

## A REVIEW ARTICLE ON AMLAPITTA W.S.R TO HYPERACIDITY

Vd. Kavita Khond<sup>\*1</sup>, Vd. Pradnya Dakhole<sup>2</sup>, Vd. Sneha Tiwari, Vd. Archana Bhise and Vd. Prarabda Phating<sup>1</sup>Principle and HOD, Dept. of Sharira Rachana Department of Shri K.R. Pandav Ayurved College Ayurved College, Nagpur.<sup>2</sup>HOD, Dept. of Shalya Tantra Department of Shri K.R. Pandav Ayurved College Ayurved College, Nagpur.<sup>3</sup>Assistant Professor of Kaya Chikitsa Department of Shri K.R. Pandav Ayurved College Ayurved College, Nagpur.**\*Corresponding Author: Vd. Kavita Khond**

Principle and HOD, Dept. of Sharira Rachana Department of Shri K.R. Pandav Ayurved College Ayurved College, Nagpur.

Article Received on 01/01/2023

Article Revised on 22/01/2023

Article Accepted on 12/02/2023

## INTRODUCTION

Modern era's changing life style along with changing food culture and depending upon one's body constitution Amlapitta is one of the most common disease. The stomach normally secretes acid that is essential in the digestive process. When there is excess production of acid in the stomach, it results in the condition known as Hyperacidity.

Ayurveda has a significant status among the various types of Indian medicine. From stone-age to space age, food pattern of people has undergone innumerable changes. these changes have been always for the better aspect of life, yet most of the diseases are firmly rooted in poor dietary habits and life style.<sup>[1]</sup>

Improper and faulty dietary habits causes *dushti* of *annavaha strotas* which leads to various disorders and *Amlapitta* is one of them.

*Amlapitta* is not mentioned in *Brihatrayi*. It was first mentioned in *Kashyapa samhita*.<sup>[2]</sup> *Madhava Nidana*, *Bhavaprakasha* and *Yoga Ratnakara* have also described it very well. *Vagbhata* has described that all diseases are caused due to *Mandagni*. Excessive consumption of *Amla*, *Katu*, *Ushna* and *Vidaliaharsevana* and *Viruddhashana* causes aggravation of *Pitta dosha*. Normally *Pitta* has *Katu rasa* but when *Katu* rasa is converted into *Amla rasa*, it causes *Amlapitta*.<sup>[3]</sup>

## MATERIAL METHOD

- 1 Ayurvedic grantha
- 2 Internet Aritical and research work
- 3 modern medical literature

## Method

## HISTORICAL REVIEW

## 3.1 DISEASE REVIEW

## (1) VEDIC KALA

- No reference of *Amlapitta* was found in Vedic *kala*

## (2) SAMHITA KALA

• *Charaka Samhita*

Separate references of *Amlapitta* are not found in *Charak Samhita*, but the word "*Amlapitta*" has been used at different places in *Sutrasthana* & *Chikitsasthana*.<sup>[10]</sup>

• *Sushrutsamhita*

1. Symptom like "*Amlika*" has been described<sup>[13]</sup> Su. Ni.21/2,

• *Kayashapysamhita*

1. *Kayashapy samhita* is the first which described the *Amlapitta* with its *nidana*, *rupa*, *chikitsa* and *pathya* and *apathya*. Importance of *Desha* and *Kala* in *Amlapitta* has also mentioned in this *Samhita*.<sup>[14]</sup>

• *Harita samhita*

1. The word '*Amlahikka*' has been used for *Amlapitta* and separate chapter has been given in *Haritsamhita*.<sup>[15]</sup>

## (3) SANGRAHA KALA

• *Madhava Nidana*

In *Madhava Nidana* *Amlapitta* is described with its *nidana*, *rupa*, types and *samprapti*.<sup>[16]</sup>

• *Chakradutta*

In *Chakradutta*, *Chikitsa* of *Amlapitta* is described in detail.<sup>[17]</sup>

• *Sharangadhara samhita*

In *Sharangadhara Samhita*, *Chikitsa* and methods of preparation of different types of food useful in *Amlapitta* is described in detail.<sup>[18]</sup>

