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A review on Ayurveda dietetics for *Amlapitta* (Gastroesophageal Reflux Disease) by different Ayurveda classical texts

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ABSTRACT

Amlapitta could be a commonly experienced illness of *Annavaha Srotasa* (gastrointestinal system) depicted in different classical *Ayurvedic* writings that affects people of all ages, genders, regions, and climates. The 21st century is regarded as the modern era due to which bygone eating habits and life style is totally changed. Indulgence of food articles such as over processed, under processed and incompatible dietary preparations are the root cause of most of the non-communicable disorders now a days. *Ritucharya* (a seasonal regime) and *Dinacharya* (a diurnal regime) were some of the dos and don'ts mentioned by *Acharyas*. In addition to being an integral part of the regimen of good health, the *Ayurvedic* teachings of *Acharyas* also included *Pathya* (healthy) and *Apathya* (unhealthy) as a component in the treatment of diseases. This highlights the significance of *Pathya* (healthy) and *Apathya* (unhealthy) in *Ayurveda*. So, it is the pressing priority to know the *Pathyas* (wholesome) and *Apathyas* (unwholesome) of *Amlapitta* explained by different *Acharyas*.

Key words: *Amlapitta*, Diet, Food, *Pathya*, *Apathya*

INTRODUCTION

Ayurveda the science of life has given much importance for prevention of diseases rather than treating the disease after manifestation. In the present-day scenario, the food and lifestyle have been greatly altered and is the leading cause for almost all the non-communicable diseases worldwide. In *Ayurveda* classical texts *Acharyas* have mentioned about the quality, quantity, method of preparations in detail to avoid diseases and to maintain healthy

livelihood.

Amlapitta is a common *Annavaha Sroto-Dushti Vikara* that affects people of all ages, genders, regions, and climates as people are practising inappropriate diet and lifestyle which are leading to disturbances in digestive system.^[1] But in *Ayurveda*, the first and foremost entity to look in to is *Agni*. In *Amlapitta*, *Agni* is the one which is hampered and leading to the pathophysiology of the disease itself. To maintain and improve *Agni* and *Kosta* one must consume wholesome food and beverages in proper time. Indulgence of diet articles which can be *Virudha* (incompatible combinations), spoiled, bitter or inflicting burning sensation. Different food items and drinks which will vitiate the already aggravated *Pitta* and produces *Amlapitta*.^[2] *Pathya* is derived from the root word *Patha*, which means a route or channel. *Pathya* is referred to as regimes or substances which are whole some to mind and body. The things which are not wholesome to mind and body is referred to as *Apathya*. Food is the first of the three pillars of existence that *Charak* had identified, along with

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regulated sexual activity and sleep. *Sushruta* had provided more evidence for this point when he said that food is the source of *Oja*, power, life, and complexion.^[3] Around 20% of the total adult population of whole world suffers from GERD (Gastroesophageal reflux disease)^[4] which can be correlated with *Urdhwaga Amlapitta* with the similar signs and symptoms.^[5] By this above words it can be said as *Amlapitta* is a most common lifestyle disorder which is being often neglected in the present time. The *Amlapitta* is a disease which can be more often managed with diet and lifestyle of a person rather than putting on the medications. The contemporary medical system offers various medications such as antacids, PPI (proton pump inhibitors) & H2 Receptors.^[6] These medications give temporary relief but the long-term usage of these medications is not advisable and may lead to adverse effects such as reduced calcium absorption and reduced BMD (bone mineral density)^[7] In *Ayurveda* also there are medications which can manage *Amlapitta*, but the challenge arises when people again start habituating the *Apathya Ahara Viharas* and stress which in turn leads to the same symptomatology. *Manasika Nidanas* also contributes to the formation of *Amlapitta*. In today's world people are more stressed and anxious to the work environment, family etc. To this concern the dietetics plays an important role in controlling the recurrent status of *Amlapitta*. For this *Acharyas* have given detailed *Pathyas* to follow in a person inflicted with *Amlapitta* and the people who are prone to *Amlapitta* may also follow the same.

MATERIALS AND METHODS

Literature search of *Amlapitta* have been done on *Charaka Samhitha*, *Kashyapa Samhitha*, *Madhava Nidana*, *Bhava Prakasha*, *Yoga Rathnakara* and *Bhaishjya Ratnavali*.

