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## A CLASSICAL QUICK REVIEW OF AMLAPITTA

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### ABSTRACT

*Amlapitta* has two-word *Amla* and *Pitta*. In *Amlapitta* the quantity of *Pitta* (*Pachaka pitta*) is increased, *Rasa* of normal *Pitta* is *Katu* is changed to *Amla Rasa*, as result of excessive salivary secretion and fermentation; increased *Amla Rasa* quality is call as *Amlapitta*.

All of these inappropriate dietary habits, stress or busy life style, lack of physical activity and consumption of smoking & alcohol have frequently resulted in various type of *Annavha-strotasha* (G.I.T.) *Vyadhi*. *Amlapitta* is one of the most common *Vyadhi* of *Annavha Strotasha*. *Amlapitta* is a condition where quantity of *Pitta* increase and quality of *Pitta* decreased and converted to *Vidagdha Pitta* due to *Aama* through indigestion. Following the *Dincharya* and *Rutucharya* and avoid lifestyle modifications changes are used as first line of treatment of *Annavaha Strotasha Vyadhi* or *Amlapitta Vyadhi*.

In this modern life style, each person takes unhealthy diet and living stressfully life style, people are unaware to take healthy food. Most of people are attracted towards the bakery food, packing food, junk food, oily-spicy food and also changing their eating pattern habit.

*Acharya Charka* mentioned *Amlapitta* as symptom not a separate *Vyadhi*. *Acharya Madhavkara* separately mentioned *Amlapitta Nidhan*, *Bedha*, *Shadhyata- Asadhyata* etc. and fully described in *Kashayap Samhita* with *Sodhan & Shaman Chikitsa*.

**Keywords:** *Amlapitta*, *Nidana-Panchaka*, *Pathya-Apathya*, *Upadrava* of *Amlapitta*, *Shodhan*, *Shamana*.

## INTRODUCTION

In this modern life style, each person takes unhealthy diet and living stressfully life style, people are unaware to take healthy food. Most of people are attracted towards the bakery food, packing food, junk food, oily-spicy food and also changing their eating pattern habit.

In modern era *Amlapitta* is one of the commonest *Vyadhi*. Ayurvedic Samhitas have described *Dinacharya & Rutucharya*, but in present day due to improper life style people are not following *Dinacharya & Rutucharya* resulting get *Aganimadhyata* which ultimately led to *Vyadhi* like *Amlapitta*. All the diseases are caused by 'Mandagni' as Acharya Vagbhata says 'RogaSarveapiMandeagni'<sup>1</sup>

According to Acharya Susruta, in this *Vyadhi* excessive secretion of *PachakaPitta* (Gastric Juice), its normal secretion quality *Rasa* is *Katu* is changed to *Amla Rasa* as a result of fermentation or position of *Vidgahdha-avastha*, in this increased sour quality, it called *Amlapitta*<sup>2</sup>.

Due to various type of factors like *VirudhaAahara-Vihara*, excess intake of spicy, salty food, irregular dietary habit, change in methods of cooking, suppression of natural urges and fluently, use of NSAID, antibiotics, steroids like medicine, are major role to developing *Amlapitta*.

## AIMS AND OBJECTIVES

The main aim of this article *Ayurvedic Review of Amlapitta Vyadhi* from various *Ayurvedic Literature*.

## MATERIALS AND METHODS

*Amlapitta* is firstly described in *Kashyap Samhita* and mentioned in *Madhavnidana, Bhavprakash, Yogratnakara, Chakradatta* etc. Acharya Charka, Sushruta, Vagbhata have not described separate chapter.

Information regarding *AmlapittaVyadhi* is collected from various *Samhita* like *Charka, Sushruta, Vagbhata, Kashyap, Madhavnidana, Bhavprakash* etc.

