

## REVIEW ARTICLE

# A Comprehensive Review of *Urdhwaga Amlapitta*

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### ABSTRACT

*Amlapitta* is one of the most common and familiar diseases of *Annavaaha srotas* in the present era. In this modernized and competitive world, each person is living an unhealthy and stressful life. Materialistic lifestyles provoke people to run behind a busy and stressful schedule. The new lifestyles toward which modernized population gets attracted are far away from the *dincharya*, *ratricharya*, and *ritucharya along with aahar vihar* as suggested in *samhitas* which is necessity for a healthy life. These days people are easily attracted towards the junk foods along with huge changes in their dietary pattern leading to *Amlapitta* which itself is a very troublesome disease and can give rise to many serious complications if not treated in time. The cardinal features of *amlapitta* are *avipaka* (indigestion), *hritakantha daha* (heart and throat burn) and *tikta- amlodgara* (sour and bitter belching). Sign and symptoms of *Amlapitta* are in resemblance with gastritis, hyperacidity, gastro-oesophageal reflux disease, peptic ulcer, duodenal ulcer etc. modern text have different pathophysiology's to aforementioned gastro-intestinal diseases. Whereas in ayurveda all of these can be solely studied under the concept of *amlapitta*. Compared to modern management, ayurvedic management of the disease is much bigger hope Hence, the main aim is to understand the concept and line of treatment in accordance with each disease representation.

## 1. INTRODUCTION

With increasing population and modernization, there has been an increment in the production & growth in the agriculture with ever increasing demands. This has somehow bought down the quality of food also. People have started indulging in wrong food habits which is welcoming to a of diseases. Our GIT is the one which takes care of food when taken and has to suffer primarily the consequences.

The incidence of gastritis in India is approximately 3 in 869, i.e., 12,25,614 people is suffering from gastritis out of total 106,50,70,607 population.<sup>[1]</sup>

In present times, *Pitta vardhaka aahara vihara* is a part of the present lifestyle such as salty, spicy, and fried food, and frequent use of NSAIDs, antibiotics, steroids, and aspirin such as medicines plays a major role in developing *amlapitta*. *Vihara* such as fasting, eating between meals, having food in hurry and worry, suppression urges disrupts the *Pachapitta* thus developing the condition called *Amlapitta*. *Prakrita ras of pitta is katu*. *Amlapitta* is a condition where *prakrit ras of pitta* changes from *katu* to *amla*.

*Amlapitta* can have resemblance with many conditions such as gastritis, hyperacidity, GERD, peptic ulcer, and duodenal ulcer and can be related to any aforementioned condition.

## 2. MATERIALS AND METHODS

1. Ayurvedic literature's related to *Amlapitta*
2. Previous articles and research works
3. Modern medical literatures.

### 2.1. Methods

#### Historical review

Reference of *Amlapitta* in Ayurvedic literatures both *brihatrayi*, *laghutrayi*, and other *samhita*'s.

- *Vedic kala*  
No reference to *Amlapitta* is found in *Vedic Kala*.
- *Brihatrayi*  
There is no separate description of *Amlapitta* found in any of the *Brihatrayi samhitas* (*Charaka Samhita*, *Sushruta Samhita*, and *Ashtanga hridaya*), but the word *Amlapitta* is discussed in several places such as:
  - *Charaka Samhita*: While describing the common properties of

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the eight types of milk, the term *Amlapitta* is mentioned by

