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# A review article on Ayurvedic approach for *Chikitsa Krama of Amlapitta*

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## ABSTRACT

In this present era everyone is trying to follow western culture. Everyone is struggling to survive in the age of competition and while doing all these they are neglecting their own health. Because of changing lifestyle, food habits, behavioral pattern etc. They are facing various functional or psychological diseases. *Amlapitta* (Hyperacidity) is possessed by words *Amla* (sour) *Pitta* (gastric juice). In *Ayurveda Amlapitta* is managed through *Pitta Shamana* with *Vamana* and *Virechana*. The cardinal symptoms of *Amlapitta* include *Avipaka* (indigestion) *Klma* (tiredness) *Utklesha* (nausea), *Tikta Amlaudgar* (heat and throat burn) and *Aruchi* (Anorexia).<sup>[1]</sup> *Amlapitta* is a disorder of *Annavaha Strotas*. In *Pathya Kalpana* not only *Hetus* but proper follow of *Dincharya* and *Rutucharya* are important.

**Key words:** *Amlapitta, Vamana, Virechana, Ayurveda, Hetus*

## INTRODUCTION

*Amlapitta* is a life-style disease prevalent all over the world. Hurry, worry and curry are the main three reasons for the disease. *Ayurveda* has described the way of living healthy life, as in *Dincharya, Ritucharya, Asthavidhi Ahara*. Most of the people do not follow the rules that are mentioned in *Ayurveda* because of fast life style. They consume fast food, cold beverages, fried foods, coffee, late night snacks and excessive amount of chillis and masala in their meals, among other

unhealthy eating habits. *Pitta* that has been vitiated due to consume food and beverages that are incompatible spoiled and extremely sour as they can aggravate *Pitta's Dravya* and *Amala Guna* it results in *Amlapitta*. *Amlapitta* is first been described in *Kasyapa Samhita*. After that it is also been described in *Madhava Nidaan*<sup>[2]</sup> *Bhavprakasha*,<sup>[3]</sup> *Yogratnaakar*<sup>[4]</sup> and other have all provided excellent description of it. *Acharaya Charaka* has also provided some *Amalapitta* related references.

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Table 1: *Aharaj Nidaan*<sup>[5]</sup>

<i>Viruddha Anna</i>	<i>Ninditvyadhikaranaam</i> Example - Milk Shake, Butter-Chicken, Dishes of Paneer, Cold Drinks and Pizza, Taking <i>Madhura Rasa</i> food at the end of meal, <i>Ushna Jala</i> with Honey etc.
<i>Adhyashana</i> and <i>Ajeerna</i>	<i>Nindit Vyadhikaranaam</i>
<i>Pishta Anna</i>	Carbohydrate rich diet (flour, rice, potato, sweet potato, soft drinks, bread etc.)

<i>Apakwa Anna</i>	Salad, Fried rice, Momos, Chowmin, Pasta, etc.
<i>Atti-Drav Sevan, Antarodak Paan</i>	<i>Nidan</i> of <i>Ajeerna</i> and <i>Agnimandya</i> .
<i>Fanita</i> (Fermented foods)	Bread, Bakery items, Packed foods, Alcohol etc.
<i>Ikshu-Vikaar</i>	<i>Sarkara, Guda</i> , etc.
<i>Kulaath</i>	<i>Amalapitta Jananaam</i> .
<i>Brusta Dhanya</i>	Fride popcorn, <i>Khakhra</i> with tea, etc
<i>Paryushit Anna</i>	Refrigerator items (Dough, Vegetables, Left over meals etc.)

Table 2: *Viharaj Nidan*

<i>Diwaswapna</i>	Day sleep.
<i>Vegdharana</i>	Suppression of urges.
<i>Ati Snaan</i>	Taking bath after meal, After gym hot steam bath

**Lakshana**

- *Tikta Amla Udgar* - Proper *Pitta* has a *Katu Rrasa*. But when it become *Vidagdha Katu Rasa* is converted into *Amla* due to this *Amla Guna* and *Dravyaguna* of *Pitta* is increased. So *Agnimandhya* and *Ajirna* and *Tikta Amla Udgar* symptoms are produced.
- *Klama, Angasaada* and *Gaurav* - Due to *Ama Dosha Vridhi* in body.
- *Utklesha* - Due to *Ama Dosha* and vitiated Cough.
- *Aruchi* - Loss of taste of food and loss of interest of food intake both are considered as an *Aruchi*.
- *Hrit-Kantha Daha* – Due to *Ushna* and *Tikshana Guna* of *Pitta*. (*Daah- Paak Kara Tikshana*) Sometimes *Sarvangdaaha* and *Hasta Paadtal* also affected.