## ETYMOLOGY

*Amlapitta* has two-word *Amla* and *Pitta*. In *Amlapitta* the quantity of *Pitta* (*PachakaPitta*) is increased, Quality of normal *Pitta* is *KatuRasa* is changed to *Amla Rasa*, as result of excessive salivary secretion and fermentation, increased *Amla Rasa* quality is call as *Amlapitta*.

## CAUSES OF AMLAPITTA-<sup>3,4</sup>

There are the following factors mentioned in *Ayurvedic Samhita*. This includes various type of *AaharajHetu, ViharajHetu, ManshikHetu* etc.

### Aaharaj Hetu-

- *VirudhaAhara-* incompatible food habit
- *DushtaAhara-* rotten food
- *Adhyasana-* to consume next meal although previous food is not digested

- *Ama Bhojana*- undigested food storing
- *Ajeerna* - indigestion
- *Vidagadha*- when constant indigestion eating habit
- *Amla*- sour food habit
- *Guru*- heavy meal habit
- *SnigdhaBhojana*- oily food habit
- *Ati Rukshana*- excessive dry food habit
- *Vidhahi Ahara*- food substances which increase burning sensation inside
- *Pitta Prakopi Annapaana*- other factors which aggravate *Pitta*
- *Abhishyandi Bhojan*- Eating of heavy foods
- *Madya -Atisevana* or improperly processed wine and drinks
- *FanitaIkshuvikara* - Use of molasses, sugarcane preparations
- *Kulattha Atisevana*

#### ViharajaHetu-

*ViharajaHetu* known as life style causative factor include habit related and regimen of the patient. It can divide in two types

1. Excessive physical work.
2. No or less physical work.

Excessive physical work includes more exercise than the normal, *Ratri-jagarana*, *Dhatukshaya*, *Upavasa*etc, which causes *Vata Pitta Prakopa*.

*Acharya Kashyapa* mentions that the causative factor may be

- *Vegadharana* (Suppression of natural urges),

- *BhuktvaBhuktvaDivaswapnata*(Repeatedly sleeping in day time after eating),
- *Avagahana* (over bathing),
- *Atisnana* (excessive bath)etc.

So, the above factor causes *Jatharagnimandya* that leads to the disease *Amlapitta*

#### Mansik Hetu-<sup>5</sup>

*MansikHetu* (Psychological factor) also plays an important role in the maintaining of health. *MansikHetu* cause *Amadosha* by *Prabhava*. The *Apakva Anna* (undigested food) produces *Amadosha* or it affects the body while associated with *Vitiated Doshas*. *MansikHetu* of *Amlapitta* are

- *Chinta* (thinking, worry)
- *Shoka* (sorrows, mourning)
- *Bhaya* (fear)
- *Krodha*(anger)
- *Dukha* (Grief)

#### KalajaHetu-

The one which comes under *KalajaHetu* are

- *Varsha Ritu* (rainy season)
- *PravrutRitu* (early part of rainy season)

#### Agantuja Hetu-

In this group factors like constant and excessive consumption of alcohol, smoking, tobacco, beverages and other irritant and toxic substances are included. These substances cause local irritation in the stomach which eventually secretes more gastric juice and cause *Amlapitta*.

**PURVAROOPA**

In case of *Amlapitta* there are no specific *Purvaroopa* mentioned in any of *Ayurvedic* classical texts.

**ROOPA (SYMPTOMS)**

SamanyaLakshana (general symptoms) of *Amlapitta* are as follows<sup>6,7</sup>

- *Avipaka* (indigestion)
- *Klama* (exhaustion)
- *Utklesha* (nausea)
- *Tiktaudgara*(bitter belching)
- *Amlaudgara*(sourbelching)
- *Gaurava* (heaviness)
- *Gurukoshtata*(heaviness of abdomen)
- *Hrit-Kantha Daha* (burning sensation in the chest and throat)
- *Aruchi* (anorexia, loss of appetite)
- *Vidbheda* (diarrhoea)
- *Shiroruja* (headache)
- *Adhmana* (flatulence of abdomen)
- *Angsada* (lethargy)
- *Antrakujana* (gurgling sound of bowel in the abdomen)
- *Romaharsha*(horripilation)

**CLASSIFICATION (TYPES) OF AMLAPITTA****According to Sthana Dushti-**<sup>8</sup>

1. *UrdhwagaAmlapitta*
2. *AdhogaAmlapitta*.

