pitta*, *amlapitta* with developed.
2. *Acharya vagbhata* has described that all disease are caused by *mandagni*. *acharya vagbhata* has not clearly describe this disease.
3. *Acharya kashyap* has first of all mentioned the disease *amlapitta* in a separate chapter and he has also mentioned *manasik abhava* as a chief cause of this disease as well as the analysis of *amlapitta* on

the basis of dosha has been done by *acharya kashyap*, where as the *kashyap* belived that the disease is caused by the vitiation of *tridoshas* caushing *mandagni* leading to *vidagadhajirna* ultimately manifesting as *amlapitta*.

Acharya madhavkar has given detailed description about the *amlapitta* including classification of the same according to *gatti –urdhavagaamlapitta* and *adhogaamlapitta*.

Nidan

Madhavkar andkashyap listed the followed as the principle, causative factors for initiation, production and manifestation of *amlapitta*.

विरुद्ध..... प्रवदन्ति संतः। [मा.नि.अम्लपित्त नि. 1]

- 1) *Viruddhaahara*
- 2) *Dushitahara* (unhygienic and infected food).
- 3) *Rituvisheshes* (seasonal factors)-Varsha, sharadritus (naturally pitta is in vrddha state).
- 4) *Deshvisheshes* – Geographical factors like anupadesh.
- 5) Excessive intake of *amla*, *vidahi* and *pitta* aggravating food.
- 6) *Kulatta* and other spicy, hot things intake.
- 7) *Vegadharan*-suppression of natural urges.
- 8) Intake of vish.^[1]

Roop

Symptoms of *amlapitta* have been describe by *kashyap*, *madhav*, *harit*, *bhavprakash* and *yogratnakar*.

अविपाक.....वदेदभिषक्। [मा.नि.अम्लपित्त नि.2]

Avipk, Klam, Utiles, Tikta and amlodgar, Gaorav, Hritkantadaha, Aruchi all are lakshan of Amlapitta.^[2]

Types of Amlapitta

According to the dosh madhav divided into 3 types of amlapitta-

- 1) Vataj
- 2) Kaphaj
- 3) vatkapahaj

According to the gatti of pitta madhav has describe 2 types of amlapitta-

- 1) Urdhavagaamlapitta
- 2) Adhogaaamlapitta

1) Urdhavaga amlapitta

वान्तं

हरित.....गात्ररोगचयम् |

(मा.नि.अम्लपित्त 3)

Kaph associated vomitus harita, pita, nila, krsna, rakta, amla like mamsodakvividha rasa. Udgara with lavana, katu, tikta rasa. Kantaharit, kukshidahasiroruja, aruchi, nauseaating, indigestionkandu, rashes, fever.

2) Adhog amiamlapitta

तृडदाह..... कदाचित् |

(मा.नि.अम्लपित्त 4)

Trsna, daha, murchha, bhram and moha. Acidic diarrhea with foul smell. Nausea, kota, agnimandya, romharsh, yellowishness of body.^[3]

a) Vatajamlapitta

कम्प.....अनिलयुते | (मा.नि. अम्लपित्त नि.9)

Kamp, Pralap, Murcha, Chimchim, Gatravsad, Tamdarshan, Vibhram, Pramh are the vataj Amlapitta lakshan.

B) kaphaj amlapitta

कफ.....कफानुगते। (मा.नि. अम्लपित्त नि.10)

stabdata, Aruchi, Sitanubhuti, Gaurav, angasada Chardi, Agnimandhya, Kandu, Anidr all are lakshan of kaphaj amlapitta.^[4]

3) Vatakaphajamlapitta

कट.....श्लेष्मिपत्तस्य लक्षणम्। (मा.नि. अम्लपित्त नि.11)

Tikta amlakatuudgar, Hridkukshikanthdaha, Bhram, Murcha, Aruchi, Chardi, Siroruja, Alasya, Prasek, Mukhmadhurya, kaphsteevan are the lakshan of vatakaph amlapitta.^[5]

Samprapti of Amlapitta

Due to above etiological factors vatadidosas get aggravated leading to mildness of agni. At this time whatever is eaten by an ignoramus person the same gets burnt, due to improper digestion, food gets acidified

inside the stomach. If person doesn't follow rules and regulation of diet due to greed the same gets severely vitiated due to pitta is known as amlapitta.

As the milk poured into undried and uncleaned cured pot immediately it attains sourness and gets inspissated in a brush from in the same way repeatedly eaten food gets improperly processed into rasadhatu in case of amlapitta. When ajirna associates pitta the amlapitta occur.^[6]

Sadhayasadhyata

रोगो.....स कस्यचित्

(मा.नि.अम्लपित्त नि.)

- 1) amlapitta of recent origin is sadhya.
- 2) Chronic amlapitta is yasya.
- 3) If proper dietetic care is taken even kasta sadhya type of amlapitta is treatable.

Amlapitta Chikitsa

Amlapitta is closely interlinked with ahara., vihar and acharya. As such nidhan parivarjan constitutes one of the primary line of treatment, along with pathya seven measures. these will help in achieving the better results.

- Avoid causative factor – nidhanparivarjan
- Consume pathya- beneficial items
- Follow good life style
- Eliminative therapies like vaman, virechana and basti should be adapted as per the need of the case.
- Panchakarma treatment (saman) is the common line.^[7]

Yog

- 1) Yavadikwath
- 2) Bhunimbadiqwath
- 3) Eladi churn
- 4) Drakchadigutika

Upasaya/Pathya

In cases of urdhvaamlapitta where slesma has high concentration one should try vama therapy. Similarly in cases of adhogataamlapitta where pitta has high concentration one should go with virecana therapy. After carrying out either or these therapies one should administer the basti therapy. Apart from the above measures one can include the following edibles in their diet rice of old Salivariety, yava, wheat, mudga, and meat soups of wild animals and birds, cool boiled water, sugar, honey, saktu, karkotak, karavellaka, patola leaves, hilmochika, vetagrawellripped fruit of kusmanda, flowers of banana tree, vastuka, kapittha, pomegranate, amalaki and all tikta juices and edibles. One should also drink liquids which are anti kapha and anti pitta.

Anupasaya/ Apathya

The following are strictly prohibited for a patient of amlapitta fresh paddy, viruddhasana, pitta including meals obstructing the flow of vomitingsesame urada, kulattha items fried in oil milk of sheep kanji salt amlaand Katy juices guru products, curd and liquor.^[8]

CONCLUSION

Amlapitta occurs when *prakrutha pitta* attains *vidagadaha* by the *aharajviharaj* and *manasshiknidan*. The high prevalence rate of *amlapitta* is due to indulgence in *ahitkarahar*, *vihar*. *Aharajnidan* like intake of non vegetarian food, *virudhahar*, *amlaras seven* etc; the chronic stage of *amlapitta* again influenced by vitiation of *doshas* leads to other condition like *jwara*, *atisara* etc. from the above study we could able to identify the important causative factor. So if we treat this disease we avoid this disease producing cause.

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