1. *Acharya Charaka*.
  2. *Kulatha* is listed as causative factor of *Amlapitta*.
  3. Excessive use of *lavana rasa* and *viruddha aahar* is a cause of *Amlapitta* generation.
  4. *Rajbhasha* is mentioned as one of the causes of *Amlapitta*.
  5. Indication of *kansa haritaki* in *Amlapitta*.
  6. *Mandagni* (hypofunction of *Agni*) leads to indigestion and formation of *Annavisha*, when *Annavisha* combines with the pitta, it results into the *Amlapitta*.
- *Sushruta Samhita*<sup>[2]</sup>
    - Excessive use of *lavana rasa* causes *Amlika*.
    - *Amlika* mentioned by *Acharya Sushruta* is very similar to *Amlapitta*.
  - *Ashtanga Hridayam*<sup>[3]</sup>  
While describing *Pittaj Hridroga Vagbhata* has used the term *Amlapitta*.
  - *Kashyapa Samhita*<sup>[4]</sup>
    - *Kashyap Samhita* is the first textual reference where *Amlapitta* is mentioned as separate disease with its detailed description, i.e., *Nidana*, *Rupa*, *Chikitsa*, *Pathya*, and *Apathya*.
    - *Acharya Kashyapa* has also mentioned the importance of *Anoop* and *Jangala Desha* as a causative and relieving factor of *Amlapitta*. *Amlapitta* is a vyadhi of *anoopa desha*, so it is treated with *jangal desh aushadhi*. When the *amlapitta* becomes untreatable even with *jangal desh aushadhi*, the rogi is advised “*deshaanter gaman*” i.e., change of climate.
  - *Madhava nidana*<sup>[5]</sup>  
*Madhava nidana* is the 2<sup>nd</sup> text after the *Kashyap* which has described the *Amlapitta* along with its *Nidana*, *Rupa*, types, and *Samprapti*.
  - *Sharangdhar samhita*<sup>[6]</sup>  
*Acharya Sharangdhar* did not explain about the *Samprapti* of the disease but gave a detail description of different types of preparation’s useful in *Amlapitta*.
  - *Bhavprakash*<sup>[7]</sup>  
In *Bhavprakash*, separate description of *Amlapitta* is given along with its *Upadrava* and *arishta lakshana*.
  - *Yogratnakar* has mentioned, *Nidan Rupa Bheda Samprapti* and *Pathya Apathya* along with the *Upadravas* of *Amlapitta*.
  - *Bhaishajya Ratnavali*<sup>[8]</sup>  
Only described the *Chikitsa of Amlapitta* along with different preparations useful in *Amlapitta Chikitsa*.

## 2.2. Etiology/Nidan of *Amlapitta*

The etiological factors of *Amlapitta* can be classified as Table 1

- *Aaharaja nidan*
- *Viharaja nidan*
- *Manasika nidan*
- *Agantuja nidan*

### 2.2.1. Viharaj Nidan

- *Atisnana* (Taking excessive bath)
- *Ati-Avagahanata* (Excessive swimming)
- *Bhuktva Divaswapna* (Sleeping in day time after the meals)
- *Vega Dharana* (Suppression of natural urges)
- *Shayya Prajagarana* (Improper sleeping schedule)

### 2.2.2. Manasa Nidana

- *Chinta, shoka, bhaya, krodha, moha*
  - *Agantuj Nidana*

- *Desh*: *Amlapitta* is more common in population living in *anoopa desha* because of *kapha dosha* dominancy
- *Ritu-Varsha ritu* (rainy season) because of weak digestion power.
- *Prakriti - Pittaja prakriti* is more susceptible for the disease
- *Amlapitta Samprapti*

According to *and dosha*:

Bhed according to *gati* and *dosha* are mentioned in Tables 2 and 3.

1. *Urdhwaga amlapitta*
2. *Adhogata amlapitta*

## 2.3. Samanya and Vishishta Rupa are mentioned in Tables 4 and 5

### 2.3.1. Sadhya Asadhyata/prognosis of *Amlapitta*

According to *Acharya Madhava*, the newly manifested disease is *sadhya* (curable) with good efforts. In chronic conditions, the *Amlapitta* becomes manageable but cannot be cured completely, i.e., it becomes *Iyapya*.

According to *Acharya Kashyap*, disease becomes incurable when it is associated with *Updrava*’s.

### 2.3.2. Chikitsa sutra<sup>[10]</sup>

The first line of treatment is *vamana* in *Urdhwaga Amlapitta* and *Virechana* in *Adhogata Amlapitta*. After *shodhana*, *Shamana Chikitsa* should be applied.

If disease has attained, its chronicity *Niruha* and *Anuvasan basti* should be given accordingly.

### 2.3.3. Upshaya Annupshaya (according to *Acharya Kashyap*)

- *Vaitika Amlapitta-Snigdha upshaya*
- *Paitikka-Swadu* and *sita upshaya*
- *Shleshmika-Ruksha* and *ushana upshaya*.

