



A CRITICAL REVIEW ON AMLAPITTA AND ITS CLINICAL MANAGEMENT

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ABSTRACT

Amlapitta is an annavahasrotas vyadhi brought on by a vitiated Agni. The Pachaka pitta increases due to samata in an amlapitta situation. Amlapitta is believed to be Pitta. Tridoshaja Vyadhi Kapha Pradhana is a complex illness brought on by a number of circumstances. Acharya Kashyap acknowledged the involvement of three Doshas in Amlapitta, despite Madhav Kara accepting Pitta's predominance in this illness. Acharya Charka does not identify amlapitta as a distinct illness, but it is included as one of the Lakshanas in Grahani. Worry and stress have aggravated the illness, notably in Amlapitta, in addition to those stimulating stimuli. This is a lifestyle problem, thus those who have been dependent on nicotine, alcohol, or processed meals rich in salt are at risk of developing it. It just serves to highlight an increase in stomach acid. Food particles are reduced to their lowest possible size by the digestive enzyme hydrochloric acid, which the stomach secretes to aid in digestion. When there is too much hydrochloric acid in the stomach, a condition known as hyperacidity develops.

Keywords: Amlapitta, Hyperacidity, Pachaka Pitta etc.

INTRODUCTION

"Amlapitta" is a compound word made up of the terms "amla" (sour) and "pitta" (hyperacidity). Fermentation increases the amount of Pachaka Pitta in Amlapitta and changes its typically bitter flavour to one that is sourer. Due of Pitta's heightened sourness, it is known as Amlapitta. It is a digestive condition brought on by abnormal pancreatic and stomach enzyme production. The medical term for it (APD) is Acid Peptic Disorder. In Ayurveda, it is known as Amlapitta. It is a disease that affects people all around the world and is highly common. Amlapitta, a vyadhi (ailment) of annavahasrotas that is brought on by vitiated Agni, is one of the most typical cases.¹

Amlapitta is a condition in which samata causes the Amla guna of Pachaka pitta to grow, resulting in vyadhi (Disease). Acharya Kashyap agreed that three Doshas were present in Amlapitta, however Madhav Kara agreed that Pitta was in charge in this situation. Acharya Charka does not mention Amlapitta specifically, although one of the Lakshana is referred to in Grahani. According to Ayurveda, vitiated Agni is the root of many illnesses. A rise in the trend of diseases has been sparked by a number of factors in today's advanced civilization, including rapid environmental changes, the adoption of newer food materials, modifications to cooking techniques, atmospheric pollution, the intrusion of various chemical agents in newer lifestyles, occupational hazards, and so on. In addition to anxiety and stress,²

Methodology

The material of Amlapitta collected from different articles, literature's, Samhitas, textbook and authentic websites etc.

Amlapitta's Hetu

- 1) **Aharaja:** This term refers to a number of incorrect eating practices that are at odds with standard Ayurvedic practices. Agnimandya results in Amlapitta in accordance with Kashyap Viruddha Ahara, Adhyasana, Ama Bhojana, Guru, Snigdha Bhojana, and other elements. According to Acharya Madhava Kara, Amlapitta illness is exacerbated by high Pitta.³
- 2) **Viharaja:** This word describes actions that contravene hygienic standards. The two are as follows:
 - lot of physical Labor
 - lot of mental effort.
- 3) Little to no physical effort.
- 4) Ratri-jagarana, Dhatukshaya, Upavasa, and other styles of yoga that require excessive physical exertion encourage Vata Pitta Prakopa. Kashyapa hypothesizes that Vegadharana, Divaswapa after ingesting Bhojana, and more Snana are the contributing factors. Due to the previously mentioned aspect, Agantuja Hetu: Consistent and excessive use of alcohol, smoking, cigarettes, drinks, and other irritating and poisonous substances are all covered in this category.⁴
- 5) **Manasika Hetu:** Maintaining one's mental health is also important.
- 6) Additional risk factors include anoopadeshai living, Sharadritu, alcoholism, smoking, tobacco chewing, ongoing painkiller usage, and Helicobacter pylori infection. The excess of "Pitta dosha" in the body is brought on by all of the following disorders, which manifest as Amlapitta symptoms.⁵

STHANA DUSHTI

- There are several Ayurvedic Samhitas that mention Amlapitta, including Madhavnidana, Bhavprakash, Yogaratnakara, Chakradatta, and Rasaratna Samuchhaya. Acharya Charaka, Sushruta, and Vagbhata do not devote a separate chapter to the illness Amlapitta, despite the fact that it is addressed in their Samhita⁶
- Atiamla, Atipichhila, Achha, Shleshmanujata, Vividha Rasa, Amlodgara, Tiktodgara, Pitta, Neela, Krushna, Rakta, Raktabha, Mansodakabha Varna, Atiamla, Atipichhila, Achha, Kantha-Hrid-Kukshi