- **Bhavaprakasha**

In *Bhavaprakasha* separate chapter of *Amlapitta* have been described with its *upadrava* & *Arishtalakshan* in *Bhavaprakasha*.<sup>[19]</sup>

- **Yoga Ratnakara**

*Yogratnakar* described *nidana*, *rupa*, *prakara*, *samprapti* along with *upadravas* of *Amlapitta*.<sup>[20]</sup>

- **Bhaishajyaratnavali**

In *Bhaishajyaratnavali*, *chikitsa* of *Amlapitta* and effectiveness of various *yogas* have been described in detail.<sup>[21]</sup>

### Definition of *Amlapitta*<sup>[29]</sup>

According to *Acharya Kashyapa*, the *Vidagdha ahara* becomes *Amla* and remains still in the stomach which

provokes the *Pitta dosha*. *Vitiated Pitta* causes *mandagni* due to this *katu rasa* get converted into *Amla rasa* causing "*Amlapitta*". *Ka.kil* 16/9.

The condition in which *Vidahi and Amla guna* of *Pitta* is exaggerated, is called "*Amlapitta*".<sup>[30]</sup> *Ma.ni* 51/1(*madukoshtika*)

- **Nidana**<sup>[31]</sup>

The etiological factors of *Amlapitta* can be broadly classified as

- *Aharaja*
- *Viharaja*
- *Manasika*
- *Agantuja*

**Table no. 1: Showing *Aharaj hetu* of *Amlapitta*.**

Sr	Nidanas	K.S	M.N	B.P	Y.R	S.N	REF
1	<i>Kulathasevana</i>	+					<i>k.s khil16-3-6</i>
2	<i>Pulakasevana</i>	+					
3	<i>Guru ahara sevana</i>	+					
4	<i>Abhishyandi ahara</i>	+					
5	<i>Ati snigdha ahara</i>	+					
6	<i>Ati ruksha ahara</i>	+					
7	<i>Pishtanna sevana</i>	+					
8	<i>Apakva anna sevana</i>	+					
9	<i>Phanita sevana</i>	+					
10	<i>Ikshuvikara sevana</i>	+					
11	<i>Paryushita anna sevana</i>	+					
12	<i>Bhurjitadhanya sevana</i>	+					
13	<i>Ati ushnanna sevana</i>	+					
14	<i>Adhyashana</i>	+					
15	<i>Atidrava</i>	+					
16	<i>Ajirnebhajana</i>	+					
17	<i>Madhyasavana</i>	+					
18	<i>Go rasavarga sevana</i>	+					
19	<i>Annahinamadhyasavana</i>	+					
20	<i>Antrodakapana</i>	+					
21	<i>Akalebhajanam</i>	+				+	<i>s.namlapiita adhikar373-378</i>
22	<i>Akaleanashana</i>	+				+	
23	<i>Vishamashana</i>	+				+	
24	<i>Vidahianna sevana</i>		+	+	+		<i>Ma.ni 15/1 b.p 10/1</i>
25	<i>Vidahipana sevana</i>		+	+	+		<i>y.ramlapiitaadhikaruutara237</i>
26	<i>Dushtanna sevan</i>		+	+	+		
27	<i>Viruddhashana</i>		+	+	+	+	
28	<i>Atiamla sevana</i>		+	+	+	+	
29	<i>Kaphaprapakopianna sevana</i>		+	+	+	+	
30	<i>Vidagdhaahara sevana</i>			+	+		
31	<i>Pitta prakoaana sevana</i>			+	+		
32	<i>Ati tikshana sevan</i>						
33	<i>Katuannapana sevana</i>	+					
34	<i>Vega vidharan</i>	+					
35	<i>Bhukte diwa swapna</i>	+					
36	<i>Bhuktaatyashana</i>	+					
37	<i>Bhuktaavagahan</i>	+					

**1. Viharaja Hetu**

- *Ati snan* (Taking excessive bath)
- *Ati avagahanat* (Excessive swimming)
- *Bhuktwabhuktwadiwasvapna* (Sleeping in day time after meals)
- *Veganam dharanam* (Suppression of natural urges)
- *Shayyaprajagaraihi* (Improper sleeping schedule)

**2. ManasaHetu**

*Chinta, Shoka, Bhaya, KrodhaMoha*

**3. Agantuj**

- *Desha,*
- *Kala,*
- *Ritu*
- *Prakriti*

**Desha**

According to Acharya *Kashyapa* the disease is more predominant in *Anupa Desha*, because of *Kapha provocation* nature.