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

1. *Atisara* (loose motions)
2. *Aruchi* (patient does not want to eat)
3. *Pandu* (anemia)
4. *Sotha* (swelling/inflammation)
5. *Bhram* (dizziness)
6. *Dhatu-kshaya* (emaciation or weight loss)
7. *Shula* (pain).

## 2.4. Modern Interpretation of *Amlapitta*

Number of research has been done over the *Amlapitta* and their correlation with modern diseases which are as follows:<sup>[12]</sup>

1. *Vaidya Tripathi* correlates *Amlapitta* with GERD
2. *Vaidya Purushottam* with chronic gastritis
3. *Vaidya S.N Tripathi* correlates with non-ulcer dyspepsia
4. *Vaidya Harinath Jha* correlates with hyperacidity and GERD.

## 2.5. Gastritis Versus *Amlapitta*

Gastritis is the inflammatory condition of the gastric mucosa some signs and symptoms of chronic and acute gastritis which are very similar to *Amlapitta* as mentioned in Table 6.

Management according to modern science:

1. Proton pump inhibitor
2. H2 blockers
3. Antibiotic therapies.

## 2.6. *Amlapitta* Versus Hyperacidity

This is mentioned in Table 7 under the heading of the *amlapitta* versus hyperacidity.

## 3. DISCUSSION

After observing the sequential development of *Amlapitta*, it was not mentioned in the *Bruhatrayee* such as *Charaka*, *Sushrut*, and *Ashtanga* in detail like other diseases.

*Kashyap Samhita* is the first *Samhita* which explained a detailed description of the disease. *Pittaj dosha* is mainly involved in the pathogenesis of the *Amlapitta* such as intake of *Pitta prakopaka ahar vihar*. However, it is predominantly found in the *Anoop desha* which is contradictory to the *pitta dosha* involvement. Hetu of *amlapitta* can be taken in two ways. First hetu being *amla*, *lavana*, *snigdha*, *ushna atisevana* which increases properties of *jala mahabhuta* leading to *drava gunadhikya*. As the *drava*, *snigdha*, *sara guna* increase leading to *amlapitta*. Similarly with second hetu being *katu*, *ushna*, *ruksha atisevana*, leads an increase in properties of *agni mahabhoota* due to *ushna gunaadhikya*, simultaneously increasing *Tikshna*, *ushna*, *Ighu & ruksha guna* giving rise to *amlapitta*. So two different hetus are giving two different *samprapti* leading to *amlapitta* as per flow chart 1. At present, it is correlated with GERD, chronic gastritis, non-ulcer dyspepsia, or hyperacidity. In *ayurveda*, treatment of choice is mainly based on the *shodhan*, i.e., *Vaman*.

## 4. CONCLUSION

There is no disease which perfectly resembles with the *Amlapitta* mentioned by *Acharyas* in different *Samhita's* but some other disease shares common symptoms with *amlapitta*. It was not a relevant disease in the *samhita kaala* and *samgraha kaala*. With the changes in the dietary habits of the people, the disease had made its presence among the people. It is one of the most common upper gastrointestinal disorders. It can be mostly observed in the middle age group population, evidently due to their improper eating schedule and pulling the night shift jobs. In *Anoop desha*, *kapha dosha*, or the *jaliya ansh* is responsible for its dominance. The prominent *gunas* of *kapha dosha* increase the *dravatva* and decrease the *ushnatva guna* of *pitta dosha* leading to further *mandaagni*. As a result, *acharya kashyap* has mentioned the concept of *deshantar gaman* which is a type of *nidan parivarjan chikitsa*. At clinical/OPD level, treatment is approached symptomatically through *shaman chikitsa* which can pacify the vitiated *dosha* for a duration and the patient would have to follow strictly the *Pathya Apathya* regimen. In its acute phase, the aggravated *pitta* can be expelled completely with the help of *shodhan chikitsa* and subsiding the *Roga* for a good amount of time.

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## 6. AUTHORS' CONTRIBUTIONS

All the authors contributed equally in design and execution of the article.