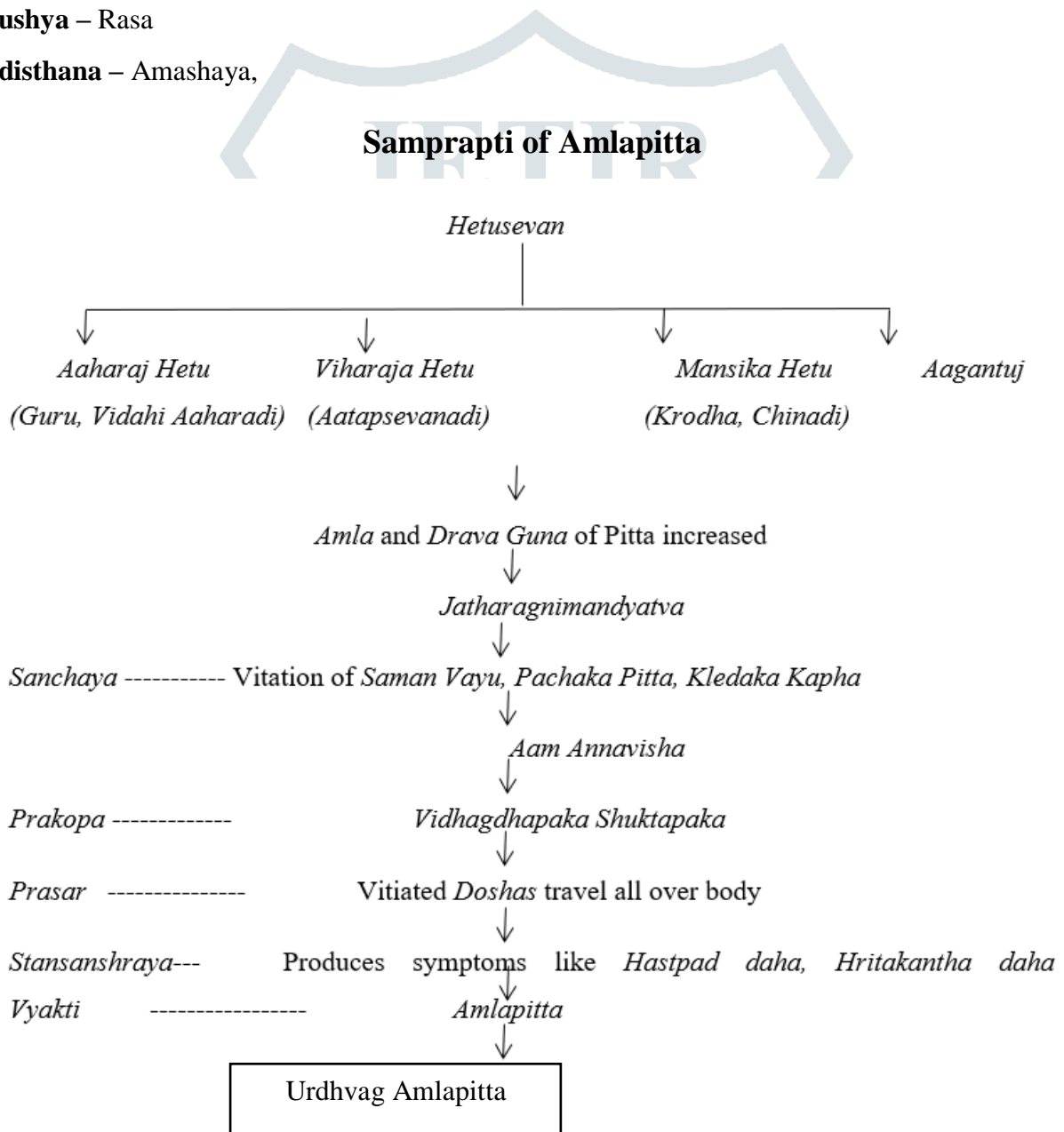
- Trushna, Daha, Murchha, Moha, Hrillasa, Kotha, Agnimandya, Harsha, Sveda, and Pittata (Adhogata Amlapitta)

AMLAPITTA CLASSIFICATION

- Vataja Amlapitta- Shoola, Angasada, Jrumbha, Snigdhaguna Upasaya .
- Pittaja Amlapitta- Bhrama, Vidaha, Sitaupasaya, Svadupasaya
- Kaphaja Amlapitta- Gaurava, Chhardi, Rukshaguna, Upasaya, Usmaguna