**Kala**

*Kala* or time factor is responsible for physiological/anatomical structure of the body *Balyavastha, Madhya* and *Vriddhavastha*.

**Retu**

The rainy season is responsible for *Amlavipaka* of water (due to weakened digestion power and vitiation of *Vata* and *other Doshas*) and eatables, which in turn vitiates *Pitta* and *Kapha*.

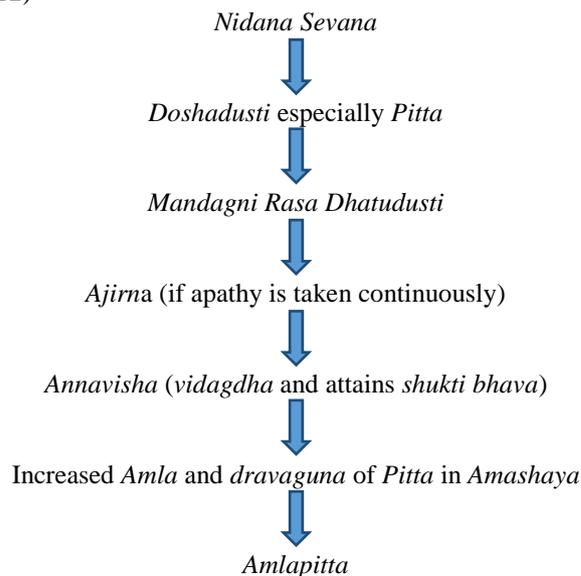
**Prakriti**

*Pitta Prakriti* persons are also more susceptible for the process of aggravation of the diseases.

**4. SAMPRAPTI**

According to Acharya *Kashyapa*, the *nidanasevana* causes *Doshaprakopa* especially *Pitta Dosha*. This eventually creates *Mandagni* due to which ingested food become *Vidagdha* form and attains *Shuktibhava*). This

*Vidagdha* and *Shuktibhava* of food creates *Amlata* in *Amashaya*. This condition is called *Amlapitta* (k.s 16 /10 -12)

**5. Samprapti Ghatakas<sup>[32]</sup>**

1. *Dosha : Tridosha (mainly Pitta)*
2. *Dushya : Rasa, Rakta*
3. *Srotasa : Annavaha*
4. *Agni : Jatharagni*
5. *Ama : Jatharagnimandhyajanya*
6. *Udbhavasthana : Amashaya*
7. *Adhithana : Adhoamashaya*
8. *Sanchara : Annavaha*
9. *Swabhava : Chirkari*
10. *Pradhanta : Pitta Doshapradhana*

**6. Purvarupa**

In ancient *Ayurvedic* texts, no specific *purvarupa* are given for *Amlapitta*.

**7. Rupa**

According to Acharya *Sushruta*, *rupa* appears in the *vyakti* stage. *Rupa* of *Amlapitta* are as follows.

**Table No-2: Showing the Classical Rupas of Amlapitta.**

Sr	Rupa	K.S	M.N	B.P	Y.R	S.N
1	<i>Avipaka</i>		+	+	+	
2	<i>Klama</i>		+	+	+	+
3	<i>Utklesha</i>		+	+	+	
4	<i>Tiktodgara</i>		+	+	+	
5	<i>Amlodgara</i>		+	+	+	+
6	<i>Gaurava</i>		+	+	+	
7	<i>HridDaha</i>	+	+	+	+	+
8	<i>KanthaDaha</i>	+	+	+	+	+
9	<i>Aruchi</i>		+	+	+	
10	<i>Vidbheda</i>	+				
11	<i>Gurukosthata</i>	+				
12	<i>Amlakosthata</i>	+				
13	<i>Shiroruja</i>	+				+

14	Hridshoola	+				
15	Adhmana	+				
16	Angasada	+				
17	Roma harsha	+				
18	Antrakujana	+				
19	Urovidaha	+				
20	Tiktasyata					+

### 8. Vishishta Rupas

Table no. 3: Showing Vishishta Rupas According to Dosha dusti.

