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# Ahara as Pathya and Apathya in Amlapitta - A Review

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## ABSTRACT

The core principles in *Ayurveda* give prime importance to *Agni*, *Prakriti*, *Ahara* (food) and *Vihara* (lifestyle) in maintaining health. Present era people are scheduled to one or the other works due to which they are following unrightful food and habits which lead the manifestation of one of the common disorder which troubles person a lot - *Amlapitta*. By excess "Hurry, Worry and Curry" GIT disorders are the most common, not only affecting physical health but also psychological and social health. *Amlapitta* is one of that and it is a burning problem of the whole World. *Amalpitta* is composed of word *Amla* and *Pitta*. *Amlapitta* is a very common disease caused by *Vidagdha Pitta* with features like *Amlodgara*, *Tiktodgara*, *Hrit*, *Kantha Daha* etc. *Pathya* recommended in *Amlapitta* are *Yava*, *Godhuma*, *Purana Shali*, *Mudga Yusha*, *Lajasaktu* etc. *Apathya* recommended in *Amlapitta* are *Navanna*, *Avidugdha*, *Masha*, *Kulattha*, *Dadhi* and etc. So this present review article throws light on *Pathya* (conductive) and *Apathya* (non conductive) in *Amlapitta*.

**Key words:** *Amlapitta*, *Ayurveda*, *Pathya*, *Apathya*, Gastritis.

## INTRODUCTION

Indulgence of food articles which are incompatible combinations, spoiled, sour or causing burning sensation and other food and drinks which increases *pitta* produces *Amlapitta* in person whose *Pitta* is already aggravated.<sup>[1]</sup> Hence it is necessary to educate the people about do's and don'ts about diet as it plays a major role in manifestation of *Amlapitta*. *Acharyas* have emphasised on *Nidana*, *Samprapthi*, *Purvarupa*,

*Rupa* and *Cikistha* of *Amlapitta* through separate chapters. *Amalpitta* is composed of word *Amla* and *Pitta*. *Amlapitta* is a Psycosomatic disease means, *Mansikabhava* plays major role with *Sharirika Bhava*, When *Ahara*, *Vihara* and *Mansika* condition get disturbed they leads to *Agnivaishamy* which causes *Annavisha* or *Ama* formation and when the greedy person still indulges in eating leads to *Vidagdhapaka* of *Pitta* finally causing *Amlapitta*. This disease mainly involves the *Rasa*, *Rakta*, *Annavaha* and *Purishavaha Srotas*. Its *Samprapti* is mainly due to *Pitta Vriddhi* and by its own *Ushna*, *Tikshna*, *Drava*, *Sara*, *Amla Guna*, the line of treatment of *Amlapitta* is divided into *Shodhana* and *Shamana Chikitsa*. *Shodhana* mainly includes *Virechana* and *Vamana*. *Shamana* therapy mainly involves the use of *Tikta*, *Madhura Rasapradhana Dravyas*. *Pathya* is referred to the *Ahara* and *Vihara*, which causes pacification of the disease.<sup>[2]</sup> *Apathya* is referred to the *Ahara* and *Vihara*, which causes complications and aggravate the disease.<sup>[3]</sup> *Ahara* is the base and cause for the strength, complexion and vitality of the living beings. It has the ability to promote health as well as to

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control the disease pathology.<sup>[4]</sup> The benefits of food like health, strength, longevity and energy are achieved only when the food is consumed by the person according to its *Swabhava, Samyoga, Samskara, Matra, Desha, Kala, Upayokta and Upayoga Samstha*.<sup>[5]</sup> Otherwise it will end up in manifestation of diseases.

The following list of *Pathya* found in the disease *Amlapitta* is suggested by various *Ayurveda Acharyas*.<sup>[6]</sup>

Varga	Ahara Dravya	English name	Karma
<b>Anna Varga</b>	<i>Purana Shali</i>	Old variety of Rice	<i>Vatashamaka, Laghu</i>
	<i>Yava</i>	Barley	<i>Agni Deepana, Madhura Vipaka</i>
	<i>Godhuma</i>	Wheat	<i>Laghu and Sheetaveerya</i>
	<i>Mudga</i>	Green Gram	<i>Madhurarasa, Laghu, Sheetaveerya.</i>
<b>Ksheera Varga</b>	<i>Godugdha</i>	Cow milk	<i>Tridosahara, Shothahara</i>
<b>Shaka Varga</b>	<i>Patola</i>	Bottlegourd	<i>Agnideepana, Kaphapittahara</i>
	<i>Kusmanada</i>	Pumpkin	<i>Sheetaveerya, Madhuravipaka.</i>
<b>Mamsa Varga</b>	<i>Jangala Mamsa</i>	Forest meat	<i>Agnideepana and Laghu.</i>
<b>Phala Varga</b>	<i>Dadima</i>	Pomogronate	<i>Madhua Rasa, Sheetaveerya</i>
	<i>Amalaki</i>	Gooseberry	<i>Tridosahara, Nityasevaniya</i>
<b>Miscellaneous</b>	<i>Go Ghrita</i>	Cow's Ghee	<i>Tridosha Shamaka</i>
	<i>Narikelodaka</i>	Coconut	<i>Sheetaveerya,</i>

		water	<i>Madhuravipaka</i>
	<i>PuranaMadhu</i>	Old Honey	<i>Madhura rasa</i>
	<i>KhandaSarkara</i>	Stone Sugar	<i>Sheetaveerya</i>

