A REVIEW ON ETIOLOGY AND MANAGEMENT OF AMLAPITTA

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ABSTRACT
Ayurveda is one among the oldest health science. Nowadays due to faulty life style, diet pattern men-tal stress and strain healthy status of human being is in declining. Due to changing life style, there is tremendous increase in disorder related to mahasrotas (gastrointestinal tract. Amlapitta is one of the major disease which occurs in mahasrotas. Amlapitta is pitta predominance disease which is realated to Annavaaha srotas & Purishvaha Srotas occurs due to mandagni and ama. When Amla guna of pitta is increased is called Amlapitta. Various acharyas has explained amlapitta as separate disorders but Samprapti of Amlapitta is clearly mentioned in Grahani chikitsadhyay while describing samprapti of Grahani Dosha. The basic principles of treatment are mainly nidana parivarjana, shodhana, and shamana chikitsa. Vamana and Virechana are mentioned for urdhva gati and adho gati of doshas. In modern science it can be correlated with Gastritis.

KEYWORDS: Amlapitta, charaka, Ushna, Katu, Tikshna.

INTRODUCTION
Ayurveda is science of life. Ayurveda mainly deals with physical, mental, social and spiritual wellbeing by any of adopting preventive and promotive approach as well as to treat the diseases with its various curative approaches. A balanced diet and regular exercise are the keys to good digestive health. But today’s era, faulty dietary habits, sedentary life and stress are main causative factors for diseases. People eat a lot of processed food with preservative and lack of exercise, etc., helps in vitiation of Annavaaha srotas. Amlapitta is one of the Annavaaha srotas disorder. Amlapitta is a classic example of the lifestyle disorders common in the present scenario. Around 25-30% of persons are suffering from gastritis in India. Madhukosa explained Amlapitta as “Amlam vidagdhham cha tat pittam amlapittam” Amlapitta denotes the vitiated condition of pitta and it imparts Amlatvam and Vidagdathavam.
to the ingested food. *Kasyapa samhita* is the first text which explained Amlapitta as a separate entity. In *Madhavanidana, Nidana Panchaka of Amlapitta* was described.

**Definition of amlapitta**

Amlapitta is composed of two words *Amla+ Pitta*.\(^1\) Also it is said that Amla has been a natural property of *pitta* along with *Katurasa*.\(^2\) Susruta has enlisted *Katu* as its original *ras* and mentioned that when *Pitta* becomes *vidagdha* changes into *Amla*.\(^3\)

- The augmented or increased *Amla guna of pitta* is known as *Amlapitta*.\(^4\)
- The *pitta* which attains *amla guna* and *vidagdhata* is called as *Amlapitta*.\(^5\)

**AIMS AND OBJECTIVES**

1. To study etiology of *Amlapitta*.
2. To study current treatment trends of *Amlapitta*.

**MATERIALS AND METHODS**

*Amlapitta* is studied through different Ayurvedic and modern text, journal, magazine, internet. It is a review article based on data collected from different source.

**Nidan of amlapitta**

**Aharaj nidan**\(^6\): Virudhasana, ajirna, ame purnat, pishtanna, ama apakva madya, goras atisevan, guru bhojan, abhishyandi bhojan, ushnatishevan, snigdhatishevan, rukshitishevan, amlatisevan, drava- tisevan, fanit sevan, ikshu vikar, kultha sevan, bhrisht dhanya, pulak, prithuk sevan.

**Viharaj nidan**: Bhuktva bhuktva divaswapnat Ati snana Ati avgahanat,

*Mansik nidan*-Acharya charak mentioned that even the wholesome food also taken in proper quantity, does not get digested due to anxiety, grief, fear, anger, uncomfortable bed and vigil.\(^7\) It produces *ama* and that cause *Amlapitta*. Considering the samprapti of Amlapitta, it can be assessed that administration of “Tikta rasa” pradhana dravyas alleviates the disease.

Ayurvedic Classics have indicated several single drugs in the treatment of Amlapitta.