**According to Dosha Dushti-**

1. *Kashyapa Samhita-*<sup>9</sup>
  - a. *VatajaAmlapitta*
  - b. *PittajaAmlapitta*

- c. *KaphajaAmlapitta*
2. *Madhava Nidan-*<sup>10</sup>
  - a. *VatadhikyaAmlapitta*
  - b. *KaphadhikyaAmlapitta*
  - c. *Shleshma- PittajaAmlapitta*

**VISHESHA LAKSHANAS****According to Sthana Dushti-**<sup>11</sup>**1. UrdhwagaAmlapitta-**

In *UrdhwagaAmlapitta* (upper tract *Amlapitta*) these sign and symptoms are seen-

*Chhardi* (vomiting) of *Harit* (green), *Peeta* (yellow), *Neela* (blue), *Krishna* (black), *Raktabham* (slightly red or bright red colour), *Mansodakabham*, *Atipichhilabham* (sticky) and followed by cough occur. *Udagara* (belching), *Kantha-HritKukshi Daha* (burning sensation in the throat-chest and epigastric area), *Shiroruja* (headache), *Kar-charan-Daha* (burning sensation in palms and soles), *Aruchi* (loss of appatite), *Jwara* (fever associated of *Kapha* and *Pitta*), *Kandu* (itching), *Mandal* (rashes), *Pidaka* (urticaria )are also the symptoms of *UrdhwagaAmlapitta*.

**1. AdhogaAmlapitta-**

In *AdhogaAmlapitta* (lower tract *Amlapitta*) these sign and symptoms are seen-

*Trit* (thirst), *Daha* (burning sensation), *Murchha* (fainting), *Bhrama* (giddiness), *Moha*(delusion), passes faeces of different colours, *Hrillasa* (nausea),

*Kotha*(urticaria), loss of digestive fire, *Harsha* (horripilation), *Sweda* (excessive perspiration) and yellow pigmentation of the skin.

**According to Dosha Dushti-**<sup>12,13</sup>

**1. VatajaAmlapitta-**

- *Angasada* (tiredness of extrimities)
- *Gatrasada* (general body weakness)
- *Jrumbha* (yawning)
- *Klama* (dizzines)
- *Kampa* (tremors)
- *Murccha*
- *Pralapa* (irrelevant speech)
- *Romaharsha* (horripilations)
- *Shula* (pain)
- *Snighdhopashaya* (reduces on Snigdha dravyas)
- *Tamodarshanam*
- *Vibhrama*

**2. PittajaAmlapitta-**

- *Bhrama*(giddiness)
- *Swaduupashaya*(reduces onhaving somethingsweet)
- *Situpashaya* (reduce on intake ofsomething which is cold)

**3. KaphajaAmlapitta-**

- *Agnimandhya*(loss of appetite)
- *Aruchi*(anorexia)
- *Atisara*(diarrhoea)
- *Chardi*(vomiting)
- *Gaurava*(heaviness)
- *Jadata*

- *Kandu*(itching)
- *Nidra*(sleep)
- *Ruksopasaya*(reduces on intake of something which is ruksha)
- *Usnopasaya* (reduces by heat)
- *Kaphanishtivana* (expectoration)
- *Shitya*
- *Sada*
- *Upalapa*

**UPASHAYA-ANUPSHAYA (PATHYA-APATHYA):**<sup>14</sup>

**Upshaya (Pathya)**

**Aharaja –**

Yava, Godhuma (wheat), Mudga, Masura, Mansaevum-Mansa Rasa of Jangala (wild) animals and birds, tapta-sheetaniJala (cool boiled water), Sharkara (sugar), Madhu (honey), Saktu, Karkotaka, Karvellaka, Patola, Hilmochika, Vetagra, VridhaKushmand, Rambhapushpa, Vastuka, Kapittha, Dadima, Dhatri, TiktaShaak