Vishishta Rupas	Vata	Pitta	Kapha
According to Kashyapa Samhita	Shoola, Angasada, Jrimbha	Bhrama, Vidaha	Gaurava, Chhardi
According to Madav Nidan	Kampa, Pralapa, Murchha, Chimchimitva, Shoola, Vibhrama, Vimoha, Harsha, tamodarshan	Tiktodgar, Amloudagar, Katuudagar, Hriddhaha, Bhrama, Aruchi, Chharadi, Alasya,	Kaphanishthivana, Gaurava, Jadata, Aruchi, Shita, Saada, Vami, Lepa, Agnimandya, Kandu, Nindra

### 9. BHEDA (classification)

Table No-4: Showing bheda of Amlapitta.

According to Archarya Kashyapa	According to Archarya Madhava
VatikaAmlapitta	SanilaAmlapitta
PaittikaAmlapitta	SanilaKaphaAmlapitta
SlesmikaAmlapitta	SakaphaAmlapitta
	SlesmapittaAmlapitta
	According to Gati- 1 Udravagata Amlapitta 2 Adhogata Amlapitta

### 10. Sapekshanidana (Differential Diagnosis)

- Vidagdh ajirna,
- Pittaja atisara,
- Pittaja grahani

### 11. Upasaya Anupasaya (According to Acharya Kaypasha)

1. Vataja Amlapitta - Snigdha upasaya
2. Pittaja Amlapitta - Swadu and sita upasaya
3. Kaphaja Amlapitta - Ruksha and ushna upasaya

### 12. Upadrava (kayashapyaSamhita)

Atisara, Pandu, Shotha, Aruchi, Bhrama, Dhatukshinata, Shoola

### 13. Sadhyasadhyata<sup>[33]</sup>

1) According to Acharya Madhava Nidana, Amlapitta with recent origin is sadhya but in chronic stage it becomes yapy or krichhasadhy.

2) According to Acharya Kashyapa, Amlapitta becomes asadhya (incurable) when its associated with upadrava..

### 14. Chikitsa<sup>[34]</sup>

#### Samanya chikitsa of Amlapitta

According to Acharya Yogaratnakara and Acharya Kashyapa -

1. Vamana is the first line of treatment for Amlapitta (patol+neem + madanf).

2. Virechana –after that mrudu virechan is indicated for Amlapitta (triphala +madhu).
3. Basti – Anuvasan and Asthapan Basti should be administered in Chronic Amlapitta,
4. Shaman chikitsa- Shodhan Chikitsa is followed by Shaman chikitsa. Ahar, and aushdi according to predominance Dosha. (Patoladi Kwath, Bhunimbadi Kwath, guduchi Moodak are given in different Samhita.)

1. Vaman followed by mild virechan should be administered.
2. Thereafter susnigdha anuvasan basti should be applied. (In chronic cases according to dosha)
3. In sansargaj amlapitta after shodhan, shaman measure in terms of drugs and diet should be applied considering the association of doshas.
4. In urdhwa and adho types, doshas should be eliminated with vaman and virechan respectively. Shaman chikitsa

1. Nidan parivarjan
2. Khand amalaki
3. Shatavari ghrut
4. Narikel khand
5. Sutshekhar ras
6. Lilavilas ras
7. Avipattikar churna
8. Kapard bhasm

**According to Madhava Nidan**

1. Udarvagat Amlapitta -*Vamana* should be administered at first. After the *Vamana*, *shamana* drug should be used.
2. *Adhogata Amlapitta* -*Virechana* should be administered for *adhogata Amlapitta*. Then *shaman* therapy to be performed.

