A Review Of Amlapitta (Hyperacidity)

Dr. Anita bhatt[*], **Dr. Mayank Bhatkoti**[**]

[*]P.G. Scholar, department of Panchkarma, Uttarakhand Ayurveda university, Gurukul Campus Haridwar

[**]Associate Professor, department of Panchkarma, Uttarakhand Ayurveda university, Gurukul Campus, Haridwar

1. Abstract

Amlapitta (Hyperacidity) is one of the commonest vyadhi (disease) of annavahasrotas (Gastrointestinal track disorder) caused by vitiated agni (appetite) Amlapitta (Hyperacidity) is a condition where amlaguna (Sour taste) of pachak pitta (gastric juice) increases due to samata. Amlapitta has been considered as Pitta Kapha pradhana Tridoshaja Vyadhi. Aacharya Kashyap has accepted the involvement of three Doshas in Amlapitta while Madhavkara has accepted the dominance of Pitta in this disease. Aacharya Charak has not mentioned Amlapitta as separate disease but described in Grahani as one of its Lakshana. The signs and symptoms of Amlapitta are very similar to gastritis or Hyperacidity. According to conventional medical science the most common causes of gastritis are H.pylori infections and prolonged use of Non- Steroidal Anti-Inflammatory Dings (NSAIDS). It is quite common disease prevailing all over the world.

Keywords: - **Agni, Amlapitta, Annavahasrotas, Hyperacidity** etc.

2. INTRODUCTION:-

The word "Amlapitta" comprised of two words- 'Amala' (Sour) and Pitta (Gastric juice). In Amlapitta the quantity of Pachaka Pitta is increased; it's quality of normal bitter taste (alkaline) is changed to more sour taste (acidic) as a result of fermentation. Because of this increased sour quality of Pitta it is called Amalapitta. Its discovered that irregular intake of salty, spicy food, suppression of natural urges and fluently usee of NSAIDS and antibiotics steroids aspirin like medicine are major role in developing disease Amalapitta.

Ayurvedic Samhitas have described healthy routine under dinacharya & ritucharya but in present scenario due to busy life style people are unable to follow the norms of ritucharya & dinacharya resulting in agnimandya which leads to diseases like Amlapitta.

Hyperacidity simply means an increased level of acid in the stomach. The stomach secretes HCL, a digestive juice that breaks down food particles into their smallest form to aid digestion. When there is an excessive amount of HCL in the stomach, the condition is known as hyperacidity. Hyperacidity also called as acid dyspepsia.

3. Causes of Amlapitta:-

I) Aharaj (Dietary Cause)- This includes various kinds of faulty dietary habits which are against the normal habits as mentioned in Ayurveda. According to Kashyap Vindha Ahara (Incompatible diett, Adhyasana (food after meal), Ama Bhojana (to consume food although previous food is not digested), Ajeerna Bhojana (Constant indigestion), Guru (heavy meal), *Snigdha Bhojana* (oily foud), *Ati Rukshana* (excessive dry food), etc. causes *Agnimondya* that leads to *Amlapitta*.

II) *Viharaja-* This includes the factors which are against the rule of normal hygienic behaviour. It's of two types-

    a) Excessive physical work.

    b) No or less physical work.

III) *Agantuja Hetu* **(Eccentric Gusative factor)-** In these group factors like constant and excessive consumption of alcohols, smoking, tobacco, beverages and other irritant and toxic substances are included. There substances causes local irritation in the stomach which eventually secrete more gastric juices and cause Amlapitta.

IV) Manasika Hetu (Psychological causes):- It plays an important role in the maintaining of health.

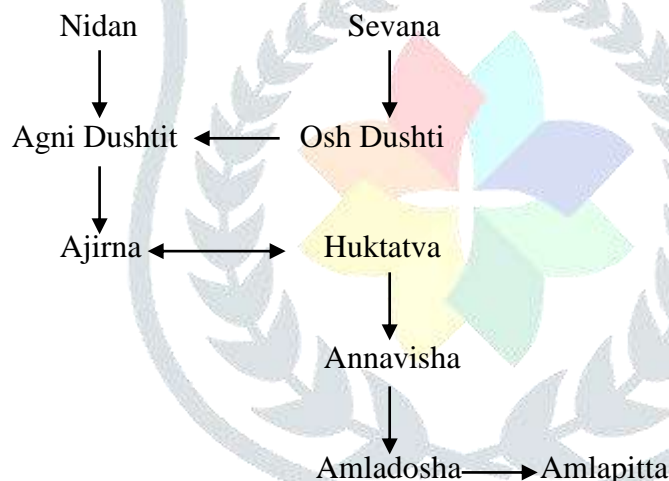## 4. Samprapti (Pathogenesis):-

Samprapti Ghatak

Dusa-   Pitta vishesa

Dusya-   Rasa

Adisthana-   Amachaya, Grahani

Srotas - Annavaha (Upper GIT & Middle GIT)

