Conceptual review of Amlapitta (Ayurvedic View)

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ABSTRACT:

Amlapitta (Hyperacidity) is very common disease encountering in present population with more or less severity. Generally 80% of the top ten life threatening disease in the world are due to wrong in dietary habits.¹ Amlapitta (Hyperacidity) is one of the commonest Vyadhi (Disease) of Annavaha strotas (Channel for digestion, absorption and transportation), caused by vitiated Agni (Digestive fire). Amlapitta (Hyperacidity) is a condition where Amlaguna (Sour taste) of Pachak Pitta increases due to Samata (toxins). Aacharya Charaka has not mentioned Amlapitta (Hyperacidity) as separate disease but described in Grahanī (digestive disorder) as one of its lakshana.² According to Ayurveda, many disorders are due to vitiated Agni (digestive disorder). Various factors and progressive changes such as adaptation of newer and newer food materials, junk foods, fast foods, changes in method of cooking, occupational hazards etc. have precipitated the increasing trend of the disease. Along with those stimulating factors tremendous stress, anxiety had significantly aggravated the digestive disorders including Amlapitta (Hyperacidity). Here in this present study, Amlapitta disease is reviewed in detail according to ayurvedic view.

Keywords- Amlapitta, Hyperacidity, Ayurveda, Lifestyle disorder, Samata, Pitta

INTRODUCTION

In today’s modern lifestyle rapidly growing civilization and technology life become stressful and busy so people neglect healthy food and are attracted towards junk food, oily ,spicy , frozen ,half cooked food .These factor hampered the digestion & is cause many digestive diseases like dyspepsia,
hyperacidity, gastritis, etc. all these disorders are covered under Amlapitta (Hyperacidity) in Ayurveda.

According to Ayurveda Mitthya Ahar-Vihar (Unwholesome diet and living practices) is the main causative factor of Amlapitta (Hyperacidity), this gastrointestinal disorder is described in many Ayurveda Samhitas like Kashyapsamhita, Gadanigrah, Yogratnakar, Haritsamhita, Madhav nidan, Chakradatta, Sharandhar, Vangsen Bhavprakash, Bhaishyajya Ratnavali etc.

It produces indiscriminate & prolonged use of therapeutic agent like Anti-inflammatory drugs, NSAIDS, steroids, consumption of alcohol, smoking, tea, coffee which result in Amlapitta (Hyperacidity). Acharya Charka has described ‘Ashtaaharvidhivisheshayatan’ which explain the proper method of consumption of food. If one does not follow these methods and having mental stress, he is unable to digest the food properly. Thus, undigested food disturbs the physiology of Annavaha strotas (Channel for digestion, absorption and transportation).

In Ayurvedic terminology, this Amlapitta (Hyperacidity) is formed due to vitiation of Pitta Dosha along with Kapha Dosha, Pitta plays an important role for genesis of Amlapitta (Hyperacidity). Improper digestion of Amla Ras (sour taste) produces Amlapitta (Hyperacidity). It was first described by Acharya Kashyapa in detail in separate chapter. In ancient classical text Charak Samhita, Amlapitta (Hyperacidity) was described with its causes and pathogenesis.

NEED TO STUDY

Many individuals are suffering from Amlapitta (Hyperacidity). To avoid further complications Amlapitta have to be treated in early stages. Synthetic chemical drugs are no doubt very effective and shows chromatic results but at the same time they show quick resistance and became no longer effective in same dose.

However many studies have been conducted to evaluate the effectiveness of ayurvedic formulae on Amlapitta (Hyperacidity).

MATERIAL AND METHODS

The basic and conceptual materials were collected from the Ayurvedic classics viz. Bruhat trayi and Laghutrayi with their available commentaries, research papers and journals.

ETYMOLOGY

Amlapitta (Hyperacidity) is composed of two words Amla and Pitta. The term Amla refers to a particular type of taste equated with the sour taste which causes excessive salivary secretion. Pitta is a bodily chemical substance which is mainly responsible for the maintenance of the process of digestion, transformation and transmutation. On combining both these words the term Amlapitta implies to a disease or condition in which the sourness of Pitta gets increased.

