



ISSN 2456-3110

Vol 6 · Issue 5

Sept-Oct 2021

Journal of
**Ayurveda and Integrated
Medical Sciences**

www.jaims.in

JAIMS

An International Journal for Researches in Ayurveda and Allied Sciences



Maharshi Charaka
Ayurveda

Indexed

A review of *Amlapitta*

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ABSTRACT

Over the last several decades our diet has become unhealthy and our lifestyle sedentary. These factors have resulted in an ever-increasing prevalence of the lifestyle disease. Among the environmental factors, lifestyle factors in particular being overweight, incorrect dietary habits, lack of regular physical activity and smoking have frequently been resulted in various gastrointestinal diseases. Lifestyle is an essential factor in health. Unhealthy behavior can lead to illness, disability and even death. Earlier the diet used to include a lot of vegetables and fruits which gave nutritional value. With the fast-paced modern lifestyle the diet has also become fast. In a competitive world people have no time to cook meal or sit and eat slowly. People resort to fast foods frozen foods loaded with preservatives and skip on healthy nutritional food. Along with poor eating habits lack of physical fitness is a significant problem in modern lifestyle. Use of mobile phones, television, computers longer commutes have contributed to sleep deprivation. Lifestyle modifications are currently used as first line of treatment for subjects with gastrointestinal diseases.

Key words: *Amlapitta, Sedentary, Gastrointestinal disease*

INTRODUCTION

Amlapitta is one of the commonest *Vyadhi* prevailing all over the world. It is known to affect almost 70% of the population and new research shows that it can be precursor of many diseases like peptic ulcer, CA of stomach and esophagus. It is *Annavaaha Srotas Vyadhi* (gastrointestinal) caused by vitiated *Agni*. *Amlapitta* is not mentioned in *Charaka Samhita* as a separate disease,

but the word is discussed at several places and while describing *Grahanidosha* pathogenesis of *Amlapitta* is clearly mentioned. Due to various factors like environmental changes, erroneous food habits, incompatible food habits, change in methods of cooking. These factors result in imbalance in *pitta*. This condition leads to *Amlapitta*.

AIM AND OBJECTIVE

The main aim of this article is to review *Amlapitta Vyadhi* from various Ayurvedic texts.

MATERIALS AND METHODS

Information regarding *Amlapitta Vyadhi* is collected from various *Samhitas*. i.e., *Charaka Samhita*, *Susruta Samhita*, *Madhava Nidana*, *Kashyapa Samhita*, *Bhaisjya Ratnavali*.

Etymology

Amlapitta is composed of two words: *Amla + Pitta*

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Submission Date: 18/09/2021 Accepted Date: 22/10/2021

Access this article online

Quick Response Code



Website: www.jaims.in

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The term *Amla* refers to a particular type of taste equated with sour taste which causes excessive salivary secretion. *Pitta* is responsible for the maintenance of the process of digestion, transformation and transmutation. So, it is a condition in which *Amla* and *Drava Guna* of *Pitta* gets increased.

Causes of Amlapitta^[1,2]

There are the following factors mentioned in Ayurvedic texts.

- *Virudhaahara* - Foods which are incompatible
- *Dushta Ahara* - Rotten food
- *Amla* - Sour food
- *Vidhahi Ahara* - Food substances which increase burning sensation inside
- *Pitta prakopiannapaana* - Other factors which aggravate *Pitta*
- *Vidagadha* - Indigestion
- *Adhayasana* - Eating before the digestion of previous meal
- *Ajeerana* - Indigestion
- *Ama* - Manifestation of *Ama* (undigested food)
- *Pishtaanna* - Use of ground cereals (*Masa*)
- *Madya* - Improperly processed wine and drinks
- *Abhishyandi Bhojan* - Eating of heavy foods
- *Vega dharana* - Suppression of natural urges
- *Atiushna Snigdha Rukshaanna* - Excessive use of hot unctuous, dry, sour food
- *Fanita Ikshuvikara* - Use of molasses, sugarcane preparations
- *Kulattha* - Use of *Kulattha*
- *Bhristadhanya* - Flattened rice obtained from boiled paddy
- *Divaswapanam* - Repeatedly sleeping in day time after eating
- *Bhuktapryushitaashnaat* - Consumption of stale food

Pathogenesis^[3]

Due to above etiological factors *Vatadi Dosas* get aggravated leading to mildness of *Agni*. At this time, whatever is eaten by an ignorant person, the same gets burnt, due to improper digestion, food gets acidified inside the stomach. If person doesn't follow rules and regulation of diet even at this stage and indulging unwholesome diet due to greed, the same gets severely vitiated due to *Pitta*. This condition is known as *Amlapitta*.

