



**CONCEPTUAL REVIEW OF ETIOLOGY OF AMLAPITTAAS LIFESTYLE  
DISORDER IN PRESENT ERA**

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**INTRODUCTION**

Ayurveda is traditional holistic medical science of India, which literally means the science of life, which is based on the belief that health and wellness depend on a delicate balance between the mind, body and spirit.

Ayurveda stands apart from the rest of medical fraternity with its holistic & all-encompassing approach to the disease management on the basis of Nidan panchaka which enables this eternal science to effectively handle many apparently minor ailments which certainly hamper the quality of life.

Lifestyle disorders are the disorders caused because of changing food habits, inadequate sleep, lack of exercise and stress. They can be prevented with the help of Ayurveda treatment and lifestyle modification. The lifestyle includes mainly dincharya, rucharya, aahar and vihar of the individual. The unhealthy changes in any of the above are the key factors which results in lifestyle disorders.

In this 21st century, lifestyle has changed very quickly. Now there is competition in every field. So most of people have lot of stress. As lifestyle is changing in society, its diet, habits are also changing very rapidly. Now-a-days people take fast food regularly as a result of which they suffer from various disease like Amlapitta vyadhi.

In Amlapitta vyadhi commonly observed causative factors are – viruddhahara (incompatible food item), excessive consumption of beverages, etc. Aharaj and viharaj causative factors observed as per current lifestyle are – spicy food habits, fast food like pizza, burger, etc. Oily foods, insufficient sleep at night, irregular meal timings, suppression of natural urges, eating excessive salty food like papad and excessive sour foods, Ratraujagarana (staying awake till late night) etc. As per Acharya charaka, even after consumption of healthy food in appropriate amount, it sometimes does not get digested properly due to psychological causes like chinta (worry) example excessive stress, krodha (anger), etc. The aforesaid psychological causes are the most indulging factors which causes many metabolic diseases.

Amlapitta is probably a commonest digestive disorder, it manifests as a result of declined digestive capacity. In Charaka Samhita Acharya Charaka said that the ama or undigested food molecules which are generated from ajirna are absorbed and deposited in different organs of the body and thus produces the metabolic diseases like Amlapitta vyadhi. In Ayurvedic literatures all the Acharyas of Ayurveda focused on the Nidana of the disease first and gave the same importance as that of treatment of disease.

**AIM AND OBJECTIVES**

1. To study the hetu (Etiological factors) of Amlapitta Vyadhi from Ayurvedic texts and today's era.
2. To review literature of Amlapitta from Ayurvedic texts.

**MATERIAL AND METHODS**

In this study all the etiological factors of Amlapitta vyadhi have been studied from Ayurvedic texts. Various articles are referred from Ayurvedic Journals and internet surfing done.

**Review of literature of Amlapitta  
Charaka Samhita**

In Charak Samhita, the word Amlapitta is mentioned at few locations. It is mentioned as symptom, not as disease itself.

शोथाम्लपित्तज्वरपीनसानाम् विरूद्धमन्नम् प्रवदन्ति हेतूम्॥

च सू.२६/१०३

कुलत्थाम्लपित्तजननानाम् च.सू. २५/४०

संसृज्जमानं पित्तेन दाहं तृष्णा मुखामयात्।

जनयत्यम्लपित्तश्च पित्तजांश्चपरान् गदान् ॥

च.चि.१५/४७

In chikitsa sthan Aaharya Charaka described treatment of Grahani in separate chapter. 'Grahani Chikitsita' chapter highlights importance of Agni (digestive power) and diseases due to debauch of Agni. In the course of Grahani, exclusion of doshas take place upwards or downwards. Signs & symptoms of grahani with upward direction favors Urdhwaga Amlapitta. Signs & symptoms of Pittik Grahani resemble adhoga Amlapitta.

#### Sushruta Samhita

Any reference about Amlapitta is not available in Shushruta Samhita.

#### Bhela Samhita

In Bhela Samhita, no reference is available about Amlapitta.

#### Harita Samhita

In Harita samhita (Chapter 24), Amlapitta vyadhi is described in tritiya sthan with its nidana, samprapti and chikitsa.

#### Sangraha kaal

##### Ashtanga Hrudayam

In Ashtanga Hrudayam, no reference is available about Amlapitta.

#### Madhava Nidana

Nidanpanchaka of Amlapitta is described in chapter 51 - Amlapitta nidana.