**Samprapti<sup>[6]</sup>**

Due to *Nidana Sevan Vatadi Doshas* got aggravated leading to *Agnimandya*. Due to improper digestion

whatever is eaten got burnt and food got acidified inside the stomach. after that, the *Rasa Dhatu* also got acidified. this acidified *Rasa Dhatu* travels the whole-body giving symptoms like *Klama* and *Gaurva*. even in this stage if the patient does not follow *Pathya Ahara-Vihar* (rules and regulation of diet), the *Pitta* got severely aggravated causing *Shuktata* in *Amashaya* (stomach) causing the disease *Amlapitta* (*Urdhvag or Adhoga*).

Table 3: Affected *Dhatu* and there *Lakshana*

<i>Rasa Dhatu</i>	<i>Amavaat, Pittaja Rajodusti, Khalitya, Palitya</i>
<i>Rakta Dhatu</i>	<i>Vaatrakta, Mukhpaak, Kotha, peedika.</i>
<i>Meda</i>	<i>Atisweda, Swed Dorgandhya</i>
<i>Asthi</i>	<i>Parshinishula</i>
<i>Majja</i>	<i>Bharama</i>
<i>Shukra</i>	<i>Kleebta, Garbhsraav.</i>

**Sama and Nirama Pitta<sup>[7]</sup>**

- *Sama Pitta* (*Kapha Adhikya Pitta*) - Drooling of *Kapha* from mouth (*Kapha Nistheva*), Heaviness (*Gaurava*), Stiffness (*Jadata*), Anorexia (*Aruchi*), Cold (*Sheeta*), emesis (*Vami*), mouth covered with *Kapha* (*Lepa*), Itching (*Kandu*), Sleep (*Nindra*)
- *Nirama Pitta* (*Vaat Adhikya Pitta*) - *Tikta Amlakatudgaar*, Burning pain in chest, abdomen and throat region (*Hrittakukshikanthadahakritta*)

**Why Vamana in Amlapitta**

व्याधिरामाशयोत्थोऽयं कफपित्ते तदाश्रये ॥<sup>[8]</sup> (का० खिल० 16/18)

*Chakrapani* has given two parts of *Amashaya*. *Urdhva & Adho*, *Urdhva Amashaya* is the place of *Kapha* while *Adho*, is place for *Pitta*. *Urdhva Amashaya* is cleaned by *Vaman Karma* & *Adho Amashaya* is cleaned by *Virechana Karma*. So *Amashaya* can be cleaned with *Vaman & Virechana Karma*.

लवणाम्बुना सुखोष्णेन क्षीरेणैक्षुरसेन वा ।

मधूदकेन तिकैर्वा वमनं संप्रकल्पयेत् ॥<sup>[9]</sup> (का० खिल० 16/31)

For *Vamana* use of water with added salt, lukewarm milk, sugarcane juice, honey with lukewarm water and other *Tikta Dravyas*.

**Chikitsa**

तिक्तस्वादुकषायाः स्युः क्रमशः पैतिके हिताः ॥२७॥<sup>[10]</sup>  
(काश्यप खिल स्थान 6/27)

**Table 4: Probable mode of action of Rasas**

Rasa	Probable mode of action
<b>Tikta Rasa</b>	In the pathogenesis of any disease there is <i>Samavastha</i> . So <i>Niramavastha</i> is attained by the use of <i>Tikta Rasa</i> .
<b>Madhura Rasa</b>	After the <i>Pachana</i> of <i>Samavastha</i> <i>Madhura Rasa</i> is used, due to <i>Sneha</i> and <i>Madhura Guna</i> it suppresses <i>Pitta Dosh</i> .
<b>Kashaya Rasa</b>	Due to <i>Ruksha Guna</i> of <i>Kashaya</i> it absorbs <i>Drava Guna</i> of <i>Pitta</i> .

**Table 5: Example**

<i>Guduchi, Kirattikta, Kutki, Tiktpatola</i>	<i>Tikta</i>	<i>Sama Pitta Pachana</i>
<i>Yastimadhu, Sariva, Satavari, Amlaki</i>	<i>Madhura</i>	<i>Nirama Pitta Pachana</i>
<i>Haritaki/Garika</i>	<i>Kashaya</i>	Absorbs <i>Drava Guna</i> of <i>Pitta</i> .