LITERATURE REVIEW

- REFERENCES:
  References of Amlapitta (Hyperacidity) in Ayurvedic texts was mentioned in Kashyap Samhita, Madhav Nidana, Yogratnakara, Bhavprakash, Chakradatta and Rasaratnasammucchya. Acharya Charaka, Sushruta and Vagbhhatta have not described the disease Amlapitta (Hyperacidity) in a separate chapter though it has been mentioned at certain places in their Samhita, as follows
1. In Charak Samhita, Amlapitta (Hyperacidity) has not been directly described as disease, he has mentioned that when Aamvisha get directly mixed with Pitta, Amlapitta is developed. 

2. Acharya Kashyapa was the first who mentioned the disease Amlapitta (Hyperacidity) in a separate chapter and he has also mentioned Manasika bhava as a chief cause of this disease as well as the analysis of Amlapitta (Hyperacidity) on the basis of Dosha. 

3. Acharya Madhavkara has given detailed description about this disease including classification of the same according to Gati i.e. Urdghvaga and Adhoga amlapitta.

4. Chikitsa of Amlapitta has been described by Bhavmishra.

- NIDANA

Virudha and Dushta Ahara (leads to Agnimandya) and excessive Amla and Vidali foods (leads to Pitta aggravation) are aetiological factors of Amla Pitta. Following types of foods may cause Amla Pitta: Atishna, Ati sheeta, Atisnigdha, Atirukha, Atiguru, Ati drava, Ati ghana, Ati amla, Abhisyandi and Viruddha-Ahara (incompatible diet). Abhojna (starvation) and Athibhojana excessive eating are responsible for the production of Amla Pitta by disturbing the physiological process of Agni, Kulatha, Madya, Bhrishta Dhanya (fried) and Adhyasana are also the causative factors of Amla Pitta. (Adhyashana means to take meal prior to the digestion of previous meal).

- RUPA (SYMPTOMS)

Samanya Lakhana of Amla Pitta include, Avipaka (indigestion) Utklesa (Nausea), Aruchi (tastelessness), Tikta-Amla-Udgara (Acid bitter eructations), Guru koshtha (Abdominal discomfort) and Hrida Kantha Daha (Pyrosis). Kasyapa has added, Antrakujana (gargling), Udara Adhmana (tympanitis), Vidabheda (diarrhoea) and Hrid Shula (precordial pain). Above symptoms are related to gastro intestinal tract. Other symptoms are Gaurava (malaise), Klama (Lassitude), Shiroruja (Headache) and Romaharasha (goose bumps).

TYPES OF AMLAPITTA

According to Dosha Dushti:

i) Kashyapa Samhita- here three types are mentioned:-
   a) Vataja Amlapitta.
   b) Pittaja Amlapitta.
   c) Kaphaja Amlapitta.

ii) Madhava Nidan- here four types are mentioned:-
   a) Vatadhikya Amlapitta.
   b) Kaphadhikya Amlapitta.
   c) Vata-Kaphadhikya Amlapitta.
   d) Shleshma- Pittaja Amlapitta.

According to Sthana Dushti:

1)Urdhwaga Amlapitta
2)Adhoga Amlapitta

- Samprapti Ghataka of Amlapitta:-

1. Dosha :-Pachaka Pitta, Samana Vyu, Kledaka Kapha.
2. Dushya :- Rasa Dhatu
3. Agni - Jatharagni.
5. Srotas - Annava and Rasavaha.
6. Srotodusti Prakara - Sanga, Vimarga Gamana
12. Sadhyasadhyata - Sadhya Vyadhi

MANAGEMENT:

The dietary interventions found to be more beneficial in Amlapitta as the majority of causes are dietary. Selection of the right food goes back to the ages of vedic period. There is beautiful food prayer that shows the devotional aspect of eating food.