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## 8. ETHICAL APPROVALS

This study does not require ethical clearance as it is a review study.

## 9. CONFLICTS OF INTEREST

Nil.

## 10. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

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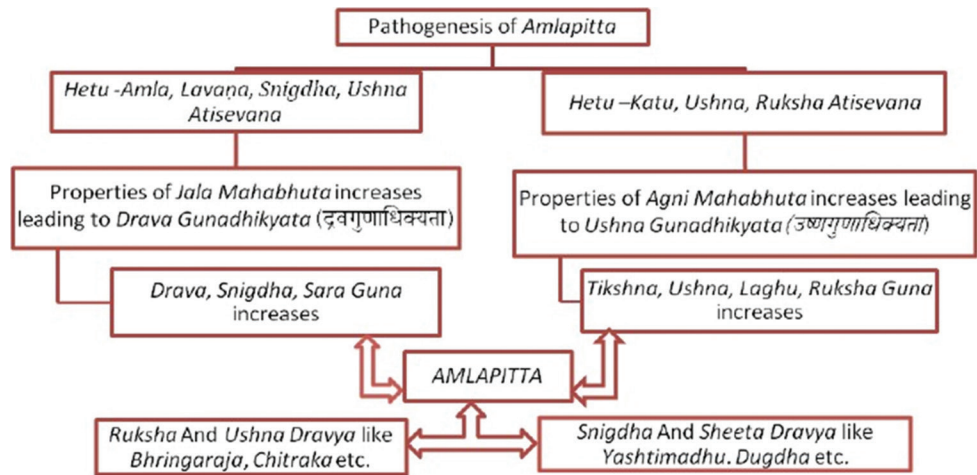
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Flowchart 1: Pathogenesis of *Amlapitta*<sup>(9)</sup>Table 1: The etiological factors of *Amlapitta* can be classified as

Both solids and liquids <i>Aahar</i>	According to quality of <i>Aahar</i>	Faulty dietary habits	Miscellaneous	<i>Pitta</i> provoking <i>Aahar</i>
<ul style="list-style-type: none"> <li>• <i>Kulathasevan</i>,</li> <li>• <i>Prithuana</i> (e.g., poha),</li> <li>• <i>Pistanna sevan</i> (e.g., maida, besan)</li> <li>• <i>Bhrisṭ dhany</i> (fried food)</li> <li>• <i>Pulakasevan</i> (husky food)</li> <li>• <i>Vidahanapan Phanit madya dustambupan</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Apakwanna Sevana</i> (uncooked food)</li> <li>• <i>Guru and Abhishyandi ahar</i> (heavy to digest)</li> <li>• <i>Atisnigdha and atiruksha ahar</i> Amla ahar</li> <li>• <i>Paryushita Anna Sevana</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Akal bhojan</i> (untimely eating)</li> <li>• <i>Adhyasana</i> (food after meal)</li> <li>• <i>Visamasan Ajirnasana amapurnata</i></li> <li>• <i>Antarodakpan</i> (drinking excess water during meal)</li> <li>• <i>Annahina madya</i> (drinking alcohol without eating food)</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Gorasa Sevana</i> (milk products).</li> <li>• <i>Iksuvikara sevana</i> (Sugar-cane products)</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Ati Usna</i> (very hot)</li> <li>• <i>Ati Amla</i> (intake of excessive acidic diet)</li> <li>• <i>Ati Drava</i> (intake of excessive liquid)</li> <li>• <i>Ati Tikshna</i></li> <li>• <i>Ati Panam</i> (Over drinking)</li> </ul>

Table 2: Difference in the symptoms between Kashyap and Madhav

<i>Acharya Kashyap</i>	<i>Acharya Madhav</i>
<i>Vatika amlapitta</i>	<i>Sanila Amlapitta</i>
<i>Paittika amlapitta</i>	<i>Sukapha amlapitta</i>
<i>Shleshmika amlapitta</i>	<i>Sanila kaphaja amlapitta</i>

