



**ROLE OF AYURVEDA IN THE MANAGEMENT OF AMLAPITTA**

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**ABSTRACT**

Amlapitta (Hyperacidity) is gastrointestinal disorder described in Ayurveda. Amlapitta is a very common disease in present era. The pachaka pitta (digestive enzymes etc. In this modernized and fast life each person is busy and living stressful life. People are unaware to take healthy food and most of them are attracted towards the junk foods and also changing their diet pattern. Amlapitta is a result of inappropriate dietary regimen or stress. Amlapitta as per Ayurveda is a disease in which excessive secretion of Amla Guna of Pitta takes place causing symptoms like burning sensation. Amlapitta vyadhi with life threatening disease of the world are due to faults in dietary habits. Pachak pitta (gastric juice) increases due to Kaphapradhana Tridoshaja Vyadhi It is characterized by acid regurgitation, nausea, heart burn indicating the vikruthi of Pachaka Pitta along with Kledaka kapha and Samana Vayu. This has encouraged assessing the effect of the Ayurvedic approaches, both Shodhana (Virechana) and Shamana in the management of Amlapitta. Virechana is a method, which is much safer, less complicated procedure. Madhavkara has mentioned that the pitta is dominant in this disease. Acharya Charaka has not mentioned Amlapitta as a separate disease but as a symptom.

**KEYWORDS:** Amlapitta, shodhan, shaman, hyperacidity, pachak pitta.

**INTRODUCTION**

Amlapitta (Hyperacidity) is one of the commonest vyadhi (disease) of annavaahasrotas (Gastrointestinal track disorder) by vitiated agni (Appetite). Impairment of *Agni* leads to the impairment of digestion and metabolism, leading to the diseases. *Amlapitta* is one of such diseases caused by the impairment of *Agni*. *Agnimandya* which ultimately lead to diseases like *Amlapitta*. In Ayurveda, All the diseases are due to hypofunctioning of *agni*. *Amlapitta* (Hyperacidity) is a condition where *amlaguna* (Sour) of pachak pitta (Gastric juice) increases due to *samata* causing vyadhi (Disease) condition. Pachak pitta (Gastric juice) is correlated to HCL & *Amlapitta* is condition where pachak Pitta (Gastric juice) is increased in quantity Along with those stimulating factors tremendous stress and anxiety have significantly aggravated the disease including *Amlapitta* (Hyperacidity). This is a life style problem *Amlapitta* (Hyperacidity) is gastrointestinal disorder described in Ayurveda. It can be correlate with hyperacidity in modern medical science. *Amlapitta* (Hyperacidity) is classified according to the *Dosha Dushti* (defect in juices) and *Sthana Dushti* (place) of the *Strotasa* (system). *Amlapitta* (Hyperacidity) having symptoms like *Avipak* (Indigestion), *Kalma* (general debility), *Utklesh* (Nausea), *Tikta Amladagar* (Burping), *Gaurava* (Heaviness), *Hrdakantha Daha* (Heartburn), *Aruchi* (loss of taste).<sup>[1]</sup> *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 along with dietetic indiscrimination. In *Amlapitta* Its discovered that irregular intake excess of salty, spicy food, suppression of natural urges and fluently use of NSAID and antibiotics, steroids like medicine are major role in developing disease *Amlapitta*.

*Kasyapa samhita* is the first text which explained *Amlapitta* as a separate entity. In *Madhavanidana*, *Nidana Panchaka* of *Amlapitta* was described. The symptoms of *Amlapitta* are *Avipaka*, *Klama*, *Utklesa*, *Tiktamla udgara*, *Gourava*, *Hritkantadaha*, *Aruchi*, *Vibandha*, *Udarasula*. *Madhava Nidana* described there are two types of *Amlapitta* i.e. *Urdhvaga* and *Adhoga* *Amlapitta*. Considering the *samprapti* of *Amlapitta*. According to *Sushruta Samhita* describes condition of *Amlika* similar to *Amlapitta* because of excessive intake of *Lavana rasa*.<sup>[2]</sup> In *Harita Samhita*, *Amlapitta* are explained with treatment it can be assessed that administration of "Tikta rasa" *pradhana dravyas* and management by shaman, shodhan (*virechana*).