Samprapti

- **Grahani Srotas** – Annavaha,
- **Samprapti Gataka Dosha** – Pitta Vishesha
- **Dushya** – Rasa
- **Adisthana** – Amashaya,



(Refences- <https://www.granthaalayahpublication.org/journals/index.php/granthaalayah/article/view/3904/3918>)

DISCUSSION

It is clear that pitta aggravation is the primary cause of amlapitta. This pitta dosha is aggravated by excessive consumption of astringent and sour meals, alcohol, salt, and hot and sharp foods that burn. To the greatest extent possible, one should try to stay away from things like anger, fear, exposure to a lot of sun and fire, eating a lot of dry vegetables and alkalis, irregular eating patterns, and so on. All persons with acidity can, in general, benefit from a milk diet, however some people may initially have trouble digesting milk. This is because the stomach's large amount of acid and the milk's proteins combine to form hard curds. These commonly cause nausea. Conversely, milk is an excellent choice in this circumstance, especially if a fast designed to meet your individual needs comes first.⁷

The milk diet should be adhered to for several weeks, if possible. Drink a lot of warm water as well. Because it holds that "hot kills hot" (ushnam ushna hanti), Ayurveda emphasizes on this. Additionally, drinking cold water increases the amount of stomach acid secreted, according to physiological research. The milk can be had together with a non-irritating, easily digestible evening meal when the stomach seems to be in better form. It's better to limit your intake of meals that need vigorous chewing for a time because doing so increases the flow of gastric juice and its acid. On the other side, insufficiently chewing the meal will make things worse by causing stomach pain. Mastication in this circumstance ought to be minimized as a consequence. It's important to avoid overeating and instead have three small meals throughout the day. Artificial stimulants should be avoided because they all raise pitta. Whatever its form, drinking alcohol is like feeding the pitta fire. If consumed in excess, the caffeine included in coffee and tea has the drawback of causing the stomach to produce more acid.⁸

MANAGEMENT –

- Vamana ought to be administered before a Sukha Virechana.
- Chronic ailments caused by a dosha should therefore be treated with sunigdha anuvashana Basti.
- After Shodhan, shaman methods like as diet and medication should be employed, taking into account the interaction between the doshas.
- To get rid of the doshas in Urdhwa Amlapitta, employ Vamana and Virechana.

MEDICATION

- a) Nidana Parivarjana is the first series.
- b) Vasa Ghrita⁹
- c) Amalaki Khand
- d) Narikel Khand

Pathya in Amlapitta:

- snacks, coconut water, and goods for cooling down.
- Vegetables such as white pumpkin, bitter gourd, mature ash gourd, and green vegetables, except methi.
- Cucumber, wheat, barley, green gram, and sugar candy
- Gooseberry, black grapes, exquisite limes, pomegranates, figs, and dried figs are among the fruits.

- A cup of warm milk every two to three hours.
- Add one teaspoon of ghee to warm milk.
- Obtain adequate rest and sleep.

Apathya in Amlapitta:

- Eat fewer meals that are salty, sour, and spicy.
- Eat less fried and processed meals.
- Avoid eating while you're hungry. Swiftly avert.
- Eat small, frequent meals to prevent overeating.
- Steer clear of early and erratic eating patterns.
- Steer clear of dishes with a lot of garlic, salt, oil, pepper, or other flavors.
- Avoid eating grains, curd, and tart fruits.
- Refrain from lying down supine just after eating. The left lateral position is the best one to adopt.
- It's best to stay away from aspirin-like medications, alcohol, tea, and coffee.
- Avoid high-stress situations.

CONCLUSION

Ayurveda Pachaka Pitta awakens Agni. When its liquid condition is gone, this Agni is essential for digestion. As a result, Pachaka Pitta and HCL are equivalent, and Amlapitta is a condition marked by increased levels of Pachaka Pitta. Amlapitta from Ayurveda may therefore be linked to hyperacidity. When left untreated and unaddressed, incompatible foods, routines, and behaviors can lead to stomach ulcers, chronic gastritis, duodenitis, irritable bowel syndrome, mal-absorption, anemia, and stenosis. A traditional Ayurvedic literature was employed in the evaluation. It is stated in the Charaka Samhitas, Vagbhata, and contemporary elements that everyone should adhere to the dietary and behavioral instructions to prevent Amlapitta or Hyperacidity since, as we all know, prevention is better than therapy. GIT and Jatharagni should be maintained natural as seasoning, Prakruti, and other things as taught by the scripture. Excessive amounts of salty, sour, spicy, and pungent meals should be avoided.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT -NONE

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