**Table 3:** Difference between *Urdhwaga amlapitta* and *Adhoga amlapitta*

<i>Urdhwaga amlapitta</i>	<i>Adhoga amlapitta</i>
<ul style="list-style-type: none"> <li>• Character of vomitus in <i>Urdhwaga Amlapitta</i> is <i>Harit-pita-nila-araktam raktabh vaman-</i> green yellow blue light or dark red in color</li> <li>• <i>Ati-aml-</i> excessive source</li> <li>• <i>Mashodakabham</i>-appear like meat wash</li> <li>• <i>Ati pichvhitam</i>-excessively sticky</li> <li>• <i>Acha shelshmanugatam</i>-mixed with clear mucus</li> <li>• <i>Bhukte vidagdha to athwa api abhukte karoti tikta amla vami kadachit</i>-bitter and sour vomiting occur just after the meal or during the digestion or even when the patient does not take food.</li> <li>• <i>Kanth hrit kukshi daha</i>-burning sensation in throat chest and belly <i>Shiro rujam</i>-headache</li> <li>• <i>Kar Charan Daham aushnyam</i>-burning sensation and increased heat in the hand and feet</li> <li>• <i>Mahatim aruchim</i>-severe anorexia</li> <li>• <i>Jwaram cha kaphapittam</i>-fever of kapha pitta origin</li> <li>• <i>Kandu mandalpidika shatnichitagata roga cha ayam</i>-itching and manifestation of rounded elevated eruption and hundreds of boils spread over the body causes disease symptoms such as indigestion nausea.</li> </ul>	<ul style="list-style-type: none"> <li>• <i>Hrillas</i>-nausea</li> <li>• <i>Koth</i>-urticaria</li> <li>• <i>Agnisara</i>-weakening of digestive fire</li> <li>• <i>Harsha</i>-Goosebumps</li> <li>• <i>Sweda</i>- excessive sweating</li> <li>• <i>Angapitatwa</i>-yellow discoloration of body parts</li> </ul>

**Table 4:** *Samanya Rupa* of *Amlapitta*

S. No	SYMPTOMS/RUPA	K.S	M.N	B.P	Y.R	S.N
1	<i>Hrit Daha</i>	+	+	+	+	+
2	<i>Kanthdaha</i>	+	+	+	+	+
3	<i>Amlodgar</i>		+	+	+	+
4	<i>Klama</i>		+	+	+	+
5	<i>Avipaka</i>		+	+	+	
6	<i>Utklesha</i>		+	+	+	
7	<i>Tiktokder</i>		+	+	+	
8	<i>Gaurava</i>		+	+	+	
9	<i>Aruchi</i>		+	+	+	
10	<i>Vidbheda</i>	+				
11	<i>Gurukostha</i>	+				
12	<i>Amlakostha</i>	+				
13	<i>Shiroruja</i>	+				
14	<i>Hridshoola</i>	+				
15	<i>Adhmana</i>	+				
16	<i>Angsada</i>	+				
17	<i>Romaharsha</i>	+				
18	<i>Antrakujana</i>	+				
19	<i>Urovidaha</i>	+				
20	<i>Tiktasyata</i>	+				
21	<i>Karcharandaha</i>		+			

**Table 5:** Symptoms according to doshas

<i>Vishishta rupa</i>	<i>Vattika</i>	<i>Paittika</i>	<i>Shleshmika</i>
According to <i>Kashyapa Samhita</i>	<ul style="list-style-type: none"> <li>• <i>Shoola</i></li> <li>• <i>Angasad</i></li> <li>• <i>Jrimbha</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Brahma</i></li> <li>• <i>Vivaha</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Gaurava</i></li> <li>• <i>Chardi</i></li> </ul>

**Table 6:** *Amlapitta* Vs. Gastritis

AMLAPITTA	GASTRITIS
<i>Amlodgar</i>	Sour belching
<i>hrillas</i>	Nausea
<i>vamana</i>	Vomiting
<i>aruchi</i>	anorexia
<i>raktabh vanti</i>	haematoemesis

**Table 7:** *Amlapitta* Vs. Hyperacidity

AMLAPITTA	HYPERACIDITY
<i>Hritadaha</i>	Heart burn
<i>Hritssula</i>	Chest pain
<i>Amla udgara</i>	Sour belching
<i>Amla utklesha</i>	Acid reflux
<i>Aruchi</i>	Loss of appetite