**DISCUSSION AND CONCLUSION**

Amlapitta is a dominant disease in the present scenario of unhealthy food habits and regimens. The Brahtrayi Granthas has a scattered references about the Amlapitta but doesn't give detailed explanation or protocol of treatment for Amlapitta. Acharya Madavakara has divided Amlapitta into Urdwva and Adha on the basis of Doshagati<sup>[16]</sup> and Madavanidana is a compilation of all Samhitas and is limited to the Nidana aspect only. Acharya Kashyapa was the first person to give detailed protocol of treatment for Amlapitta. Acharya gives instruction to do Vamana where the Dushita Drava Yukta Pitta<sup>[17]</sup> goes out and Agni gains its normalcy. After this Aushadi is given to do the Pachana of Dosha and further is eliminated from the body through purgation. Advice for change of place in Amlapitta treatment also considered as the peculiarity of Kashyapa Samhita where the Acharya says to change the habitat where all the above treatment modality fails. Acharya says Amlapitta is more common in marshy land so one should be away from the Desha which is more prone for it.<sup>[18]</sup>

Interpretation of Chikitsa with Panchamahabhuta siddhantha Most of the drugs (in samana aspect) are having Tikta Rasa which has Vayu + Akasha Mahabhuta.<sup>[19]</sup> This Vayu Mahabhuta dries up the Dravta of Dushita Pitta and this Akasha Mahabhuta removes the Srotorodha which in turn is the Samprapti Vighatana. So by applying Samuchaya Tantrayukti one should understand that all Tikta Rasa drugs can be used in the treatment of Amlapitta. Further Acharya says about the Pathya to be followed which is good for the Srotas, does the Dipana of Agni and promotion of Bala.

**REFERENCES**

1. Umapati c. bharagi and Mahesh k. vyas A CLINICAL EVALUATION OF DASHANG KWATH GHANA VATI IN THE MANAGEMENT OF URDHVAGAT AMALAPITTA) apr-jun2012 An international quarterly journal reasearch in Ayurveda.
2. Satyapal Bhishagacharya, Kashyapa Samhita khil sthan 16/2 – Hindi commentary Chaukhambha Sanskrit series, Varanasi, reprint edition, 2013.
3. Murthy KR, editor. Madhava Nidana, Amlapitta Nidana 51/3, 4. Varanasi, India: Chaukhambha Orientalia, 1986; 166–168.
4. Umapati c. bharagi and Mahesh k. vyas A CLINICAL EVALUATION OF DASHANG KWATH GHANA VATI IN THE MANAGEMENT OF URDHVAGAT AMALAPITTA) apr-jun2012 An international quarterly journal reasearch in Ayurveda.
5. Golwalla A.F Medicine for student golwalla, edition 2009; 16.
6. Shukla V and Tripathi R, Editors, Charak Samhita, vol. 2, sutrasathan, Chapter 1/ 11,25/40'27/25, Delhi: Choukhambha Sanskrit Pratisthan, reprint edition, 2012.
7. Satyapal Bhishagacharya, Kashyapa Samhita khil sthan 16/2 – Hindi commentary Chaukhambha Sanskrit series, Varanasi, reprint edition, 2013.
8. Satyapal Bhishagacharya, Kashyapa Samhita khil sthan 16/2 – Hindi commentary Chaukhambha Sanskrit series, Varanasi, reprint edition, 2013.
9. Dwivedi ramnath Chakradatta samhita chaukhambha sankrit santhan Varanasi, 2009; 276.
10. Shukla V and Tripathi R, Editors, Charak Samhita, vol. 2, sutrasathan, Chapter 1/ 11,25/40'27/25, Delhi: Choukhambha Sanskrit Pratisthan, reprint edition, 2012.
11. Shukla V and Tripathi R, Editors, Charak Samhita, chikitsa sthana, Chapter 1/ 11,25/40'27/25, Delhi: Choukhambha Sanskrit Pratisthan, reprint edition, 2012; 2.
12. Sharma A, Editor, Sushrut Samhita, Nidan sthana 21/2, choukhamba Surbharati Prakashan, reprint edition, 2012; 545.
13. Satyapal Bhishagacharya, Kashyapa Samhita khil sthan 16/2 – Hindi commentary Chaukhambha Sanskrit series, Varanasi, reprint edition, 2013.
14. Harihara Prashad Tipathi, Harit, Aushadha Parigyan Vidhan, Tritya Sthan, Chaukhambha Krishnadas Varanasi, reprint, 2005; 173.
15. Pandey G, Bhavprakash Nighantu, Choukhamba bharti academy, reprint edition, 2006; 216.
16. Shrivastava S, Editors, Sharangdhar Samhita, purvakhanda, chapter 7, Verse 26, Varanasi: Choukhamba Orientalia, 4th Edition, 2005.
17. Yadunandana Upadhyaya, Madhava Nidana 51/7 - Shrikanthadutta, edited by Chaukhambha Sanskrit series, Varanasi.
18. Dwivedi ramnath Chakradatta samhita chapter 52/1 chaukhambha sankrit santhan Varanasi, 2009; 276.
19. Radhakrishna Parashar Sharangadhara Samhita Chaukhambha Sanskrit series, Varanasi Edition, 2005.
20. Dasji Govindas Acharya Bhaisaijyarnavali hindi commentary, 1982; 3: 116.
21. Tripathi. Indradev Yogratnakar. amlapiita chikitsa 2 Chaukhamba Krushnadas Academy, Varanasi, 2009.
22. Dasji Govindas Acharya Bhaisaijyarnavali hindi commentary, 1982; 3: 116.
23. Shukla V and Tripathi R, Editors, Charak Samhita, sharira15/2 sathan Delhi: Choukhambha Sanskrit Pratisthan, reprint edition 2012.
24. Sharma A, Editor, Sushrut Samhita, sharira sthana 21/2, choukhamba Surbharati Prakashan, reprint edition 2012.