REVIEW OF LITERATURE

Amlapitta could be a commonly experienced illness of *Annavaha Srotasa* (gastrointestinal system) that predominantly comprises of *Avipaka* (acid reflux), *Hritkantha Daha* (heart and throat burn) and *Tikta-Amlodgara* (sour and sharp burping).^[1] Almost all the

classical texts of *ayurveda* highlights the *Nidanas* in a similar manner. Among them *Aharaja* and *Viharaja Nidanas* are explained. The common *Aharaja Nidanas* are - *Virudha Ahara* (Incompatible food), *Dushta-Amlavidahi Ahara* (Acidified food), *Pitta Prakopakara Ahara* (*Pitta* aggravating food), *Virudhyasana* (Untimely food consumption), *Ajeerna* (Indigestion), *Madhya* (Alcohol), *Atyushna* (Too hot), *Snigdha* (Too oily), *Ruksha* (Dry), *Katu* (Pungent) *ahara*. Similarly, the common *Viharaja Nidanas* are - *Divaswapna* (Repeatedly sleeping in day time), *Ati Snana* (excessive bathing) & *Avagaha* (tub bath).^[8] The pathophysiology of *Amlapitta* is understood as the over indulgence of *Nidanas* (aetiology) in turn leading to aggravating *Vatadi Doshas*, which leads to *Agnimandya* and formation of *Ama*. Further the *Ama* and *Vatadi Doshas* localises in *Amashaya* which leads to *Shukthatwa* of *Ahara Rasa*. *Ajeerna Ahara* with *Prakupita Pitta Dasha* leads to the *Amlapitta*.^[9] The *Samanya Lakshanas* of *Amlapitta* are - *Avipaka* (Indigestion), *Klama* (exhaustion), *Utklesha* (discomfortness), *Tikthamlodhgara* (Sour belching), *Gourava* (Heaviness), *Hruth Kanta Daha* (Burning sensation in chest & throat), *Aruchi* (Anorexia). *Pathya* is referred to the *Ahara* and *Vihara*, which causes pacification of the disease.^[10] *Apathya* is referred to the *Ahara* and *Vihara*, which causes complications and aggravate the disease.^[3]

Pathya Ahara according to different *Samhithas* exclusively for *Amlapitta* are as follows –

- **Charaka Samhitha**

Raja Masha (Cow peas)

- **Kashyapa Samhitha**

Purana Shali (Old rice), *Mudhga* (Green gram), *Masura* (Lentil), *Harenu* (Green gram), *Grutha* (Ghee), *Paya* (Milk), *Jangala Mamsa* (Meat of arid animals), *Kalaya Shaka* (Leaves), *Pouthika*, *Vasa Pushpa* (Malabar nut flowers), *Vaasthuka* and *Thiktha-Laghu Shaka Varga* (Bitter and Light to digest Leafy veggies).

- **Bhava Prakasha**

Yusha Yavagu (Thick gruel) of *Yava* (Barley) and *Godhuma* (Wheat), *Laja Sakthu* (Puffed grains) added with sugar and honey.

Yoga Rathnakara

Yava (Barley), Godhuma (Wheat), Mudhga (Green gram), Purana Raktha Shali (Old red rice), Taptha Sheetha Jala (Boiled water made to cool), Sharkara (Sugar), Madhu (Honey), Sakthu (Gruel), Karkotaka (Spiny gourd), Karavella (Bitter gourd), Rambapushpa, Vaasthuka, Vethra Agra, Vrudha Kushmanda (Aged Winter melon), Patola (Pointed gourd), Dadima (Pomegranate) and all Pitta and Kapha alleviating drinks.

Bhaishjya Ratnavali

Raktha Shali (red rice), Yava (barley), Godhuma (wheat), Mudgha (green gram), Jangala Rasa (dry arid meat soup), Taptha Sheeta Jala (boiled cool water), Sharkara (sugar), Madhu (honey), Karkota (spiny gourd), Karavellaka (bitter gourd), Patola leaves (pointed gourd leaves), Himlochika, Vethragram, Vridha Kushmanda (winter melon), Kadalipushpa (banana flowers), Vaastuka, Kapitta (Wood apple), Dadima (Pomegranate), Amlakki (Indian gooseberry), Tikthani Sakalani (Bitter) and Kapha Pittahara diet.

Apathyas which are found in classical texts are as follows:

Tila (sesame), Masha (black gram), Kulatta (horse gram), Nava Anna (newly harvested rice), Kanji (fermented drink), Guru Ahara (Heavy to digest food), Dadhi (Curd), Madya (Alcohol), Avi Dugdha (sheep milk), Dhanyamla (fermented liquid), Lavana (salt), Amla and Katu Ahara (sour and pungent food).