**Samanya lakshan**\(^8\)

- Avipaka
- Klama
- Utklesh
- Tikta udgar
Classification of amlapitta
1. Madhavkara classified Amlapitta in two ways-
   A) According to pravritti\textsuperscript{[9]}
   - Urdhavaga
   - Adhoga
   B) According to dosha\textsuperscript{[10]}
   - Vataja
   - Vata –kaphaja
   - Kaphaja
2. Kashyapa described this disease into three types according to prominent of dosha\textsuperscript{[11]}
   - Vataja
   - Pittaja
   - Kaphaja
   1. According to Gatibheda it is divided into two categories.
      1. Urdhwaga
      2. Adhoga
   3. According to Doshas it is divided into three categories.
      1. Saanila
      2. Sakapha
      3. Saanilakapha

Modern view
Signs and symptoms of Amlapitta mentioned in the Ayurvedic texts are very similar to hyper acidity. The stomach normally secretes acid that is essential in the digestive process. The acid helps in the breakdown of food during digestion. When there is excess production of the acid by gastric gland of the stomach, it results in the condition known as acidity.
Definition
Hyperacidity simply means an increased level of acid in the stomach. The stomach secretes Hydrochloric acid (Hcl), a digestive juice which breaks down food particles into their smallest form to acid digestion. When there is an excessive amount of hydrochloric acid in these factors the stomach, the condition is known as hyperacidity.

Causes
In the present modern era, fast hectic lifestyle, mental stress, incompatible food habits, unhealthy regimens habits like smoking, alcohol etc., which are not suitable for the physiology of digestion and Willful medications like NSAIDS, steroids, some vitamin supplements, insufficient sleep at night, Irregular meal pattern, Eating too late at night, Spicy, salty and sour foods, suppression of urges are causing gastric irritation and hyper gastric secretions leading to the onset of Amlapitta.

Symptoms
Heartburn is the main symptom of acidity. Heartburn is characterized by deeply placed burning pain in the chest behind the sternum. Sour belching with an after of the already eaten food, Stiffness in the stomach, a feeling of restlessness, Feeling of nausea and actual vomiting, Lack of appetite, Indigestion, Constipation, Bloating, Dark or black stools(from internal bleeding), Dysphagia, Burping or hiccups that won’t stop.

Complications of hyperacidity
Long-standing hyperacidity may lead to formation of ulcers in the stomach which may again lead to complications like perforation.

Management of hyperacidity
Weight reduction, stopping cigarette smoking, Meals should be of small volume. Alcohol, fatty food and caffeine should be avoided. No snacks to be taken after evening meal to prevent nocturnal regurgitation. Heavy stooping or bending at the waist should be avoided especially

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**Chikitsa of amlapitta**

According to Acharya Charak chikitsa of all disease can be divided in 3 part-

1. Nidan parivarjan
2. Samshodhana
3. Shamana

**Nidan parivarjan:** Withdrawal of the aetiological factors of the disease is called *nidan parivarjana*. Acharya Shusrut mentioned *nidana parivarjana* as the first line of treatment of all the diseases.[12]

In *amlapitta* excessive *nidana sevana* leads to Mandagni and Pitta vriddhi. So nidan of amlapitta should be removed in its first treatment.

**Sanshodhana chikitsa:** Samshoshana karma eliminates the vitiated *doshas* from their root cause and thus cures the disease entirely so that there is least probability of recurrence of disease. Acharya Kashyap has mentioned *Amlapitta* is developed from *Amashaya* (Stomach) and kapha and pitta dosha are having ashrayas. Vamana and virechana karma as the best treatment for Amlapitta, for an example as if we cut down the root of any tree, the stem of the tree dies automatically.[13]

**Sanshamana chikitsa:** Samshamana karma or chikitsa means prakruti vighata. According to Acharya Kashyap after *vamana karma* if some of the vitiated *doshas* remains in the body then they should be pacified through langhana, laghu bhojana, satmya kala, desh and pachana karma with Shamana yoga

**Oral medication**

1. Avipattikara churna
2. Sutsekhar ras
3. Kamadugha ras
4. Prawal panchamrit
5. Laghusutshekar ras
6. Churnas like Shatavari, Yastimadhu, Sariva, Vasa, Bhringa, Dhamasa, Amla, Chandan, Guduchi satwa, Musta, Parpatak to be considered.
7. Chandanasav, Ushirasav, Bhunimbadikada, Abhayarishta, Amlapitta kadha.
8. Patoladi kashayam
9. Maha Dhanvantari Gutika

Management of hyperacidity

Weight reduction, stopping cigarette smoking, Meals should be of small volume. Alcohol, fatty food and caffeine should be avoided. Nosnacks to be taken after evening meal to prevent nocturnal regurgitation. Heavy stooping or bending at the waist should be avoided especially after meals. Head in the bed should be elevated by 15 cm.\textsuperscript{14}

Drug treatment of hyper acidity:

Drugs include:
- Proton pump inhibitors
- H2 blockers
- Antacids
- Prostaglandins.\textsuperscript{15}

Complications of hyperacidity:

Long-standing hyperacidity may lead to formation of ulcers in the stomach which may again lead to complications like perforation.