25. Dwivedi ramnath Chakradatta samhita chapter 52/1 chauhambha sankrit santhan varanasi 2009.
26. Sharma A, Editor, Sushrut Samhita, sharira sthana 21/2, chauhambha Surbharati Prakashan, reprint edition, 2012.
27. Vagbhatta, Ashtangahridaya, Kaiviraj Atridev Gupta edited by Yadunandan Upadhyaya 13th edition, Chaukhamba Sanskrit samsthana, Varanasi, 2000; 174.
28. Aboli B Patil-Yavadi Ghana Vati & Guduchyadi Ghana Vati-Amlapitta-kc-2012-ipgt&ra, gau, Jamnagar.
29. Murthy KR, editor. Madhava Nidana, Amlapitta Nidana 51/3, 4. Varanasi, India: Chaukhamba Orientalia, 1986; 166-168.
30. Pandit Hemraja Sharma, editor. Kashyapa Samhita with Vidhyotini Hindi commentary. Khil Sthana Chapter 16. Verse 49. 3rd ed. Varanasi: Chaukhamba Sanskrit Series Office, 2008; 336.
31. Murthy KR, editor. Madhava Nidana, Amlapitta Nidana 51/5, 4. Varanasi, India: Chaukhamba Orientalia, 1986; 166-168.
32. Murthy KR, editor. Madhava Nidana, Amlapitta Nidana 51/3, 4. Varanasi, India: Chaukhamba Orientalia, 1986; 166-168.
33. Pandit Hemraja Sharma, editor. Kashyapa Samhita with Vidhyotini Hindi commentary. Khil Sthana Chapter 16. Verse 49. 3rd ed. Varanasi: Chaukhamba Sanskrit Series Office, 2008; 336.
34. Murthy KR, editor. Madhava Nidana, Amlapitta Nidana 51/3, 4. Varanasi, India: Chaukhamba Orientalia, 1986; 166-168.
35. Pandit Hemraja Sharma, editor. Kashyapa Samhita with Vidhyotini Hindi commentary. Khil Sthana Chapter 16. Verse 49. 3rd ed. Varanasi: Chaukhamba Sanskrit Series Office, 2008; 336.
36. Agnivesh, Arthedashamahaamuliya Adhyaay, Sutra Sthan, Charak Samhita with Chakrapani Teeka, ed. Yadavji Trikam Ji, 1st edition, Chaukhamba Surbharti Prakashan, Varanasi, 2014; 187. 2.