- *Dosa* - *Pittapradhanatridosaj*
- *Vata* - *Samana, Udana*
- *Pitta* - *Pacaka*
- *Kapha* - *Kledaka*
- *Dusya* - *Dhatu-Rasa*
Upadhatu - Twaca
- *Saririkmala* - *Purisa*
- *Dhatumala* - *Kapha Pitta*
- *Agni* - *Jatharagni, Dhatavaagni*
- *Agnidushti* - *Tikshaagni, Mandagni*
- *Srotas* - *Rasavaha, Annavaaha*
- *Adhithana* - *Amasaya*
- *Srotodusti* - *Sanga, Vimargagamana*
- *Svabhava* - *Cirakari and Asukari*

Symptoms

- *Avipaka* - Indigestion
- *Kalama* - Exhaustion without any physical efforts
- *Kalesa* - Nausea
- *Atitiktamlaudgara* - Sour or bitter eructation's
- *Gaurava* - Heaviness in body
- *Hritkanthadaha* - Burning sensation in the chest and throat
- *Aruchi* - Loss of appetite^[4]

Types of Amlapitta

1. *Adhoga Amlapitta*

2. *Urdhvaga Amlapitta***Adhoga Amlapitta**

Symptoms of *Adhoga Amlapitta* are^[5]

- Thirst
- Burning sensation
- Fainting
- Giddiness
- Delusion
- Downward movement of various kinds
- Occasional compression in chest
- Skin rashes
- Diminished function of *Agni*
- Perspiration
- Yellow discoloration of body

Urdhvaga Amlapitta^[6]

It is characterized by vomiting which is green, yellow, blue black, slightly red coloured and sour substances. It resembles like mutton washed water shiny thin followed by *Kapha*.

- Patient vomits during digestion of food or in empty stomach.
- Burning sensation in the throat and chest and upper abdomen
- Headache
- Burning sensation in palm and soles
- Loss of appetite
- *Kapha-Pittaja* fever
- Skin rashes
- Itching
- Surrounded by numerous small vesicles on skin and other troubles to the body.

Classification of Amlapitta based on predominance of Dosas^[7,8]1. *Vata Pradhana Amalapitta*2. *Kapha Pradhana Amlapitta*3. *Vata-Kapha Pradhana Amalapita*4. *Kapha-Pittaja Pradhana Amlapitta***Vatapradhana Amlapitta**

It is characterized by tremors, delirium, fainting, feeling of pin and needles. General weakness, pain, feeling of darkness in front of eyes giddiness delusion, horripilation.

Kaphapradhana Amlapitta

It is characterized by expectoration of thick phelgum, heaviness, lassitude, loss of appetite, coldishness, general weakness, loss of strength, itching and excessive sleep.

Vatakaphapradhana Amlapitta

It includes symptoms of *Vataj* and *Kapha Pradhana Amlapitta*.

Kapaha Pittaja Pradhana Amlapitta

Eructation having tastes bitter, sour and pungent

Burning sensation in chest throat

Loss of appetite

Lassitude

Salivation

Sweetishness in mouth

Prognosis of Amlapitta

Recently manifested disease responds to treatment with difficulty, chronic *Amlapitta* is manageable or curable with difficulty in few person.

Upasaya /Pathya^[9]

In cases of *Urdhva Amlapitta* where *Sleshma* has high concentration one should try *Vamana* therapy. Similarly in cases of *Adhoga Amlapitta* where *Pitta* has high concentration one should go with *Virechana* therapy. After carrying out either of these therapies one should administer the *Basti* therapy in their diet.

Apart from this one can include following edibles:

- Rice of old Sali variety

- *Yava*
- *Wheat*
- *Mudga*
- Cool boiled water
- Honey *saktu*
- *Karkota*
- *Karvellaka*
- *Patola leaves*
- *Kapittha*
- *Amalaki*
- Pomegranate
- *Tikta* juices and edibles
- Well ripened fruit of *Kushmanda*

Anupsaya /Apathya^[10]

These following are strictly prohibited for a patient of *Amlapitta*, Fresh paddy, *Virudhasana*, *Pitta* increasing meals, sesame, *Urada*, *Kulattha*, fried food, milk of sheep, salt, *Amla* and *Katu juices*, *Guru Ahara* curd and liquor.

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How to cite this article: Bindu Chauhan, Anjana Mishra, Vijay Choudhary. A review of Amlapitta. J Ayurveda Integr Med Sci 2021;5:257-260.

Source of Support: Nil, **Conflict of Interest:** None declared.