**Viharaja –**

*UrdhwagaAmlapitta – Vamana Karma*

*AdhogaAmlapitta – Virechana Karma*

**Anupshaya (Apathya)**

**Aharaja –**

Navanna, Virudha Anna, Pitta Prakopaka Anna, Tila, Masha, Kulattha, TailaBhakshan (items fried in oil), Avidugdha, Dhanyamla, Lawanadhikya, Amladhikya, Katuadhikya Anna, Guru Anna, Madya, Dadhi

**Viharaja –**

- *Vamana Vegadharana, Divaswapna* etc.

In *Kashyapa Samhita* detail explanation is given.<sup>15</sup>

- *Vataja- SnigdhaUpashaya,*
- *Pittaja- Swaduand Sita Upashaya,*
- *Kaphaja – RukshaandUshnaUpashaya*

**SAMPRAPTI**

Due to above etiological factors *Vatadi Dosas* get aggravated leading to mildness of *Agni*. At this time, whatever is eaten by an ignorant 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 even at this stage and indulging unwholesome diet due to greed, the same gets severely *Vitiated* due to *Pitta*. This condition is known as *Amlapitta*.

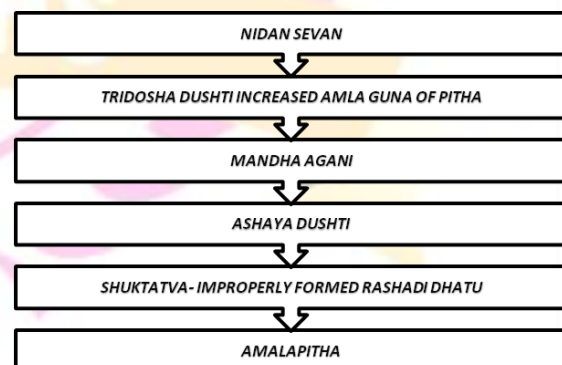
**SAMPRAPTI GHATAKA-**

- *Dosa–Pittapradhana-Tridosaj*
- *Vata - Samana, Udana*
- *Pitta - Pachaka*
- *Kapha - Kledaka*
- *Dusya - Dhatu-Rasa Upadhatu -Twaca*
- *Saririkmala - Purisa*
- *Dhatumala - Kapha Pitta*
- *Agni - Jatharagni, Dhatavaagni*
- *Agnidushti - Tikshaagni, Mandagni*
- *Srotas - Rasavaha, Annavaha, Purishavaha*
- *Adhithana - Amashaya*

- *Vyaktasthana - Amashaya*
- *Rogamarga - Abhyantara*
- *Srotodusti - Sanga, Vimargamana*
- *Svabhava - CirakariandAsukari*

**Samprapti according to Kashyapa Samhita**<sup>16</sup>

It is considered under *Amashayoktha Vyadhi*. According to *Kashyapa Samhita* the *Nidana Sevana* which causes *Tridosha Dushti* leading to *Agnimandya* further on to *Shuktatva*. The fresh food ingested afterwards is improperly digested due to *Ashaya Dushti*. *Rasa Dhatu Dushti* happens further on affects the other *Dhatu*s. This entire process is manifested as *Amlapitta* having the symptoms of *Hrutkanta-Daha, TiktamlaUdgara* etc. Though all the *Doshas* get *Vitiated* the predominant one is *Pitta Dosh*

**Samprapti according to Madhava Nidana**<sup>17</sup>

*Pitta Dosh Chaya* which occurs in *Varsha Ritu* which can be considered as *Swabhavika Kalaja*. If *Pitta Prakopaka Ahara Vihara* is done continuously it further leads to vitiation, the

person gets *Ajirna* and inturn leads to increase in *Amla* and *Drava Guna* of *Pitta* and forms the *Vidagdha Ahara Rasa*. This leads to *Mandagni*, impairing the functions of *Agni* which further ends in *Amlapitta*.