Therapeutic Diet advices on Samhithas

Vargas				
Shooka	Purana Shali / Old rice	Godhuma / Wheat	Vajrana / Pearl Millett	Shyamaka / Little millet
Shami	Mudga / Green gram	Raja Masha / cow pea	Masur / Lentil	
Mamsa	Jangala Mamsa Rasa / Arid area animals			

Shaka	Karavella aka / Bitter gourd	Thanduliy aka / Amaranth	Kadali Pushpa	Patola /snake gourd	Trapusa / cucumber
Phala	Kadali /banana	Kharjura / dates	Dadima / pomegranate		
Harita	Ardhraka / ginger	Dhanyaka / coriander			
Madya	Contraindicated				
Jala	Taptha Sheeta Jala / boiled & made to cool water	Dhanyaka Hima / coriander water	Jeeraka Jala / cumin water	Shunti Jala / Ginger water	Ajamoda Jala / Ajwain water
Gorasa	Go Ksheera / Cow milk	Go Ghritha / Cow Ghee			
Ikshu	Sharkara / Sugar				
Krutanna	Manda / Rice gruel	Yusha / Medicated soup	Soopa / Soup		
Aharopayogi	Jeera / cumin seeds	Ela / Cardamom	Ajamoda / Ajwain		

Therapeutic diet plan for Amlapitta

Preparations	Diet 1	Diet 2	Diet 3	Diet 4
Morning beverages	Dhanyaka Hima (coriander water)	Jeeraka Jala (Jeera water)	Shunti jala (Ginger water)	Soaked dry grapes
Breakfast	Mixed boiled	Mudga Yusha	Rice / saame /	Wheat Dosa

	vegetables (indicated)	(Green gram gruel)	Sheera Upma	
Mid day snacks	Dadima / Pomegranate	Kadali Phala / Banana	Kharjura / Dates	Salads
Mid day beverage	Dhanyaka Hima	Jeera Jala	Shunti Jala	Soaked dry grapes
Roti (in Numbers)	1-2 Roti / Chapathi (Jawar / Bajra / Raagi / Rice flour)	1-2 Roti / Chapathi (Jawar / Bajra / Raagi / Rice flour)	1-2 Roti / Chapathi (Jawar / Bajra / Raagi / Rice flour)	1-2 Roti / Chapathi (Jawar / Bajra / Raagi / Rice flour)
Vegetable sabji (in portions)	Karavellaka Sabji / Bitter gourd Sabji	Patola Sabji / pointed gourd	Thanduliyaka Sabji / Amaranth Sabji	Kushmanda Sabji / winter melon
Rice item (in portions)	1 cup Raktha Shali rice	Kichadi	Ganji	Ksheerana
Roti (in Numbers)	1-2 roti / chapathi (Jawar / Bajra / Raagi / Rice flour)	1-2 roti / chapathi (Jawar / Bajra / Raagi / Rice flour)	1-2 roti / chapathi (Jawar / Bajra / Raagi / Rice flour)	1-2 roti / chapathi (Jawar / Bajra / Raagi / Rice flour)
Vegetable sabji (in portions)	Karavellaka Sabji / Bitter gourd sabji	Patola Sabji / pointed gourd	Thanduliyaka sabji / amaranth sabji	Kushmanda sabji / winter melon
Rice item (in portions)	1 cup Raktha Shali rice	Kichadi	Ganji	Ksheerana

CONCLUSION

The non communicable diseases are on a rise since the modern civilisation begun. It is a great concern because the people are not well aware of the facts about risk factors, aetiology of disease pathology etc. The same applies in case of *Amlapitta* because the disease is majorly caused by faulty lifestyle and dietary habits.

Manasika Nidanas are also to be taken in mind because of the stressful life which is been observed in modern society. So, the least we can do is to ensure the diet and lifestyles are proper. When people are aware of the *Pathya-Apathyas* of *Amlapitta*, the disease load can be controlled and primarily cured. The 1st line of treatment itself in case of NCD's should be focused on lifestyle and dietary practices. *Acharyas* have emphasised on the *Pathya-Apathyas* so much that it should be considered as primordial line of management. In *Charaka Samhitha* acharyas have explained about the practice of *Ahara Vidhi Vidhana* and *Ahara Visheshayathana*, which is to be followed properly to reduce the NCD load in present era.

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