"Annam brahma Raso Vishnu Pakto Devo Maheshwara Evam dnyatva tu yo Bhunte Anna Dosho Na Lipyate ||" i.e. Brahma gives us food, Vishnu makes the ability to find its essence. Shiva cooks this essence into us, when you eat with this awareness, the food becomes pure and no toxins stay in your body. Ayurved has provided a simple and cost-effective treatment for Amlapitta. Main line of treatment is to correct ama formation & Agnimandya. Ama shodhana is done by mridu vaman, Mridu virechana, Anuvasana & Niruhan. In the person who is already weak, ama paachan with the relevant herbs and medicines are to be employed. Langhan---by absolute fasting for few days or by only taking light food for some days,

Paachan medicines—mostly tikta rasa yukt herbs like patol, neem, giloy, triphala, shatavari, harad and prawaal. Yogratnakar says, if amalpitta is not cured with above methods, raktamokshan should be done.

DO's:

- Take tiny meals often times.
- Food must be taken in loving manner with attention and awareness.
- Eating is best during Pitta period, between 10 A.M. and 2 P.M Or when you feel hungry.
- Drink juice of raw vegetables like cabbage.
- Take barley, paraval.
- Relax your mind and body at meal hour.
- Drink plenty of water before meals.
- Masticate food well.
- Get away from intensely hot and cool foods, Strong tea, black coffee, alcohol and junk food.
- The diet should consist of old rice.
- Other recommended substances are: barley, wheat, rice (at least one year old), cucumber, bitter gourd, green banana, pumpkin, pomegranate, and cow's milk.
• Eliminate carbonated beverages from your diets. Remember that beer also contains gas.
• Cut back on fatty meats.
• Exercise regularly. Reduce undue mental stress. Yoga is a good option.

DON'T’s :
• Avoid fatty and salted fish.
• Don’t sleep just after taking the meal.
• Try to avoid high-stress situations.
• Avoid to skip meals.
• Do not take the frozen foods and chilled drinks.
• Avoid excess sugar and sweets.
• Avoid Alcohol, strong tea, spicy and fried food.
• Avoid Raw vegetables, Meat, pickles.

DISCUSSION

Brief Nidanas (cause) of Amlapitta are divided into four groups i.e. Aharaja, Viharaja, Manasika and Agantuja. The Aharaja Hetus are again divided into two subgroups i.e. Nidanas related with Ahara Vidhi Vidhana and Nidanas related with Ahara Dravyas. In the Samprapti of Amlapitta, the normal and abnormal functions of Amla Rasa are basically attributed to Pitta Dosha. Pitta prakopa and Vidagdhata of Pitta are main responsible factors in pathogenesis of Amlapitta. Amla Rasa and AmlaVipaka have important roles in the pathogenesis of Amlapitta. Dosha, Dushya, Srotas, Agni and Ama are the five basic most components of disease process. Involvement of these factors, with different Gunas are responsible for different symptoms of Amlapitta. Due to incidence and importance of Amlapitta, Acharya may have given detailed explanation of amlapitta and its way of approach in management. A person living in Anup desha is prone for amlapitta as Anup desh is Ahita desha according to charaka.

CONCLUSION

Amlapitta is very common and major problem due to changing life style and dietary habits. In the ancient texts of Ayurveda, it is described that irregular food and life style habits are the main causative factor for the disease. While describing the total management for this disease, it is very much emphasized that treatment will only successful if the causative factor are corrected and implemented in the proper manner. Pitta prakopaka nidanas, which includes Aahara, Vihara and Mansika hetus, are predisposing factors to play a major role in aetiology of Amlapitta. As enumerated earlier, Pitta prakopa and Vidagdha of Pitta are main responsible factors in pathogenesis of Amlapitta. So that type of medicines should be recommended which pacify these factors and it can be
accomplished by combination of Madhura vipaka, Ushana virya drug. Pathya and Nidana Parivarjana also play an important role in the management of Amlapitta.

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