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### An Ayurvedic Review of Etiopathogenesis And Management of *Amalapitta*

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#### ABSTRACT: -

*Amlapitta* is one of the commonest diseases of *Annavahasrotas* (Gastrointestinal tract). *Amlapitta* (Hyperacidity) is a caused by excessive increase in the *Amla guna* of pitta *Amlapitta* (Hyperacidity) has been compound disease (caused by multiple factors). *Amalapitta* is one of the most common disease seen in the society. It is seen in all ages, all classes, and all community. According to Ayurveda All disorders are caused by vitiated *Agni* (digestive fire) and *Amalapitta* (Hyperacidity) is also one of them. Acharya Kashyap mentioned *Amlapitta* by the name of *Suktaka* while Madhav described *Amalapitta* as separate chapter. Acharya Charak has not mentioned *Amlapitta* as separate disease but described in *Grahni Chikitsa* as a *Amaja Vikara* which is caused by vitiated *Agni* (appetite). *Amlapitta* is mention since the Samhita period. *Kulattha* (*Dolichus biflorus*), *Lavana Rasa*, *Viruddha Ahara* (incompatible food) and other *Pitta prokopaka* factors are described as causative factors for *Amlapitta*. *Amalapitta* is a *Sama- pittaja vikara* so line of treatment is focused on application of *Pittashamana* drugs along with *Panchkarma* therapy and yoga. In Allopathic science, Hyperacidity refers to a set of symptoms caused by an imbalance between the acid secreting mechanism of the stomach and proximal intestine and the protective mechanisms that ensure their safety. *Pathya-apathya* (wholesome-unwholesome) plays very important role in management of *Amalapitta*.

**Keywords:** *Amlapitta*, *Agni*, *Samata* Hyperacidity, *Pathya-Apathya*, *Panchkarma* etc.



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## INTRODUCTION:

*Agni* (Digestive power) plays a powerful role in the physiological functioning of the body. Any alteration in the factor of *Agni* causes *Roga* (disease). *Mandagni* (diminish Digestive power) is the main root cause of all diseases *Mandagni* leads to *Ajeerna* (Indigestion). *Ajeerna* if neglected gives rise to *Amla-pitta*.<sup>[1]</sup> *Amla-pitta Vyadhi* is a very common problem in socioeconomically developed as well as undeveloped countries. The stomach normally secretes HCL that is essential in the digestive process. When there is excess production of acid in the stomach, it results in the condition known as acidity. Though the intensity of this disease is not very high, its volume is very large. *Pitta dosha* has *Kattu*(bitter), *Amla Rasatmak* (sour), *Tikshana* (sharp), *Ushana* (hot), *Lahgu*, *Visra*, *Drava* etc. *Guna*.<sup>[2]</sup> When the *Amla* and *Drava Guna* of *Pitta Dosha* becomes exaggerated there is a sour belching and this condition is regarded to be pathological condition termed as *Amla-pitta*. *Kashyap Samhita* is the first available text which explained *Amla-pitta* as a separate entity. *Acharya Sushruta* describes the condition of *Amlika* similar to *Amla-pitta* because of excessive intake of *Lavana Rasa*.<sup>[3]</sup> *Amlapitta* (Hyperacidity) is a condition where *Amla guna* (Sour) of *Pachak pitta* (Gastric juice) increases due to *Samata* causing *Vyadhi* (Disease) condition.<sup>[4]</sup> *Acharya Kashyap* has accepted the involvement of three *Doshas* in *Amlapitta* (Hyperacidity) and mentioned *Desha* as a predominance factor for *Amalapitta* while *Madhav* has accepted the dominance of *Pitta and Ritu* (season) in this disease.<sup>[5]</sup> *Acharya*

*Charak* has not mentioned *Amlapitta* (Hyperacidity) as separate disease but described in *Grahani* as one of its *Lakshana* (symptom).<sup>[6][7]</sup>