**Table 6: Chikitsa in Sama and Nirama Avastha.**

Sama	Nirama
<i>Sutshekhara + Sankha + Amalaki</i>	<i>Guduchi Satva + Sita + Dugdha</i>
<i>Sutshekhara + Kapardika + Avipattikara</i>	<i>Dhatri Loha</i>
<i>Laghusutshekhara</i>	<i>Kamdudha</i>
<i>Pravala Panchamruta</i>	<i>Chandrakala Rasa</i>
<i>Avipattikara Churna</i>	<i>Godanti, Garika</i>
<i>Sankha Bhasma, Bhunimbadi Khada</i>	<i>Satavri Ghrita</i>

<i>Musta, Patola, Sumthi</i>	<i>Narikela Khanda</i>
	<i>Kusmand Khanda Avleha</i>

**Table 7: Marganusaar Chikitsa**

<i>Urdhwaga (Raktapitta, Pittaja Parinama Shula Chikitsa)</i>	<i>Adhoga (Pittaja Grahani Chikitsa)</i>
<i>Sutshekhara</i>	<i>Sutshekhara + Swarna Makshija + Bilwa</i>
<i>Kamdudha</i>	<i>Laghusutshekhara</i>
<i>Pravala Panchamruta</i>	<i>Kamdudha</i>
<i>Avipattikara churna</i>	<i>Kapardika Bhasma</i>
<i>Bhunimbadi Khada</i>	<i>Gairika</i>
<i>Sankha Bhasma</i>	<i>Musta, Dhanyaka, Sunthi</i>
<i>Amalki</i>	<i>Bilwa</i>
<i>Sariva</i>	<i>Panchamrita Parpati</i>

**Table 8: Chikitsa according to Guna**

Pradhan Guna	Sahayak Guna	Lakshan	Chikitsa
<b>Ushna</b>	<i>Laghu, Sara</i>	<i>Sarvang Daha</i>	<i>Swarna Makshoik + Kamdudha + Sariva</i>
	<i>Laghu, Ruksha</i>	<i>Bharma</i>	<i>Sutshekhara + Swarna Makshik + Godanti + Dhamasa Fanta</i>
	<i>Amala</i>	<i>Dantaharsha</i>	<i>Sajji-kshar + Sharkara</i>
<b>Drava</b>	<i>Amla, Dravya</i>	<i>Hrit-Kantha Daha</i>	<i>Draksha + Haritali + Sharkara</i>
	<i>Sara, Visra</i>	<i>Chardi</i>	<i>Sutshekhara + Sankha + Karchur</i>
	<i>Ushana</i>	<i>Mutradaha</i>	<i>Dhanyaka Hima + Sahrkara</i>
	<i>Ushna, Sara, Amla</i>	<i>Tikta-Amla Udgar</i>	<i>Praval Panchamruta + Sunthi + Guduchi</i>

	Ushna, Sara, Raktadushti	Koth	Laghusutshekhar + Nimba + Amlaki
Tikshana	Ushna	Shula	Sutshekhar + Pravalapanchamrut a
	Ushna, Laghu	Sirah-Shula	Kamdudha + Yastimadhu + Godanti
Ruksha		Vibandha	Arogyavardhini + Trifala Fanta + Avipatikara Churna
Snigdha	Guru, Amla	Klama	Bhunimbadi Khada

## DISCUSSION

*Amlapitta* is a disorder of vitiated *Pitta Doshas*. Many dietary factors are responsible for this *Pitta* aggravation. Excessive intake of stale food items, sour food, packed food items, alcoholic preparations. Fasting, eating between meals, worry, hurry, spicy foods etc. can be considered as the main factors for *Amlapitta*. The first treatment should be *Nidanparivarjanam* i.e., avoiding the causative factors. Timely intake of meals. Avoid eating spicy food. Leafy vegetables, bitter gourd, white pumpkin etc. *Amlapitta* is one of the major disorders caused by lifestyle modification, which can be managed by these particular *Aaharas*.

## CONCLUSION

*Amlapitta* is a functional disorder of *Annavaha Srotas*. Stressful life which is least concerned about proper food habits. "Hurry", "Worry", "Curry" are the main cause for this disease. In modern medicine *Amlapitta* can be correlated with hyperacidity. *Ayurveda* mainly emphasizes on prevention of disease. Diet and lifestyle plays an important role in both pathogenesis and treatment of *Amlapitta*.

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