### PROGNOSIS OF AMLAPITTA-

- *Amlapitta* of recent origin (*Naveen Amlapitta*) is *Sadhya*.
- Chronic *Amlapitta* is *Yapya* i.e. maintainable.
- If proper dietic care is taken, an even *Kasta- Sadhya* type of *Amlapitta* is treatable.

### UPADRAVA (COMPLICATIONS)-<sup>18,19</sup>

A person who suffering from *Amlapitta*, may have following *Upadrava* may occur-

- *Jwar* (fever)
- *Atisara* (Diarrhoea)
- *Pandu* (anaemia)
- *Shoola* (colic pain)
- *Sotha* (inflammation or oedema)
- *Aruchi* (anorexia)
- *Bhrama* (giddiness), etc. complication and also having loss of *Dhatu* does not get cured

### CHIKITSA OF AMLAPITTA-

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

1. *Nidan Parivarjan*
2. *Samshodhana*
3. *Shamana*

#### 1. 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.<sup>20</sup> In *Amlapitta* excessive *Nidana Sevana* leads to *Mandagni* and *Pitta Vriddhi*. So *Nidan* of *Amlapitta* should be removed in its first treatment.

#### 2. Sanshodhana Chikitsa:

*Samshodhana 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 Dosh* 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<sup>21</sup>

#### 3. Sanshamana Chikitsa:

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

- *Avipattikara Churna*
- *Sutsekhar Ras*

- *LaghusutshekarRas*
- *KamadughaRas*
- *PrawalPanchamrit*
- *ChurnaslikeShatavari, Yastimadhu, Sariva,Vasa, Bhringa, Dhamaasa, Amla, Chandan, Guduchi, Satwa, Musta, Parpatakto* be considered.
- *Chandanavasav, Ushirasav, BhunimbadiKada, Abhayarishta, AmlapittaKadha, PatoladiKashayam*
- *MahaDhanvantariGutika*etc.

## DISCUSSION

From the above article it is clear *Mandagni* is the basic pathology in *Amlapitta*. When analyzing the *Nidanas* of *Amlapitta* it is ascertained that all causes lead to *Pitta* predominant *Tridosha-kopa*.

Increased *Amla* and *Dravaguna* of *PittaDosh* leads to *Ashya-dusti* thereby *Shukratva* which further affects the formation of *RasadiDhatu*s.

Another *Samprapti* in regards with the changes in *Rituare* been explained by *MadhavaNidana*. *Amlpitta* is been classified on the basis of *Doshagati* (*Urdhwaga* and *Adhoga*), *Doshamarga* (*Sanila, SanilakaphaandSakapha*) and *DoshasVataja, PittajaandKaphaja* (*Kashyapa*) and *Vataja, Shleshmajaand Shleshmavataja* (*Sharangadhara*).

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 *AnupDesh* is *Ahita Desha* according to *Acharya Charak*.<sup>22</sup>

-*Acharya Kashyap* says to “Shift the Place” where the all told treatment modalities fails.<sup>23</sup>

## CONCLUSION-

To treat or prevent of any disease, first of all we have to know the proper *Nidana* (etiology) of the disease. *Amlapitta* is the most common disease now a days and each and every person has to face this condition because of stressful life style and improper dietary habits. To get success in *Chikitsakarma* of *Amlapitta* it is necessary to know basic *NidanaPanchaka* (etiology) and *Sadhyasadhyata*(prognosis) of this disease. If we manage our life style and dietary habit, we can easily subside this disease.

The basic principle of treatment is *NidanParivarjana, Sanshodhana, SanshamanaChikitsa*.

Along its *PathyaAhar* 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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