#### Vangasena

Amlapitta is described with its nidanpanchaka and chikitsa in chapter 62 - Amlapitta nidana.

#### Kashyapa Samhita

In Khilasthana (chapter 16), Amlapitta vyadhi is described in detail along with its nidanpanchaka, upashaya & upadrava. representation of samprapti of Amlapitta is in detail so it is a special characteristic of kashyapa samhita.

#### Sharagdhara Samhita

In prathama khanda of Sharandghara samhita (7th chapter), three types of Amlapitta are described -

1. Vaataj
2. Kaphaj
3. Vatkaphaj

अम्लपित्तं त्रिधा प्रोक्तं वातेन श्लेष्मणा तथा ।

तृतीयं श्लेष्मावाताभ्याम्.....॥

शा.सं.प्र. खं म. ७/१०

**Amlapitta Nidan:** Amlapitta is multifactorial disease. The etiological factors of Amlapitta vyadhi can be broadly classified into following types:

- 1) Aharaj (Dietary)
- 2) Viharaj (Life style Related)
- 3) Manas (Psychological)
- 4) Kalaj (Seasonal)
- 5) Itrogenic components.

#### Aharaj nidan (Dietary)

Viruddhahara- Mutually incompatible foods. Dushta Ahara - Contaminated food.

Amla- Sour foods.

Vidahi anna- Foods which cause burning sensation.

Pitta Prakropaka anna- Food and drinks which aggravate pitta.

Svahetu Upachitam Pittam-Pitta which has already accumulated in the body due to various aggravating factors (Consumption of pittaprovoaking foods, drinks)

#### Other dietary habits which are responsible for Amlapitta Vyadhi areas follows

- 1) Inappropriate timings of food.
- 2) Unhealthy food eating habits.
- 3) Eating in excess quantity.
- 4) Skipping meals.
- 5) Lesser or over intake of water and improper timings of intake of water.
- 6) Repeated food intake (Before the digestion of previously taken food).
- 7) Excessive intake of spicy, oily, contaminated food items.
- 8) Excessive intake of fermented food items like idli, dosa.
- 9) Excessive intake of very dry or very oily food items.
- 10) Excessive intake of food items which are hard to digest.
- 11) Fasting for long time.
- 12) Excessive intake of stale food items.

**Viharaj Nidan:** Vihar denotes the routine activities of an individual. Viharaj hetu for Amlapitta Vyadhi are as follows:

- 1) Lack of rest.
- 2) Fast moving lifestyle.
- 3) Insufficient sleep at night.
- 4) Sleeping immediately after taking meal.
- 5) Suppression of natural urges.
- 6) Excessive exposure to sun and fire.
- 7) Inadequate physical exercise.
- 8) Sedentary jobs.
- 9) Taking bath with hot water.

#### Manas Nidan (Psychological factors)

- 1) Stressful lifestyle.
- 2) Excessive anxiety, worry, anger, jealousy, fear.
- 3) Job dissatisfaction and over thinking while having

food.

- 4) Psycho, socio, familial, Environmental stress.

**Kalaj Nidan (Seasonal):** Increased acidic content of water and consumption of newly harvested grains set a stage for pitta accumulation in the body during rainy season. Infact subsequent stage of pita vitiation (Prakropa) is prevented due to cold ambience. When the sharad Ritu sets in ambience changes in favour of pittaprakopa.

**Iatrogenic (Drug induced) components:** Prolonged use of anti-inflammatory and antacids drugs, painkillers and Antiplatelet drugs are found to be one of the main cause of Amlapitta and subsequent development such as Udarvrnam (Gastric or peptic ulcer), gastritis, GERD.

### DISCUSSION

The important lifestyle disorder Amlapitta is a major gastrointestinal tract disorder, has acquired majority of share with causative factors like improper diet habits and faulty lifestyle. Ayurvedic literature mainly focused on prevention of the disease first itb means prevention is better than cure and for this Nidanparivarjan concept is mentioned by Acharyas of Ayurveda which is helpful for prevention of Amlapitta vyadhi in normal individual its management in person taking medication for Amlapitta and to prevent the further recurrence of the disease.

### CONCLUSION

Amlapitta is the lifestyle disorder can be prevented with the help of Ayurveda. It can be corrected by the following the Rutucharya, Dincharya, and the healthy food habits described in Ayurveda. Amlapitta vyadhi is treated with the help of Nidanparivarjan.

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