### *Nidana* (Causes) Of *Amalapitta*:<sup>[8][9]</sup>

*Aharaja Hetu* (Causes related to diet)-

- Excessive use of *Ushna*(hot), *Snigdha*(unctuous), *Ruksha*(dry)*Amala* (Sour) *dravya*.
- Consumption of *Phanita* (Molasses), *Kulattha* and sugarcane preparations.
- Purchased cereals, wildy growing rice, *Prathuka* (flattened rice obtained from boiled paddy).
- Spicy food habits like eating samosa, burger, pizza, Chinese food. Excessive use of chilly, Cinnamon, clove, mustard, garam masala powder (spice mixture), garlic etc. in diet.
- Eating of stale, fermented foods (*dosa*, *uttappa*, *idli* etc. bakery food items).
- Excessive intake of fast food.
- Excessive intake of tea/coffee, alcohol.
- *Vishmashana* (improper quantity and timing of meal), *Adhayashana* (before the digestion of the previously taken food), *Atiashana* (Excessive food intake)

*Viharaja Hetu* (Causes related to life style)-<sup>[8][9]</sup>

- *Diwaswapna* (Sleeping in day time), Sleeping immediately after meals.
- Over bathing, tub bath
- Drinking water in between food eating

- *Vegadharna* (Suppression of natural urges).
- Lack of rest, fast moving lifestyle.
- Insufficient sleep at night.
- Excessive exposure to *aatap*(sun) and *agni* (fire)

#### *Mansik Hetu* (Psychological Factors)-

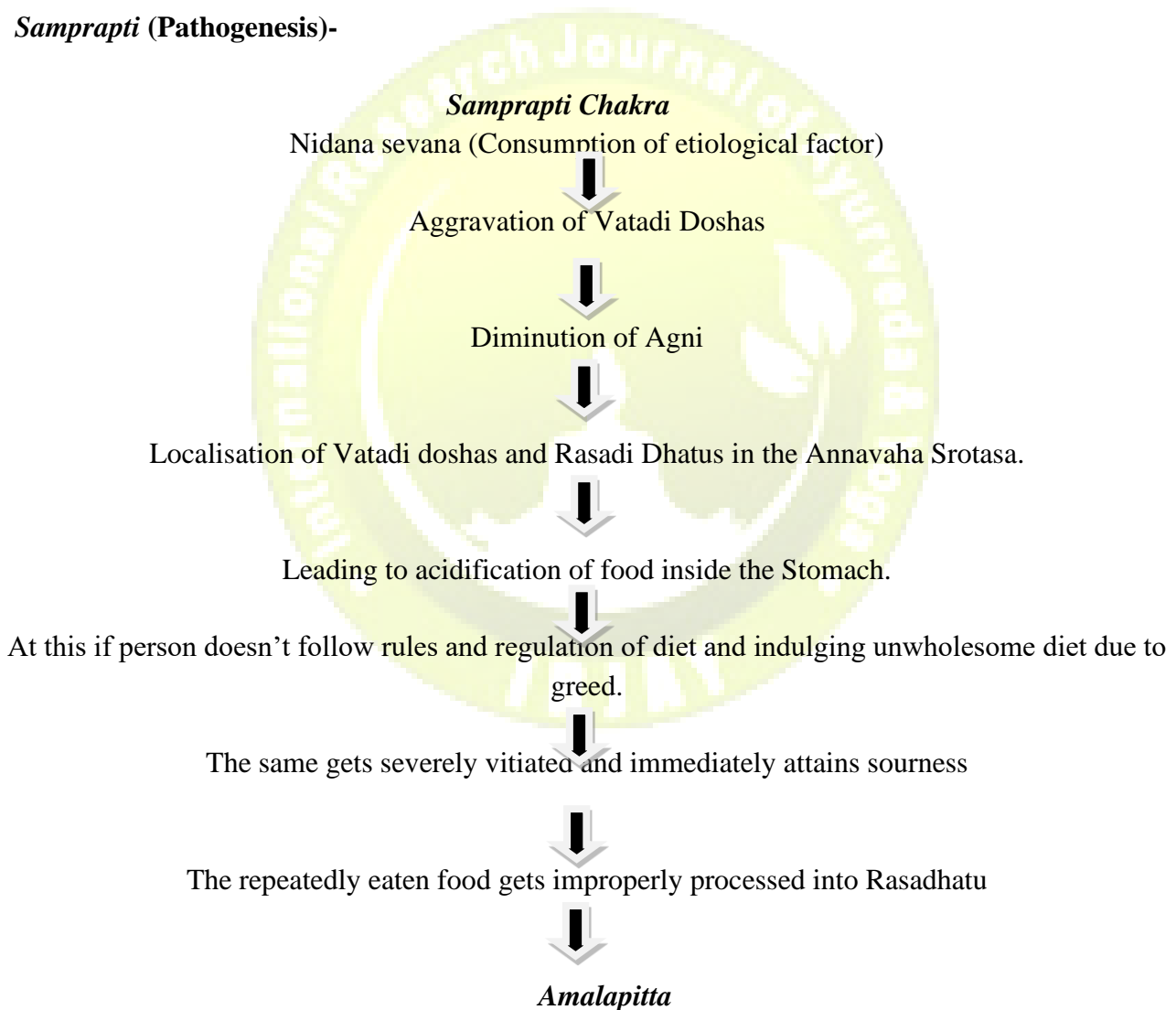
- Stressful life style
- Excessive anxiety, worry, jealousy, anger, fear
- Job dissatisfaction,