**Amlapitta review****Kashyapa Samhita**

Kashyapa Samhita is the first Amlapitta has been mentioned as a separate entity in chapter 16th of Khilasthana.<sup>[3]</sup>

**Astanga Sangraha**

If Shodhana is not done in time, many diseases occur, one of which is Pramilika. Indu says Pramilika is a synonym of Amlapitta.<sup>[4]</sup>

**Astanga Hrudaya**

While describing Pittaja Hrudroga, Vagbhata has used the term Amlapitta.<sup>[5]</sup>

**Madhava Nidana**

Amlapitta and describes its two clinical subtypes i.e. Urdhvaga and Adhoga Amlapitta.<sup>[6]</sup>

**Sharangadhara Samhita**

he has given the drugs and their preparatory methods and indicated it in the disease Amlapitta.<sup>[7,8]</sup> He has also explained the therapy Niruha Basti for Amlapitta.

**Bhavaprakasha**

Two separate chapters on Amlapitta have been devoted in this Bhavaprakash. Upadrava and Arista are explained.<sup>[9]</sup>

**Nidan****Aharaj hetu**

According to Kashyap Virudha Ahara, Ama Bhojana, Ajeerna Bhojana, Guru (heavy meal), Snigdha Bhojana, etc. causes Agnimandya that leads Amlapitta(hyperacidity). Various types of incompatible substances, excess of Pitta aggravating factors like Katu, Amla, Vidahi etc. Bharjitanna and untimely consumption of food are the factors against the dietetic code and they are directly responsible for the disturbances of Pitta. excessive consumption of alcohol, smoking, tobacco, beverages and other irritant and toxic substances are included. This includes various kinds of faulty dietary habits which are against the normal habits as mentioned in Ayurveda.

**Viharaaja hetu**

Ratri-jagarana, Dhatukshaya, Upavasa etc, which causes Vata Pitta Prakopa. Kashyapa mentions that the causative factor may be Vegadharana, Divaswapa after intake of Bhojana, more Snana. So, the above factor causes Jathar agnimandya that leads to the disease Amlapitta.

**Mansik hetu**

Psychology, in terms of anger, anxiety, greed etc. would affect the physiology of digestion, resulting from stress

and strain which shows the important role played by psychogenic factors in the production of Amlapitta.

**Other causes**

Sharad ritu (autumn season), addiction of alcohol, smoking, tobacco chewing, prolonged intake of NSAIDS (pain killers), helicobacter pylori infection. All the above factors result in excessive increase of symptoms of Amlapitta.

**Purvarupa**

In Ayurvedic classics, no specific Purvarupas of Amlapitta are mentioned.

**RUP.**

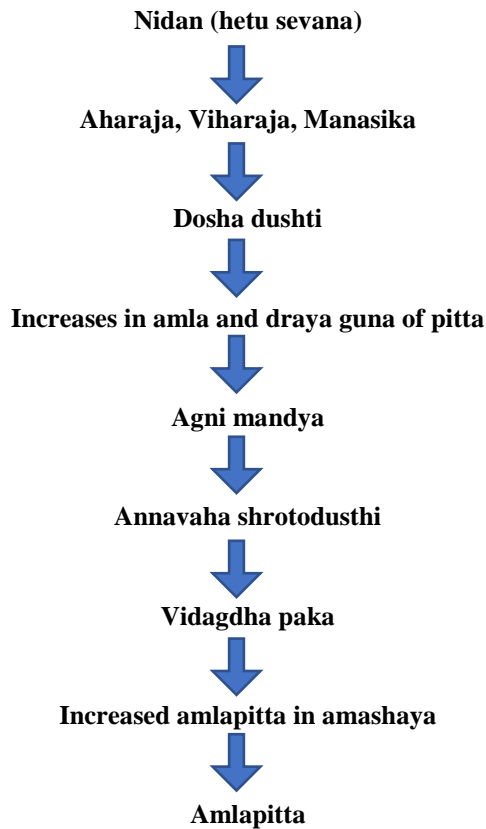
Sr. No.	Rupa	K.S.	M.N.	B.P.	S.N.
1.	Aruchi	-	+	-	-
2.	Amlodgara	+	+	-	-
3.	Avipaka	-	+	+	-
4.	Amlotklesha	+	-	-	-
5.	Gaurava	-	+	+	-
6.	Hritsula	+	-	-	-
7.	Gurukostata	+	-	-	-
8.	Klama	-	+	+	+
9.	Utklesha	+	+	-	+
10.	Romaharsha	+	-	-	-
11.	Siroruk	+	-	-	+
12.	Udaradhamana	+	-	-	-
13.	Aangasada	+	-	-	-

According to the Madhava nidana has described 2 types of Amlapitta.