Pathya & Apathya for amlapitta

Pathya ahar
- Puranshali, mudga, masur, harenuk
- Goghrit, Godugdha, jangal mansa
- Kalay shak, pautik, vasa pushp, vastuk
- Rason, Haritaki, pippali, puran madira Pathya vihar
- Vamana, Virechana, Basti, shital jalpan

Apathya ahar
- Til, Urad, kulthi
- Avi dugdha, Dhanyamla
- Lavana, Amla, Katu Rasa dravya
- Guru anna, Dadhi, Madya Apathya Vihar
- Veg dharan
Atap sevan
Diwaswap

**Sadhyasadhya of amlapitta:** The prognosis of the disease is not uniformly favorable. Tactful handling during its earliest stages may cure Amlapitta. Chronic cases may either improve a little or may relieve completely during the course of treatment. As soon as the patient deviates from the wholesome diet the disease relapses. Madhava has described the Sadhyasadhya of this disease\(^{[16]} \) (Ma. Ni.51/7). When the disease is of recent origin, it is yapya when chronicity occurs it became Kricchasadhya, when the duration of the disease is long and cured with great difficult and Asadhya when the patient will have different updaravas and symptoms of Dhatu Kshaya.

**DISCUSSION**

It is clear that Amlapitta is mainly due to aggravation of pitta. Factors responsible for aggravation of this pitta dosha are excessive intake of pungent and sour food items, alcoholic preparations, salt, hot and sharp stuff which cause burning sensations. Amlapitta shows its direct impact on Annavaha Srotas. Amlapitta is a psychosomatic disorder, where psychological factors play an equally important factor along with the dietary indiscretion. Principle of Asta ahar vidhi visheshayatana and dashvidh ahar vidhi vidhan mentioned in *charak samhita* are most important aspect for preventive and curative aspect of health. They are to be examined before food intake and are to be followed during food intake. Anger, fear, excessive exposure to sun and fire, intake of dry veggies and alkalis, irregular food habits should be avoided as far as possible. The *samprapti of Amlapitta*, the normal function of amla ras are basically attributed to pitta dosa. Amla ras and Amla Vipaka plays important role in the pathogenesis of Amlapitta. Dosha, Dushya, Srotas, Adhisthan, Agni, Ama are basic component of any disease process and also Amlapitta. Urdhva gati Amlapitta symptoms related to *Annavaha Srotodushti* and Adho gati symptoms of Amlapitta is related with *Purishvaha strotodushti*. Due to the incidence and importance of Amlapitta, Acharya may have given detailed explanation of Amlapitta and its way of approach in management. A person living in Anup desha is prone for Amlapitta and Anup Desh is Ahita Desha according to *Acharya Charak*.\(^{[17]} \) *Acharya Kashyap* says to “Shift the place” where the all told treatment modalities fails.\(^{[18]} \)
CONCLUSION

Amlapitta is most irritating disease due to faulty life style, dietetic indiscrimination and mental stress. Amlapitta is most common disease nowadays due to excessive uses of spicy and fast food along with irregular lifestyles. Description of disease Amlapitta seen from vedic period. Aharaj Hetu, Viharaj Hetu, Manasika Hetu, and Aagantaja Hetu are the causes which responsible for diseae Amlapitta. In Upanishad kala also it was firmly believed that manasika bhavas are affecting the disease Amlapitta. Symptom. Vitiation of pitta is necessary for the clinical manifestation of Amlapitta. Vitiation of Vata and Kapha may be associated with this disease. If not treat this disease properly it may be give various complications in our body like Jwara, Atisara, Pandu, Shoth, Aruchi, Bhrama. The basic principle of treatment is Nidan parivarjana, Sanshodhana, Sanshamana chikitsa. An abnormal psychology of a person in terms of anxiety, anger, greediness, etc. would affect the physiology of the digestion. Along it Pathya ahar and vihar also plays an important role of management of Amlapitta.“ A person by performing appropriate diet and mode of life doing befitting exercise, free from greed, having control upon oneself and also being truthful the disease subsides”.

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