#### *Anya Hetu* (Other Causes)-

- Living in *anoopa desha* (marshy areas)
- *Varsha* and *Sharad ritu* (Autumn season)
- Prolonged intake of NSAIDS (pain killers)
- *Helicobacter pylori* infection

All the above factors result in excessive increase of '*Pitta dosha*' in body and exhibits symptoms of *amlapitta*.

#### *Samprapti* (Pathogenesis)-



**Samprapti Ghataka (Pathogenic factors)-**

*Dosha-Pitta pradhana tridosha*

*Dushya- Rasa (Plasma), rakta(Blood)*

*Srotasa-Rasavaha, Annavaaha*

*Srotodushti-Sanga (Obstruction),  
Vimargagamana.*

*Agni-Tikshnagni, Mandagni.*

*Adhithana-Amashya*

*Swabhawa-Chirkari and Aashukari (Chronic  
and Hereditary)*

*Sadhya-asadhyata (Prognosis)-Newly  
manifested curable with difficulty and chronic  
disease curable with difficulty only in few  
persons.*

**Types of Amla-pitta :**<sup>[10]</sup>

1. According to *Gati- Urdhwaga*(Upward movement), *Adhoga*(Downward movement),

2. According to *Dosha sansarga:*  
*Vatanubandhi, Kaphanubandhi,  
Vatkaphanubandhi*

**Lakshana (Symptoms)-**<sup>[11]</sup>

*Samanya Lakshana-*

- Indigestion.
- tiredness without exertion
- Nausea,
- Sour or bitter belching
- Burning in chest and throat
- Anorexia.

*Vishishta Lakshana-* according to types (*dosha* involvement).

**Complications-**

If not treated timely or if unwholesome diet, regimen and habits continued, it may lead to Gastric Ulcer

- Chronic Gastritis
- Duodenitis
- Irritable Bowel Syndrome
- Mal-absorption
- Anemia
- Peptic Stenosis

**Apathya (Unwholesome)**<sup>[12][13]</sup>

*Nidana Privarjana* (Avoidance of causative factor) is mentioned as a 1<sup>st</sup> *Chikitsa upakrma* In Ayurveda so it is better to avoid all the causative factors of *Amlapitta* (acid-peptic disorder).

1. Avoid excessive consumption of *Lavana rasa pradhana dravya* (Salty), *Amala Rasa pradhana Dravya* (*Sour and katu rasapradhana dravya* (pungent),

2. Avoid fresh paddy, obstructing the flow of vomiting, sesame, *Urada*(Yellow gram), *Kulattha* (*Dolichus biflorus*) items fried in oil, milk of sheep, *kanji*, Avoid Guru (heavy) and *Vishmashana, viruddhashana Vidagdha aahara* (spicy foods) and *Paryushita bhojana*.

3. Avoid smoking and *Madhyapana* (alcohol intake).

**Pathya (Wholesome)-** One can include the following edibles in their diet; rice of old *Sali*, milk, coconut water, *Barley*, wheat, Green gram, meat and meat soups of wild animal and birds, cool boiled water, sugar, honey, *karkotaka* (*Momordica dioica*), *Patola leaves, Vetagra*, well ripened fruit of *kushmanda* (*Benincasa hispida*) flower of banana tree, *vastuka, kapitta, pomegranate, Amalaki* (Indian

gooseberry) and all *tikta* juice and edibles. One should also drink liquids which are anti *kapha* and anti *pitta*.

Take adequate sleep & rest.