1. Urdhvaga Amlapitta
2. Adhoga Amlapitta

**Samprapti**

Due to nidan sevan that is aharaj hetu viharaj hetu doshas get vitiated and they spread in body where vitiated doshas found favourable condition in body Aama occurs and this process is known as samprapti.<sup>[1]</sup>



#### Samprapti Ghataka of Amlapitta.

Dosha	Pitta vishesha
Dushya	Rasa
Stotasa	Annavaha strotasa
Agni	Agnimandya
Adisthana	Amashaya, Grahani

#### Upadrava<sup>[11]</sup>

According to acharya kashyapa The Upadravas are; Jvara, Atisara, Panduta, Shula, Shotha, Aruchi, Bhrama, Grahani Roga. According to Acharya Gananath Sen, Upadravas of Amlapitta are Amasayakala Shopha, Grahani Kala Shopha, Kandu, Mandala, Pidaka, Shitapitta, Udara etc

#### Chikitsa of Amlapitta<sup>[12]</sup>

According to Charaka also almost all diseases may be treated in 3 ways.

1. Apakarshana
2. Prakritivighata
3. Nidana Parivarjana

#### Shodhana therapy

then Virechana is the ideal therapy. If the Doshas are localised in Pakwasaya then Basti is the suitable therapy. In other words, Apakarsana is the Shodhana therapy.

#### Shamana therapy

the use of drugs which suppress the Doshas. Such treatment is termed as Shamana therapy. The Shamana

drug should be of Madhura and Tikta Rasa, Snigdha Guna and Sheeta Veerya which are opposite to Pitta.

#### Yoga for Amlapitta (Hyperacidity)

Yoga is good for Depression; anxiety worsens the acidity disease so try to live a stress-free life for healthy and happy living. Some of the useful yoga postures are - Suryanamaskar, Sarvangasan, Paschimottanasan, Vajrasan.

#### Pranayama

Bhastrika Pranayam, Sitali Ptanayam and Sitkari Pranayam

#### Pathy apathy<sup>[13]</sup>

Hetu sevana makes various pathological changes in the body that creates a disease. And nidana parivarjana will stop further pathogenesis in the body. Therefore, pathya and Apathya plays a great role in each disease.<sup>[14]</sup>

#### Pathya

**Ahara** - Purana Shali, Mudga, Goghrita, Godugdha, Jangala Mamsa, Patola, Vastuka, Dadima, Amalaki etc.

**Vihara** - Sitopachara, Visrama

#### Apathya

**Ahara** - Amla, Lavana, Katu, Vidahi, Guru, Tila, Kulattha, Madya etc.

**Vihara** - Atapasevana, Vega Vidharana, Krodha, Soka, Chinta etc.

### DISCUSSION

The disease Amlapitta (Hyperacidity) is a common functional disease of Annavaha srotas. Nidanās of Amlapitta i. e. Aharaja, Viharaja, Manasika And modern life style provokes people to run behind a busy, stressful life with least concern towards proper food habit. in which the Pitta gets vitiated in terms of Vruddhi (excessiveness) and sourness of Pitta is increased. In the Samprapti of Amlapitta, the normal and abnormal functions of Amla Rasa are basically attributed to Pitta Dosha. Pitta prakopa and Vidagdha of Pitta are main responsible factors in pathogenesis of Amlapitta. Dosha, Dushya, Srotas, Agni and Ama are the five basic most components of disease process Acharya may have given detailed explanation of amlapitta and its way of approach in management. According to charaka person living in Anup desha is prone for amlapitta and Anup desh is Ahita desha.<sup>[15]</sup> And Acharya Kashyap says to “shift the place” i.e. deshantar gaman.<sup>[16]</sup>

### CONCLUSION

Amlapitta is very common and major problem due to changing life style habits Pitta prakopaka nidanas, which includes Aahara, Vihara and Mansika hetus are predisposing factors to play a major role in of Amlapitta. As enumerated earlier, Pitta prakopa and Vidagdha of Pitta are main responsible factors in pathogenesis of Amlapitta. So that type of drug should be recommended it can be accomplished by combination of Madhura vipaka, Ushana virya drug. Pathya and Nidana Parivarjana, shamana, shodhana also play an important role in the management of Amlapitta.

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