The following list of *Apathya* found in the disease *Amlapitta* is suggested by various *Ayurveda Acharya*.<sup>[6]</sup>

Varga	Ahara Dravya	English name	Karma
<b>Anna Varga</b>	<i>Navanna</i>	New rice	<i>Kaphakara, Guru, Usnaveerya</i>
	<i>Masha</i>	Black gram	<i>Kaphakara, Kashaya Rasa</i>
	<i>Kulattha</i>	Horsegram	<i>Pittavardhaka, Usnaveerya</i>
	<i>Taila</i>	Oil	<i>Kaphakara, Snigdha</i>
<b>Jala Varga</b>	<i>DushitaJala</i>	Polluted water	<i>Vatakaphakara</i>
	<i>Sheeta Jala</i>	Cold water	<i>Vatakaphakara</i>
<b>Madya Varga</b>	<i>Nutana Madya</i>	New wine	<i>Vatakara, Ushnaveerya</i>
<b>Kanda Varga</b>	<i>Aluka</i>	Potato	<i>Vatakaphakara, Abhisyandhi</i>
<b>Ksheera Varga</b>	<i>Dadhi</i>	Sour Curd	<i>Guru, Kaphapittakara</i>
	<i>Aviksheera</i>	Goat Milk	<i>Kaphakara, Snigdha</i>
	<i>Nava Guda</i>	Jaggery	<i>Kaphakara, Ushnaveerya</i>
<b>Mamsa Varga</b>	<i>Matsya</i>	Fish	<i>Guru, Abisyandhi</i>
	<i>Anupa Mamsa</i>	Meat of Marshy land Animals	<i>Guru, Kaphakara</i>

**Common things to be Avoided**

- Excessive use of spices, chillis and other irritant substances in food.
- Fatty meals cause delayed gastric emptying.
- It is good to consume little less quantity of food which facilitates the action of *Pachaka Pitta* which will help to control the formation of *Ama*.
- Since the diet which aggravates the *Kapha*, also contributes the formation of *Ama*. Thus, dairy products, oily food items, salty and sour food articles should be avoided.
- Consumption of incompatible food items i.e. *Viruddha Ahara* should be strictly avoided since, it is considered to be a chief etiological factor of the disease. .
- It is better to avoid excessive water intake after consuming food as it interferes with the concentration of the digestive enzymes and slows down the digestive process.
- Most of the patients having addiction of tea, tobacco, smoking, alcohol which also plays an important role in etiology and aggravating factors also.

**DISCUSSION**

According to *Charaka* the food and drinks which are useful for the body channels are termed as *Pathya*. On the contrary those having a deleterious effect on them are *Apathya*.<sup>[7]</sup> If a person follows the rules of *Pathya* for particular disease, there is very little significance of drug treatment, and when a person exposed to *Apathya* then drug treatment has of no value.

As *Pathya Sevana* has been mentioned in classics as equally important as *Oushadha Sevana* and as effective measure in prevention of diseases and prevention of complications of diseases. Thus for a person of *Amlapitta* disease or whom with a family history of similar other diseases can be advised the daily usage of diet enriched with *Yava*, *Godhuma*, *Purana Shali*, *Mudga Yusha*, *Lajasaktu*. These can be

considered as those having similarity in their *Gunas* like *Deepana*, *Laghu*, *Pittahara*, *Vatanulomana* which are opposite to as that of *Ama* and *Pitta*. As these are cost effective and easily available, they can be advised for regular usage by which *Pitta* can be maintained in its normalcy and in turn *Nidana Parivarjana* for the above said *Amlapitta*, formation of *Ama* and *Vidagdha Pittaprakopa* can be prevented.

**Conclusion**

*Ayurveda* does not regard *Amlapitta* as a disease that can be treated by mere medicine or by a dietary regimen. Though it is a *Yapya* (not totally curable/difficult to cure) disease, the prolonged use of the above *Pathya* along with treatment procedure will not only generate the person free from *Amlapitta* but protect to live a long life (*Deerghajeevanam*), healthy (*Sukhayu*) and will be useful to the society (*Hitayu*).

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