Samanya Samprapti of Amlapitta-

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Nidan              Sevana
  |                   |
  v                   v
Agni Dushtit  <--- Osh Dushti
  |
  v
Ajirna  <------>  Huktatva
                     |
                     v
                 Annavisha
                     |
                     v
            Amladosha ---> Amlapitta
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5. Clasification of Amlapitta:-

According to Dosha Dushti

i) Kashyapa Samhita- Three types are mentioned-

a) Vataja Amlapitta- Shoola, Anaasada, Jrumbha, Snigdhaguna Opasaya.

b) Pittaja Amlapitta- Bhrama, Vidaha] Sitaupasya

c) Kaphaja Amlapitta- Gaurava, Chhardi, Rukshaguna, Upasaya, Usmaguna, Upasaya.

ii) Madhava Nidan- four types are mentioned-

a) Vatadhikya Amlapitta- Kampa, Pralapa Murchha, Chimchimitiva, Gaatraavasada, Shoola, Tamo darshana, Vibhrama, Moha, Harsha.

b) Kaphadhikya Amlapitta- Kapha, Nishthivana, Gaurava, Jadata, Aruchi, Shita, Saada, Vami Lepa, Agninandya, Kandu, Nindra

c) Vata Kaphadhikya Amlapitta- Combined Lakshans of Vataja Amlapitta and Kaphaja Amlapitta.

d) Sweshma Pittaja Amlapitta- Tiktodgara Amladaara, Katu Udgara. Hriddaha,   Kukshidaha, Kanthadaha Bhrama, Murchha, Aruchi, Chhardi; Alsaya; Shironisa Praseka, Mukha Madhurya.

According to Sthana Dushti:-

I) Urdhwaga Amlapitta- Vamana, Harita, Pitta, Neela, Krushna, Rakta, Raktabha, Mansodakabha, Varna, Atiamla, Atipichhila, Achha, Shleshmanujata, Vividha Rasa, Amlodgara, Mandala, Pidaka.

2) Adhaga Amlapitta:- Trushna, Daha, Murchha Moha, Hrillasa, Kotha, Agnimandya, Harsha, Sveda, Anga, Pittata.

6. Symptoms of Amlapitta- According to their types-

I) Adhaga (Downward) Amlapitta- Thirst, burning sensation, fainting, giddiness, delusions, downward movement of different kinds (of diarrhoea), rashes on skin, poor digestion & yellowish skin.

II) Urdhwaga (Upward) Amlapitta- Vomiting of green, yellow, blue, black, slightly red or bright coloured, headache, burning sensation in the palms and soles, feeling of great heat, loss of appetite, itching, etc.

7. Sadhyasadhyata (Prognosis):-

I) Naveen Amlapitta- Sadhya.

II) Chronic Amlapitta- Yapya ie. maintainable.

III) If proper dietic care is taken, an even Kasta- Sadhya type of Amlapitta is treatable.

7) Pathya in Amlapitta:-

•Light food, coconut water, articles having Cooling properties.

•Vegetables like white pumpkin, bitter gourd, matured ash gourd, leafy vegetables except methi.

•Wheat, old rice, barley, green gram, sugar candy, cucumber.

•Take adequate amount of fluids.

•Take adequate sleep and rest.

•Practice Yoga, pranayam, meditation.

•Fruits like gooseberry, dry grapes, black grapes, sweet lime, fig, dry fig.

8. Apathya in Amlapitta-

•Avoid excessive, spicy, sour & oil salty substances.

•Avoid fried & junk food items.

•Avoid rice, curd & sour fruits.

•Do not over eat, take small frequent meals.

•Avoid foods containing excess amount of garlic, salt, oil, chillies etc.

•Avoid stress.

9. Conclusion- As review has been taken through classical Ayurvedic Texts. Charak Samhitas, Vagbhat as well as modern aspects, It's reveals that as we know the prevention is better than cure, so everybody should obey the rules of intake of food and behaviour for avoid the Amlapitta or Hyperacidity.

Hence, Ayurvedic Amlapitta entity can be corresponded with hyperacidity. If not treated timely and if incompatible diet, regimen and habits continued, it may leads to gastric ulcer, chronic gastritis, duodenitis, IBS, malabsorption, anaemia & stenos is.

It is very difficult to correlate Amlapitta (Hyperacidity) with a single disease of modern science,

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