### Management-

Line of treatment

1. Avoid causative factors
2. Palliative treatment as the disease is of Pitta origin, all measures are undertaken to pacify pitta.
3. *Panchakarma* treatment- When patient cannot be well managed with oral medications 'Panchakarma procedures' like *Vamana* (emesis) or *Virechana* (purgation) whichever is needed should be administered. In chronic cases *Asthapanabasti* (medicated enema) is indicated.
4. Single drugs useful in *Amlapitta* (Hyperacidity) are *Shatavari* (*Asparagus racemose*) *Yashtimadhu* (*Licorice*) and *Amalaki* (*Indian gooseberry*).
5. Formulations- *Avipattikar Churna*, *Kamdudha Rasa* *Sutashekhar Rasa*, *Prawal Pishti*, *Prawal Panchamrit Rasa* *Dhatri Lauha*, *Shankha Bhasma*, *Swarna Mashik Bhasma*, *Amlapittantaka lauha*, *Narikela Lavan*, *Dashang Kwath*, *Bhoonimbadi kwatha*, *Patoladi kwatha*, *Guduchyadi kwath*, *Aragwadhamrtadi kwath*, *Shatavari ghrta* *Yashtimadhuka ghrta*, *Sukumaara ghrta*, *Dadimadi ghrta*, *Nalikel khanda*.<sup>[13]</sup>
6. Practice Yoga, *Pranayam*, meditation & exercise regularly.

### DISCUSSION

Hyperacidity is known to affect almost 70% of the population and new research now shows it to be the precursor for not just peptic ulcer, but

also cancer of the stomach and the oesophagus. Our stomach normally secretes acid, this acid helps in the breakdown of food during digestion. When excess acid is produced in the stomach it results in hyperacidity. Hyperacidity is characterized by a deeply placed burning pain in the chest, behind the sternum which is commonly known as heartburn.<sup>[14]</sup>

Hyperacidity (*Amlapitta*) is one of the most common disease seen in the society. It is seen in all ages, all classes, and all community. Hyperacidity refers to a set of symptoms caused by an imbalance between the acid secreting mechanism of the stomach and proximal intestine and the protective mechanisms that ensure their safety. In *Amlapitta* (Hyperacidity) the quantity of *Pachaka Pitta* (Gastric juice) is increased. It is quite common disease prevailing all over the world. This is a life style problem & those who are addicted with tobacco, alcohol as well as excess of packaged food rich in salt content can easily affected by this disease. *Amlapitta* (Hyperacidity) is gastrointestinal disorder described in Ayurveda. It can be correlate with hyperacidity in modern medical science. In the process of digestion, HCL plays important role. HCL converts inactive enzyme pepsinogen into active enzyme pepsin which then helps digestion by breaking the bonds linking amino acids, a process called proteolysis.<sup>[14]</sup> Hyperacidity simply means an increased level of acid in the stomach. The stomach secretes hydrochloric acid, a digestive juice that breaks down food particles into their smallest form to aid digestion. When there is an excessive amount of hydrochloric acid in the stomach, the condition is known as hyperacidity. Hyperacidity also called as acid dyspepsia. Acid dyspepsia manifest as burning pain or discomfort in upper abdomen, usually in epigastrium, postprandial abdominal discomfort which characterized by fullness &



nausea. In modern medicine the number of medicines is available for the treatment of hyperacidity like protons pump inhibitor, H2 blocker, Antacids, prostaglandin etc. but these drugs carry their own side effects like headache, diarrhoea, dizziness, allergic reactions etc. and still there are no any permanent cure are available and patient has to suffer from it. So, it is necessary to search permanent cure for hyperacidity without any side effects. In this way some remedies are mentioned by our acharyas such as *Vaman* (emesis), *Virechan* (Purgation), *Basti* (Medicated enema) etc.<sup>[15]</sup>

### CONCLUSION-

According to symptoms and etiopathogenesis, *Amalpittha* (Hyperacidity) is a *Pitta Pradhana tridoshaja vyadhi*. Due to *Mithya Aahara Vihara* (Unwholesome food), *Agni* vitiated which leads to *Ama dosha*, *Ama* combines with *Pitta dosha* and finally result into *Amalpittha Vyadhi*. If we could only maintain balanced state of the physical and emotional problems, chronic illness might rarely or never appear. *Pathya Apathya* (Wholesome-unwholesome) plays an important role in the treatment of *Amalpittha Vyadhi*. *Pittashamaka* drugs along with *Panchkarma* therapy, yoga and meditation are very effective in management of *Amalpittha vyadhi*.

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